



Dr. Gutierrez's ...

# Healthy For Life!<sup>®</sup>

*"Insider Tips For Healthy, Wealthy & Happy Living..."*

## WHAT DID YOU HAVE FOR BREAKFAST?

Learn how to get Out Of back and Neck Pain Quickly **WITHOUT** Drugs or Surgery – See my enclosed insert for details.

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Why is eating a good breakfast so important? Let's find out. What did you have for breakfast? Nothing? Sweet roll and juice, donuts and coffee. Or bacon, eggs, toast with jam, juice, milk.

What you eat for breakfast determines how you feel most of the day. The body produces energy from the amount of sugar in your blood from breakfast. Eating only carbohydrates products (donuts, sweet rolls, juice) are nothing but sugar and is quickly used. If you eat some protein and fat along with it, it will be digested more slowly, keeping your energy high longer.

When your blood sugar is low, you feel hungry and weak. Lack of sugar affects the nerves and brain, thus your thinking becomes slow, confused, and you're grouchy, irritable, and moody.

If your blood sugar level is high, you feel good and function better. You have no desire to eat. Your sweet tooth is satisfied.

Protein, carbohydrates, and fats have to be combined to give you that high sugar level.

Milk, bacon, and eggs are good sources for your breakfast protein. Orange juice, bread, and jam are good carbohydrates. Butter, bacon, and eggs are also fat sources.

Too many carbohydrates (sugar) forces the body to produce too much insulin from the pancreas. This causes the liver and muscles to withdraw sugar and store it as starch or fat.

So too much sugar defeats the purpose for which it is intended-to produce energy. Fatigue then sets in.

Remember, children have the same requirements. They need a good breakfast to function best in school.



Welcome to Heaven. Rule number one, Don't eat the fruit. God gets really weird about it ever since that Adam and Eve thing. Anyway, it's only plastic.

### Here's A Free, Valuable Resource...

Announcing Our NEW Referral Hotline, now you can refer family and friends 24 hours a day. All you have to do is leave their name and number and I will invite them for a free computerized exam.

**1-(562) 861-1600 press extension 10**

Get Free money-saving Back Pain Relief tips at my web site:

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## The Origin of Santa Claus

In the fourth century A.D. there was a Turkish bishop called Nicholas. He was very wealthy, very generous, and he loved children. He wore a beard and a red cloak trimmed with white fur and he liked to leave gifts for good children in their shoes. He would also sometimes give gifts to very poor children, often by throwing them through their windows.

After Nicholas died, he was canonized as a saint. His feast day is December 6, which is a holiday in many countries, and he is the patron saint of children and seafarers. In the Dutch language the saint's name was Sinter Nikolass, which eventually became shortened to Sinter Klaas and, as his fame grew over the years, it evolved into what it is today: Santa Claus. He is also known to many children as Father Christmas.

## FOOD:

### *Ono Chicken Wings*

1 cup Soy sauce  
1 cup Pineapple juice  
1 Clove garlic; minced fine  
2 tb Minced onion  
1 ts Grated ginger  
1/4 cup Brown sugar  
7 oz Beer  
1/4 cup Vegetable oil  
Sesame seeds; toasted  
5 lb Chicken wings

Cut off and discard the small tip of each wing. Cut main wing at joint. Combine first 8 ingredients and stir until dissolved. Pour over chicken and marinate overnight. Be sure sauce covers all pieces. Drain and save marinade. In large skillet, heat a small amount of oil and brown chicken on all sides over medium. When brown, add 1/2 cup marinade; cover; reduce heat and simmer 15-20 minutes. Stir and add more marinade if necessary. May be cooked a day in advance and reheated in oven before serving. Add marinade to moisten before heating. Serve hot in a chafing dish. Sprinkle with toasted sesame seeds if desired.

Makes 8 servings.

# TAP INTO THE HEALING POWERS OF WATER!

Water is something we all have easy access to and tend to take for granted, but it can be a convenient, inexpensive way to make ourselves feel better. Try this invigorating treatment to help banish or ease the symptoms of colds, pneumonia, and bronchitis.

After a hot bath or shower, dip a terry washcloth or towel into cold water, about 50-60 degrees F. Wrap the cloth around your fist and use it to rub your other arm vigorously, starting at the fingers and working up to your shoulder. Switch the cloth to your other fist and repeat the rubbing on your opposite arm. Then move on to your feet, legs, abdomen and chest. Dry off with a towel, using the same vigorous movements. Skin should be pink, and you should feel totally refreshed!

