



**Gonstead Family Chiropractic**

# The Scope

Dr. Torsten Stein BS DC

2735 W. Union Hills Dr.

Phoenix, AZ 85027

Tel: 623.521.3981

WorldsTallestChiropractor.com

dr\_stein@72doc.com

## We are back from Germany!

Claudia and I returned from our little vacation. For me it was the first time in 8 years going back to Berlin. A lot has changed and former East Germany (formerly the Russian Sector) now looks better than the Western part. They did a lot of rebuilding.



On the left you can see the men of the “**Stein-Clan**” arranged by age (my Dad, me, my 6’9” brother Gerald and “Mini”-Ingo with 6’5”)

My Dad didn’t know I was coming to Germany so he was very surprised to see me when he walked outside of his house and “some tall guy videotaped him the whole time”!

**On Gas prices:** In Germany the gas prices are even higher than here—that’s why the cars get smaller. Below you can see me next to a SMART car.



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**On food:** We eat our main meal at lunch; dinner is usually just a few slices of homemade bread. So even though I ate a lot (pizza, ice-cream, cakes,

cookies, chocolate) and walked a bit more than here, I lost 10 lbs in 10 days (I also dropped almost 6 lbs of fat if I can trust my scale). TS

## 100 Health Secrets

### They don’t want you to know

Dear friends,

Last Saturday we had a little event planned in our clinic. 35 of you attended and made it a success. For all of you who couldn’t make it, here is a short overview of the things we covered:

#### Sleep

- Sleep about 8 hrs / day.
- Get to sleep by 10:30 pm.
- Eat a high-protein snack several hours before bed, which can provide the L-tryptophan to produce melatonin and serotonin.

#### Thinking

- Look for the Good - Dr. Norman Vincent Peale, once said, "Whenever God wants to give us a gift, he wraps it up in a problem." The bigger the gift you have coming, the bigger the problem you will receive. But the wonderful thing is that if you look for the gift, you will always find it.

- Proverbs 16:3 “Commit to the Lord whatever you do, and your plans will succeed”. (we will put everything together!)

#### Exercise

- The top 4 exercises for your spine are:
  1. elliptical trainer / cross country skiing / Nordic walking
  2. swimming
  3. walking
  4. riding a bike

#### Intake

- Try to buy “Certified Organic” foods.
- Vegetables and fruit: the deeper its color, the more antioxidants are in it.
- Alcoholic beverages (esp. w/ sugar added) result in fast increase in blood sugar. Therefore the pancreas will release insulin in order to balance the blood sugar – which will leave you hypoglycemic (which often causes severe hunger).

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 Dr. Torsten Stein, B.S. D.C.  
 2735 W. Union Hills Dr. (and I 17), Phoenix, AZ 85027  
**Tel: 623.521.3981**



## 100 Health Secrets

*Continued*

- Meat: get organic, grass fed meat.
- The smaller the fish, the less heavy metals are stored in them. If eating bigger fish, broil or barbecue it to have the fat drip down. If you can trim the fat, do so.
- To help digestion, pineapple and papaya enzymes can help.

### Nervous System

- Since your brain controls everything, make sure that connection between the brain and the rest of the body (spinal cord) is without interference.
- If a vertebra misaligns, gets stuck and causes nerve pressure = Subluxation.
- When a vertebra misaligns, the disc / inflammation around the disc can cause pressure on a spinal nerve. About 90% of these are painfree! Nevertheless they still cause pressure on that nerve and decrease the nerve output to the rest of the body.
- Don't sit longer than 30 minutes at a time.
- Henry Winsor, MD - "Chiropractors claim that by adjusting one vertebra, they can relieve stomach troubles and other problems"; The University of Pennsylvania gave Dr. Winsor permission to carry out his experiments to prove or disprove chiropractic. In a series of three studies he dissected a total of 75 human and 22 cat cadavers. Dr. Winsor's results: **"There was nearly a 100 percent correlation between minor curvatures of the spine and diseases of the internal organs."** So medicine has proven that chiropractic works! The most amazing thing: this study was performed in 1921.

Now it's time to put it all together! Try to adopt a few hints and become a healthier you!

## Backpacks

### Healthy Spine with Dr. Stein

Do you guys still remember when we (or our parents) went to school? We carried our books strapped together with a belt over our shoulder and when we came home we tossed it in the corner so we could go outside and play. Well, things have changed. I am told kids don't go outside to play anymore; they "meet in chat rooms", text message each other or battle it out in the virtual world of internet gaming. Kids don't use belts anymore either to hold their books together; now they use

**b a c k p a c k s**. I can see many youngsters using backpacks that are being carried over one shoulder, they are worn with shoulder straps that are so long that the pack hangs below the buttocks or they are being dragged behind them on little wheels like luggage. Consider these tips:

The backpack should not weigh more than 15% of the child's bodyweight. The child should be able to walk upright while carrying the backpack, having the shoulders back and relaxed and

the abs (stomach muscles) slightly tightened.

Don't carry anything unnecessary to school so check if they could leave certain books at home.

The backpack shouldn't be bigger (longer or wider) than the child's torso. It ought to be worn over both shoulders with a waist belt because it helps distribute the pack's contents more to the legs and hips. The shoulder straps should be wide and cushiony.

The heaviest items should be worn closest to the body and somehow secured so they don't shift around and distribute their weight unevenly.

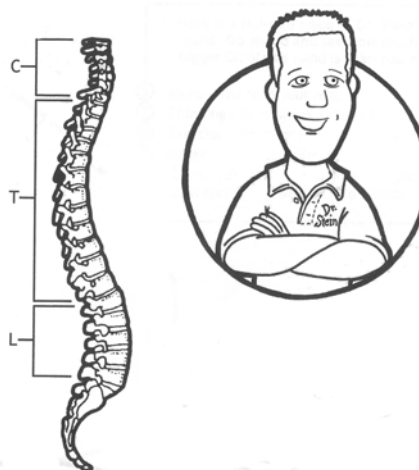
Backpacks with wheels can help tremendously. Make sure the school allows them and have your child watch their wrists while pulling the pack.

Use the school lockers if available.

In order to lift the pack properly, have the child face the pack and lift it close to the body while engaging the legs and not the low back. Consider having your child's spine examined by a qualified healthcare provider. Remember: most spinal problems don't hurt and the majority of spinal problems start in our childhood.

If you would like to get an invitation for the next workshop, please email me and get put on the mailing list: [dr\\_stein@72doc.com](mailto:dr_stein@72doc.com)

### Dr. Stein educational coloring book coming soon!



Local Christian artist Edward Britz ([www.edwardbritz.com](http://www.edwardbritz.com)) designed a coloring book to explain Gonstead chiropractic to children (and possibly their parents). "It is so important for people to realize that Gonstead chiropractic is not just trying to correct back pain, but also make sure that the body as a whole functions properly."