



November 2005

Thanksgiving Holiday - Closed Thursday 11/24/05 and Friday 11/25/05

Winter Holiday – Closed Monday 12/26/05 - Wednesday 1/04/06. *We will reopen Thursday 1/5/06.*

**The last day for appointments in 2005 is Friday 12/23/05.*

**As always we are open the 1st Sunday of every month- 1/08/06 from 9:30 - 11:30am.*

We would like to welcome...

Tiffany to our office. She is our patient care coordinator. She will be aiding in facilitating efficiency of patient care. We are continually striving to maintain an excellent experience for our patients. We feel that this addition will contribute to a decreased wait and a more pleasant visit.

Herbs for Relief

This winter, herbs will help you give sickness the cold shoulder. No one wants to be slowed down by illness, yet every year 1 billion people in the United States get a cold and anywhere from 56 million to 140 million come down with the flu. Your best defenses against sickness are to wash your hands frequently, eat well, get plenty of rest, and keep a positive attitude. (I will stay healthy. I will stay healthy.) But if you happen to catch either a cold or the flu, it's helpful to quickly identify whether your infection is bacterial or viral, and to know how to support your system with herbs as you begin to recover.

Which Do You Have?

A cold begins slowly, often two to three days after infection. It brings on a scratchy, sore throat, followed by sneezing and a runny nose. Body temperature stays about normal, or goes up slightly (except in children, who can run a fever as high as 102 degrees). Cold symptoms can stick around anywhere from two days to one week.

Of the 200-plus viruses that cause the common cold and sinusitis, the great majority are rhinoviruses, or "nose viruses." Nose viruses lead to inflammation of the mucous membranes that line the nasal passages (rhinitis) and bronchial tubes (bronchitis).

Flu, on the other hand, come on like gangbusters, along with headaches, a dry cough, chills, fatigue, and weakness. The incubation period for flu viruses is about 18 to 72 hours. With symptoms that usually become much more severe than those of a cold, the flu—which refers to illness caused by a group of influenza viruses that fall into three major types—makes you feel "knocked out" and often produces muscle aches in your back and legs. Fevers can run high (102 to 104 degrees), though the temperature normally starts to drop on the second or third day, when respiratory symptoms, such as nasal congestion and sore throat, crop up. Fatigue and weakness can go on for days and even weeks.

Gesundheit! Over-the-counter cold-and-flu remedies simply mask symptoms, such as fever, congestion, and sore-throat pain, and they decrease nasal secretions and suppress coughs. Herbs, when used properly, are safe alternatives that work with your body to provide cold and flu relief. Despite the fact that many over-the-counter remedies, including cough preparations, combination cold products, pain relievers (analgesics), decongestants, and antihistamines, are considered ineffective and transient, Americans spent around \$3.2 billion on such medications in 1995. And the National Center for Health Statistics estimates we now spend more than \$5 billion annually on over-the-counter cold-and-flu products.



Herbs to the Rescue: In contrast, an impressive body of evidence—much of it carried out in European studies—is building in support of herbal relief from cold-and-flu symptoms. Victoria Dolby Toews, MPH, and Ray Sahelian, MD, authors of *The Common Cold Cure* (Avery, 1999), recommend herbs for help.



Strive For Prevention

Attempting to avoid catching a cold or the flu in the first place is still your best option. Even so, germ exposure happens. "Barring locking yourself in a bubble, it seems that almost no one can escape the flu every season," says James Duke, PhD, herbalist and author of the upcoming *CRC Handbook of Medicinal Herbs*, second edition (CRC Press, 2002). "Each year, viruses seem to hit harder than they did in previous years, leaving millions of Americans walking around with fevers aches, and runny noses." Flu viruses, Duke notes, "can pass along mutations to their offspring, perhaps in an hour or less." Thus, they seem to be "more virulent and more resistant year after year."

Too Many Places to Get Herbs.... How do I know quality?

There are many good quality companies making good quality herbs, but there are only a few that are organic, pure, and prepared to maintain high potency. There is NO regulation on these companies. Generally, supermarkets, warehouse clubs, and nutrition chains are buying cheap to sell you cheap. We deal direct with Eclectic Institute. They are a top company that is price comparable to any chain. Below is what we carry in stock. Call the office for a shipment. Please don't wait until you're sick. Last year we sold completely out.

