



July 2008 Issue

HEALTHY TIMES

Your Chiropractic Newsletter



CHIROPRACTIC OFFICES OF GONSTEAD & STANGL

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Did You Know?

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Your mid-back is referred to as your thoracic spine. Spinal misalignments that involve the first three bones of the thoracic spine (T1, T2, T3) may cause irritation to the nervous system which can affect the following; arms from elbows down, esophagus, trachea, heart, coronary arteries, lungs, bronchial tubes, chest, and breast. Subluxation in this area can play a factor in asthma, bronchitis, pneumonia, heart conditions, shortness of breath, influenza, congestion, and pain in the lower arms and hands

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Let Dr. MJ & Dr. Melissa

TAKE YOU OUT TO THE BALLGAME!

Eau Claire Express vs. Battle Creek Bombers

Saturday July 26, 2008

6:35 pm game time at Carson Park in Eau Claire

The game is being sponsored by the

Chippewa Valley Chiropractic Alliance (CVCA)

Money raised will be donated to support the 4-H in the Chippewa Valley

There will be prize drawing and give-aways!

(Autographed baseballs, t-shirts, Brewers tickets, Eau Claire Air show tickets, new kids bikes from Eau Claire Bike and Sport, and extinguisher/escape ladder from Cintas Fire Protection)

Patients... ask for your FREE tickets!!!!

Q/A: Chiropractic and pregnancy



Is chiropractic care safe in pregnancy?

Yes. It's very safe and very sensible for both mother and baby. Chiropractors are trained in adjusting the spines of pregnant women.

How late in pregnancy is it possible to get an adjustment?

Patients have received adjustments even during labor. There are reported cases of a chiropractor called in to perform a spinal adjustment when labor had stopped. Immediately after the adjustment, labor resumed normally.

Can spinal care help postpartum depression?

Yes. Chiropractic's beneficial effects on emotional stress and personality have been observed for over one hundred years.

Do I have to have a problem in pregnancy to see a chiropractor?

Not at all, chiropractic should be used as health maintenance or wellness care. Periodic spinal checkups during pregnancy should be as common as periodic weight checkups.

Can my baby receive chiropractic care?

Infants only a few hours old have been given spinal checkups and adjustments.

Chiropractic research

Chiropractic Helps New Mothers Produce Milk



The *Journal of Clinical Chiropractic Pediatrics* [March 2007; Vol. 8(No.1&2)] presented 3 case studies of chiropractic care helping mothers who had been unable to produce adequate milk, a condition known as "hypolactation."

First case: A new mother was referred by a midwife. She had given birth 10 days earlier to her 2nd child and unlike with her first birth, she was unable to establish a milk supply. Chiropractic

care was initiated and by the third visit she noticed visible changes in her breast and milk production with a positive weight gain for the infant who was able to stop formula.

Second case: The patient had upper back pain and was also unable to produce sufficient milk to feed her one-month-old infant. By the fourth visit she noticed breast enlargement and increased production of milk (the upper back pain resolved as well).

Third case: Referral from hospital lactation consultant. The patient had given birth 6 days prior. As in the above cases, subluxations were found and care was initiated to correct them. In this case within 24 hours the mother was able to feed her infant naturally.

Ice cream – buy the best or make your own

Making your own ice cream is fun and you can use organic and natural ingredients. Unless you buy the most expensive ice creams beware of chemical additives. The cheaper brands contain some pretty weird chemicals such as:

Benzyl acetate - artificial strawberry flavoring...also a nitrate solvent

Amyl acetate - artificial banana flavoring...also a powerful paint solvent

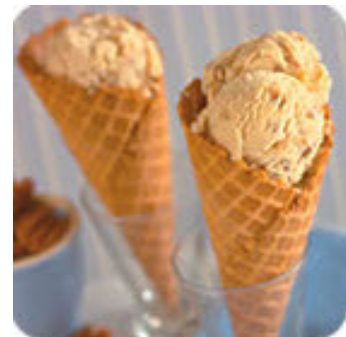
Ethyl acetate - artificial pineapple flavoring...also a heavy-duty leather cleaner

Butyraldehyde - artificial nut flavoring...also found in rubber cement

Pepernia - artificial vanilla flavoring...also used to kill lice

Acetiel C17 - artificial cherry flavoring...also used in plastic manufacturing

Diethylglycol - artificial egg substitute...used as an emulsifier instead of eggs



Doctrine of signatures

The fascinating observation that the external form or color of a substance reveal its medicinal use is known as the Doctrine of Signatures. It has been around for thousands of years. Here are some examples:

A Carrot slice looks like the human eye. The pupil, iris and radiating lines look just like the human eye, and YES, science shows that carrots greatly enhance blood flow to and function of the eyes!

