



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



Congratulations!!

You have survived *the 9th* worst winter in recorded history.

This winter we have seen more days with below zero temperatures than in the last three years combined. I have been using the snow blower for **four straight months**. This kind of extreme weather makes you just want to get home, bundle up and start eating something comforting. Unfortunately, the **comfort food** is probably not the best for you. When we feel oppressed, we tend to eat food that will give us a little pick-me-up and most of that kind of food is **loaded with sugar**.

Spring is hopefully right around the corner and it is time to get the sugar and sweeteners out of our food and start thinking healthy again. Excess sugar and high fructose corn syrup feeds cancer, can give you a heart attack, depresses your immune system and a very recent study from Australia shows that it can impair your memory. It also causes your insulin levels to stay excessively high in your blood stream. That causes almost anything you eat to turn to fat, especially belly fat which is the worst kind in terms of **inflammation in your body**. Inflammation is the underlying factor in most of the chronic diseases that are seen today.

It is important to stay healthy these days. **Hospitals are dangerous places** and you want to stay clear of having to be in one. A recent newsletter from a noted cardiologist cited a study from the CDC (Centers for Disease Control) puts the figure of hospital deaths on a yearly basis at between 210,000 and 400,000. That is like a jumbo jet going down every day and we know that everybody would be screaming for reforms if that happened. Somehow we tolerate medical errors and even appropriate drug prescriptions that cause adverse interactions and deaths.

Winter not only tends to adversely change our eating habits, but it also usually makes us more sedentary. **We sit too much** when we are not shoveling snow. It has been hard to get around this winter but the roads are clear, although full of pot holes, and those aches and pains that have been building up are asking you to get them fixed. Remember even those minor aches and pains are creating stress in the body which, in combination with dubious eating habits, can lead to feeling lousy and getting sick. Besides spring tuning your food, come to the office and deal with those snow shoveling kinks and the sitting stiffness. I can't tell you how many of my patients make the comment that "**What do people do that don't go to a chiropractor**"? I guess ibuprofen and Aleve help temporarily. Unfortunately, use of those drugs significantly increases your chances for a heart attack and stroke. We all have choices to make. Let's try to make the healthiest choices so we can **lead long lives without pain and disease**.

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

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