

GUTHRIE CHIROPRACTIC & MASSAGE NEWSLETTER

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Are Your Hands Clean?

Keeping hands clean is one of the most important steps we can take to avoid getting sick and spreading germs to others. It is best to wash your hands with soap and clean running water for **20 seconds**. However, if soap and clean water are not available, use an alcohol-based product to clean your hands. Alcohol-based hand rubs significantly reduce the number of germs on skin and are fast acting.

When washing hands with soap and water:

- Wet your hands with clean running water and apply soap. Use warm water if it is available.
- Rub hands together to make a lather and scrub all surfaces.
- Continue rubbing hands for 20 seconds. Need a timer? Imagine singing "Happy Birthday" twice through to a friend!
- Rinse hands well under running water
- Dry your hands using a paper towel or air dryer. If possible, use your paper towel to turn off the faucet

Remember: If soap and water are not available, use alcohol-based gel to clean hands.

When using an alcohol-based hand sanitizer:

- Apply product to the palm of one hand
- Rub hands together
- Rub the product over all surfaces of hands and fingers until hands are dry.

When should you wash your hands?

- Before preparing or eating food
- After going to the bathroom
- After changing diapers or cleaning up a child who has gone to the bathroom
- Before and after tending to someone who is sick
- After blowing your nose, coughing, or sneezing
- After handling an animal or animal waste
- After handling garbage
- Before and after treating a cut or wound



Remember, Clean Hands Save Lives!

From: Centers for Disease Control and Prevention

Product of the Month

Optimal EFA's



By Dr. Wade Guthrie

Guthrie Chiropractic & Massage

A broad-spectrum blend of oils, containing the essential fatty acids: ALA, EPA, DHA, GLA and Oleic Acid. These oils are derived from high quality fish, flaxseed and borage.

Provides a 2:1 Omega-3 to Omega-6 fatty acid balance, for optimal inflammation control and to provide essential nutrients for cardiovascular, nervous system, and musculoskeletal health – to name just a few.

The Omega-3 oils are a huge story...

Continued on page 2

INSIDE THIS ISSUE

| | |
|---|------------------------------|
| 1 | Are Your Hands Clean? |
| 1 | Optimal EFA's |
| 2 | Calendar of Events |
| 3 | Questions & Answers |
| 3 | What is that "Magic Wand"... |

Optimal EFA's, *Continued from page 2*

There is no other single component of the diet, which will do as much for the improvement of your health. The number of studies on these oils would fill a set of encyclopedias! These oils are composed of what are called the essential fatty acids (or EFA's). They are called essential because they are essential. Your body needs to get them from your diet (or from a supplement) in order to repair injuries, conduct nerve signals, make hormones, etc. One of the most important aspects of a diet rich in Omega-3 oils is that it promotes the natural anti-inflammatory response of your body.

For those of you who have been following the latest health research, you know that inflammation is believed to be the one of the most important causes of some major diseases: including heart disease, diabetes, depression, ulcerative colitis, asthma and many of the arthritic diseases.

Supplements of omega-3 fatty acids can reduce the incidence of neck and back pain and eliminate the need for medication, says a recent US study. *"It is important for patients to know that safer alternatives to pain medications are available,"* said Joseph Maroon from the University Of Pittsburgh Medical Center. *"A fish oil supplement containing EPA and DHA omega-3's is an effective choice with fewer or no side effects."*

In the US alone, over 70 million people receive prescriptions for nonsteroidal anti-inflammatory drugs (NSAIDs) to reduce inflammation and relieve pain, but taking such drugs can lead to stomach ulcers and irritable bowel syndrome, and are the leading cause of morbidity and mortality (injury and death) related to drugs, according to the FDA.

Please note: Fish oil (like Carlson's lemon flavored fish oil) is a great way to get a large dose of Omega-3's during periods of increased inflammation. The EPA and DHA in these oils are very good for controlling inflammation. However, for long-term use, in the prevention of inflammation and promotion of optimal health, I recommend a more complete blend of essential fatty acids. There is no better choice than Optimal EFA's from Biotics research and this month only get **30% off!**

Yours in health,

Dr. Guthrie

CALENDAR OF EVENTS

GROUNDHOG DAY

SATURDAY, 2/2/08

MONDAY, 2/4/08

Dr. Guthrie will be out of the office today but Massage still available.

