



# Healthy Solutions

The Newsletter for Healthy Living from AlternaHealth Solutions

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## What Have You Done for the Troops Lately?

**July 4<sup>th</sup>** is right around the corner. While we celebrate our freedom, remember our troops. In a combat situation, a United States Marine totes over 100 pounds of gear not including food, water, and ammunition. It requires a strong body to sustain strength through unforgiving situations. In Iraq's 120 degree heat, he has to scale walls, run, jump in and out of transport vehicles, and move constantly to maximize safety while accomplishing his mission. There is no margin for error. One Marine has been seeing Dr. Friedman since his soccer goalie days and now comes in every time he's home on leave. He used to come for the competitive advantage. Now he comes for the ability to be at his best serving our country, and Dr. Friedman is happy to oblige.

Hoo aaahh David. We hope to see you back here safe, sound.....and soon.

**Land of the Free.....because of the Brave.....Support our troops**

## KUDZU.COM REVIEWS – help us get the word out about NUCCA

We have been posted on a new internet referral service for Atlanta called **KUDZU.COM**. It operates by allowing patrons to rate the quality of service received from a business. This approach seems to be much more effective than the yellow pages because when you read about a vendor or service, you can read what real people have written about their experiences.

Please visit the site and spend a few minutes to educate others that there is a safe, effective and different procedure in Chiropractic that has worked for you in an environment that is caring and dedicated to your health.

**Bring your write up into the office through July and Aly will give you 50% off your office visit. Thank you in advance for your time and kind words.**

## Headache Relief Through Chiropractic

According to the American Chiropractic Association 14% of the public who see chiropractors presently go for headaches. For these patients the good news has gotten even better. Researchers at Northwestern College of Chiropractic in Minnesota, compared chiropractic care to certain drug therapies used for tension and migraine headaches.

The study, published in the Journal of Manipulative and Physiological Therapeutics, followed 218 headache sufferers who were given either chiropractic care or drug therapy or both. Pain was reduced 40 – 50% in all groups initially. However, four weeks after all care was stopped, the chiropractic group still retained the benefits. Those who received the drug therapy lost about half of their improvement.





## Healthier Sweeteners?

Can it be? A sweetener that's actually good for you? Lo Han Kuo is one name and it is processed from the momorordicia fruit. It is a natural sweetener that has also shown anti-tumor properties and reduces blood sugar after a meal (exactly the opposite of sugar and also perfect for the diabetic). It also prevents the oxidation of HDL (bad cholesterol). Check out Xylitol as well. It is a wood sugar and can be found at [xylitolforyou.com](http://xylitolforyou.com)

**Anyone who has never made a mistake has never tried anything new.**  
**– Albert Einstein**

## Energy Healing And NUCCA Spinal Care

Healing Touch is a gentle, complementary energy based approach to health and healing. The goal is to restore harmony and balance to the human energy system through a heart centered caring relationship and the use of contact/non-contact touch. This can greatly assist the body in its natural ability to heal and RE-BALANCE itself. The healing touch practitioner facilitates the healing process by clearing and balancing the bio-electromagnetic field surrounding and permeating the human body.

Healing touch influences physical, emotional, mental, and spiritual aspects of healing. Some positive effects include the reduction of pain and anxiety, lowering of stress and tension, acceleration of the healing process and activation of mental activity. A profound sense of relaxation is often experienced during and following the treatment.

Lynne Nault is a Healing Touch apprentice. Lynne recommends Healing Touch sessions as an enhancement to the balancing process of NUCCA spinal care. She sees clients at her home in Dunwoody. She recommends 2-3 sessions of Healing Touch during your initial start of NUCCA spinal care.

During a session Lynne will assess and balance your energy fields and provide other healing therapies to support your immune system. This is a highly beneficial adjunct in your healing process.

Call Lynne at 404-312-7505 to set an appointment (\$45 for 50 minutes) or to discuss further the therapies she offers.

## Summer Fun Without Heat Worries: Dehydration and Other Heat Illnesses

In summer, proper hydration is key to enjoying a leisurely day. Dehydration and heat related illnesses all too often disrupt our play. However, these conditions are 100 percent avoidable with proper prevention.

Steps to stay safe in the summer:

1. Drink plenty of fluids on warm days – even when you are not thirsty.
2. Wear proper protection – light breathable clothes.
3. Use SPF15 or greater – even if it's cloudy.

Heat Stroke Signs: If you see these signs call 911 – move the person into shade and cool them by any means available.

1. Body temperature of 103 or higher
2. Red – hot – dry skin - not sweating
3. Rapid – strong pulse
4. Throbbing headache
5. Dizziness or Nausea
6. Confusion
7. Unconsciousness

With awareness and precaution, you will be able to enjoy another beautiful summer without the fear of dehydration and other heat-related illnesses.



**HAPPY SUMMER EVERYONE!!!!**