

February 2008 Issue

HEALTHY TIMES

Your Chiropractic Newsletter



CHIROPRACTIC OFFICES OF GONSTEAD & STANGL

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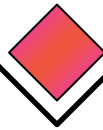


**WE'RE SENDING
HEALTHY WISHES
YOUR WAY THIS
VALENTINE'S DAY**

*From your Natural Health Care Team!
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Happy Hearts for Valentine's Day



The symbol of Valentine's Day, the heart, is why the month of February is Heart Health Month and the perfect time to celebrate your own heart and personal well-being. Valentine's Day is unique among holidays because it carries very little association with traditional menus or meals. However, the one food we all think of for this holiday is chocolate! Recent research suggesting that dark chocolate, when eaten in moderation, can have heart and cardiovascular benefits is good news for those of us that wish to celebrate Valentine's Day in a way that combines the gift of chocolate with health and well-being.

Chiropractic is also good for the heart, by way of the nervous system, and the removal of spinal stress. Like every organ in the body, the heart is controlled by the nervous system. There is a nerve that runs from your brainstem down to your heart. This nerve is called the Vagus nerve (cranial nerve X). It is the only nerve in your brain that extends down through your neck and into your abdominal region.

This Valentine's Day, treat your loved ones with the gift of good health. Dark chocolate and a chiropractic adjustment will keep your heart and your sweetheart happy!

What Can Chiropractic Do For You?

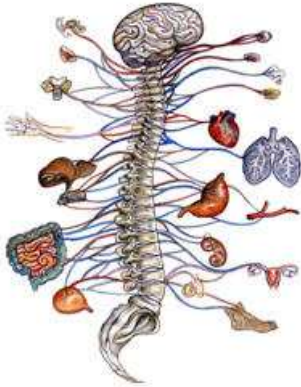
Chiropractic care re-establishes harmony and balance between your brain, spinal cord, nerves and body structure. This improves the health of your bones, nerves, muscles, glands, brain, organs and tissues, releasing energy for healing.

Chiropractic increases resistance to disease and helps your body cleanse and detoxify. It may make the difference between a life of suffering and illness and a life of ease and health.



Menstrual Problems, Hysterectomy and Chiropractic

Chiropractic can help the entire urogenital system, which includes the ovaries, oviducts (tubes), uterus, cervix, vagina and related structures.



Menstrual and premenstrual problems

Many women spend a portion of every month suffering from menstrual and premenstrual pain and discomfort. Many studies confirm that chiropractic's drug-free approach should be considered by any person dealing with menstrual discomfort. Chiropractic is a safe and effective non-pharmacological alternative for women with menstrual, bowel, bladder or other pelvic problems.

Hysterectomy

Hysterectomy – the amputation of the uterus (which sometimes includes the fallopian tubes and ovaries) – is, in the overwhelming majority of cases, an unnecessary operation. Over 650,000 women receive hysterectomies each year in the U.S. Many of these operations are completely unnecessary. Many of these women experience depression, loss of stamina, loss of sex drive and decreased sexual response, urinary incontinence, bowel problems, icy feet and toes, diminished sensation from the waist down, bone and joint pain, memory loss and other problems. Few doctors warn their patients about these too-common after-effects. Before any woman submits to this potentially damaging operation, she should explore nonsurgical alternatives. Chiropractic care is also necessary for any woman who has had a hysterectomy to ensure that her remaining internal organs function without nerve interference to better compensate for the organs that were removed.



Menopause

Menopause is a normal physiological state. Some doctors consider it a disease and subject women to drug therapies – such as dangerous hormone replacement therapy (HRT) – that increase the risk of breast cancer and heart problems. It is thus far better to first explore safer, more natural healing approaches when dealing with the symptoms of menopause.



Many women who initially visit a chiropractor for back and neck pain are pleased to discover relief from menstrual and other gynecological problems. The attitude "If I don't have a backache, I don't need a chiropractor" is a serious misconception that keeps many people from getting the chiropractic help they need.

