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Holiday Greetings!

It is hard to believe that we are already seeing holiday lights on houses, Christmas decorations in the stores, and sales for Christmas gifts on the television and ads. Oh wait, I could say *that* in October! It seems to me that the rest of the winter holidays are becoming diminished by Christmas and the commercialism that has been adopted by our society for this holiday. Of course I also enjoy giving and receiving gifts for Christmas, but I enjoy the time with family and friends even more.

I feel that with the tragedies that are in our world today, we should spend the holiday season reflecting on what is truly important in our lives. Many of us have been affected by the war in Iraq as well as violence in our own town and the surrounding areas. As I watch the news unfold around me, I am saddened by the state of our world.

Perhaps we can make some changes in our town

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and area. Please take time this holiday season to give those around you a warm smile, hug, or simple "happy holiday" greeting.

I would like to extend my warmest wishes to everyone for a safe, fun, happy, and healthy holiday! May you enjoy the time that you have with those around you, and feel the peace and love of the holiday season.



The holidays are better with pets - especially kitties! ☺

Apologies for November's Newsletter

For those of you who read the newsletters every month, you may have noticed that you did not receive one in November. I sincerely apologize for the lack of a newsletter. I simply ran out of time to get a newsletter written.

Along with preparing for the Nutrition and Wellness Counseling Program that I'm implementing in January, there have been some personal events occur in my family that prevented me from taking the time necessary for writing a

newsletter. I will get an "abbreviated" newsletter out in December, and hope to be back up and writing for the New Year!

As always, however, if there are topics or issues that you would like me to provide information about, please send an email to me at lifearts@alltel.net and I will be happy to include them in upcoming newsletters.

It's Cold and Flu Season!

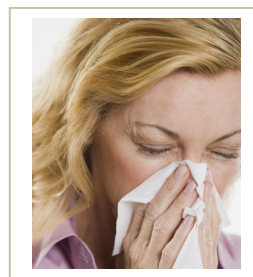
The cold weather starts and people start sniffing and sneezing. Talk turns to colds and the flu. While nobody likes to experience the symptoms associated with these illnesses, the well advertised flu shot may not be the answer for everyone.

According to the Centers for Disease Control and Prevention (CDC), the most effective way to prevent the flu *is* the flu shot. However, there continues to be some controversy regarding this "magic" shot. First, most flu vaccines still contain thimerosal, a mercury-based preservative. (See August's newsletter for more information about thimerosal). Second, there are many strains of flu virus around, and the makers of the flu shot have no way of knowing exactly which strain will affect which areas of the country/world.

The actual statistics from the CDC are misleading. They list the number of actual deaths in 2006 from Influenza (flu) and pneumonia together. This number was 62,804. While 62 thousand people dying is a large number, further reading finds that of those 62,804 people, only 1,806 of those deaths were from the flu. This is a 0.6% rate of death from the flu. The media, however, makes the flu sound like it is the next "big killer" in our society.

Additionally, both colds and the flu are viral infections. Antibiotic medicine does not "cure"

Flu vaccines contain thimerosal - a mercury derivative that can cause severe health problems.



these viral infections. Therefore, the prescriptions that are written for antibiotics for those people with cold and flu symptoms are merely taking those pills for no real added benefit. You may feel better in a few days, however, in 7-10 days, most viruses are eliminated from the body anyway. Also, taking antibiotics when not necessary contributes to allergy formation and resistance to antibiotics by bacteria.

Some natural remedies that can be effective against colds and flu include:

Garlic - garlic has been used as a health food for more than 5000 years and has some antibiotic properties and a general positive effect on immunity. Garlic should be eliminated from the diet at least two weeks prior to any surgery to help prevent excessive bleeding. People who are taking blood thinners should consult their medical doctors prior to starting any garlic supplementation.



Garlic has antibiotic properties and a general positive effect on immunity!

Tea – green and black teas have been researched and studied for their beneficial effects on cardiovascular health and cancer. Harvard University conducted a study on tea and looked at its role in boosting the immune system. They found that people who drank 5 cups of black tea per day for 2–4 weeks increased their levels of interferon – an important hormone used by the body for immune defense. Tea contains an active substance called L-theanine. This substance increases the immune response and helps to fight bacteria, infection, viruses and fungi. Excessive tea intake, however, can cause insomnia, headaches, dizziness, and diarrhea.

