

# GUTHRIE CHIROPRACTIC & Massage

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[WWW.MYDOCWADE.COM](http://WWW.MYDOCWADE.COM)

WINTER 2010 NEWSLETTER  
WELL BEING THROUGH BALANCED LIVING



## Product of the season: **Optimal EFA's Caps™**

On Sale for just \$19.60 (Reg. \$28) for 120 capsules!

- 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, appetite hormone regulation and to provide essential nutrients for cardiovascular, nervous system, and musculoskeletal health – to name just a few.
- There is no other single component of the diet, which will do as much for the improvement of your health.

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HAPPY★NEW★YEAR

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### 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	

## Wise Weighs

**Penny Park & Emmy Kishi**  
nutritional consultants and weight loss  
coaches are offering Guthrie Chiropractic  
and Massage patients a  
**FREE INITIAL CONSULTATION.**

Contact Penny about your consultation or  
an appointment at 541-579-1613 or by  
email [mizpark62@hotmail.com](mailto:mizpark62@hotmail.com)

See the new **Wise Weighs** website at  
[www.wiseweighsonline.com](http://www.wiseweighsonline.com)

## CALENDAR OF EVENTS

### NEW YEAR'S DAY

THURSDAY, JANUARY, 1<sup>ST</sup>

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



### VALENTINES DAY

SUNDAY, FEBRUARY 14<sup>TH</sup>

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



### ST. PATRICK'S DAY

THURSDAY, MARCH 17<sup>TH</sup>

Office will be open, come on in!



## Optimal EFA's Caps™, Continued from page 1

**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.

More than 800 scientific studies now show that Omega 3 fatty acids can:

- Kick start weight loss – Omega 3 oils stimulate the secretion of Leptin, a hormone that regulates appetite and helps your body convert fat into energy.
- Reduce inflammation - Omega-3 oils promote the natural anti-inflammatory response of your body and reducing inflammation is so important for eliminating pain in our bodies, preventing heart attacks & reducing the risk of cancer. Less inflammation means less joint pain, thereby increasing our ability to exercise more.
- Reduce your chance of developing Alzheimer's or dementia – The omega 3-docosahexaenoic acid (DHA)-helps keep plaque from building up inside the brains blood vessels.
- Increase Optimism – The oils help brain cells produce mood-boosting chemicals, such as serotonin, endorphins and dopamine.

Please note: Fish oil (like Carlson's lemon flavored fish oil that we also sell) is a great way to get a large dose of Omega-3's when needed. The EPA and DHA in these oils are very good for controlling increased 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 Caps™ from Biotics research.

The best of health!

*Dr. Guthrie*

Does your jaw hurt when chewing or yawning?

It could be **TMJ** or more accurately **TMD** (Temporomandibular Joint Dysfunction).

Ask Dr. Guthrie about it at your next appointment. He does amazing work and often gets immediate results to eliminate **TMD** pain forever. It's his specialty ☺

## Schedule Yourself for a Massage Today!

Take a hands-on approach to Winter 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.

## Sudoku Time!

9		3		2		8		6
			3			4		2
		6		8	5	7	1	
			8	2				1
6								4
	3	2					7	
	1							7
4		8		5				
			4	3	1			



Bring in the correctly completed puzzle and we will give you 10% off any service or product.

Have you been in a motor vehicle accident?

*Did you know?*

Massage Therapy, Chiropractic Care & Physiotherapy are often **COVERED WITHOUT A REFERRAL** from your auto insurance or MD.

*"Start by doing what's necessary, then what's possible, and then suddenly you are doing the impossible."*

*Author: Unknown*

## Wise Weighs, Your Inspiration to Transformation

By Penny Park & Emmy Kishi

Certified Nutrition Consultant & Weight Loss Coaches

The beginning of the New Year is often the time many of us are determined to make some lifestyle changes that we feel will improve the quality of our life and make us look and feel better.

Some of us take on the challenge successfully and accomplish our goals, while many of us work on our behaviors and habits for a short time only to revert back to our old patterns that keep us feeling stuck and unsatisfied with ourselves.

