



December 2007

Winter Holiday – Closed Monday 12/24/07 - Wednesday 1/2/08. *We will reopen Thursday 1/3/08.*

**The last day for appointments in 2007 is Friday 12/21/07*

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

We would like to welcome...

Yorrana (Pronounced Yo-HAH-na) We are pleased to have her here....and she can't wait to meet all of you!



What do you really know about flu shots? And what SHOULD you know?

We've compiled a few excerpts from articles written on the subject.

Read on and decide for yourself what sounds logical.

Flu Shot Season

And now for something really scary: the flu shot. Since it's "flu shot season" we think this information is quite timely.

According to Hugh Fudenberg, MD, the world's leading immuno-geneticist and 13th most quoted biologist of our times (nearly 850 papers in peer review journals), if an individual has had five consecutive flu shots his/her chances of getting Alzheimer's Disease is ten times higher than if they had one, two or no shots.

What's the connection between Alzheimer's and flu shots? Dr. Fudenberg explained that the mercury and aluminum that is in every flu vaccine (and some childhood vaccines) is toxic to the brain. Eventually the mercury and aluminum buildup in the brain causes cognitive dysfunction.

(Is this the reason why Alzheimer's is expected to quadruple?)

Note: Dr. Fudenberg presented his research at the National Vaccine Information Center's (NVIC) International Vaccine Conference, Arlington, VA September, 1997. Quoted with permission. Alzheimer's to quadruple statement is from John's Hopkins Newsletter Nov 1998.

But what if I GET the flu? What should I do?



The Chiropractic Approach

Chiropractic doesn't "treat" cold or flu; chiropractic promotes improved body function which creates high natural resistance. Natural resistance is the only reason why your cold "goes away" rather than lasting for weeks, months or your entire lifetime!

How do chiropractors help raise your natural resistance to disease? By removing a serious interference to your proper body function. Misaligned vertebrae in your spine interfere with your nerves and the flow of information and energy between your brain and the rest of your body. They lower your natural resistance to disease by unbalancing your nervous system. **You may have a misalignment and never know it.**

Chiropractors perform spinal examinations to correct misalignments via chiropractic adjustments. This reduces or relieves spinal nerve stress and helps restore optimal body functioning for higher resistance to disease, which, we cannot overstate, is the best defense against colds and flu.

Dr. Fudenberg's web address is www.nitr.org.

MYTHS ABOUT ANTIBIOTICS

Among the prevalent myths about antibiotics is this one:

Myth. Antibiotics are useful against colds and flu. *It should be common knowledge that antibiotics are only helpful for bacterial infections. However, many physicians continue to prescribe them for viral conditions such as colds and flu. The rationale is to prevent secondary bacterial infection. This would be fine, if antibiotics were not dangerous, but unfortunately, they are.*

Given the dangers of antibiotics, it is prudent in most cases not to take antibiotics for colds and flus. They can worsen the situation and prolong recovery.

Steps to avoid the need for antibiotics can be divided into two areas: **prevention** of infection, and **alternative treatment** of infections.

Preventing Infections

Preventing infections is a part of taking back control over your life and health. You can do a lot to prevent infections. Much of it involves common sense. Cleanliness matters. Wash your hands several times daily, wash wounds, dress properly in cold weather, and obtain adequate rest and sleep.

Alternatives for Treating Infections

In case of infection, **don't ignore it!** Even a simple cold or ear ache can turn into a serious problem. There is no reason to wait even a day to apply natural methods. Simple measures can be surprisingly effective.

If you are ill, **reduce your food intake.** When fever is present, fasting on water or liquids only is very helpful. To reduce fever, **sponge with water or a mixture of water and alcohol. Don't use aspirin or Tylenol to reduce a fever.** Sponging allows the fever reaction to proceed in a healthful manner. Tylenol or aspirin slows the fever reaction and can prolong the illness. It also introduces another toxic drug. **Bed rest** is very important! **Children who are sick should not be sent to school.** These simple measures are often forgotten in the belief that the 'wonder drugs' will take care of everything, and that rest is not important. This is a common cause of complications or slow recovery.