An extra benefit of this treatment is the exfoliating of the top layer of dull, dead skin cells, which will make you look as well as feel better! To improve circulation and increase the exfoliation benefit, add sea-salt to the cloth as you rub.

The water from your tap can also be used to treat insomnia, menopausal hot flashes, and agitation. For these conditions, try a 'neutral' bath, immersing yourself in a tub of water slightly below body temperature. Soak for about 20 minutes, adding water occasionally to maintain the temperature, if necessary.

## HOW TO MOTIVATE YOURSELF TO ORGANIZE

Organizing is probably not at the top of your list of fun things to do, is it? If your clutter is overwhelming, it's especially difficult to get started. Here are some easy tips to motivate yourself to organize.

1. Dr. Martin Luther King Jr. said, "Take the first step in faith. You don't have to see the whole staircase, just take the first step." You don't have to organize your whole house today. Just work on one small area--a drawer or a cabinet.
2. Buy a good organizing book. Once you begin reading it, you'll feel compelled to start organizing.
3. Forget embarrassment. Invite an organized friend to help you. Hire a professional. It's easier to organize when you can talk through the clutter.
4. Set the mood. Put on some fun music. Open the windows. Choose a starting point and just do it.
5. "Nothing in the world can take the place of persistence," said Calvin Coolidge. Keep trying. Do a little bit daily or weekly and you'll soon find that you are more organized than you ever thought possible!

Get Free money-saving Back Pain Relief tips at my web site:  
<http://GutierrezChiropractic.com>

## Quotes from Famous People

"If you don't have enemies, you don't have character."

~ *Paul Newman*

"Keep away from people who try to belittle your ambitions. Small people always do that, but the really great make you feel that you, too, can become great."

~ *Mark Twain*

"Each of us has a fire in our heart for something. It's our goal in life to find it and to keep it lit."

~ *Mary Lou Retton*

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**BRAINTEASER: In which film did Sylvester Stallone play goalkeeper in a soccer match with Michael Caine and Pele?**

(See *answer on page 4*.....)

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### Hurricane Terms

In the United States a hurricane is any wind force exceeding 74 miles per hour. In the Western Pacific, such a phenomenon is called a *typhoon*, whereas in the Australian outback it's known as a *willy-willy*.

### Mice Versus Lawyers

At a convention of biological scientists one researcher remarks to another, "Did you know that in our lab we have switched from mice to lawyers for our experiments?"

"Really?" the other replied, "Why did you switch?"

"Well, for three reasons. First we found that lawyers are far more plentiful; second, the lab assistants don't get so attached to them; and thirdly there are some things even a rat won't do. However, we do sometimes find it very hard to extrapolate our test results to human beings."

### Thanks for Thinking of Me!

Did you know I can help you or any of your friends or family get rid of your back pains? Thanks for keeping me in mind with your referrals...and spreading the word about my practices.

# 6 UNIQUE STRESS RELIEVERS

Too much driving, too much shopping, too much rushing around, running the kids around--family and work demands have you stressed out.

There are many ways to help you control stress. Here are some unique methods I've collected.

1. **Yell! But---be sure you are alone.** The best place is in the car with the windows up. Stuck in traffic? Try it.
2. **Sing.** This is close to the first one. Lots of people swear by the power of music to release tension and stress. Sing wherever you feel comfortable. It doesn't matter what. Just have some fun with it! I have done this on all jobs I've had. Then I started dancing. Why not! People thought I was crazy, but it works.
3. **Do something soothing.** Start or try an activity like knitting, crochet, pottery making. Don't worry about being good at it. It's the process that's beneficial. Sitting still while performing repetitive movements is calming and stabilizing for many people. It can be time to collect your thoughts.
4. **Start a garden.** Even apartment-dwellers can do this. Inside in pots, pots on the patio, pots, a small spot in your yard. There is a little work to setting it up. Tending plants, fruits, vegetables, flowers and watching them grow, bloom, or yield food is rewarding. Avid gardeners say working a garden is the best way to control stress and worry. An added benefit is the creation of a more beautiful, restful environment.
5. **Play with a dog or cat.** Experts say Pet owners have longer lives and fewer stress symptoms than non-pet owners. Playing with your pet provides good vibrations. It's a form of social interaction with no pressure to meet anyone's expectations!
6. **Gaze at the stars.** Many times I have gazed up at the stars off my patio. Preferably in a still, dark, and quiet area, sit back and observe the heavens. The vastness of space is awesome. This way can make a lot of problems seem very small.

