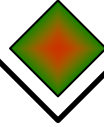


January 2008 Issue

HEALTHY TIMES

Your Chiropractic Newsletter



CHIROPRACTIC OFFICES OF GONSTEAD & STANGL

431 E. Clairemont Ave. ♦ Eau Claire, WI ♦ 54701
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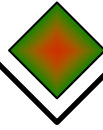


*Wishing you a year
that brings Good Health,
Happiness, &
Many Wonderful Memories.
Happy New Year!*

*From your Natural Health Care Team!
Dr. Gonstead, Dr. Stangl, Ute Boehm CMT
Pam, Karen, & Kathy*

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OFFICE NEWS AND EVENTS



Dr. Melissa Stangl

Dr. Melissa Stangl officially joined the office and began taking patients on January 2nd, 2008!

As one of the newest chiropractors in Eau Claire, she is eager to serve the Chippewa Valley and begin assisting patients in their goals for better health through quality chiropractic care.

Oak Gardens' Seminar!

Dr. Melissa Stangl is giving on presentation entitled, **IMPROVING BALANCE & PREVENTING FALLS**

On Tuesday January 16th 2008 at 2:00pm.

The presentation is open to the public and all are welcome.

Oak Gardens Assisted Living
342 Twin Oak Drive, Altoona WI

A VISIT TO THE CHIROPRACTOR



People sometimes ask us to review some of the basics of what a visit to a chiropractor entails. Actually a visit has two broad components: analysis and adjustment.

During the analysis we determine where your nerve pressure, your vertebral subluxation complex (VSC), is located. Based on over a century of research, the chiropractic profession has developed many unique

procedures for this purpose: muscle, bone and motion studies; X-ray and imaging studies; leg and posture measurements and many others.

Next we perform an adjustment to eliminate your VSC. An adjustment introduces force/energy/information into your body, which helps to release pressure from your nerves, muscles, joints and discs and to realign or balance your body structure. The force must be introduced at the proper angle or direction, at the right time, and with the right pressure. The chiropractic profession has developed a sophisticated array of adjustment techniques. Ask us about the ones we use.



ACCIDENTS, INJURIES, & CHIROPRACTIC

Too many people who have been in an accident or suffered trauma don't receive chiropractic care. That's a big reason why over half of all accident victims never completely recover from their injuries and may live on painkillers, muscle relaxants and physical therapy or even endure repeated surgeries over the years. Sometimes they're told that they'll have to live in pain for the rest of their lives. In fact, even a "minor" trip or fall from childhood may cause severe health problems later in life.



Why? Because nearly any physical force radiates to your skeletal system and can cause subluxations. For that reason a chiropractic spinal checkup is essential after an accident. Chiropractic care may make the difference between true recovery, healing and strength or lingering pain, sickness and disability.

BABY'S INFECTIONS PREVENT ALLERGIES



Yet another study has verified that the fevers and infections of infancy have a protective effect against allergies and asthma later in life.

In this study, children who developed fevers during the first year of life tended to have a lower risk of allergies by age seven. Half of the children who experienced no fever during their first year had allergic sensitivities by age seven compared to only a 31% incidence of allergies

among children who experienced two or more fevers during infancy. It appears that children exposed to more germs develop stronger immune systems. (1)

Comment: Children need to develop their immune systems by fighting infections. Aspirin, Tylenol™ and other anti-pyretics interfere with fever development and may keep a child sick longer. Childhood vaccinations prevent the immune system from developing properly. Working with nature, not against nature, helps create healthier children (and adults).

CHIROPRACTIC & SPINAL RESEARCH



Chiropractic care frees you from a severe form of disease known as the vertebral subluxation complex (VSC). This is a distortion in your structural system that can affect the health of your bones, nerves, muscles, glands, brain, organs – and lots more.

Chiropractic is needed no matter what condition a person may have – it may make the difference between a life of suffering and illness and a life of ease and health.

Disabling low back pain. This is a study of 171 patients who had been *totally disabled* by chronic low-back pain ("constant severe pain") *for an average of 7.6 years*. They were not helped by medical care and were considering back surgery. They were referred for chiropractic care. After 2-3 weeks of chiropractic, 87% returned to full function with no restrictions for work or other activities. One year later they were still doing fine.(2)



Learning disabilities and dyslexia. Eight studies were reviewed containing 25 case reports. All studies showed beneficial effects of chiropractic care in individuals suffering from learning disabilities and dyslexia.(3)



Neck pain. Seventy patients with neck pain (25 males and 45 females, ages 20-55 years) were randomly divided into either a chiropractic group or a control group. The chiropractic group showed a significant improvement in neck pain after only one adjustment.(4)



HEAVEN & HELL

A holy man was having a conversation with the Lord one day and said, 'Lord, I would like to know what Heaven and Hell are like.'

The Lord led the holy man to two rooms. In the middle of one room was a large round table. In the middle of the table was a large pot of stew which smelled delicious and made the holy man's mouth water.

The people sitting around the table were thin and sickly. They appeared to be famished. They were holding spoons with very long handles that were strapped to their arms and each found it possible to reach into the pot of stew and take a spoonful, but because the handle was longer than their arms, they could not get the spoons back into their mouths.

The holy man shuddered at the sight of their misery and suffering. The Lord said, 'You have seen Hell.'

They went to the next room. It was exactly the same as the first one. But here the people were well nourished and plump, laughing and talking.

The holy man said, 'I don't understand.'

'It is simple' said the Lord, 'it requires but one skill. You see, they have learned to feed each other, while the greedy think only of themselves.'

ONLINE PERSONALITY TEST

Here is an online personality test that some say is uncanny in its accuracy. Find out for yourself. Take it at www.41q.com.

HUMOR

Fourteen Things That It Took Me Over 50 Years To Learn

by Dave Barry

1. Never, under any circumstances, take a sleeping pill and a laxative on the same night.
2. If you had to identify, in one word, the reason why the human race has not achieved, and never will achieve, its full potential, that word would be "meetings."
3. There is a very fine line between "hobby" and "mental illness."
4. People who want to share their religious views with you almost never want you to share yours with them.
5. You should not confuse your career with your life.
6. Nobody cares if you can't dance well. Just get up and dance.
7. Never lick a steak knife.
8. The most destructive force in the universe is gossip.
9. You will never find anybody who can give you a clear and compelling reason why we observe daylight savings time.
10. You should never say anything to a woman that even remotely suggests that you think she's pregnant unless you can see an actual baby emerging from her at that moment.
11. There comes a time when you should stop expecting other people to make a big deal about your birthday. That time is age eleven.
12. The one thing that unites all human beings, regardless of age, gender, religion, economic status or ethnic background, is that, deep down inside, we ALL believe that we are above-average drivers.
13. A person who is nice to you, but rude to the waiter, is not a nice person. (This is very important. Pay attention. It never fails.)
14. Your friends love you anyway.

**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? Stop by the office and we'll give you some for your friends and relatives. If you have access to the Internet, visit our website at <http://www.TogetherForYou.com> to download a copy and print it from home.

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