



chiropractic
W O R K S

Chiropractic Works

"THE ULTIMATE IN SPINAL CORRECTION"

28 Lowell Rd • Hudson • NH • 603-595-2205

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Book:

Dr. Scott Szela

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- **Chiropractic & Kids**
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- **Nutritional Concepts:**
 - > **Vitamins: How do they work, which ones and how much?**
 - > **Fad Diets: The Facts**

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**Dr. Scott Szela
Chiropractic Works**

**28 Lowell Road
Hudson, NH 03051**

603-595-2205

chiropracticworksNH.com

SPRING IS HERE AND SO ARE ALLERGIES

Spring is finally here. We made it through another long cold winter and can finally get outside in the sunshine, get our **vitamin D** and enjoy ourselves.

But for many people this is the time that the nose starts running, the sneezing begins and they just feel miserable. If this is you, pay attention, I have some natural tips to help minimize the symptoms of seasonal allergies.

First it is important to understand what allergies are. They are the bodies overactive reaction to a **common** substance. Think about it, everyone is exposed to the same pollens outside or even to the same pets, some of us have no reaction while others develop a wide range of symptoms.

One of the reasons someone who suffers from allergies has this overreaction to common allergens is because the bacteria in their gut is **not balanced** properly. **Probiotic** supplementation can correct this. We have covered the many benefits of probiotics in another newsletter (Fall 2006). As it relates to allergies, an imbalance of gut bacteria means allergens are **improperly** "tagged" as harmful so the body overacts to them with excessive mucus production and airway constriction in the lungs. Which explains the runny nose, sneezing, and wheezing. Most allergens are identified and tagged

by the bacteria in our guts so the probiotic supplements make sure the allergens are identified properly and the body does not overreact to them.

Probiotic supplements will give your immune system a boost. Getting enough **sleep** will also recharge your immune system. While we sleep our body is doing most of its repairing and healing. **Exercise** is also vitally important to the overall package of being healthy, lessening the effects of allergies.

Another important supplement is **essential omega fatty acids** in the form of fish oil. Fish oil benefits are two fold. One it reduces the allergic response and two it reduces overall inflammation in the body lessening the symptoms.

If you have allergic type symptoms year round with an increase in the symptoms in the spring and fall you may have **food allergies** or sensitivities in addition to seasonal allergies. To eliminate the food issues cut out refined sugar, soda, processed foods, and dairy. All of these are common triggers that will aggravate any allergic response. All current patients are welcome to attend a complimentary nutrition workshop if they wish to find out more.

A recent study found that children who eventually developed allergies ate less butter and more margarine compared with children who did not develop aller-



gies. This shows the importance of **avoiding trans-fats at all costs**. They are the primary fat in margarine and in many other processed foods. Trans-fats promote inflammation and cause the immune system to release a protein that triggers allergic reactions. The allergic children also ate less fish than those that developed allergies. This was not the first study to show that the types of fatty acids eaten may play a role in the onset of allergies. Trans fats, like those found in margarine, are thought to promote the formation of substances that **increase** inflammation and cause the immune system to release a protein that triggers allergic reactions.

As you can see one of the most important keys to minimizing the effects of allergies is **boosting your own bodies immune system**. This will take time. While your body heals and strengthens you may want to get an air purifier to help clean the air in your house. Also make sure the filters in your heating and air conditioning systems are clean. You will be on your way to **enjoying spring** in no time!

IT'S SPRING SO GET OUT IN THE SUN!

Dr. Dianne Godar of the U.S. Food and Drug Administration (FDA) has conducted a study indicating that UVA light -- not the UVB light that causes suntans and allows your body to produce vitamin D -- may be responsible for the melanoma epidemic.

What's more, the UVA light, unlike UVB, can pass through window glass, meaning you can still be exposed to it while you are indoors or in your car.