A Tomato has four chambers and is red. The heart has four chambers and is red. Research shows tomatoes are indeed pure heart and blood food!

Grapes hang in a cluster that has the shape of the heart. Each grape looks like a blood cell and research shows that grapes are profound heart and blood vitalizing food!

A Walnut looks like a little brain, a left and right hemisphere, upper cerebrums and lower cerebellums. Even the wrinkles or folds are on the nut just like the neo-cortex of the brain. We know through research that walnuts help develop over three dozen neurotransmitters for brain function!

Kidney beans actually heal and help maintain kidney function and yes, they look exactly like the human kidneys!

Celery, Bok choy and Rhubarb look like bones. These foods specifically target bone strength. Bones are 23% sodium and these foods are also 23% sodium! When your diet lacks in nutrients your body pulls the sodium it needs from the bones, making them weak. These foods replenish the skeletal needs of the body.

Avocados and Pears target the health and function of the womb and cervix of the female – they look just like these organs too! Research shows that when a woman eats 1 avocado a week, it balances hormones, sheds unwanted birth weight and prevents cervical cancers. Plus, food for thought, it takes 9 months to grow an avocado from blossom to ripened fruit!

Figs are full of seeds and hand in twos when they grow. Figs increase the motility of male sperm & increase the number of sperm.

Sweet Potatoes look like the pancreas and actually balance the glycemic index of diabetics.

Olives promote the health and function of the ovaries

Grapefruits, Oranges and other citrus fruits look just like the mammary glands of the female and actually promote the health of the breasts and the movement of lymph in and out of the breasts.

Onions look like body cells. Research shows that onions help clear waste materials from all of the body cells. They even produce tears, which wash the epithelial layers of the eyes.



Sunlight is healing



Vitamin D has been studied for its ability to prevent cardiovascular disease, breast cancer and colon cancer – and new research shows it might fight pancreatic cancer, the 4th leading cause of cancer deaths in the US.

Another study on Vitamin D by scientists at the University of Delaware showed that older women who aren't getting enough vitamin D could be at risk for suffering from back pain. The study involved 958 people 65 and older. 58% of the women in the study, and 27% of the men, turned out to have moderate pain in at least one area of the body. For men, there was no relationship between vitamin D level and pain. But women with vitamin D deficiency were nearly twice as likely to have back pain that was moderate or severe!

Just a few minutes of natural sunlight helps your body synthesize vitamin D. Other sources of Vitamin D are eggs (buy organic from free range chickens), liver, fatty fish such as salmon, sardines and herring and raw milk. We don't recommend pasteurized, low fat or skim milk as good sources since artificially added Vitamin D is not used well by your body. Natural sources are the best!

GO GREEN TIP OF THE MONTH

Make Your Own Cleaning Supplies!

You can make very effective, non-toxic cleaning products whenever you need them. All you need are a few simple ingredients like baking soda, vinegar, lemon, and soap. Making your own cleaning products saves money, time, and packaging – not to mention your indoor air quality!

Log on to our website at

www.TogetherForYou.com

Click on Free Guides to get your handout on cleaning supplies from the Worldwatch Institute

Fun Facts and Trivia

In a study of 200,000 ostriches over a period of 80 years, no one reported a single case where an ostrich neither buried its head in the sand nor attempted to do so. The "sixth sick sheik's sixth sheep's sick" is believed to be the toughest tongue twister. Wearing headphones for just an hour could increase the bacteria in your ear by 700X! There are 293 ways to make change a \$.

A cat has 32 muscles in each ear

A dime has 118 ridges around the edge.

The microwave was invented after a researcher walked by a radar tube and a chocolate bar melted in his pocket.

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