
GUTHRIE CHIROPRACTIC & MASSAGE

NEWSLETTER

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APRIL 2008

Get Craniosacral Therapy to Improve Your Health!

By Elisa M. Olalde, Licensed Massage Therapist
Guthrie Chiropractic & Massage

Craniosacral therapy is a unique type of energy work, which subtly encourages your body and removes blockages to normal function. One of the most important of these blockages (which can occur) is in the circulation of the fluid, which bathes your brain and spinal cord. This fluid (called cerebral spinal fluid, or CSF for short) moves with a regular rhythm – much like tidal movements in the sea. When these movements are blocked a whole host of negative outcomes are seen, like: chronic fatigue, pain, poor sleep, and allergies – to name a few.

The craniosacral therapist gently contacts the person receiving care and with light touch and proper intention, initiates the process of healing. This work is not hurried and the sensation you will likely feel is like layers of tension are being slowly stripped away. Once these layers are removed, your innate “blue print”, which we all have at our core, is fully available to orchestrate a return to full function and optimal health.

We have trained therapists waiting to introduce you to the amazing healing potential of craniosacral therapy. Just give us a call, we will be glad to make an appointment for you.

Product of the Month

BioDoph-7 Plus

By Dr. Wade Guthrie
Guthrie Chiropractic & Massage

Probiotics for the health of your intestines...and the rest of you!

Probiotics, which means “for life”, are supplements or foods, which contain beneficial bacteria. There are estimated to be about 400 different strains of beneficial bacteria and many more which are not.

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BioDoph-7 Plus, *Continued from page 1*

The non-beneficial bacteria in your intestines (including the smaller group we call infectious bacteria) produce substances, which can cause damage to your intestines and even to your immune system and are often present in persons who have poor nutrition and/or have overused antibiotics. The irony of course is that antibiotics are often given for bacterial infections, but their use may inadvertently promote the overgrowth of non-beneficial bacteria after the course of therapy. This is a much bigger problem than most people realize!

The medical journal *Annals of the Rheumatic Diseases* reported in 1992 that at least 70% of patients with chronic arthritis are carriers of these non-beneficial bacteria and the site where they are most common is in the intestines. What we know is that these non-beneficial bacteria irritate the immune system, leading to chronic inflammation and the development of autoimmune conditions like arthritis. One of the best things you can do is to supplement your diet with foods (like kefir, yogurt, miso, sauerkraut, buttermilk or tempeh) and supplements, which contain these good strains of bacteria. The idea is to keep putting in the good ones and they will have a great chance of making your intestines inhospitable for the bad ones.

I wholeheartedly recommend the Biotics product called Biodoph-7 Plus, which contains seven of the best probiotic organisms. It is one of the four core products in my "Toolkit" for Vibrant Health, and I personally take it every day. This month it's on sale for \$21 for 60 capsules (that's a 2-month supply).

Yours in health,

Dr. Guthrie

Recommended dosage 1 capsule/day for adults

**Thank you for
your referrals!**

CALENDAR OF EVENTS

DR OUT OF THE OFFICE

4/3/08, 4/4/08, 4/11/08 & 4/24/08 THROUGH 5/2/08

Office will be open and Massage available

TAX DAY

TUESDAY, 4/15/08

TMJ THERAPY PRESENTATION

THURSDAY, 4/17/08, 6:30 PM

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

HUSBAND APPRECIATION DAY

SATURDAY, 4/19/08

EARTH DAY

TUESDAY, 4/22/08

Also National Jelly Bean Day!

ARBOR DAY

FRIDAY, 4/25/08

"Wisdom begins in wonder" -- Socrates

QUESTIONS AND ANSWERS

Q: Who does craniosacral therapy at Guthrie Chiropractic & Massage?

A: All of our massage therapists are excellent, but if you are looking for craniosacral therapy specifically, we would recommend Elisa, Leslie or Lisa.

Q: What is that thing that "looks like a ray gun and sounds like a jack hammer" that Dr. Guthrie uses & how does it help me?

A: It is called an ARTHROSTIM™ Manipulator and it feels wonderful! It is an electronic adjusting instrument that is used to treat the spine and other joints which may be displaced. It produces a succession of rapidly repeating, high velocity-low amplitude thrusts to acupuncture points and knots in the muscles.

Q: When is Wife Appreciation Day?

A: Everyday and September 20th!

TURMERIC AS A HEALING AGENT

By Sonja Ljungdahl, Chiropractic Assistant
Guthrie Chiropractic & Massage

Turmeric or *Curcuma longa* is a perennial plant native to southern tropical Asia. It has been used as a medicine for centuries in both Chinese and Indian systems of medicine. Some of its traditional uses include: its use as an anti-inflammatory, an anti-infective agent, and as well as a medicine to heal many digestive disorders.

In the last few years Turmeric has received much attention from the scientific community for its potential therapeutic effects. It's most well publicized benefit is as an effective anti-inflammatory agent – as it decreases the pain and inflammation associated with rheumatoid arthritis, asthma and other inflammatory conditions.

Also, Turmeric has been shown to inhibit tumor growth and recent research has revealed turmeric acts as a mild anti-depressant.

Turmeric extract is a major ingredient in the Biotics product KappArest™. Many of you might be familiar with KappArest™ as it is often a part of Step 1 of the Detox program. Talk with Dr. Guthrie if you think that dietary turmeric might be a beneficial addition to your

Bio Doph-7 Plus

Supplement Facts

Serving Size: 1 Capsule

	Amount Per Serving
Proprietary Blend	400 mg
Inulin (from Chicory root) *	
Arabinogalactans (from Larch) *	
Marshmallow Root (extract) *	
Bifidobacterium bifidum *	
Bifidobacterium lactis *	
Bifidobacterium breve *	
Lactobacillus paracasei *	
Lactobacillus plantarum *	
Lactobacillus salivarius *	
Streptococcus thermophilus *	
*Daily Value not established	

The Infrared BioMat™ is Here and Ready to Help You!

By Loraine Baker-Hanley, Chiropractic Assistant
Guthrie Chiropractic & Massage

Far Infrared Therapy (FIR) has been shown to:

- Reduce pain, stiffness, swelling and inflammation
- Improve lymph flow & the endocrine system
- Increase blood circulation & strengthen the cardiovascular system
- Activate healthy molecular vibration with long-lasting, life-sustaining activity by initiating enzyme activity
- Penetrate deeply into the innermost parts of the body, stimulating healing & regenerating cells, nerves & meridians hidden beneath surface, adipose (fat) & muscle tissue layers
- Balance pH by decreasing acidity
- Remove toxins and detoxify the body
- Improve the immune system
- Reduce stress & fatigue
- Improve skin & Muscle tone
- Help control weight & burn calories
- Reduce cholesterol
- Normalize Blood pressure
- To help attain a deep delta state of relaxation
- Produce negative ions. When negative ions are increased in the blood, it increases nutrient absorption, waste elimination, metabolism and cell function. It also increases the flow of oxygen to the brain; which elevates levels of the mood chemical serotonin, helping to alleviate depression, relieve stress and boost daytime energy.

Give us a call to schedule a BioMat™ session by itself or in conjunction with other treatments such as a massage or a chiropractic adjustment.

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:

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