UVB, on the other hand, appears to be protective against melanoma -- or rather, the vitamin D your body produces in response to UVB radiation is protective. Dr. Godar points out that the melanoma epidemic began long before sun-beds, and that the dramatic melanoma increase occurs primarily in **indoor** workers, **not** outdoor workers.

Low vitamin D levels actually predict melanoma, and all-year tans protect against melanoma. Melanoma patients who expose themselves to the sun live longer than those who don't.

For decades now, public health officials have been warning that exposure to ultraviolet (UV) radiation from the sun increases your risk of developing melanoma, the most serious type of skin cancer.

But something doesn't quite add up with this generalized warning, because an epidemic of melanoma has broken out among **indoor** workers. In fact, indoor workers get three to nine times **less** solar UV exposure than outdoor workers get, yet only indoor workers have increasing rates of melanoma -- and the rates have been increasing since before 1940. So what's really going on here?

For point of discussion there are two primary types of UV rays from sunlight that you need to be concerned with, the vitamin-D-producing UVB rays, and the skin-damaging UVA light.

Both UVA and UVB can cause tanning and burning, although UVB does so far more rapidly. UVA, however, penetrates your skin more deeply than UVB, and may be a much more important factor in photoaging, wrinkles and skin cancers.

This latest study suggests that indoor workers may have increased rates of melanoma because they're exposed to sunlight through windows, and only UVA light, unlike UVB, can pass through window glass.

At the same time, these indoor workers are missing out on exposure to the beneficial UVB rays, and have lower levels of vitamin D. So it's the combination of exposure to UVA light and lower vitamin D levels that appears to be causing the increased rates of melanoma, and the indoor workers could clearly benefit from spending some time outdoors in the sun.

Why Optimal Sun Exposure Lowers Your Risk of Cancer

Appropriate sun exposure actually helps **prevent** skin cancer. In fact, melanoma occurrence has been found to **decrease** with **greater** sun exposure, and can be **increased** by using sunscreens.

One such study discovered that melanoma patients with

higher levels of sun exposure were **less** likely to die than other melanoma patients, and patients who already had melanoma and got a lot of sun exposure were prone to a less aggressive tumor type. Why is this?

It is important to realize that the sun can increase genetic damage in your skin and cause skin cancer, especially if you get **regularly** sunburned.

But what the media and many health "experts" fail to appreciate and explain to the public is that regular and safe exposure to sunlight or safe tanning beds allows vitamin D to be formed in your skin. The vitamin D then directly modulates genes in your skin that actually help **prevent** the types of abnormalities that ultraviolet light causes.

And it's not just melanoma that vitamin D helps protect you from. Optimizing your vitamin D levels can help you to prevent as many as 16 different types of cancer including pancreatic, lung, breast, ovarian, prostate, and colon cancers.

If you wear sunscreen you negate this natural Cancer Protection.

If you avoid the sun entirely, or slather on sun block whenever you go out, your skin will be unable to produce vitamin D, and you'll be left without this built-in cancer protection.

Further, for many years sunscreens only protected you from the beneficial UVB rays, while letting through skin-damaging UVA light. Even today, while most sunscreens do a good job blocking UVB, fewer filter out all of the UVA.

Not only that, but UVA rays are quite constant during ALL hours of daylight, throughout the entire year -- unlike UVB, which are low in the morning and evening, and high at midday.

So if you do decide to use sunscreen, make sure you choose one that is non-toxic and blocks **both** UVA and UVB rays. Two non-toxic ingredients that scatter both UVB and the more damaging UVA rays are titanium dioxide and zinc oxide. They've been used all over the world for over 75 years as safe sunscreens.

However, keep in mind that you'll still need to spend time in the sun **without** any sunscreen at all in order to optimize your vitamin D levels.

When is the Best Time to Go Out in the Sun?

The optimal time to be in the sun for vitamin D production is as near to solar noon as possible. That would be between roughly 10:00am and 2:00pm.

