
GUTHRIE CHIROPRACTIC & MASSAGE NEWSLETTER

Dr. Wade Guthrie, D.C. • 235 & 243 W. 10th Ave. Eugene, OR 97401 • (541)683-9069 • www.mydocwade.com

JUNE 2008

Shannon's Soapbox

By Shannon Farrell, Office Manager

Guthrie Chiropractic & Massage

I have been Dr. Guthrie's office manager for five years and I have learned a few things about insurance companies that I would like to share. If you have employer sponsored health care, it behooves you to do a little homework, in order to ensure that your coverage does not shrink over time. My first bit of advice is to look over the explanation of benefits from your insurance company -- you will receive one after they have paid for a service, which was provided to you. If you have questions about any part of it, call your insurance company and get some answers. Insurance companies are a business, which responds very much like other businesses -- if you are not happy and you let them know it, it will make a difference (eventually). If they determine that some procedure (which we billed for the service we provided) is not "medically necessary" or some such thing, ask them how they made their determination. Challenge them to come up with a reasonable answer -- one which makes sense to you. Don't allow them to put you off; it will make an impression on them.

My second bit of advice is to talk to your company's resource manager. They are responsible for negotiating with insurance companies to procure the coverage, which is offered to you each year. You may want to find out when they do their negotiations for the next year and schedule time with them just before they begin this process. Let them know what kind of coverage you would like. If we have helped you with your back problem more than the drugs, which were given to you in the past, let your company know about it. Common sense tells us that pain killers do little to heal and much of what passes for medicine in the mainstream healthcare field is of questionable value. Americans pay more for healthcare than any other country and have very little to show for it -- we rank far behind many countries in the world in all measures of health. This will change when we all pitch in and educate.

My last bit of advice is to share this with others... pay it forward.

Product of the Month

Bio-Allay™

By Dr. Wade Guthrie

Guthrie Chiropractic & Massage

Natural Pain Relief!

Did you know that white willow bark (from a white willow tree) contains the principal active compound that is present in aspirin? What you also may not know is that the extract of this bark is effective in reducing inflammation and pain -- and was even shown to be as effective as Vioxx, in a head-to-head comparison study -- without the dangerous side effects seen in either drug!

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Bio-Allay™, Continued from page 1

How can this be, and how come more people don't know that a natural substance can work so well? Consider that drug companies cannot get patents on natural substances and therefore cannot get the high prices they can get for drugs.

Did you know that frankincense has been shown to be an effective treatment for osteoarthritis? A recent clinical study showed that Boswellia (the latin name for frankincense) was able to reduce pain and swelling while increasing joint movement and walking distance in patients with osteoarthritis of the knees. Additionally, recent studies have confirmed earlier findings from studies in Germany, which found benefits in the treatment of rheumatoid arthritis, chronic colitis, ulcerative colitis, Crohn's disease, and bronchial asthma.

Did you know that a plant with the common name of Devil's Claw has been shown in clinical studies to be an effective pain killer? Harpagophytum (the latin name for Devil's Claw) has been shown to be effective in patients with hip pain, low back pain, and knee pain. This plant extract was even found effective in cases of "severe and unbearable pain" and was also shown, in a double blind study, to be as effective as Vioxx.

What you should know is that Biotics Research has put these three natural compounds together (in a product called Bio-Allay™) and that it is an unbeatable combination for the relief of pain and inflammation. Be the smart one on your block and move away from the drugs, which are far more dangerous than the naturally occurring compounds!

The best of health!

Dr. Guthrie

Bio-Allay™ is on sale this month!
Just \$16.80 (Reg. \$24) for 120 capsules!

Congratulations

Class of '08



CALENDAR OF EVENTS

HEALTH & WELLNESS EXPO

SATURDAY, 6/7/08 & 6/8/08

Bring a friend and find our booth in the "Treasure Hunt" to enter a drawing and win some great prizes! **Dr. Guthrie** will be giving a TMJ presentation at 2pm on Sunday. Go to <http://www.lifea-z.org/HealthExpo/> and scroll down for more information.