At Wise Weighs we believe even the smallest lifestyle change will result in better health and a deeper sense of well-being. It can feel overwhelming to do a complete behavior make-over, yet, something as simple as committing to taking 5 to 10 minutes a day to be quiet and breathe deeply can produce a positive shift and reduce our stress levels. Or how about committing to drinking more pure water and less caffeine? The smallest baby step practiced on a daily basis can have a dramatic influence on our wellness. ***We all deserve to feel our best each day!***

Losing weight and eating better is usually a popular New Year's resolution. The best way to normalize your body weight and stay healthy is to take a sensible approach and realize that change takes time. Any improvement in your health and wellness is worth the effort. You have the ability to create better health for yourself!

Wise weighs is here to offer you the support and encouragement that one-on-one coaching can provide. We're here to help you to start taking those baby steps to make positive changes so that you can truly feel and look your best. If you're ready to make the commitment towards transformation, vitality, and vibrant health – choose the Wise Weigh!

# Pump up your diet and your health!

By Marie Dearing, Receptionist

*Guthrie Chiropractic & Massage*

Want to look younger, feel better and be happier? Consider the following nutrient packed options:

- Spinach and avocados – good source of folate to help regulate serotonin and brighten your mood.
- Salmon and walnuts – packed with Omega 3's for optimal health.
- Tuna and sardines – contain Vitamin D to enhance your mood and so much more.
- Citrus fruit and berries – have lots of Vitamin C to repair and protect our skin.
- Eggs and peanuts – contain selenium, a mineral that supports a healthy immune system.
- Red wine and garlic – have phytonutrients that protect against internal and external effects of aging.

And don't forget these superfoods too:

- Grapes and grape juice – the red and purple are rich in vitamin C and potassium that help reduce inflammation and then there are all those polyphenols too!
- Pumpkin – packed with fiber, potassium, Vitamin A and lutein. And don't throw out the seeds they are rich in Omega 3's.
- Mushrooms – contain beta-glucan and ergothioneine and are potent immune-system boosters.
- Cabbage – is loaded with compounds that protect against breast cancer and a good source of Vitamin C and fiber. You get even more benefits from sauerkraut due to the fermentation process. Try the red for even more phytochemicals.
- Pistachios – are rich in heart healthy plant sterols and they have lots of lutein, an eye-health booster. Plus fiber, protein and potassium.

Have a happy and healthy new year!

**WELL-BEING** describes our happiness, confidence, physical condition and general outlook on life. It is about feeling good and taking care of yourself; responsibilities that can often be neglected when juggling the rigorous demands of every day living.

Well-being and healthy living go hand-in-hand. Healthy living goes beyond eating a balanced diet, taking regular exercise and avoiding illness. It also reflects the mental, emotional and social aspects of an individual's life. The key aspects of healthy living can be broken down into the following elements.

*"Health is a state of complete physical, mental and social well-being, and not merely the absence of disease or infirmity."*

—World Health Organization

## Your Body

Maintaining good health by preventing or reducing the risk of disease and by being more aware of personal safety is an important feature of well-being.

## Your Diet

"You are what you eat." Adopting a balanced and varied diet is vital to a person's well-being and can have a major impact on how we look and feel about ourselves.

## Your Daily Routine

Regular physical exercise should form part of everyone's daily routine. Exercise helps to build up stamina and strength and manage body weight.

## Your State Of Mind

"Healthy body, healthy mind." Maintaining a positive outlook, by interacting with others can contribute to well-being. Try to reduce the levels of stress in your life. Meditation, relaxation and effective organization at work can all help us deal with stress.

## Your Environment

Even though the economy is out of our control, we can take steps to make the most of what we have. It is vitally important to be aware of the impact that your environment has on you and others around you.

*"The quality of a life is determined by its activities"*

—Aristotle

By adopting a healthy attitude to life we can improve our quality of living. Well-being is not just about avoiding illness and staying fit. It also depends on us making sound choices, remaining in control of our lifestyle and above all, enjoying ourselves!

(Excerpts from kraft.com.au)

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:

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