Eclectic Institute Nutritional Supplements, Herbs & Botanicals

Eclectic formulates specific combinations of natural ingredients to nutritionally support health maintenance. Top specialists in the field of nutrition and preventative medicine are consulted to develop these hypoallergenic, comprehensive nutritional products which are supported by scientific literature, and used by enthusiastic physicians throughout the country.



- **Optimum II IV VI** : A full spectrum vitamin: Mens and Womens Formula. 2-3month supply 29.70
- **Opti biotic**: A unique combination of vitamins, minerals, and botanicals specifically designed to aid in the treatment of acute or chronic infections, whether bacterial, viral, or microbial. Useful for flu, colds, sore throat, acne, and cough. \$19.00
- **Larix**: Effective in the prevention of ear infections, asthma, relieving symptoms of candidiasis, allergies, cold and flu. \$14.70
- **Urtica – Euphrasia** : For relief of nose and sinus trouble \$22.50
- **Sambucus-Larix**: For relief of viral infections and the common cold. \$22.50
- **Lomatium Isolate**: A botanical extract that boosts the immune system and has an antiviral effect. \$30
- **Echinacea –Hydrastasis**: An immune booster and dries the sinuses. \$9.50
- **Hypericum Melissa**: Natural non-toxic anti-depressant. \$22.50
- **Piper Eschscholzia**: Natural non toxic anti-anxiety relief. \$22.50

Cold Combinations:

Cold &Flu Power Formula: Optibiotic, larix, lomatium isolate, Echinacea-hydrastasia

long term supply: \$68

Viral Formula: optibiotic, sambucus-larix, lomatium isolate

long term supply: \$66

Sinus Formula: Optibiotic, urtica-euphrasia, larix

long term supply: \$51

Allergies: Larix, urtica-euphrasia

long term supply: \$32

Childrens Formulas:

Echinacea premium blend- blackberry flavor- \$11.50

Echinacea/Goldenseal-orange flavor- \$10.50

Sore throat Spray: Elderberry red Root- \$9.50

Herbal Cough elixir- black berry flavor- \$10.50

GOT BRACES?



Article Title: The Influence of an Experimentally-Induced Malocclusion On Vertebral Alignment in Rats: A Controlled Pilot Study

Article ID: 384

Authors: Michele D'Attilio, D.D.S.; Maria R. Filippi, M.D.; Beatrice Femminella, D.D.S.; Felice Festa, M.D., M.S., D.D.S., Ph.D.; Simona Tecco, D.D.S.

Volume: 23 **Issue:** 2 **Journal Date:** April 2005

Abstract: There is a growing interest in the relationship between occlusion and posture because of a greater incidence of neck and trunk pain in patients with occlusal dysfunction. The study was designed to verify whether an alteration of the spinal column alignment may be experimentally induced in rats as a consequence of altering dental occlusion and also to investigate whether the spinal column underwent any further changes when normal occlusion was then restored. Thirty rats were divided into two groups. Fifteen (15) rats (test group) wore an occlusal bite pad made of composite resin on the maxillary right first molar for a week (T1). The same rats wore a second composite bite pad for another week on the left first molar in order to rebalance dental occlusion (T2). Fifteen rats were included in an untreated control group. All the rats underwent total body radiographs at T0 (before the occlusal pad was placed), at T1 (one week after application of a resin occlusal bite pad on the maxillary left first molar) and at T2 (one week after application of a second resin occlusal bite pad on the maxillary right first molar). A scoliotic curve developed in all the test rats at T1. There were no alterations of spinal position observed in any of the control rats. Additionally, the spinal column returned to normal condition in 83% of the test rats when the balance in occlusal function was restored. The alignment of the spinal column seemed to be influenced by the dental occlusion.

Did You Know...

Studies show chiropractic can ease colic?



Many infants have periods of fussiness, irritability, and inconsolable crying. This is referred to as colic. It lasts for at least 3 hours a day at least 3 days a week.

There is a strong possibility that this crying is due to pain in the head and neck due to spinal subluxations (misalignments) from birth trauma.

In a study of babies receiving chiropractic care for colic, 94 percent of parents saw improvements in their babies' behavior within two weeks of initial care. Over half of the babies in this study had previously been prescribed medication from their pediatricians with no success. In another study, 91 percent saw improvements after just two visits for chiropractic care.