



Vitality News

Your source for upcoming Trends in Chiropractic and Effective Natural Health Care

E-newsletter 10
March 2010

Dear Patient and Friend,

What is your philosophy of life? What are the beliefs and values by which you live? We don't often discuss our philosophy with others; however the choices that we make and the actions we take in everyday life reveal our beliefs and values. For example, if our philosophy of life places high value on working hard, we will probably work hard all of our lives and find great satisfaction in such work.

Our parents often share their philosophy with us as children. Pretty is as pretty does is a proverb mothers sometimes used to teach their daughters their own belief that a person's character is more important than their appearance. Learning life philosophies from our parents is a very valuable part of growing up. Other philosophies are handed down in families as well, including the **philosophy of health**. Of course, we live in the age of advertising. Drug advertisements are all over the internet, TV channels and magazines. Thousands and thousands of drugs are easily accessible. This may override the healthcare values and practices we were taught when we were younger.

Today, there are two opposing healthcare philosophies becoming more visible. The first is allopathic medicine. This is a mechanistic approach to health in which the body is divided into different systems and a medical doctor who focuses solely on one system is considered a specialist. For example, cardiologists are heart specialists and respiratory specialists focus on the lungs and respiratory system. These doctors diagnose their patient's illness by examining smaller parts of the whole structure. A condition is diagnosed by gathering test results and symptomatology, then introducing a treatment, usually drugs, in hopes the medication will relieve the symptoms and restore the sick body to health.

This approach disregards the understanding that the human body is very intelligent and is fully capable of healing the body of disease and weakness. This human intelligence needs no help, other than a fully functioning nerve system. Sometimes the body may deteriorate so

badly that it needs drug intervention to sustain life until the body can regain its ability to heal itself.

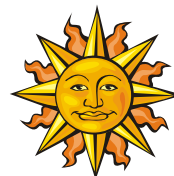
The second health care philosophy is chiropractic care. **The chiropractic and wellness philosophy of health focuses on YOU** and is centered on the philosophy that the human body, being knit together in a wonderful way, will heal itself given the right opportunity and circumstances. Our passion is to promote the healing process by locating and removing any interference or blockage in the nerve system, which may be interfering with your ability to express your maximum health potential. Combined with optimizing the diet, and correcting any nutritional deficiencies, the sky is the limit!

The wellness philosophy encourages us to take control of our own health, listen to the messages our body is sending us, and get to the cause of the problem instead of simply covering them up with medication.

What is your philosophy of health? If you suffer from pain or illness and desire a long-term solution to optimal health, make an appointment TODAY. If you value your body's ability to heal itself and you believe natural approaches are best, choose the philosophy of chiropractic care and wellness. You will be glad you did!

Before we move ahead, let me first thank you for continuing to be a wonderful patient and friend and for choosing to live the **Chiropractic Lifestyle**. I commend you for taking charge of your health and the health of those you love.

Dr Jurack



Calm IS BACK!

We are once again carrying the Calm Magnesium supplement. We stopped carrying the supplement a few months ago when it was found to contain higher amounts of lead. The source of Magnesium has changed and recent tests show it is now safe.

Chiropractic can help a hiatal hernia and pain

A hiatal hernia occurs when the stomach pushes upward and through the diaphragm. Most people who have been diagnosed with one realize that one symptom can be acid reflux or heartburn. What may be surprising, is that it can also be related to pain in other areas of the body from head to toe. The answer to why this is, lies in the largest single nerve outside of your central nervous system. This nerve is called the Vagus Nerve. It has branches that travel to the jaw, the heart, the thyroid, the stomach, the small and large intestine, the liver, and the kidneys and bladder (to name a few.) When pinched, the nerve will cause contraction and acid residue. This will create pain and even shortness of breath. By adjusting the hiatal hernia and the area(s) of the spine creating the pinching, resolution of the problem can be achieved. Many people also create irritation through various dietary choices that are not in agreement with their body. By determining these and eliminating them, the irritation is resolved. If you are experiencing problems in any of the above mentioned areas, and wonder if it may be related to a hiatal hernia, we may be able to help.



March Massage Special

“Do You Feel Lucky?”*

Draw for a chance to get a massage discount or even a FREE massage at every massage appointment this month.

*Cannot be combined with any other massage offer.

