

Chiropractic Works

"THE ULTIMATE IN SPINAL CORRECTION"



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WORKS

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Book:

Dr. Scott Szela

As A Speaker For Your Organization

Topics Include:

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

Presentations can be customized for your audience and time available.

Contact our office to schedule!

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AVOIDING COLDS AND FLU NATURALLY

It's that time of year! With winter upon us thoughts turn to fun activities like skiing and sledding, and some not so fun activities like sneezing, coughing, and fevers from colds and the flu. But with some simple tips you can greatly increase your chances of staying healthy.

The typical solution is to cover everything in Lysol®, wash every 5 minutes with Antibacterial soap and maybe even get a shot. But is it the best way to stay healthy thru the long winter months?

A better choice would be to make our bodies as healthy as possible so we are strong enough to fight off the virus' which cause the common cold and the flu.

It's a common myth that we get sick because it is cold out. We don't get sick directly because of the cold, but it does play a factor. The consistent cold may weaken our immune system some but we are also in closed quarters with more people and get less fresh air so we tend to pass more germs back and forth. Most importantly we do not go outside in the sun because it is too cold so we do not get enough Vitamin D from the sun. Vitamin D is so important it gets it's own article on page 2.

To minimize the risk of catching something it is important to wash your hands but anti-bacterial soaps are not necessary. Does it really matter if the

offending bacteria are dead as they go down the drain? NO! What is important is that they are washed off of your hands so just use regular soap! Also keep your hands away from your face. If you do have cold or flu viruses on your hands they need to get into your system to make you sick. So don't put your fingers in your mouth or rub your eyes.

Another important tip is to make sure you are getting enough rest. When you're sleeping is when your body does most of it's healing and repairing. Ensuring you get at least 6 hours of uninterrupted sleep will help boost your immune system and prevent you from getting worn down. Ask Dr. Scott about our selection of Tempurpedic® pillows and how to choose a proper mattress.

We are what we eat, so eating healthy, nutrient dense food is essential to give our bodies what they need to function properly.

Avoid eating empty calories such as pastas, white breads, sugary snacks, and the majority of processed foods. Most of these foods have no nutritional value.

Smart choices would start with fruit and vegetables. Both are loaded with antioxidants which enhance the functioning of the immune system.

Another great source of antioxidants is from nuts. Some contain vitamin E, and healthy poly-unsaturated fats. They



make a great between meal snack.

During the winter months, and for those of us exposed to many different people during the day, such as health care workers, teachers, day care workers, you should consider supplementing with Vitamin C and E. These are two antioxidants that serve many different roles in the body.

And mom was right, chicken soup is good for fighting colds. It can be made loaded with vegetables and the chicken and broth both have healthy proteins to boost your energy levels to fight off the viruses and bacteria we are exposed to. Take the time to make it your self using preferably organic ingredients. You can make a large amount and refrigerate or freeze the leftovers to eat throughout the week. Doing it this way will save money over the canned varieties even if you use organic ingredients.

Last but certainly not least make sure you stay up with your chiropractic adjustments! A healthy spine is the core to a healthy you. Your nervous system controls every function in your body including the functioning of your immune system.

THE IMPORTANCE OF VITAMIN D IN PREVENTING THE FLU

The largest study yet of the association between vitamin D and respiratory infections found, people with the lowest blood vitamin D levels reported having significantly more recent colds or cases of the flu. The risks were even higher for those with chronic respiratory disorders such as asthma.

Vitamin C has been used for the prevention of colds for decades, but little scientific evidence supports its effectiveness. In contrast, evidence has accumulated that vitamin D plays a key role in the immune system.

The wintertime deficiency of vitamin D, which the body produces in response to sunlight, has been implicated in the seasonal increase in colds and flu, and previous small studies have suggested an association between low blood levels of vitamin D and a higher risk of respiratory infections. The newest study analyzed blood levels of vitamin D from almost 19,000 adult and adolescents, selected to be representative of the overall U.S. population.

Why, you may ask, do we have low levels of Vitamin D? Humans evolved naked in sub-equatorial Africa, where the sun shines directly overhead much of the year and where our species must have obtained tens of thousands of units of vitamin D every day, in spite of our skin developing heavy melanin concentrations (racial pigmentation) for protecting the deeper layers of the skin. Even after humans migrated to temperate latitudes, where our skin rapidly lightened to allow for more rapid vitamin D production, humans worked outdoors. However, in the last three hundred years, we began to work indoors; in the last one hundred years, we began to travel inside cars; in the last several decades, we began to lather on sunblock and consciously avoid sunlight. All of these things lower vitamin D blood levels. The inescapable conclusion is that vitamin D levels in modern humans are not just low - they are aberrantly low.

This drop in Vitamin D levels explains why the Flu is a seasonal disease increasing after Winter Solstice and disappears in the months following Summer Solstice.

Living in New England even if you are outside during the winter months we are at too high of a latitude to make much, if any, Vitamin D from sun exposure. This means supplementation becomes necessary through winter. As you know all supplements are not created equal. The type of Vitamin D you take is very important. Some brands use an inferior, cheaper version of Vitamin D that is not active in the human body. If you purchased Vitamin D from somewhere other than our office and are concerned if it is the right type feel to bring it in and we can check it out for you. If you are taking high doses of Vitamin D, more than 1,000 IUs daily, then you need to have your blood levels checked. It is a fat soluble vitamin and it is possible to overdose on it.

Question:

*Dear Dr. Scott,
I don't understand why someone who feels great and who has no perceivable health issues whatsoever, would even consider being under chiropractic care?*

Answer:

Most people figure that, "If it ain't broke, don't mess with it." Interestingly, these very same individuals seem to completely disregard that concept when it comes to areas of life that are clearly, less important than their own health.

For example, most people are pretty good about preventive maintenance with respect to material items such as their automobiles. We hear these folks say things like, "I get the oil changed, check the fluids, and do whatever I need to do so that she (the car) keeps running well for many years to come."

Heath usually takes a back seat to everything else. In fact, health usually becomes an issue to most folks—just after the onset of pain and/or the diagnosis of a serious health-related condition. And when it comes to the health of the framework of the body (the spinal segments, discs, ligaments, tendons, and nerves), most people disregard that area of their body UNTIL they are in pain. In other words, "If I have no pain, I have no problems."

Here at Chiropractic Works, we don't get on people's backs (no pun intended) because they didn't take care of themselves—and as a result, let things degrade to the point of discomfort/pain.

However, the fact that you waited until you were in pain before seeking care does not mean that we can "fix" it in the amount of time that you feel is required to address your condition. And if you're someone who's been wrestling with a series of secondary conditions (often referred to by some as "symptoms") for many years, then as reasonable people, I think we both can agree that your condition is going to require more than just a single visit to our practice. Agreed?

Our message is this: If you are someone who is feeling well, and/or you know folks who feel pretty good, but engage in activities (ie. sitting at a computer laptop for hours on end, playing golf, watching a lot of TV) that are detrimental to the structural integrity of the spine, then might we suggest a wellness program that keeps you WELL so that the first visit to our practice doesn't start with, "Well I was picking strawberries from my garden, and as I got up, I felt this pain go down..."

Thanks for your question!

...Dr Scott Szela