FLAG DAY

SATURDAY, 6/14/08

FATHER'S DAY

SUNDAY, 6/15/08

DR. GUTHRIE OUT OF THE OFFICE

WEDNESDAY 6/18/08 THROUGH TUESDAY 6/24/08

Massage will still be available.

SUMMER BEGINS!

FRIDAY, 6/20/08

TMJ THERAPY PRESENTATION

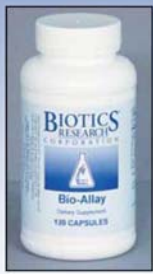
THURSDAY, 6/26/08, 6:30 PM

Find out about Dr. Guthrie's ground breaking TMJ therapy.



He who enjoys good health is rich,
though he knows it not.

Italian Proverb



Bio-Allay®

Two (2) capsules supply
Proprietary blend: 900 mg
White Willow Extract (Salix alba) (bark), Devil's Claw Extract (Harpagophytum procumbens) (root), and Boswellia Serrata Extract (gum)
RECOMMENDATION: Two (2) capsules taken two (2) times each day as a dietary supplement or as otherwise directed by a healthcare professional.
Contains: 120 Capsules
Product #: 7857
NDC: 55146-07857

Bio-Allay - supplies a blend of standardized extracts, providing a natural means to support the down-regulation of pro-inflammatory compounds that may impact pain and discomfort.
Caution: Not recommended for pregnant or lactating women

QUESTIONS AND ANSWERS

Q: Are there foods I can eat to reduce inflammation and the pain associated with it?

A: The answer is YES! There are foods that can decrease inflammation and also increase it.

To reduce inflammation... ☺ Increase your intake of Omega 3's with fish or fish oil, nuts or flax seeds. Eat more "good protein" like lean meats or soy products like tofu. Increase your fiber intake with more whole grains and lots of healthy fruits and vegetables. Berries are also a great choice, packed with phytonutrients and antioxidants. And don't forget about pineapple and papaya which both contain anti-inflammatory enzymes. For some spice add Thai and Indian curries, which contain tumeric, curcumin and ginger.

Now for the foods to avoid... ☹ Avoid junk food, high-fat meats and fast food which contain high levels of trans-fats and saturated fats. Avoid processed meats which contain chemicals such as nitrites. And lastly, sugar, which also has been associated with inflammation.

If there is a topic you would like to see addressed in this newsletter or would like to know more about, just let us know, we would be happy to answer any questions you have. Send your questions comments to: Marie Dearing
Guthrie Chiropractic & Massage
235 W. 10th Ave.
Eugene, OR 97401
Or email me at receptiondesk@mydocwade.com

STRETCHING FOR HEALTH AND HEALING

By Sonja Ljungdahl, Chiropractic Assistant & Massage Therapist

Guthrie Chiropractic & Massage

Stretching aids in both prevention and treatment of injuries. Properly done, stretching increases flexibility which reduces the risk of injury.

It is important to know how to stretch so as to not injure one self. Following are some guidelines for stretching:

- Slowly move the muscle to a point of slight tension. This should be an easy stretch that one can relax into. (*Note: Many of us were taught to stretch to a place of pain, an approach that can often cause greater injury.*) In a good stretch, tension should decrease as the stretch is held, if tension increases while stretching that is a good indicator that one is stretching to far.
- When this place of slight tension is reached, hold the stretch for 15 seconds to 1 minute.
- When tension decreases, the stretch can be gently increased to the next point of slight tension. This increases flexibility over time and greatly reduces risk of injury.

Daily stretching can greatly increase one's quality of life. If you don't have time in your day to dedicate to a long stretch routine, try bringing stretching into your already established schedule. For example, you could stretch your neck when you are in line at the bank or grocery store. A good movie can often provide the time to stretch your arms and legs. By finding lots of little places in your life that stretches fit in, and setting aside 20 minutes to an hour to stretch when possible, you will feel a great benefit.