



**WEBER CHIROPRACTIC OFFICE, S.C.**  
*Providing Choices in Complementary Health Care*  
Gentle Chiropractic Therapy – Acupuncture – Rehabilitation –  
Low Level Laser – Nutrition – Medical Weight Loss



## **Soda Related to Increased Rate of Stroke and Heart Attack**

When talking to patients about their choices in eating habits, they often state that they do drink soda, but that it is diet. The findings of this recent study raise concern that people who drink diet sodas daily are damaging their cardiovascular systems. I will also hear from patients who drink two or three regular sodas daily with the first one early in the morning “just to wake up”. The amount of sweetener in one regular soda is more added sugar than a person should have in a normal diet all day, besides the added caffeine kick. The added calories in soda also cause obesity which also increases the risk of stroke and heart disease. Alarmingly, the sharpest increase in stroke from 1994/95 to 2006/07 was in men age 15 through 34, as stated by government researchers. It’s no wonder that people who stop drinking soda drop 10 to 15 pounds quickly and dramatically improve their health. Another fact about soda in general is the amount of phosphoric acid that it contains. Our bodies continually try to maintain a consistent acid/alkaline balance. When we pump in excess acid, our body works to balance it with an alkaline source. Very often our physiology pulls calcium out of our bones to maintain that balance resulting in osteoporosis or weakening of our bony structure.

The answer: drink water. It’s cheap and good for you.

## **A Patient’s Story to Share**

I recently had a 35 year old female present to the office with a year long history of a deep, aching sensation in her right upper chest region that radiated to her shoulder and upper back. The pain originated after giving birth to her son. She had been evaluated medically with breast exams, chest x-rays and EKG’s without an answer for her pain. Her history and pain drawings suggested that the rib attachment to her breast bone (sternum) and the rib attachments to her spine in her back might be the source of her pain. Our examination confirmed that suspicion. In addition, the exam revealed joint dysfunctions at the shoulder joint and collar bone (clavicle) joints. She also had a great deal of reactive muscle inflammation resulting from these mild joint sprains. Treatment consisted of specific instrument manipulation to the affected joints to restore proper alignment along with muscle treatment with ultrasound. In five visits, she was totally relieved of her pain. It is these types of situations that continually make the days in my office a rewarding and gratifying experience and it happens frequently every day.

**Ideal Protein Update** – People have now lost over 1,700 pounds! There may be some misconceptions that all you do on this program is eat some cardboard tasting meal replacement. On this program you eat a variety of normal, select foods. It is low calorie, low fat, and low carbohydrate so the pancreas can get the rest it needs to get insulin levels back to normal and create a fat burning environment in your body. You need the proteins provided to maintain muscle mass and to keep burning calories. The proteins come in over 50 great tasting varieties including bars, various flavors of drinks and puddings and snack items. The most recent additions are tomato-basil soup and apple-cinnamon soy puffs. Changes in dietary habits don’t have to taste bad.

***Again, thank you for being our patient!  
We appreciate you and look forward to serving you.***

***David J. Weber, D.C., D.A.B.C.O.***

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