FRIDAY, 2/8/08

Dr. Guthrie will be out of the office today but Massage still available.

VALENTINE'S DAY

THURSDAY, 2/14/08

Dr. Guthrie is here all day and massage available too.

PRESIDENT'S DAY

MONDAY, 2/18/08

Dr. Guthrie will be out of the office today but Massage still available.


BASICS OF CHIROPRACTIC

THURSDAY, 2/21/08, 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.

**It is not the horse that draws the cart,
but the oats.**

- Russian proverb



| Optimal EFAs Caps™ | |
|--|--------|
| Two (2) capsules supplies | |
| Calories | 20 |
| Calories from fat | 20 |
| Total Fat | 2 gm |
| Saturated fat | 0 gm |
| Cholesterol | 5 mg |
| Proprietary Blend | 2 gm |
| Fish oil, Flax seed oil, Borage oil Each serving provides 1,000 mg of natural marine lipid concentrate, providing a natural source of the following Omega-3 Fatty Acids: | |
| ALA (Alpha-Linolenic acid) | 280 mg |
| EPA (Eicosapentaenoic acid) | 159 mg |
| DHA (Docosahexaenoic acid) | 105 mg |
| GLA (Gamma Linolenic acid) | 112 mg |
| Oleic acid | 204 mg |
| 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 #: 1407 | |
| NDC: 55146-01407 | |

30% off

Optimal EFAs - supplies a unique blend of the highest quality fish, flaxseed and borage oils, providing a balanced blend of omega-3, 6, and 9 essential fatty acids in optimal ratios.

What is that “magic wand” Dr. Guthrie uses and *how* does it work?

By Loraine Baker, CA, LMT

Guthrie Chiropractic & Massage

It's called ETPS (Electro Therapeutic Point Stimulation), fondly referred to as “accu point” in the office, and is a form of microcurrent therapy.

Here's how it works:

The human body is an electromagnetic system; individual organs, tissues and cells generate different electrical frequencies that change with disease and injury. Sometimes there is insufficient electrical activity to get healing started- like a dead battery in your car after leaving your lights on. This technique incorporates various low voltage electrical frequencies, applied directly to injured tissues or to acupuncture points which “jump start” the low-energy tissue or organ.

Microcurrent Therapy helps return your body's electrical current to a normal activity by improving circulation, cell metabolism, protein and nutrient use and the release of endorphins. All these improvements reduce pain and inflammation, accelerate healing and help the body heal itself. Because this therapy delivers a treatment that differs from other types of pain management, it is often effective when other treatments have failed.

Professional athletes have benefited for years from this non-invasive, pain-free treatment that quickly helps heal injuries. Microcurrent therapy effectively reduces pain and promotes faster healing for the following conditions:

- Acute and chronic sprains and strains
- Arthritis
- Tendonitis
- Bursitis
- Fractures and sprains
- Torn muscles and ligaments
- Neuralgias
- Overuse injuries such as carpal tunnel and tennis elbow
- Neck and back pains
- TMJ problems
- Headaches
- Pinched nerves
- Fibromyalgia
- Myofascial Pain

As many of you know, Dr. Guthrie has been using microcurrent therapy for over 20 years with high success rates for quick pain relief and injury repair.

Another modality used at the office is far infrared. More on far infrared therapy in the next newsletter!

QUESTIONS AND ANSWERS

Q: “I'm really stressed and frequently get headaches, can chiropractic treatment help me?”

A: Tension accompanied by chronic headache responds well to a combination of gentle chiropractic treatments, massage therapy and the proper nutritional support. Dr. Guthrie can show you the perfect combination for your body.

Q: “Am I getting all the nutrients I need out of the foods I'm eating?”

A: It is quite possible that you are not. The foods we eat today have only a fraction of the nutrition our ancestors consumed due to increasing pollution in our air and soil, etc. Also, we typically do not eat enough “healthy” foods in our diet. Fortunately our generation has the technology and knowledge necessary to make up for our lack of nutrition with supplements when needed. If you haven't done so already ask for a Nutritional Assessment Questionnaire at your next visit. Then set up an appointment to discuss the results with Dr. Guthrie.

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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