

GUTHRIE CHIROPRACTIC & MASSAGE NEWSLETTER

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Breaking News!

Our 1st newsletter is here! Just in time for the New Year we are bringing you the 1st issue of our monthly newsletter. Each month there will be lots of important topics to read about, including a product of the month, upcoming discussions, etc. Also the featured product will be on sale all month long in the office too, so be sure to stop in soon to take advantage of the savings. 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

Product of the Month

Vitamin D



The Need for Vitamin D

By Dr. Wade Guthrie

Guthrie Chiropractic & Massage

Vitamin D deficiency causes dull, achy musculoskeletal pain that is poorly responsive to both medications and manual therapies. In other words, all of our best efforts may get us only so far, and without sufficient Vitamin D you will continue to have recurring pain. This pain may be widespread or confined to a particular area, most commonly the low back. The mechanism for this pain has been discovered. What happens is the outer covering of the bones (called the periosteum) swells in the absence of sufficient vitamin D and the swelling pressures nerves, causing pain. Also, many clinical investigations (done internationally) clearly show that a vast proportion of populations are showing low vitamin D levels and especially in those individuals with musculoskeletal pain. Most importantly, the clinical studies are showing that 95% of affected people will have tremendous resolution of their pain, within a few months of taking adequate levels of vitamin D supplements.

The two issues that probably contribute the most to people not getting enough vitamin D are modern lifestyles being conducted indoors – away from the sun, and the very low
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The doctor of the future will give no medicine but will interest his patients in the care of the human frame, in diet and in the cause and prevention of disease.

-Thomas Edison

INSIDE THIS ISSUE

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recommended dosage set by the FDA. The first of these observations is perhaps the easiest to grasp – since sunshine exposure on the skin is the “normal” way in which vitamin D is supplied to us. And since we have developed habits in our culture (and of course in most modern cultures) of wearing clothes, when the sun shines, or covering ourselves with sunscreen, we are robbing ourselves of needed vitamin D production. Of course the advantages of protection are well known in regards to skin cancer; however, as you will read soon, many other cancers seem to be caused by inadequate vitamin D levels!

The second issue is that since vitamin D is a fat-soluble vitamin, the FDA has been reluctant to set standards for dosing higher than 400 IU’s per day. For those in the know: some fat-soluble vitamins (like vitamin A) can get temporarily “trapped” in the fat of the body and build up to toxic levels. In the case of vitamin D, however, studies have shown that normal levels of sunshine exposure (in persons getting full skin exposure to sun) raise the blood levels of vitamin D to levels, which we only see when we supplement with 10,000 IU’s per day – that’s over 20 times the RDA. And it should be noted: no one has ever demonstrated a case of vitamin D toxicity from sunshine exposure.

Recent studies have shown that there are receptor sites for vitamin D in the brain, breast, and prostate and in white blood cells. This is in addition to those regions of the body that have been known for a long time to be under the influence of vitamin D, namely the bones and intestines. The story with the intestines is that calcium absorption (which occurs in the intestines) is largely controlled by vitamin D and if there is not enough vitamin D, no amount of calcium supplementation will be optimal in preventing problems like osteoporosis or nerve and muscle dysfunction.

As I promised earlier, many types of cancer have been linked to low vitamin D levels. These include: cancers of the breast, prostate bladder, esophagus, kidney, lung, pancreas, rectum, stomach, uterus and colon.

Lastly, the studies are numerous, showing adequate vitamin D levels as being protective against diabetes, osteoarthritis, hypertension, cardiovascular disease, depression, migraines and several autoimmune diseases including multiple sclerosis.

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CALENDAR OF EVENTS

NEW YEARS DAY

TUESDAY, 1/1/08

Dr will be out of the office on 12/31/07 and 1/1/08. Some massage therapists will be available for appointments.

FRIDAY, 1/4/08

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

DETOX! WEIGHT LOSS! INFLAMMATION CONTROL! NUTRITION! PRESENTATION

SATURDAY, 1/5/08

1-3PM, AT THE LIBRARY, BASCOM ROOM

Featuring Dr. Wade Guthrie, D.C. and Penny Park, CNC

MONDAY, 1/14/08

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

MARTIN LUTHER KING JR. DAY

MONDAY, 1/21/08

Dr. Guthrie will be out of the office today. Some massage therapists will be available for appointments.

