
GUTHRIE CHIROPRACTIC & MASSAGE NEWSLETTER

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

SPRING 2009 – RESCUE REMEDIES!

New! After Hours Care!

The weekend is here and you are off playing like a kid, and then it happens...ouch! Something just went out of alignment in your back.

Call Dr. Guthrie!

But the office is closed...or is it?!

Good News!

Dr. Guthrie now has the availability to see patients most weekends at our new Sunny Hollow location!

Here's how: Check out our website [first](http://www.mydocwade.com/pages/afterhourscare.php) for Dr. Guthrie's availability. Then give us a call during normal business hours at (541) 683-9069 or when the office is closed call Dr. Guthrie's cell phone at (541) 337-2579. It's okay to leave a message.

Please note: If "instant" relief feels right to you and if it is worth an extra \$20 then after hours care is what you're looking for. Call Dr. Guthrie.

The Sunny Hollow address is 880 Sprague St. in Eugene, just off of West Amazon.

Product of the Season

Bio-Allay™

A Proprietary blend of White Willow Bark, Harpagophytum (Devils Claw) & Boswellia

*By Dr. Wade Guthrie
Guthrie Chiropractic & Massage*

**Natural Pain Relief!
A must have for your
Natural First Aid Kit!**

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...

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We treat Wii injuries too!

Bio-Allay™, Continued from page 1

... 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! 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 spring!
Just \$18.20 (Reg. \$26) for 120 capsules!



Bio-Allay®

Two (2) capsules supply.	100 mg
Proprietary blend:	100 mg
White Willow Extract (Salix alba) (bark), Devil's Claw Extract (Harpagophytum procumbens) (root), and Boswellia Serata 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 #: 7957	
NDC: 16148-07057	

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



**Want to Spring into shape
for Summer?**

**Want to lose weight &
improve your health & well-
being?**

The arrival of spring usually brings feelings of inspiration to renew and refresh aspects of our lives. If one of your goals is to lose weight in a motivating and sensible way, Wise Weighs is here to help! We offer individualized weight reduction programs with one-on-one support, holistically designed to keep you on track.

If this is the year you've decided to reach your perfect weight, get the support you deserve to help you improve your health and body image and give you the confidence to manifest your goals. Choose the Wise Weighs!

Penny Park & Emmy Kishi
nutritional consultants and weight loss coaches
are offering Guthrie Chiropractic and Massage
patients a **FREE** initial consultation in our
office. Contact Penny for your **FREE**
consultation or an appointment at 541-579-1613
or by email mizpark62@hotmail.com



CALENDAR OF EVENTS

EASTER

SUNDAY, APRIL 12TH



EARTH DAY

WEDNESDAY, APRIL 22ND

Office will be open.

ARBOR DAY

FRIDAY, APRIL 24TH



CINCO DE MAYO

TUESDAY, MAY 5TH

Office will be open

MOTHER'S DAY

SUNDAY, MAY 10TH



MEMORIAL DAY

MONDAY, MAY 25TH

Office will be closed, however massage may still be available.

DR. GUTHRIE VACATION

WEDNESDAY, JUNE 17TH THROUGH TUESDAY, JUNE 23RD

Massage is available.

FATHER'S DAY

SUNDAY, JUNE 21ST

1st day of summer too!



Schedule Yourself for a Massage Today!

Take a hands-on approach to Spring wellness with a healing massage. More than simple pampering this healing practice improves circulation, increases flexibility, and releases tension. We have massage therapists on staff 7 days a week.

Have you been in a motor vehicle accident?

Did you know?

Massages, Chiropractic & Physiotherapy are often **COVERED WITHOUT A REFERRAL** from an auto insurance agent or MD.

Natural First Aid Kit

By Marie Dearing, Receptionist

Guthrie Chiropractic & Massage

What is in your first aid kit?...You do have at least one...right? At home? In the car? In the office? Okay, don't panic we are here to help. Let me give you an ingredient list of what is in our kit.

Guthrie Chiropractic & Massage First Aid Kit

- **EMERGENCY PHONE NUMBERS**
- **GEL PACK – HEAT OR FREEZE FOR SPRAINS & STRAINS**
- **BAND-AIDS & BANDAGES**
- **STERILE GLOVES AND DRESSINGS**
- **SOAP – FOR CLEANSING**
- **ALOE VERA GEL – FOR BURNS**
- **TRAUMEEL GEL™ – TOPICAL PAIN RELIEF ***
- **BIO-ALLAY™ – FOR PAIN RELIEF (SEE ARTICLE ON 1ST PAGE FROM DR. GUTHRIE)**
- **BIO-IMMUZYME FORTE™ – FOR COLDS/FLUS ***
- **CA/MG-ZYME™ – FOR MUSCLE SPASMS ***
- **INTENZYME FORTE™ – FOR INFLAMMATION**
- **VITAMIN C (ASCORBIC ACID)* – FOR COLDS /FLUS ***
- **MIGRA SPRAY™ – FOR MIGRAINE RELIEF ***
- **DE-STRESS™ – FOR DESTRESSING ☺ ***
- **FLORASTOR™ – FOR COLDS/FLUS & DIARRHEA ***

If you would like to see our kit, come by the office, we would be happy to show it to you. We can also make one just for you for only \$199 (a \$225 value).

* Read more about these products in Sonja's article on the next page.