During this time you need the shortest exposure time to produce vitamin D because UVB rays are most intense at this time. Plus, when the sun goes down toward the horizon, the UVB is filtered out much more than the dangerous UVA.

Most people with fair skin will max out their vitamin D production in just 10-20 minutes, or when your skin starts turning the lightest shade of pink. Some will need less, others more. The darker your skin, the longer exposure you will need to optimize your vitamin D production.

SHOPPERS GUIDE TO PESTICIDES

Dirty Dozen

Buy these organic

- 1. Peach**
- 2. Apple**
- 3. Bell Pepper**
- 4. Celery**
- 5. Nectarine**
- 6. Strawberries**
- 7. Cherries**
- 8. Kale**
- 9. Lettuce**
- 10. Grapes (imported)**
- 11. Carrot**
- 12. Pear**

Clean 15

Lowest in Pesticide

- 1. Onion**
- 2. Avocado**
- 3. Sweet Corn**
- 4. Pineapple**
- 5. Mango**
- 6. Asparagus**
- 7. Sweet Peas**
- 8. Kiwi**
- 9. Cabbage**
- 10. Eggplant**
- 11. Papaya**
- 12. Watermelon**
- 13. Broccoli**
- 14. Tomato**
- 15. Sweet Potato**

What's the Difference?

EWG research has found that people who eat the 12 most contaminated fruits and vegetable consume an average of 10 pesticides a day. Those who eat the 15 least contaminated conventionally grown fruits and vegetables ingest fewer than 2 pesticides daily. The Guide helps consumers make informed choices to lower their dietary pesticide load.

Will Washing and Peeling Help?

Nearly all the studies used to create these lists assume that people rinse or peel fresh produce. Rinsing reduces but does not eliminate pesticides. Peeling helps, but valuable nutrients often go down the drain with the skin. The best approach: eat a varied diet, rinse all produce and buy organic when possible.

How Was This Guide Developed?

EWG analysts have developed the Guide based on data from nearly 87,000 tests for pesticide residues in produce conducted between 2000 and 2007 and collected by the U.S. Department of Agriculture and the U.S. Food and Drug Administration. You can find a detailed description of the criteria EWG used to develop these rankings and the complete list of fruits and vegetables tested at their dedicated website, www.foodnews.org.

Why Should You Care About Pesticides?

The growing consensus among scientists is that small doses of pesticides and other chemicals can cause lasting damage to human health, especially during fetal development and early childhood. Scientists now know enough about the long term consequences of ingesting these powerful chemicals to advise that we minimize our consumption of pesticides.

HEALTHY RECIPE: CHICKEN SALAD IN LETTUCE CUPS

Ingredients

- 10 cups coarsely shredded cooked chicken (from about 3 purchased roasted whole chickens)
- 2 cups roasted red and yellow bell peppers, drained, patted dry, and coarsely chopped
- 1 1/4 cups paper-thin slices red onion
- 3/4 cup chopped fresh Italian parsley leaves
- 3/4 cup slivered almonds, toasted
- 1/2 cup drained capers
- 1 1/2 cups (about) Red Wine Vinaigrette
- Salt and freshly ground black pepper
- 24 butter lettuce leaves (from about 3 large heads)
- 1 (4-ounce) piece Parmesan, shaved with vegetable-peeler

Directions

1. Toss the chicken, bell peppers, onion, parsley, almonds, and capers in a large bowl with enough vinaigrette to moisten. Season the chicken salad with salt and pepper, to taste.
2. Arrange 1 large lettuce cup and 1 small lettuce cup on each plate, overlapping slightly. Spoon the chicken salad into the lettuce cups. Drizzle more vinaigrette over the salads. Sprinkle with the Parmesan and serve. Makes 12 servings.
3. Do-Ahead Tip: The chicken salad can be prepared 4 hours ahead and refrigerated. Just before serving, spoon the salad into the lettuce cups.

Variations: Add in whatever your favorite veggies are. Try celery, green onion, shredded carrot, or some other fresh herbs like dill.