MONDAY, 2/4/08

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



REMINDERS

DR GUTHRIE WILL BE OUT OF THE OFFICE 12/31/07, 1/1, 1/4, 1/14, 1/21 & 2/4/08.

In my office I utilize liquid vitamin D drops “Bio-D-Mulsion Forte” (at 2 drops per day) to add 4000 IU’s of vitamin D. This is a Biotics product, which is micro-emulsified in order to insure that it is fully absorbed. I have included a full discussion of why I choose the Biotics products, because it is absolutely critical that you not only get what you pay for, but that you are taking supplements which are safe. Taking a vitamin D supplement is unquestionably the best investment you can make for your health. It will cost you less than \$5 per month and remember, you are unlikely to get sufficient doses of this vitamin from sunshine alone (while living in Oregon) and there are no good food sources for this vitamin at the levels, which have been shown to be optimally protective.

If you would like a review of the scientific studies, which lists all the details, please let me know.

Yours in health,

Dr. Guthrie

Weight Loss with Penny

By Marie Dearing

Guthrie Chiropractic & Massage

Hi my name is Marie and I am one of the receptionists here at Guthrie Chiropractic & Massage. You may not know me by name, but you may have seen me in the office and you may have noticed that I have been losing weight over the past few months. Yeah! 😊 I would love to say that it was all just due to my overwhelming will power, but no way, I have no will power! It was all due to Penny Park, our in-house Certified Nutritional Consultant & Weight Loss Coach. She has enabled me to lose 28 pounds! And I must say I am ecstatic about it. I would definitely recommend her to anyone who asks, not just for weight loss but for general nutritional counseling too. She teaches her clients how to eat correctly, meaning that you get the right amount of protein, fat, carbs, dairy, fruits & vegetables. Not too much of any one thing and not too little either. I feel so much healthier and know that I am getting my recommended daily allowances of fruits and vegetable too!

So if you or someone you know would like more information about nutrition or weight loss, tell them to ask for a FREE consultation, there is no obligation and it may just be what they are looking for. ☺

QUESTIONS AND ANSWERS

Q: What is TMJ?

A: TMJ (or also called TMJ dysfunction – the term I prefer) is caused by injury or overuse of the muscles of the jaw. If not treated, or at least rested sufficiently, it will worsen and begin to involve the cartilage.

Q: What is Myofascial Release?

A: If we break the word up it is easier to remember its meaning. “Myo” refers to muscle and “fascial” refers to the sheets of ligament material (called fascia), which wrap around each of our muscles and internal organs and separate our skin from the underlying muscles. Release means to get rid of something that binds.

When injuries occur, scar tissue often forms in the spaces between the layers of fascia, which is occupied with all the blood vessels and nerves. This is a problem, because scar tissue, in these same spaces, binds the layers of fascia together and pinches the blood vessels and nerves, causing reduced blood flow and nerve inflammation. Ouch!

If you have a question, email it to me

(receptiondesk@mydocwade.com) and we will get an answer for you.



Bio-D-Mulsion Forte™	
Each drop supplies:	
Vitamin D (as cholecalciferol)	2,000 IU
Bio-D-Mulsion Forte™ is an oil-in-water emulsion. Vitamin D oil has been dispersed into microscopic particles to aid absorption and assimilation.	
WARNING: Use only as recommended unless otherwise directed by a healthcare professional. This product is intended to be used under the direction and supervision of a healthcare professional.	
RECOMMENDATION: One (1) drop each day as a dietary supplement or as otherwise directed by a healthcare professional.	
Contains: 1 Fluid oz. (750 drops)	
Product # 1012	
NDC: 55146-01012	

Bio-D-Mulsion Forte - each drop supplies 2,000 IU of emulsified vitamin D3 to aid in uptake and assimilation, especially important for those with malabsorption issues.

Note: Vitamin D deficiencies are widespread. While the importance of vitamin D for musculoskeletal health is well documented, its importance in numerous other aspects of health are now recognized. They include (but are not limited to) cardiovascular health and immune function.