



February 2008

Lower blood pressure with NUCCA neck alignment- MD study on web MD

"A one-time chiropractic adjustment of a misaligned neck vertebra has been shown to significantly reduce blood pressure in people with hypertension, according to a pilot study by University of Chicago researchers. When the vertebra, known as the Atlas, or C1, was manipulated in 25 people with high blood pressure, both their systolic and diastolic readings decreased significantly, equal to taking two blood-pressure drugs at once. High blood pressure, or hypertension, is defined in an adult as a systolic pressure of 140 or higher and/ or a diastolic pressure of 90 or higher. The mean blood pressure of those who had the adjustment was 147 systolic before adjustment and 129.8 systolic after. The mean diastolic reading was 92.5 before adjustment and 82.3 after."*

Dr. George Brakis, Dr. Chuck Woodfield, Dr. Marshall Dickholtz Sr. were among the research team.

Please refer to WebMD and Vector – The Universal Spinal Specific Magazine for more information.

*Excerpts from the Chicago Tribune by Terri Yablonsky Stat.

AlternaHealth Solutions Care Cards are here!

Give the gift of Chiropractic care to yourself, family, and friends! **When you buy \$650 of care, we load your card with \$750!!!**



Just swipe your card and go!

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Ibuprofen may stress kidneys, cause other complications

"Over-the-counter ibuprofen was my friend." -said an AJC reader- "I thought it was a miracle drug for pain and inflammation. I have osteoarthritis and fibromyalgia, and I took ibuprofen often to relieve pain.

Then I went for a routine physical, which included blood work and urinalysis. Both my internal-medicine doctor and I were shocked that my creatinine level was very high – indicating I was close to kidney failure.

After careful consideration of the medication I was using, we determined that ibuprofen was the culprit. I quit taking it immediately on my doctor's orders. My creatinine levels have been normal ever since.'

Millions of people take nonsteroidal anti-inflammatory drugs such as ibuprofen or naproxen every day to relieve pain and inflammation. Many assume such OTC medications are risk-free.

These pain relievers can be hard on the kidneys, especially when taken for a long time. Other complications may include liver damage, fluid retention, high blood pressure, heart failure and stomach ulcers. No one should take NSAIDs for more than 10 days without careful medical supervision."*

Please take a look at 'Pain Relief by Pure Encapsulations' located at the resting room, for a hypo-allergenic nutritional supplement option to NSAIDs. And, of course, keep up with your NUCCA Chiropractic Care at AlternaHealth Solutions to avoid the issue to begin with.

*The People's Pharmacy, Atlanta Journal Constitution.

Healing is a matter of time, but it is sometimes also a matter of opportunity."

Hippocrates quotes

Cholesterol Screening at AlternaHealth Solutions

A passion for the heart since the age of ten, led Lori Finlay Hamilton, Nurse Practitioner into the field of cardiology over 25 years ago. After years in the area of critical care / crisis management medicine, Lori knew she needed a change. After watching numerous failed aggressive interventions for the *number one killer of men and women, heart disease*, she began a multi-disciplinary risk reduction clinic. In spite of the preventative approach she used, she found that integrative medicine combining natural solutions and lifestyle choices (with western medicine if needed) was the approach that really worked. After much research and due diligence, Lori found Bios Life – a clinically proven natural solution for at least five different classes of Rx drugs that impacts cholesterol, blood sugar challenges and helps maintain a healthy weight.

Still passionate about creating healthy hearts after all these years, Lori will be with us to celebrate *National Heart Health Month*.

**Tuesday February 26th / 9:00 – 11:00 am,
Cholesterol screenings will be done for
anyone who pre-registers!**

Please come fasting for at least 8 – 12 hours. The cost of the screening is \$20. The cost of a more advanced blood draw is \$40.

Please let us know in advance which test you would prefer.

Samples of Bios Life will be shared at the time of screening. In the meantime, you can learn more about Bios Life at <http://bioslife.com/lori> or <http://www.womenwisdomandwellness.com/bioslife.php>

Let NUCCA Ring

"Unless we put medical freedom into the Constitution, the time will come when medicine will organize into an undercover dictatorship. To restrict the art of healing to one class of men and deny equal privileges to others will constitute the Bastille of medical science. All such laws are un-American and despotic and have no place in a republic. The Constitution of this republic should make special privilege for medical freedom as well as religious freedom."

-Benjamin Rush, M.D., personal physician to George Washington and a co-signer of the Declaration of Independence.

Valentines -a sweet-heart recipe to share with your loved ones:

Cheese Hearts with Strawberry Sauce

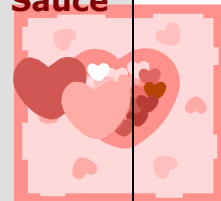
Ingredients:

15 ½ ounces low-fat cottage cheese
2/3 cup low-fat unsweetened yogurt
1 medium egg white
2 tbsp superfine sugar
1-2 tsp vanilla extract
Rose-scented geranium leaves, to decorate
(optional)

Sauce:

8 ounces strawberries
4 tbsp unsweetened orange
2-3 tsp confectioner's sugar

- 1 Line 4 heart-shaped molds or ramekins with clean cheesecloth. Place a strainer over a mixing bowl and using the back of a metal spoon, press the cottage cheese through. Mix in the unsweetened yogurt.
- 2 Whisk the egg white until stiff. Fold into the cheeses, along with the superfine sugar and vanilla extract.
- 3 Place the molds on a wire rack set over a baking pan. Spoon the cheese mixture into the molds and smooth over the tops. Leave to chill for 1 hour or until firm and drained.
- 4 Meanwhile, make the sauce. Wash the strawberries under cold running water. Reserving a few strawberries for decoration, hull and chop the remainder. Place the strawberries in a blender or food processor with the orange juice and process until smooth. Alternatively, push through a strainer to puree. Mix with the confectioner's sugar to taste. Cover and chill until the sauce is required.
- 5 Remove the cheese hearts from the molds and transfer to serving plates. Remove the cheesecloth, decorate with the reserved strawberries and geranium leaves (if using), and serve with the sauce.



Referrals

*Thank you so much for the kind thoughts.
Your referrals are greatly appreciated.
There is no better way to say you care for
someone than a referral to the finest
quality spinal care available.*