Many excellent natural remedies are available. For adults, Vitamin C in dosages of 3 to 6 grams per day is very safe. Vitamin A is often even better. 150,000 iu per day or more can be taken safely for a week. Beta carotene may be less effective than vitamin A. Bee propolis is another excellent remedy for infections of all kinds.

Beyond Antibiotics is the title of a recent book by two medical doctors, Keith Sehnert and Lendon Smith, and a nutrition consultant, Michael Schmidt.

Flu and viral infections

Michael Epitropoulos,DC,PhD, and Cal Streeter,DO. Dr. Epitropoulos and Streeter's articles, a "Talk Back" forum, and brief biographies of the authors are available on line at www.ChiroWeb.com/columnist/epitropoulos_streeter.

How often are you asked, especially in the fall and winter months, "Should I get a flu shot?" Usually, it is someone whose business or place of work is administering the shots free to its employees; more often than not, it is a medical or nursing home facility where they really should know better.

The answer to the question should be "Why would you want to take a flu shot?" In the first place, this year's flu vaccine is either from last year's strain of flu virus, or from a strain that the Center for Disease Control guessed at. However, since Congress has mandated money to be used for a Medicare influenza vaccine demonstration project (69 million dollars in 1988-1992, and 87 million dollars to continue the project in 1993), we will continue to push these vaccinations on the unsuspecting American public. The truth is the statistical success rate among these seniors

receiving the flu vaccine has been very poor, and if published by the media, would cause a major revolt against vaccination by the general public. The pharmaceutical industry certainly would not like that.

About the only effect the flu vaccine has is to weaken the immune system. Those of us who practice natural health and wellness believe that the resistance of the host is far more responsible for health and resistance to disease than is the virulence of the organism. Many of the vaccines used may have some other safety issues with documented evidence of at least one problematic substance known as SB-40, a carcinogen being present with full FDA knowledge. (Health Freedom News from the National Health Federation: Drugs, Bugs and Shots in the Dark by Christopher Kent,DC,PhD.) Written by: Michael Epitropoulos,DC,PhD, and Cal Streeter,DO. Dr. Epitropoulos and Streeter's articles, a "Talk Back" forum, and brief biographies of the authors are available on line at www.ChiroWeb.com/columnist/epitropoulos_streeter.

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“Poor evidence to support flu vaccine effectiveness”

by Michael Dorausch, DC

A highly respected vaccine expert has called for an "urgent" reevaluation of vaccine campaigns related to the flu shot. According to the expert, Tom Jefferson, there is little clinical evidence that shows the flu vaccine has any effect on things like hospital stays, time off of work, death in healthy adults, and even adults suffering from conditions such as cystic fibrosis and asthma.

The expert added that flu vaccines being given to children under the age of two have about the same effect as if they were given a placebo, or some dummy drug.

According to the report by the expert, which appeared in the British Medical Journal, studying the precise effects and effectiveness of flu vaccines is very difficult for scientists to do, since influenza viruses mutate and vary from year to year. He added that most studies are of poor quality, and there is little comparative evidence regarding the safety of vaccines.

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And finally if you get the flu and are miserable.....Chicken Soup really does have decongestant properties and tea is sinus-draining and antioxidant rich. Try these new twists on time-honored recipes. (AJC - Parade Magazine – October 14, 2007)

**Oriental Chicken Soup** In a large saucepan, combine 4 cups of chicken broth, 2/3 cup of orzo, 1 pound of cubed boneless chicken breasts or extra firm tofu, 4 minced scallions, 2 tablespoons of soy sauce, 2 tablespoons of cider vinegar or rice wine vinegar, 1 tablespoon of minced fresh ginger and 2 teaspoons of sesame oil. Bring to a boil, reduce heat and cook 5 minutes. Add 4 ounces of trimmed and julienned snow peas. Cook 5 more minutes or until orzo is tender and chicken cooked. Makes about 4 servings.



**Ginger Tea** In a large mug, pour boiling water over 2 tablespoons of freshly grated ginger and let it steep for 5 to 10 minutes along with a favorite chamomile or peppermint herbal tea or a green or black tea bag. Garnish with a lemon slice.



**Have a safe, happy and healthy Holiday Season from all of us at AlternaHealth Solutions!**