
GUTHRIE CHIROPRACTIC & MASSAGE NEWSLETTER

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FALL 2008



Product of the Month

Intenzyme Forte™

About Reiki

By Cammie Stein, LMT

Guthrie Chiropractic & Massage

Reiki, which originated in Japan, is used as a stress reduction technique that can also be beneficial in the healing of any illness or malady. It is based on the concept that a universal life-force energy exists in and around us. When the level of this energy flowing through us is low or depleted we are more susceptible to illness and stress, and conversely, the more energy we have, the more capable we are of being healthy and happy.

Reiki energy is generally transferred via the laying on of hands, though it can also be done without actually touching another person, and even done from a distance. It can be done as a stand alone treatment, or it can be incorporated into another healing regimen, such as massage. It works on many levels, including body, mind, emotions and spirit. The effects can be broad and diverse, and may include such feelings as peace, safety, relaxation and overall well-being. Reiki is natural and simple; it can be used on its own or in conjunction with mainstream medical treatments, to treat either the main ailment or associated symptoms and side-effects. However, please be aware that Reiki should not be used in place of medical treatment.

While it is spiritual in nature, Reiki is not affiliated with any religion or belief. In fact, it is not dependent on belief at all, and thus, can be used effectively with anyone, regardless of whether they believe in it or not. Reiki is passed on or transferred from a Reiki Master to students/practitioners via attunements. There are three levels of Reiki: Level 1, Level 2 and the Master Level.

Cammie Stein is a Licensed Massage Therapist at Guthrie Chiropractic & Massage. She has been attuned to Reiki at the Master Level since 1998.

By Dr. Wade Guthrie

Guthrie Chiropractic & Massage

I highly recommend you become familiar with this month's product; Intenzyme Forte™ by Biotics Research. It is one of two supplements that I have recommended for years, to aid in recovery from injuries. The other product is called Wobenzym. These two products are very similar and I have in recent years been mostly prescribing the former. The reason for the change is that the original German Wobenzym formula was changed when an American company bought it and I was not pleased with the changes that were made to Wobenzym.

What distinguishes Intenzyme Forte™ – as compared to drugs like Aleve and Advil – is that it controls inflammation and pain without the unwanted side effects!

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For those in the know: the anti-inflammatory drugs (like those mentioned above) are known to cause damage to the lining of the stomach and intestines, in susceptible individuals. In fact, the New England Journal of Medicine reported, in one study, that conservative estimates put deaths due to these types of drugs at approximately 16,000 people per year. Also, many, many more people will develop what is termed leaky gut from taking anti-inflammatory drugs -- and let me tell you – you do not want leaky gut! Essentially, what happens in leaky gut is that undigested food enters your blood stream and plays havoc with your immune system, causing a very significant number of people to develop full-blown autoimmune diseases and arthritis.

Yes, it's a nifty coincidence (if you are a drug company making these drugs) that they are primarily taken by people with arthritis, even though these drugs can contribute to the destruction of their joints!

Dosages vary greatly, with cancer patients using up to 30 tablets a day – with no side effects. Normal dosing would be closer to 3 tablets taken 2 to 3 times per day and for the full effects, one should take the tablets away from meals.

The best of health!

Dr. Guthrie

Intenzyme Forte™ is on sale this month! Just \$14.70 (Reg. \$21) for 100caps or \$68.60 (Reg. \$98) for 500caps!

QUESTIONS AND ANSWERS

Q: *“Why doesn't my chiropractic adjustment last longer? Why do I have to come back so often?”*

A: The reasons chiropractic adjustments don't last forever is because we all go on with our lives. We live; play and work and our muscles and joints react to all of this stress over time. If you think about it, almost every daily activity we do can have an effect on the alignment of our bodies. From simple tasks like typing or talking on the phone to caring for a child or cleaning house to the most physical labor that many of us do on a daily basis for our jobs. Our body reacts by moving out of alignment when it is stressed, and our muscles spasm, which cause swelling, pain & discomfort. Does this mean we shouldn't play and work and do all the things that cause stress on our bodies? Of course not, stress is a normal part of life. Our goal is to keep it from negatively affecting our body and our health. Some bodies hold the adjustments longer simply due to genetics. But so much of it also depends on our commitment to exercise and a healthy lifestyle. Talk to Dr. Guthrie at your next appointment and see what changes you can make in your lifestyle to help maintain your adjustment.

Intenzyme Forte™	
Each tablet supplies:	
Pancreatin 4X (from porcine)	100 mg
Bromelain	50 mg
Papain	50 mg
Lipase	10 mg
Amylase	10 mg
Trypsin and Alpha Chymotrypsin (from porcine)	100 mg
Superoxide Dismutase (from vegetable culture)	10 mcg
Catalase (from vegetable culture)	10 mcg
RECOMMENDATION: One (1) tablet three (3) times each day, or as otherwise directed by a healthcare professional.	
Contains: 50 Tablets, 100 Tablets, 500 Tablets	
Product #: 1207, 1201, 1202	
NDC: 55146-01207, 55146-01201, 55146-01202	

Intenzyme Forte - a broad spectrum proteolytic enzyme formulation that supports the numerous protein metabolism pathways. Proteolytic enzymes are capable of exerting influence over a variety of physiological and biochemical processes. Benefits of Intenzyme Forte include its effect on muscle soreness and discomfort due to overexertion, the support of hormone processing, as well as providing support for healthy digestive, immune and circulatory function.

