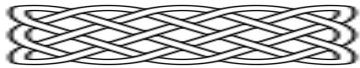


GENTLE · NATURAL · EFFECTIVE
Chiropractic
Dr. Wade Guthrie

*** ALIGNMENT ***

Dr Guthrie understands that our bodies are poorly adapted to the numbingly redundant work, which most of us do. Therefore, he finds the flaws in your structure, which are created by these redundant strains and corrects them, utilizing the unique skills embodied in the chiropractic discipline.



Lastly, Dr. Guthrie wants you to know that chiropractors have over 100 years of experience as THE alternative to the overuse of drugs, the poisoning of our bodies, and the painful, disfiguring slump most of us experience as we age. Dr. Guthrie invites you to come back to balance and vitality, by making an appointment with him today.

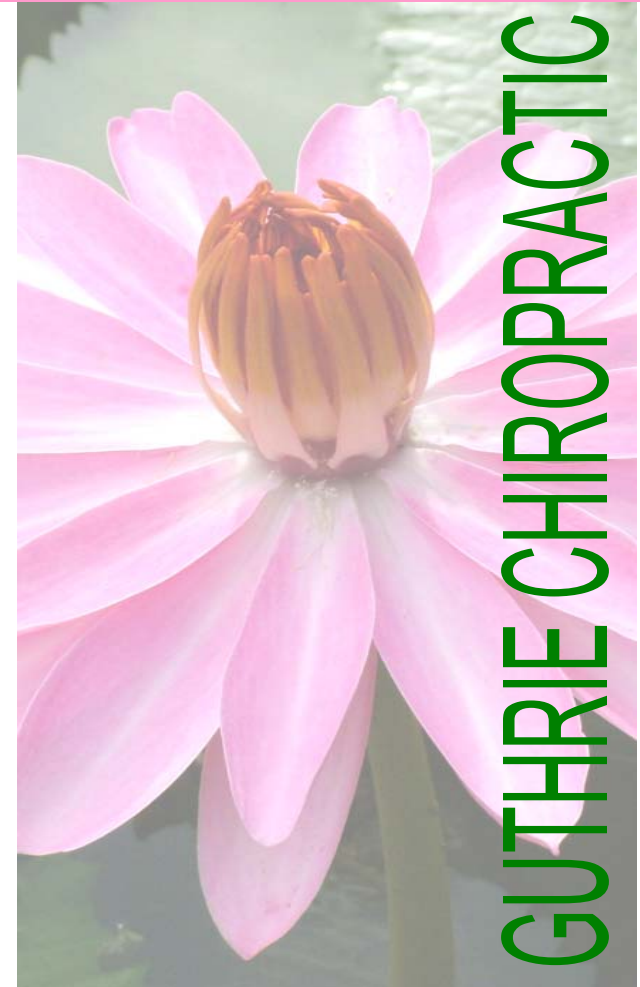
Guthrie Chiropractic & Massage
235 W. 10th Ave.
Eugene, OR 97401
Ph: (541)683-9069
Fax: (541)431-7001
www.mydocwade.com
www.tmjgone.com
email: receptiondesk@mydocwade.com

Office Hours
Monday - Thursday
8:00am - 7:00pm

Massage available evenings and weekends too.

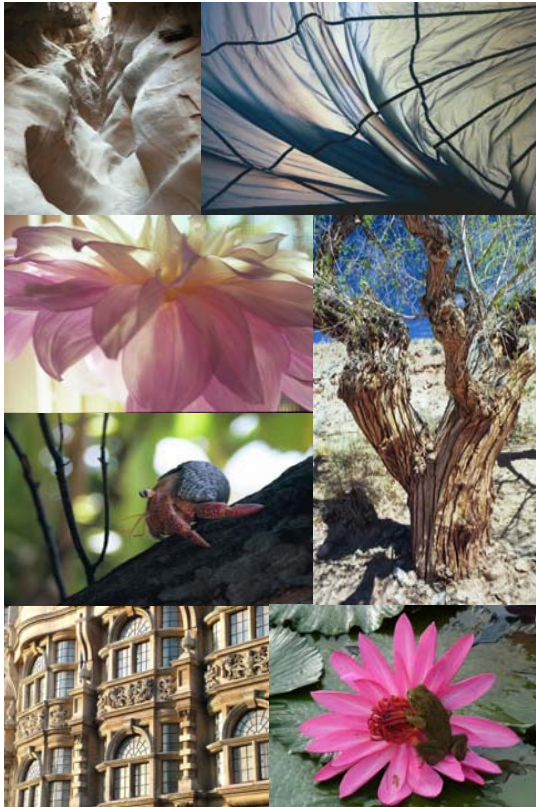
Proud member of:

ACA
American
Chiropractic
Association



Thank you for sharing
our brochure with others.

Dr. Guthrie graduated, with academic honors, from Western States Chiropractic College, the second oldest college in the world, in 1986. He has been practicing in the Eugene, Oregon area since then. Dr. Guthrie is a native Oregonian who enjoys the beauty and bounty of the state. He is married and enjoys the love and support of his wife Patti.



He loves to camp, fish, hike, boat and just generally celebrates the richness of this land and the people who live here. He also enjoys photography. Above are some of his recent photos:

Dr. Guthrie's practice incorporates many modern therapies and additionally focuses on those therapies that are less "high tech", but have a long history of success, such as massage, nutrition and spinal adjusting. He feels that his two most powerful tools are his hands and his heart; for someone once said, "The hands are the landscape of the heart, it is when we reach out with our hearts that we truly help others to heal".

*** ALTERNATIVE TO DRUGS ***

Over the 20 years of his practice, Dr. Guthrie has witnessed the accelerating decline in the health of Americans. No one knows better than he, the necessity of taking a new approach to health. He often points out that we now consume 70% of all the pharmaceutical drugs produced in the world! The studies are showing not only a rapid rise in drug use but also a correlated rise in illnesses related to this drug use. Many people take drugs for pain, for instance, and the largest class of these drugs (the NSAID's like Aleve, Advil, and Ibuprofen) is estimated to kill 16,500 people a year in the U.S. Although this number is considered conservative, even in the medical community, it will serve here to point to the necessity of an alternative approach. As a chiropractor, Dr. Guthrie proudly wears the title of an Alternative Doctor. For him, the alternative (in alternative doctor) refers to providing patients with proven methods to quell pain - without using drugs.

*** NUTRITION - EXERCISE - MICROCURRENT ***

Dr. Guthrie feels that there is an innate wisdom to our bodies and so he focuses on "listening" to that wisdom and choosing the treatment which best suits each of his patients. In addition to massage and spinal adjusting, Dr. Guthrie also provides counseling in nutrition, exercise instruction, and various physiotherapy modalities-like microcurrent stimulation of acupuncture points, among others. He welcomes new patients and is excited about the possibility of helping individuals break through the self-limiting "shells" that make them feel disconnected and in pain.

*** DETOXIFICATION ***

Dr. Guthrie also knows about toxins, which surround everyone of us, every day, and knows how to recognize when they have polluted our bodies. He knows how to drive these toxins out, using the best of science and the best of nature - returning us to our vibrant state of health.

GUTHRIE CHIROPRACTIC **HELPING YOU MAINTAIN A HEALTHY AND ACTIVE LIFESTYLE.**