
GUTHRIE CHIROPRACTIC & MASSAGE

NEWSLETTER

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MAY 2008

Being Open to Alternative Treatments

By Jennifer Skovbo, Receptionist
Guthrie Chiropractic & Massage

Being open to new and alternative treatments for health and wellness issues can be a challenge for a lot of people, myself included, but embracing alternative care has been one of the best things that I have done for my health over the years.

Growing up, a family practitioner was the person our family went to for every ailment, accident and sniffle. I had the same doctor from birth until I left for college and although he was very competent, I felt that something was missing.

I didn't realize that the missing link was alternative medicine until I came to Eugene to attend the University of Oregon. I had my first massage during finals week of freshman year, and I have been hooked ever since. There is absolutely no better way to relax your mind and body, and improve your mood, than to have a massage.

Since that time I have been introduced to several other types of alternative care including chiropractic adjustments, micro-current treatments, far-infrared therapy, nutritional supplements, and nutritional counseling. All have been a wonderful addition to traditional medicine, and my current primary care physician is very supportive of these types of treatments.

My children are blessed because they will have the benefit of growing up in a home that respects both traditional and alternative medicine, and will reap the benefits for years to come.



Product of the Month

Vitamin C

By Dr. Wade Guthrie
Guthrie Chiropractic & Massage

Why Vitamin C?

Most animals have retained the ability to make vitamin C in their bodies. They have the enzymes necessary to make vitamin C from glucose (or blood sugar). Humans and some other animals have not been able to make vitamin C for the last 20 million years or so and therefore rely entirely upon dietary intake to get sufficient quantities.

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Studies of vitamin C producing animals, which are similar in size to a human – a goat for instance – show that they make about 14,000 mg of vitamin C per day. As it turns out most animals make about the same amount of vitamin C, if their differences in size are accounted for.

At 14,000 mg (which is 14 grams) Vitamin C has been found to be a powerful antiviral, antibiotic, antihistamine, and antitoxin. Is this merely a coincidence? Have we been lied to about the effectiveness of vitamin C at these “high” doses? If you want to answer these questions for yourself, I recommend reading about vitamin C on www.doctoryourself.com. This website is authored by Dr. Andrew Saul and contains (among other things) a fascinating compilation of the work of many doctors, who have successfully employed vitamin C to cure diphtheria, herpes, mumps, spinal meningitis, mononucleosis, viral hepatitis, arthritis, fibromyalgia, staph, strep, the common cold and flu. Incidentally, this list was not intended to include all of the diseases, which have been cured by using vitamin C, but merely to give you a place to start.

Dr. Linus Pauling (who is the only person to ever receive 2 Nobel prizes) considered 10 grams of vitamin C a day as a good place to start when discussing normal dosing. In practice, some people reach bowel tolerance (or the point where they get uncomfortable bowel reactions like diarrhea) at doses as low as 500 mg and some will not reach this point after 100,000 mg. It is therefore wise to build up your levels stepwise. Consider starting with 500 mg at mealtime once per day and add 500 mg more each day. By the third day (for example) you would be taking 500 mg at breakfast, lunch, and dinner. It is also important to drop your dosing in a stepwise fashion, if you should ever want to decrease the amount you’re taking. Lastly, your body will sometimes need to take in a lot more vitamin C than at other times... but I will let you read about why this is so on the website listed above.

The best of health!

Dr. Guthrie

Vitamin C (Ascorbic Acid) is on sale this month!
\$9 for 8oz, \$15 for 16oz or \$31 for 2.2lb
Just one teaspoon provides 5000mg of Vitamin C!

CALENDAR OF EVENTS

DR. GUTHRIE OUT OF THE OFFICE

THURSDAY 5/1, FRIDAY 5/2 & MONDAY 5/26/08

Massage still available.

MOTHER’S DAY

SUNDAY, 5/11/08

TMJ THERAPY PRESENTATION

THURSDAY, 5/22/08, 6:30 PM

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

MEMORIAL DAY

MONDAY, 5/26/08

Dr. Guthrie will not be in, but massage available.

“Nothing in life is to be feared. It is only to be understood.” – Marie Curie

QUESTIONS AND ANSWERS

Q: When should I apply ice verses heat?

A: First always check with your physician for any injury, or call 911 if the injury is life threatening. But the general rule is to apply ice to reduce inflammation. Ice constricts blood vessels thereby reducing swelling. Apply for 20 minutes at a time, allowing 20 minutes between treatments. Moist heat is helpful for chronic joint and muscle stiffness. Again apply for only 20 minutes at a time, allowing 20 minutes in between treatments.

Q: Is it wise to twist my spine to the point where a cracking sound is heard?

A: Most often yes. But, sometimes you risk aggravating what are called trigger points and you will then experience a spasm. Prevention of trigger points is one of the reasons to get help with your spinal flexibility.



Supplement Facts

Serving Size: 1 teaspoon (5 gm)
Servings Per Container: 45

Each Serving Contains:	Amount Per Serving	% Daily Value
Vitamin C	5000 mg	8333%

Ingredients: High solubility ascorbic acid USP-FCC* (C₆H₈O₆).

Our Promise and Guarantee: We use only 100% pure pharmaceutical grade ascorbic acid (USP-FCC) which contains no corn residue, plant antigens, or protein impurities. Persons allergic to corn or yeast can use this product with confidence.

*United States Pharmacopoeia - Food Chemical Codex



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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POISON OAK-THE ITCH YOU CAN'T SCRATCH

By Marie Dearing, Receptionist

Guthrie Chiropractic & Massage

For 85% of the population Poison Oak is the biggest itch that they can't scratch, or at least shouldn't! Poison oak, poison ivy and poison sumac are from a family of plants known as Toxicodendrons. In the sap of these plants is a chemical called Urushiol. It is the Urushiol toxin that irritates your skin, causing inflammation, blisters & itching all of which can be very painful. So the big question...is there a way to prevent getting it? The only prevention I know of is to avoid it. To do that you must know exactly what you are watching out for. So, here are a few pictures of what it looks like at different times throughout the year.



If you unfortunately do come in contact with one of these poisonous plants wash with soap and water immediately to remove the urushiol. Many people recommend soaps, cleansers, creams, etc. on the market, but I have yet to find one that really helps. Cold compresses do provide some relief as does rinsing the affected area in water often. Your medical doctor may prescribe a steroid like Prednisone, but this is a very powerful immunosuppressive drug that may make you more susceptible to illness. So maybe we can tackle it from a different perspective. Vitamin C has been shown to speed the healing process and relieve symptoms because of its antihistamine and detoxifying qualities. I have read several articles on the subject recently and will definitely give it a try if I come in contact with it again.