



It's Flu Season: Power Up with Nature's Immune Boosters

One of the local TV stations in Atlanta recently ran a story on the evening news warning viewers about this year's flu season—forecasted to be a particularly bad one. Even if you're lucky to escape the flu, however, the change in the season and the various bugs that come with it is enough to test your immune system.

If you get sick now, your doctor may advise you to take a course of antibiotics. While they are appropriate at times, these drugs will compromise your ability to fight off other bugs for rest of the winter. Antibiotics kill your body's normal flora that keep things like strep in check. Here are some immune boosting ideas.

Commonly known as the purple coneflower, **Echinacea** is one of the best-selling herbs worldwide. This herbal immune booster is one of the most respected and widely used herbs thanks to the large amount of research that illustrates its potential benefits. Research has demonstrated that Echinacea stimulates the production of white blood cells to fight infection. No family should be without this herb.

Echinacea has been shown to



improve the body's resistance to infections such as colds and influenza. It also stimulates the lymphatic vascular system and fibroblasts. It should be taken in small, frequent doses as soon as flu-like symptoms appear. It is of particular value in laryngitis, tonsillitis, and catarrhal conditions of the nose and sinus. The tincture or decoction may be used as a mouthwash in the treatment of pyorrhea and gingivitis.

Known primarily as echinacea's partner, **Goldenseal Root** is a powerful herb on its own. Herbalists love Goldenseal for its cleansing, immune-nourishing properties. This herb contains berberine and other natural compounds having numerous health benefits.

Taken at the first signs of respiratory problems, colds or flu, Goldenseal's numerous uses are attributed to its antibiotic, anti-inflammatory and astringent properties. It soothes irritated mucous membranes aiding the eyes, ears, nose and throat. Taken at the first signs of respiratory problems, colds or flu, Goldenseal helps prevent further symptoms from developing. It has also been used to help reduce fevers, and relieve congestion and excess mucousal can help prevent further symptoms from developing.

A good multivitamin such as USANA is crucial to keeping you running on all cylinders. We have it in the office, and it is highly rated.

Grape seed, another natural remedy, is great for viral infections.

Questions? Call Dr. Friedman.

How Do You Tell if it's a Migraine?

Do you or someone you know get major league headaches? According to a 2003 study reported in the magazine *Neurology*, three simple questions, may help you to figure out if you have a migraine. With as many as 14 million Americans suffering from migraines undiagnosed, the condition is an often-missed diagnosis. You may have a migraine if you answer yes to at least two of the following questions:

- Has a headache limited your activities for a day or more in the last three months?
- Are you nauseated or sick to your stomach when you have a headache?
- Does light bother you when you have a headache?

Why Most Treatments Don't Work

Traditional approaches to treating migraines generally include medications or other applications that mask or reduce the symptoms. While these may be temporarily effective, migraines will

typically recur in patients when the cause of the condition is not properly diagnosed and treated. This can result in patients becoming dependent on drugs or other techniques to lessen their pain, and the condition may never disappear for good.

Who Gets Migraines?

Almost 60 million Americans experience migraines—as many as 19% of all men and 29% of all women. Usually the first headache appears before age 40 with one-third of migraine sufferers getting their first attack before the age of ten. Women get migraines four times as often as men. Studies have shown that over 50% of people with migraines have an immediate family member with the same problem.

AlternaHealth Solutions has successfully treated many patients with migraines. Call the office if you'd like to learn more.

Migraines: One Patient's Story

"I thought the rest of my life was going to be spent bed-ridden until I was led to AlternaHealth Solutions.

I was 24 years old and had very bad migraine headaches every day for two years. I wasn't able to work and had a very rough time just doing everyday things. I had numerous tests done including allergy, eye test, MRI, CAT scan, bloodwork and a sinus X-Ray—but all were normal. I thought it was hopeless.

Then my mother-in-law told me about chiropractic treatments for headaches. I thought I'd give it a try and immediately went to a chiropractor. After a few visits with no results (it felt like he was just cracking my back and wasn't targeting the problem), I heard about AlternaHealth Solutions and NUCCA.

After the first visit, I noticed a significant change. Now I rarely have headaches and, if I do, it is a normal headache—not a migraine. NUCCA really works. It is wonderful!"

--Jesse H.

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...And a special offer for patients of AlternaHealth Solutions!

Are There Pesticides in Your Food? How to Find Out

Headaches vs. Migraines: The Three Telling Signs

Nature's Immune Boosters That Help You Fight Flu

Inside this issue:

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Pesticides in Your Food: What Every Family Needs to Know



Does the food we eat contain pesticide residues? If so, could those pesticides harm me or my family? What does the government do to ensure that pesticides used on food are safe?

Most people assume the food they eat is healthy since it's regulated by the federal government. But consumers need to know the basic facts since not all foods contain safe levels of pesticides and different people may react differently to these food-borne chemicals.

Information is available from the Environmental Protection Agency (EPA) in brochure form that will help you learn what you need to know about:

- How the Government Regulates Pesticides
- What the Residue Limits are on Food

- Why Children May be Especially Sensitive to Pesticides
- What "Integrated Pest Management" Means
- What "Organically Grown" Means
- Types of Pesticides on Foods
- Health Problems Pesticides may Pose
- Healthy, Sensible Food Practice Where to Get More Information

The brochure covers details about the Food Quality Protection Act (FQPA) of 1996 and will answer these and other questions about pesticides and food.

For details, order publication numbers: 735-F-98-001 (English) or 735-F-98-010 (Spanish) Call the National Center for Environmental Publications at 1-800-490-9198 or visit:

<http://www.epa.gov/ncepihom/ordering.htm>

Natural Health Care Partners

- **Nutritional Evaluation and Consulting** - Amy Smith, R.N., NutriBalance System
- **Colonic Therapy**- Alma Bolden, Awareness Institute
- **Massage Therapy**- Lauren Zuk, Healing Touch
- **Nutritional Support**- Debbie & Doug Schmidt, Manatec Corp.
- **Nutrition and Vitamins**- Nance Joiner, USANA
- **Noni Juice**- Brad Kirkpatrick
- **Trainer and Emotional Healer**- Catherine Carrigan

These practitioners provide excellent natural care. Contact Dr. Friedman for referral information.

Holiday Schedule

AlternaHealth Solutions will close for the holidays on Christmas Day, Dec. 25 and reopen on Monday, January 5. Although Dr. Friedman cannot see you during that time, you will be able to schedule your next appointment by calling the office during that time. Messages will be returned even though the office is closed.

All of us at AlternaHealth Solutions wish you a joyous, Happy Holiday!

Have a Referral?

Have friends, family or co-workers who might benefit from our services? Just let us know... We'll send free information to people interested in safe, gentle pain relief. And, as always, we appreciate your referrals and will provide you with a free visit for each new patient you send us.



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“Effective, Safe and Gentle Pain Relief Without the Twisting, Popping or Cracking”