

GUTHRIE CHIROPRACTIC & MASSAGE NEWSLETTER

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WHAT IS FAR INFRARED ENERGY?

By Loraine Baker, Chiropractic Assistant

Guthrie Chiropractic & Massage

FIR or Long Wave Infrared Rays are the safest and most beneficial light waves for the human body, from the sun. FIR is a form of energy that is part of the electro-magnetic light frequency of sunlight that is not visible to the human eye. FIR technology was first brought to us by nature herself. All living things emit FIR. Traditionally we've gotten our daily dose of FIR from sunlight. However, most of us spend so much time indoors or in our cars that we get significantly less FIR from the sun.

The first research on isolating, or mimicking, FIR was done through NASA in the 1960's. NASA concluded that infrared therapy would be an ideal way to stimulate cardiovascular function during long space missions.

Technological developments over the past half a century or so around the world, notably Russia, Japan and NASA's work on the use of infrared for healing in space has created a new generation of medical infrared applications.

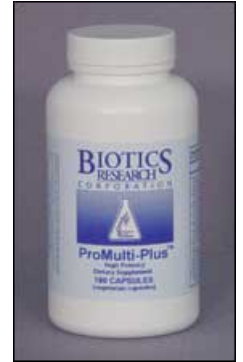
Most of us are already well familiar with the vital heat that far infrared provides our daily lives. Premature babies are constantly nurtured with the warmth of far infrared in neonatal units. The same heat keeps our food warm under lamps in cafeterias all day, and us in the bathroom.

Physical therapists, chiropractors and other medical professionals have been using far infrared lamps for decades in the treatment of soft tissues.

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Product of the Month

ProMulti-Plus



By Dr. Wade Guthrie

Guthrie Chiropractic & Massage

It pays to take vitamins!

The word is out – the American Medical Association (AMA) has completely reversed its previous anti-vitamin stance and now encourages all adults to supplement daily with a multiple vitamin.

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A recent review of 38 years of scientific evidence, by Harvard researchers, finally convinced the AMA to conclude that the current North American diet is inadequate to support optimal health. Specifically, the findings identified diseases such as heart disease, cancer, osteoporosis, neurological diseases, vision disorders, impaired immune function, and birth defects as being caused (at least in part) by the deficiencies of the American diet. One can hardly open any one of dozens of books on healthy diets without seeing the legions of studies which support this conclusion; I encourage you to pick one up and read.

And if this development isn't sobering enough, research findings, like those dating back to the work of Dr. Francis Pottenger in the 1930's, strongly suggest that deficiency diseases like those cited above, create genetic damage, which exposes each of the following generations to more deadly manifestations of these (and other) diseases. I therefore encourage you to take a good quality supplement today – don't wait!

For those of you who know me, you know that I wholeheartedly recommend the products by Biotics Research. Their Pro-Multi Plus multi- vitamin is wonderful and it is available in our office.

Vibrant health is your birthright, but it is up to you to step towards it. Lastly, please remember that I am here to answer your questions – it's what I love to do.

Yours in health,
Dr. Guthrie

(Recommended dosage 6 capsules/day)

CALENDAR OF EVENTS

DAYLIGHT SAVINGS TIME BEGINS

SUNDAY, 3/9/08

ST. PATRICKS DAY

MONDAY, 3/17/08

DR OUT OF THE OFFICE

TUESDAY, 3/18/08

FIRST DAY OF SPRING

THURSDAY, 3/20/08

EASTER

SUNDAY, 3/23/08

BASICS OF CHIROPRACTIC

THURSDAY, 3/27/08, 6:30 PM

This is a casual, short and informative presentation in our office and a great time for new patients to ask questions about chiropractic care.