Rescue Remedies for common ailments

By Sonja Ljungdahl, LMT, CA

Guthrie Chiropractic & Massage

I find that I often get so wiped out at the onset of sickness that I don't have the energy to head out to buy whatever I might need to best treat myself. Three products available at Guthrie Chiropractic that I like to have on hand when a cold or flu hits are **Bio-Immuzyme Forte™**, **Florastor™** and **Ascorbic Acid**.

Bio-Immuzyme Forte™ is a broad spectrum wellness formula that contains vitamins, minerals, enzymes, glandulars and herbs to support immune function. It is an excellent immune booster and speeds recovery time.

An unbalanced digestive tract can make one more vulnerable to colds and flus. Introducing probiotics into the diet is both a preventative and an immediate treatment for increasing your body's immunity and fighting off colds and flu's. **Florastor™** is a time tested probiotic blend that increases intestinal health and whole body immunity. It is also an appropriate treatment for diarrhea.

Ascorbic Acid is also known as **Vitamin C**. Most of us are already aware of vitamin C's positive influence on immunity. One thing that people are unaware of is that it can be taken in somewhat high doses. We sell very affordable pure ascorbic acid. I have taken as much as a teaspoonful an hour (mixed with juice or water) when I am fighting off a cold or flu.

Traumeel™ is an anti-inflammatory and analgesic (pain killer) that is applied as a topical cream. It has broad applications for injuries of all kinds but is most often used as an effective treatment of sprains, dislocations, contusions and other inflammatory processes.

Stress is often a feeling of an emergency not necessarily an emergency. I make sure to have a section in my first aid kit dedicated to times of heightened stress. **De-stress™** is a supplement that supplies 150 mg of hydrolyzed casein concentrate that was researched and patented in Europe for use in anxiety and other stress related disorders. In times of heightened stress taking one tablet before bedtime and another during the day can decrease the amount of perceived stress significantly.

Migraspray™ is a homeopathic herbal spray (administered under the tongue) that is a mixture of 4 anti-inflammatory herbs known to decrease inflammation and treat migraines. It can be used to either treat a migraine attack or for prevention of migraines.

Cal/Mag zyme™: Adequate amounts of both calcium and magnesium are important for proper muscle contraction. A lack of these minerals can lead to painful muscle spasms and cramps. Taking a calcium magnesium supplement at the onset of cramping can stop cramping surprisingly fast. This is also an effective trick for menstrual cramps.

Regular Chiropractic Care can help you maintain a healthy balance in your life.

Massage Dictionary

Acupressure is a traditional Chinese medicine technique based on the same ideas as acupuncture. Acupressure involves placing physical pressure by hand, elbow, or with the aid of various devices on different acupuncture points on the surface of the body. There are several hundred acupuncture points that are distributed along meridians (or channels) and numerous other "extra points" that are not associated with a particular meridian. Dr. Guthrie often treats these points to restore balance to the organs of the body.

Craniosacral therapy is a method of applying a subtle movement to the spinal and cranial bones to bring the central nervous system into harmony. This therapy involves assessing and addressing the movement of the cerebrospinal fluid (which nourishes the brain). The flow of this fluid can be restricted by trauma, such as falls and accidents, and also from general nervous tension. By gently working with the spine, the skull and its cranial sutures, the restrictions of nerve functions are eased and movement of the spinal cord can be optimized.

Trigger point therapy can also be called pressure point massage. A trigger point is an area of a muscle that may refer pain sensations to other parts of the body when stressed. Manual pressure is applied to these points. With the proper pressure, duration and location, immediate release of tension and improved muscular functioning may occur.

All of our Licensed Massage Therapists are highly skilled and adept in a wide range of techniques including the therapies listed above and many more. They are available to you 7 days a week.

Watch for more definitions in the next issue, including: Assisted Stretching, Polarity Therapy, Pregnancy, Reiki & Shiatsu, Sports Injury & TMJ release.

QUESTIONS AND ANSWERS

Q: "Does Dr. Guthrie give phone consultations & if so what is the fee?"

A: Dr. Guthrie is usually available to discuss (briefly) any questions about your care plan. More in depth matters (requiring more than 5 minutes) may incur a fee. However, if you haven't seen him in awhile or are a new patient he would like to see you in person. Please inquire at the front desk for more information and fees.

Tensegrity as Applied to the Human Structure

By Annie Siemens, LMT, CA
Guthrie Chiropractic & Massage

Tensegrity is the principle of structure being defined by the relationship between the tension and compression of the parts of the structure. Buckminster Fuller talked about this in his work with geodesic domes. The structure's integrity is maintained by just the right amount of tension on each piece; too little or too much and the dome collapses. Sculptors and architects rely on these principles to ensure strength in their art and their buildings. This principle (in biology) can be applied to the human body. Structures like bone and muscle (or even cell membranes) are both rigid and elastic. This helps create and maintain strength and creates the push and pull needed for movement! All things working together, is how Webster defines it in the dictionary. We take movements of push and pull for granted until there is too much (or too little) tension and our movement is impaired. When those forces are in balance the structure is strong! Chiropractic, Massage, meditation, strengthening and stretching can help you create and maintain a balanced and strong body.



COLD-FLU-TMJ

By Dr. Wade Guthrie
Guthrie Chiropractic & Massage

The common denominator in all of these is a stiff neck. Generally if you can get rid of the stiff neck then the cold, flu and TMJ will have "no chance".

So, pay attention to the early sign – stiffness in your neck – and do something early on, like get me or one of our massage therapists to smooth it away.

Thanks,
Dr. Guthrie

Remember: I now have after-hours care available for times like these.

Please check our website for availability of after hours care.

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