



**Dear Clients and Friends:**

Autumn Greetings! I hope you are enjoying the beautiful fall colors and our warm days and cool nights. This is one of my favorite times of year.

Check out this new design for my newsletter, created by my office assistant, Gabriela. We'd love to hear your feedback. Let us know what you think!

Only a few spaces remain in the October 17th homeopathy class. Please call soon to reserve your spot.

Please note my new office hours. My morning start time has changed because I am now a commuter and need to allow more time for traffic and weather factors. Also, I have switched my day off: I now work Thursdays, instead of Wednesdays. Thanks for your cooperation.

Take care of yourself, stay well, and call me if you have a health problem. I'm here to help you. Thank you for choosing me as your chiropractor and homeopath.

Sincerely,

Dr. Carla Breunig

**The Real Deal on Calcium**

Despite what you may have been told, milk and dairy products are not the best way to get bone-building calcium in your diet. Although milk is rich in calcium, its high animal protein content may prevent your body from absorbing the calcium. Plant protein doesn't seem to have the same calcium-leaching effect. Fortunately, there are better ways to get your daily allowance (1,200 mg) of calcium:

almonds	1 ounce, roasted	80 mg
blackstrap molasses	1 tablespoon	172 mg
broccoli	1 cup, cooked	72 mg
figs	5, dried	137 mg
garbanzo beans	1 cup, canned	80 mg
kale	1 cup, cooked	94 mg
okra	1 cup, cooked	100 mg
sardines	1 can	888 mg
seaweed	2 ounces, dried	356 mg
sesame seeds	1 ounce, toasted	280 mg

**Homeopathy: The Whole You**

People often ask me: what is the basic difference between homeopathy and conventional medicine?

Conventional medicine looks for what is the *same* between patients and then applies a uniform treatment to the disease. In homeopathy, we look for what is *different*, what makes each person unique, so we can treat the patient. Homeopathy is simple, really. It is the whole person who is affected by the disease, and it is the whole person who responds to medicines. ❁

**Arthritis: Green Light for Glucosamine**

Many of Dr. Breunig's patients have benefited from glucosamine. Ask her about how it could help you!

Some conventional doctors have begun prescribing glucosamine sulfate for arthritis pain and other inflammatory joint problems, forsaking the popular nonsteroidal anti-inflammatory drugs (NSAIDS), such as aspirin and ibuprofen. At the annual meeting of the American Academy of Orthopaedic Surgeons earlier this year, researchers announced that results from several published, placebo-controlled clinical trials indicate that glucosamine is an effective treatment for arthritis, especially for patients who have received little or no relief from NSAIDS, or who cannot safely take the drugs because of the gastrointestinal side effects associated with their long-term use. ❁

**Chiropractic Care is Cost Effective**

Chiropractic care is a cost saver in the health care system, representing only 1.8% of total insurance benefit payments. Health plans with broad coverage of chiropractic services result in dramatically lower health care costs (MEDSTAT study, 1993):

- 34% lower hospital admission rates
- 42% lower inpatient payments
- 23% lower total health care costs

Chiropractic care is not a "fringe" benefit, as 47% of Minnesotans have used chiropractic services (1996 Decision Resources Study). ❁

## Why Patients Go To A Chiropractor

Neck Problems	37.5%
Back Problems	30.1%
Headaches	13.3%
Sprains/Strains	10.3%
Arthritis	10.0%

*Source: Dynamic Chiropractic, January 1, 1999*

## Make Your Own Natural Deodorant

Drugstore deodorants contain synthetic fragrances and potentially hazardous aluminum (responsible for inhibiting sweating, but also linked to increased incidence of Alzheimer's Disease and skin irritation). Many commercial deodorants contain Triclosan (or Irgasan DP 300), a petroleum derivative that has been associated with liver damage.

Consider making your own deodorant—it's easy, and you can customize the scent. In a clean glass container, mix:

- 2 tablespoons witch hazel
- 2 tablespoons apple cider vinegar
- 12 drops grapefruit seed extract
- 3 drops thyme essential oil
- 2 drops lemon essential oil
- 2 drops rosemary essential oil

Use a cotton pad or your fingers to dab the deodorant onto your underarms, or purchase an atomizer bottle. You may substitute other antibacterial and deodorizing essential oils, such as bergamot, lavender, and juniper, for those listed above. (Test the formulas on your skin first to check for possible irritation). The witch hazel and vinegar both have astringent and odor-fighting properties; their scent will fade a minute or two after you apply the deodorant. The grapefruit seed extract acts as a natural preservative. ❁

*Source: Natural Health, March-April 1997*

## Introduction to Classical Homeopathy

*Tuesday, October 17, 2000*

*6-7:30 p.m.*

*970 Raymond Avenue—Conference Room*

For those interested in learning how homeopathy may help you, your family, or your friends, please come to this introductory class. I will explain what homeopathy is, what it is not, what types of illnesses and conditions homeopathy is helpful in treating, how I choose the best remedy for your unique symptoms, and what are the basic principles of homeopathy.

The class is appropriate for beginners, and also for those of you who currently do homeopathy with me and want more in-depth understanding of how your remedy helps you with your health condition.

The cost for this class is \$10 and is nonrefundable. If, however, the class is full, your money will be returned. Class size is limited so enroll early!

I intend to make this class **fun**, and there will be time for questions. Light refreshments will be served. Please call the office (651.644-0455) to reserve your place in the class. ❁

## Dr. Breunig's New Office Hours

<b>Monday:</b>	<b>9 - 6:30 p.m.</b>
<b>Tuesday:</b>	<b>8:30 - 5 p.m.</b>
<b>Wednesday:</b>	<b>Emergencies only</b>
<b>Thursday:</b>	<b>9 - 6 p.m.</b>
<b>Friday:</b>	<b>9 - 6 p.m.</b>

## What is a Trigger Point?

Ouch! You've just hit another one of those tender knots in your back again, and boy, is it tender. Time to head to the chiropractor, but what **was** that knot, anyway?

A trigger point develops as a result of muscular injuries, strains, and trauma. Other factors that may be involved include structural imbalances, improper body mechanics, poor nutrition, and mental or emotional stress. Trigger points are found within a hard, ropelike, or knotted band of muscle. You'll know when you find one, as it is very sensitive to the touch.

The pain you may experience from a trigger point can feel similar to pains associated with more serious conditions. Recognizing a trigger point for what it is when you feel a flare up could make you breathe a little easier: Trigger points are totally resolvable.

Muscles involved in past surgeries tend to have painful trigger points, as do muscles located around the joints. Some points, particularly those between the shoulder blades, are very easy to find, while others may need a bit of detective work. Gently stretching your muscles on a regular basis can help you identify trigger points. Dr. Breunig has extensive experience with trigger point therapy, and can help you get rid of them. ❁