Vitamin C – Vitamin C has been widely researched in its prevention and treatment of respiratory infections. A study compared 29 clinical trials where participants took 200mg or more of Vitamin C per day. The findings showed that Vitamin C prevented the flu or colds in those people who were exposed to “brief periods of severe physical exercise and/or cold environments.” People who regularly take Vitamin C have demonstrated that they recover from their symptoms faster and the symptoms are not as severe as those who do not take Vitamin C. Those people with kidney disease should not take Vitamin C supplementation.

Echinacea – this has been used to prevent and treat colds. Conflicting results have been produced regarding Echinacea, however. Some studies have shown increased immunity from taking this herb, others have shown no clinical significance. Echinacea can cause abdominal upset, nausea, and dizziness. Those with HIV or autoimmune conditions should not take Echinacea.

Zinc Lozenges – these lozenges also have conflicting results according to research studies. However, the differing formulations that are produced may make research studies skewed as to the effectiveness. One



Green and black tea have beneficial effects on health.

study indicated that zinc lozenge use by school-aged children showed shorter durations and fewer numbers of colds. Long-term use of zinc lozenges, however, may lead to problems impairing the body's immune system. Excessive zinc use can lead to copper deficiency and a decrease in the levels of HDL (good cholesterol).

Additional Remedies – acupuncture can be effective against preventing and diminishing the cold. Chiropractic adjustments help to prevent or reduce the severity and duration of those with colds as well.

No matter the treatment, the cold and flu virus is around. The best “cure” is prevention. The only way to prevent yourself from getting sick is to practice good hygiene (hand washing), have a well-balanced diet, moderate exercise, and stress reduction strategies. Stress can substantially increase the risk of catching a cold or the flu by increasing the levels of cortisol in the body. Increased cortisol from stress reduces the immune system and sets the body up for more illness.



Future Plans for LifeArts – Howard Chiropractic

Some of you may have noticed the attractive plywood that covered the gaping holes where the windows were at the office for two long weeks in November. Recently, we replaced the thin, cold windows with insulated windows. Thanks to my landlord, I have new windows and we are not freezing in here anymore! This is one improvement that is currently taking place at LifeArts – Howard Chiropractic.

In the upcoming weeks and months, the entire office is going to get an overhaul. John Killingsworth of Martin and Sons Construction is currently in the “planning” stage of a major remodel of the office. We are planning to enclose the front reception area, make a walk-way to the restroom, and make 4 rooms! This will provide us with 3 treatment rooms and one private office for me for consultations and such. The treatment rooms will be available for adjustments, acupuncture, Reiki and physiotherapy.

We plan to remain open during the remodel, so please excuse the mess that will be occurring in the near future. I am excited to see the “new office” as it unfolds.

We will be closed on December 24-26 and December 31-January 02 for the Christmas and New Year Holidays! Happy Holidays!

Other changes will include the addition of the Nutrition and Wellness Counseling Program that I have been mentioning over the past few months. I am in the final stages of designing a program that I hope will help those interested to achieve a healthy weight, maintain that weight, and make some positive lifestyle choices to improve their overall health and wellness. I am not designing a “diet program” or a fitness program. The program is being designed in order to help people learn about healthy lifestyles and how to incorporate those lifestyles into their daily lives.

The program will include counseling/consultation time to evaluate current habits and diets, evaluate goals and willingness to make changes, and learn how to implement those changes and achieve those goals. We will track the weight, body mass index (BMI), and body fat percentage of participants. We will also monitor eating habits, stress levels, and physical activity of those who participate in the program.

This program is not simply about weight loss, it is about overall health and wellness. However, with the increasing rates of obesity in our society and expanding waistlines of Americans, I feel compelled to make efforts to try to help those who are willing to work hard to reduce their weight and incorporate health and wellness into their lives.

The program does not include chiropractic care or acupuncture therapy (or any other services/products currently offered at LifeArts – Howard Chiropractic). If interested in those services, other arrangements will be made.

If you are interested in the program, please send me an email indicating your interest. I am planning to start the program right after New Years!