A healthy spinal column is essential for the health of the female reproductive system. Women with gynecological problems should have a spinal checkup by a doctor of chiropractic.

Chiropractic Questions and Answers



Can I tell if I have a subluxation without consulting a chiropractor?

Not always. A subluxation or nerve pressure is like a dental cavity – you may have it for a long time before symptoms appear. That's why periodic checkups are so important. One common symptom of nerve stress is fatigue. Unbalanced body structure causes you to lose energy – you may feel like you don't get enough sleep or you wake up tired. Although it may be possible to know you have spinal nerve stress, it is rarely possible to be sure you don't. An occasional spinal checkup is always a good idea.

At what age should chiropractic begin?

Apart from pregnancy (which is an especially important time for chiropractic care for mothers-to-be) newborns may need care after a difficult or traumatic birth. There are case histories of seriously ill infants adjusted in hospitals with miraculous recoveries.

When should one begin chiropractic care? Right now! Chiropractic has saved many, from infants to the elderly, from a life of drugs and surgery.



Is chiropractic care addictive?

If only it were (just a little!), there would be a lot fewer sick people around, and chiropractors wouldn't get patients who last saw a chiropractor "a few years ago when my back went out." It is possible to get used to feeling more balanced, less stressed and more energetic as a result of periodic chiropractic care. You may become more sensitive and know when you've "lost" your adjustment.

Can I go for care only once?

Of course – we'd love to see you and many miracles have been reported from a single chiropractic adjustment. Once is better than never. You can go to a dentist only once as well. But chiropractic can help in so many ways. Why not ask us about your specific needs?

Robitussin™, Vicks 44™, Benadryl™ No Better Than Placebo



Another reason to avoid drugging yourself and your children: For the treatment of night-time cough and insomnia associated with upper respiratory infections a study revealed: "neither Benadryl nor dextromethorphan [Robitussin, Vicks 44] produced a superior benefit" than placebo. In fact insomnia was reported *more* frequently in those who were given dextromethorphan [Robitussin, Vicks 44], and drowsiness was reported more commonly in those who were given diphenhydramine [Benadryl]. None were found to be superior to placebo. (1)

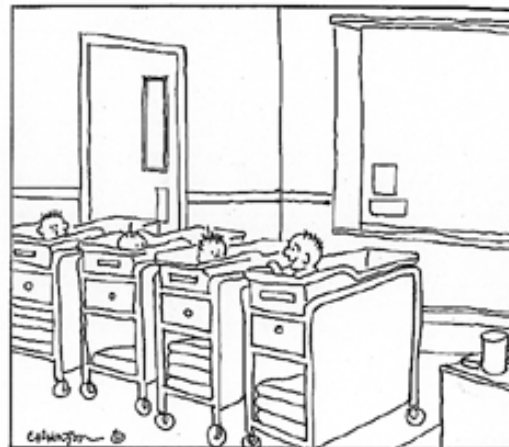
Are You Fit?



Before you answer that question, first think a minute on what exactly fitness means. It may surprise you to learn that fitness is not about bulging muscles or the endurance to climb a mountain. Fitness is about being healthy: looking healthy, feeling good about yourself, sharing life's joys with those you love, friendship and having the energy to enjoy life. The reward will be longevity so you can keep doing the things you love. Never ignore exercise and proper eating – when was the last time you made your heart beat strongly and got out of breath? When was the last time you felt inspired? Use your body, mind and heart to their fullest. Stretch yourself to your limits. Face fear, face flab and overcome.

Staying active, physically and mentally, keeps you young and healthy no matter what your age. It isn't easy to overcome years of inactivity and poor eating habits. But the alternative is poor health, emotional dullness, unhappiness and a shortened life span. The choice is yours – you must choose. Remember, not choosing is a choice.

Humor



We hope you enjoyed your Healthy Times Chiropractic Newsletter.

Don't forget to stop by for a checkup and adjustment!

Would you like extra copies of this newsletter for friends or family?

Stop by the office or visit our website at www.TogetherForYou.com

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