ProMulti-Plus™

Six (6) capsules supply:	
Vitamin A (as mixed carotenoids, palmitate - 2:1 ratio)	7,500 IU
Vitamin C (ascorbic acid)	500 mg
Vitamin D (D3 as cholecalciferol)	2,000 IU
Vitamin E (as d-alpha tocopheryl succinate,	400 IU
and mixed tocopherols) Vitamin K (K1 as phytonadione)	1,000 mcg
Thiamin (B1) (as thiamin mononitrate, oocarbonylase)	50 mg
Riboflavin (B2) (as riboflavin, riboflavin-5-phosphate)	50 mg
Niacin (as niacinamide, inositol hexaniacinate)	150 mg
Vitamin B6 (as pyridoxal-5-phosphate, pyridoxine hydrochloride)	50 mg
Folic Acid	1,000 mcg
Vitamin B12 (as hydroxycobalamin)	1,000 mcg
Biotin	800 mcg
Pantothenic Acid (as calcium pantothenate)	200 mg
Calcium (as calcium citrate)	400 mg
Iodine (as potassium iodide)	200 mcg
Magnesium (as magnesium citrate, oxide)	200 mg
Zinc (as zinc citrate)	20 mg
Selenium (as selenomethionine, sodium selenite)	200 mcg
Copper (as copper citrate)	1.3 mg
Manganese (as manganese citrate)5 mg
Chromium (as chromium picolinate)	200 mcg
Molybdenum (as molybdenum glycinate)	100 mcg
Boron (as calcium borogluconate)	1.5 mg
Vanadium (as vanadyl sulphate)	25 mcg
Quercetin	50 mg
Green Tea Extract	25 mg
Citrus Bioflavonoids	20 mg
BioPerine® (from Piper nigrum)	1 mg
RECOMMENDATION: Six (6) capsules taken each day as a dietary supplement or as otherwise directed by a healthcare professional.	
Contains: 180 Capsules	
Product #: 1170	
NDC: 55146-01170	

ProMulti-Plus - high potency multi-vitamin/mineral supplement. Includes essential vitamins and minerals, and important botanical constituents possessing significant antioxidant activity.

STRESS

By Sonja Ljungdahl, Chiropractic assistant

Guthrie Chiropractic & Massage

Most of us are aware that we live in a high stress society. What some of us don't know is there are many stress-related conditions like cancer, cardiovascular disease, diabetes, depression and lowered immune function. Also, chronic stress can disrupt the body's natural chemical balances. An example of this is the hormone Cortisol which among other things contributes to obesity and lowers serotonin levels. We all know how many over weight and unhappy people there are in society today. We at Guthrie chiropractic realize that life in the modern world is generally stressful and want to support patients in de-stressing their lives.

Many daily practices such as deep breathing, stretching and meditation can aid in stress reduction. At Guthrie Chiropractic we offer the following services to de-stress your life:

- Chiropractic care
- Massage therapy
- Nutritional consulting
- Weight reduction assistance
- Education in stretching & breathing techniques

The next step is yours to make!



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 or comments to:

Marie Dearing

Guthrie Chiropractic & Massage

235 W. 10th Ave.

Eugene, OR 97401

Or email me at receptiondesk@mydocwade.com

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FIR not only warm our bodies, but they stimulate various bodily functions. When far infrared rays are beamed into the body, they are absorbed by the body and resonate through it, similar to the sound and energy waves of a bell when it is struck. As the FIR energy penetrates, it safely and gently heats the tissues and blood supply of an affected area. Your blood vessels actually increase in diameter and allow oxygen and nutrients in the bloodstream to pass through the walls more easily and to start to regenerate the damaged cells and tissues, In the same way, toxic substances in the damaged cells can also pass back into the bloodstream more easily to be filtered and eliminated by organs such as the kidneys, lungs and digestive tract. As the damaged or inflamed area receives this increased supply of blood, the cells are nourished and cleansed and you experience reduction in pain.

As many of you know, Dr. Guthrie has been using FIR lamps in his practice for many years to help alleviate pain and speed the recovery process. We're happy to announce that we will be adding another infrared product to use as a treatment procedure soon! We'll give you more details when we have it set up.

QUESTIONS AND ANSWERS

Q: What is ... BPA?

A: You won't see it on any ingredient list, but you probably ingested bisphenol A (BPA) today. Used to make the polycarbonate plastics found in many consumer goods -- reusable water containers, baby bottles, the inside coating of tin cans -- BPA can leach into foods and liquids when the plastic ages or gets heated. While the FDA recognizes the chemical as safe, some studies show low levels can disrupt hormone and immune system function, and cause insulin resistance and birth defects. It's another reason to keep a stainless-steel canteen close by.

(reproduced from body+soul magazine)