Our Patients Speak

Melissa E

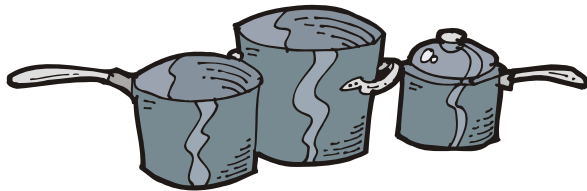
Melissa's life changed in May 2009. Melissa had been diagnosed with fibromyalgia and bipolar. Despite being on seven medications that were supposed to make her feel better, she felt she was in a downward spiral. With constant digestive problems, poor sleep, headaches, back and leg pain, she was unable to clean homes, walk, or have a social life. What bothered her most was that her confidence and self esteem were low and getting lower all the time. She questioned if the medications were helping, but she didn't want to stop them for fear things would get even worse. As she felt worse, she was prescribed more and more medication. She saw her family doctor, OB/GYN, therapist, psychologist and neurologist who all told her this is the best they could do and she would have to learn to live with it. Melissa always knew at some level there had to be something else. AND...that is when she stumbled (almost literally) into us at a local family health fair.

After listening to what was really going on with Melissa, we were able to pinpoint some problems within her body that needed to be corrected and balanced again. Through chiropractic and a targeted nutrition program, Melissa has lost a lot of weight, has greater energy, her headaches are gone, her thinking is much clearer, her social life is picking up again, and she is able to work without pain. Melissa is still getting used to all the attention and questions she gets as she sees people she hasn't seen in a while who do not recognize her. She gladly tells them how she got where she is today and continues to enjoy her newfound health and vitality. She would definitely recommend Muskego Health & Wellness to other people looking to regain their health and their lives.

RECIPE

Ingredients

- 2 tablespoons soy sauce
- 1 teaspoon toasted sesame oil
- 1/2 tsp. agave nectar
- 1/4 teaspoon wasabi powder or 1 tablespoon prepared horseradish
- 4 4-ounce fresh skinless whitefish, sea bass, or orange roughy fillets, 1-inch thick
- 1 medium zucchini, coarsely shredded (about 1-1/3 cups)
- 1 cup sliced radishes
- 1 cup fresh pea pods
- 2 tablespoons snipped fresh chives
- 3 tablespoons rice vinegar



Directions

1. Combine soy sauce, 1/2 teaspoon of the sesame oil, 1/4 teaspoon of the agave nectar, and the wasabi powder. Rinse fish; pat dry with paper towels. Brush both sides of fish with soy mixture.
2. Lightly grease the rack of a gas grill. Preheat grill. Reduce heat to medium. Place fish on the grill rack directly over heat, tucking under any thin edges. Cover and grill for 8 to 12 minutes or until fish just flakes easily when tested with a fork, gently turning once halfway through grilling.
3. Meanwhile, for slaw, in a medium bowl combine the zucchini, radishes, pea pods, and chives. Stir together vinegar, the remaining sesame oil, and the remaining agave nectar. Drizzle over the zucchini mixture; toss to coat. Serve the fish with slaw. Makes 4 servings.

To cook fish on a charcoal grill, grill fish directly over medium coals for 8 to 12 minutes or until fish just flakes easily when tested with a fork, gently turning once halfway through grilling. Serve as above.

Allergies

WE WANT YOU!

Do you or someone you know suffer with allergies? Whether you are young or old, (environmental) allergy season is just around the corner. Now may be the time to take a look at what may be causing the problem. Identifying what is broken down in your body that is causing it to react to things in the environment is the first step to healing. *Allergies may be a common symptom, but they are not normal.* Often times the adrenal glands are involved. Hidden food sensitivities, toxicity, and digestive problems can also be underlying your symptoms. Taking allergy medication simply covers up the symptom and does not address the underlying problems. These problems are what eventually get worse and worse until other symptoms crop up. Are there natural allergy remedies? Absolutely, and this is much safer than even over the counter allergy remedies. Keep in mind however, that they still may not be addressing the real problem. Contact us today and let us help you determine what is really going on in your body. We'd be happy to help.

Calendar of Events

Tuesday March 16 2010
Fact or Fiction...Your Blood Pressure
GoodHarvest Market, Waukesha
6:15-7:30PM
Call (262) 544-9380 to register

We continue to add educational opportunities throughout the community.

Visit us at www.mhwc.net or call us at (262) 679-6994 for updates.

Please contact us if your business, school, church, or organization is looking to schedule a guest speaker, or health screening. Dr. Jurack's events are full of energy, packed with up to date information, and are motivational. We can supply you with a list of topics available, or we can tailor one to your specific needs.