**Thank You! Thank You! Thank You!**

Thanks to *YOU* the word is spreading. Thanks to all of my patients and friends who graciously referred me to your friends and neighbors last month! See, rather than pester people with unwanted calls and visits, I build my business based on the positive comments and referrals from people just like you. I just couldn't do it without you!

*Laura Padilla, Rodolfo Correa, Marlon Reyes,  
and Sandra Romero among others!*

**Thank You! Thank You! Thank You!**

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## Our Birth Is But A Sleep

By William Wordsworth

"Our birth is but a sleep and a forgetting:  
The Soul that rises with us, our life's Star,  
Hath had elsewhere its setting,  
And cometh from afar;  
Not in entire forgetfulness,  
And not in utter nakedness,  
But trailing clouds of glory do we come  
From God, who is our home:  
Heaven lies about us in our infancy!"

### A Spelling Mystery

Kathryn's 5-year-old developed a strong interest in spelling once she learned to spell STOP. After that, she tried to figure out her own words. From the back seat of the car she'd ask, "Mom, what does FGRPL spell?"

"Nothing," Kathryn said.

Sitting at breakfast she'd suddenly ask, "Mom, what does DOEB spell?"

"Nothing," Kathryn answered.

This went on for several weeks. Then one afternoon as they sat coloring in her room she asked, "Mom, what does LMDZ spell?"

Kathryn smiled at her and said, "Nothing, sweetheart."

The 5-year-old carefully set down her crayon, sighed and said, "Boy, there sure are a lot of ways to spell Nothing!"

### Brain Teaser Answer:

*Escape To Victory*

**THANK YOU** for reading my Health For Life!<sup>®</sup> personal newsletter. I wanted to produce a newsletter that has great content and is fun and valuable to you. Your constructive feedback is always welcome.

**AND...** whether you're thinking of seeing a chiropractor for your pain, or just want to stop by and say "Hi," I'd love to hear from you...

**Dr. Gutierrez Chiropractic**

**Pico Rivera (562) 861-1600**

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**www.GutierrezChiropractic.com**

# A LITTLE SQUEEZE!

It is contagious, a wonder drug. It defuses anger and frustration. It is used for chronic pain and diabetes. It is a very intense way to communicate with someone. It improves your self-worth.

Experience a HUG!

Your skin needs reassurance. It has been used as a therapeutic tool because it takes us back to our earliest experiences in life. We don't touch enough in our lives. We are taught not to touch.

But our skin hungers for touch. It makes us feel good. Here is where quality and quantity count. There was a doctor in Los Angeles who gave this prescription to his patients. "4 hugs a day without fail."

How do you hug? Simple steps should be taken.

1. Open arms wide.
2. Step up to the person.
3. Wrap your arms around him/her.
4. Apply pressure.
5. Let go.

Some of us need a little nudging and coaxing. Which hug type do you give?

1. **A-Frame Hug** - Only heads touch.
2. **Burp Hug** - chest to chest and a pat on the back.
3. **Twist Hug** - upper half of chest twists away during embrace.
4. **Wallet Hug** - the hips touch.
5. **Pick-up Hug** - one lifts up and twirls the other.
6. **Full Body Hug** - both parties squeeze and feel good!

When you hug, you give permission to hug. Listen to your body, trust it, it is wise. Tell the person you need a hug. Ask for one. When we hug we share commonness.

You can hug anywhere you are comfortable, the least scary. Or you can become more daring and do it in public; work, store, parties, airport, anywhere!

Here is good advice: 4 hugs a day for survival, 8 hugs a day to maintain balance, 12 hugs a day to grow.

Be generous with your hugs.

### Thinking of Seeing a Chiropractor For Your Pain?

Don't attempt to see one without my FREE consumer guide, **"5 Hidden Reasons Why Your Back Pain Won't Go Away"**.

My exclusive report will give you all the facts for a real solution to any pain you may have.

Just call **1-888-382-4055** anytime, 24 hours, and I'll rush a copy out to you.

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