IF INFLAMMATION IS EATING AT YOU... MAYBE IT'S WHAT YOU'RE EATING THAT IS CAUSING THE INFLAMMATION!

By Marie Dearing, Receptionist

Guthrie Chiropractic & Massage

In today's world every time you turn around someone is telling you what you should or shouldn't eat. It's in the newspapers and on TV. One week eggs are bad for you because "they raise your cholesterol", but the next week the same reporter thinks it might be okay to have eggs because "they don't raise your cholesterol after all". Well, the good news is that when it comes to inflammation the chow to avoid *and reduce your inflammation* are all the things that we know already are bad for us so it is easy to do!

To reduce inflammation we need to avoid junk food, fast food, trans fats, saturated fats, refined carbohydrates & sugar just to name a few. Now, granted this is going to come as a shock to a lot of people and definitely mean changing the way we typically eat. But it is possible and dare I say enjoyable?! It might mean cooking more meals at home instead of grabbing some quick drive thru fare, but your body will thank you for it. And your family will too, because their bodies will feel better as well and as an added bonus you get more family time together. So as you are cutting out all of the "bad cuisine" start loading up on "good groceries" to take their place and reduce that inflammation. Load your cart up with lots of fresh fruits and vegetables, very lean cuts of meat or seafood, unsaturated healthy oils, nuts and whole grains. And don't forget lots of pure H2O!

For a more detailed list of foods that fight inflammation *and* a list of foods to avoid, please go to our website. I am always adding to it, so check back often and email me if there is something I have missed!

CALENDAR OF EVENTS

LABOR DAY

MONDAY, 9/1/08

Office will be closed.

NATIONAL GRANDPARENT'S DAY

SUNDAY, 9/7/08

WIFE APPRECIATION DAY

SATURDAY, 9/20/08

1ST DAY OF AUTUMN

MONDAY, 9/22/08

OCTOBER IS NATIONAL CHIROPRACTIC MONTH!

WATCH FOR MORE INFORMATION COMING SOON!

HALLOWEEN

FRIDAY, 10/31/08



NOVEMBER IS TMJ AWARENESS MONTH!

WATCH FOR MORE INFORMATION COMING SOON!

DAY LIGHT SAVINGS TIME ENDS

SUNDAY, 11/2/08

ELECTION DAY

TUESDAY, 11/4/08

VETERANS DAY

TUESDAY, 11/11/08, OBSERVED 11/10/08

Dr. Guthrie will be out but massage may still be available.

THANKSGIVING

THURSDAY, 11/27/08

Office will be closed.



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



That which we persist in doing becomes easier not that the nature of the task has changed, but our ability to do has increased.

Emerson

How I, Lisa Burtraw, Discovered Shamanism & Healing Work as My Path...

By Lisa Burtraw, LMT

Guthrie Chiropractic & Massage

It was 1992; I was in community college completing my preliminary requirements to get into Oregon State University. My educational focus was in the studies of biology, naturally following a passion I'd held since childhood. I wanted to help save wild cats; cougars, snow leopards, jaguars, lions, tigers, etc., primarily by protecting their natural environments and habitats.

In February, I was in a traumatic motor vehicle accident with a head injury and structural changes to my spine causing me a lot of pain. From then on, the synchronicities and events that occurred were all coming to me as messages, (and the people whom I encountered as messengers), from my helping spirits and loving guides. They started directing me onto and shaping my truer path.

I became certified as a LMT in 1994. A few years later I began training through the Upledger Institute for CranioSacral Therapy. Then, I met Karuna Gatto through, "The Raven," (a healing coop in Eugene). Karuna was my introduction into shamanic healing as I started receiving her healing work. I began the process of sloughing off the layers of programming and illusionary facade which my primary influences had not known any better than to instill into me. The work continues to bring me back to my true self. Although my own training with her began the first time I met her, she officially started training me a few years later. And through her guidance, I became a minister of the International Assembly of Spiritual Healers and Earth Stewards in 1998. Since then and more recently, I have received intensive training's from Alida Birch and Marta Boyett, who are both highly regarded shamanic practitioners and teachers in Lane County.

Being a conduit for change is my offering for those who are seeking transformation from their old self into their true self; from their pain body into a feeling of freedom in their body.

I will always be passionate about working with animals and I continue interacting with them by offering them healing work. I also feel that my initial intentional work with animals has now come to fruition by practicing Shamanism, working with power animals and helping spirits on the 80 acres of forest where I live. I enjoy daily encounters with animals on the land such as skunks, deer, bear, owls, feral cats, horses, coyotes, hawks, crows, ravens, vultures, wild turkeys and song birds.

I am so grateful that I have discovered my path in life, and am thankful to all my teachers whom have guided me on my way. I believe I am always a beginner, and seeing through fresh new eyes every day, keeps me open, present and alive. I would like to believe in setting an example to those in need of recognizing, living their dreams and fulfilling their life's purpose, through the way that I have chosen to listen, manifest and live.