

Tid Bits

A CSI Publication

"Achieving maximum output"



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Quote of the Month

"Time And health are two precious assets that we don't recognize and appreciate until they have been depleted".

- Denis Waitley

The cold season is around the corner, are you ready?

By: Dr. Terry Weyman D.C., C.C.S.P.

Once again we approach the Flu season, and once again the flu shot is in the News. Last year's campaign was that the flu virus was worse than ever, the year before, there was a shortage so hurry up and get yours. This year, they are predicting a large shortage and an increase in office worker's sick time. With the flu vaccination advertising campaign in full swing, what should you do when the virus decides to "vacation" in your body? Will you run in fear, or get educated and hit the flu season fighting.

According to the latest research, the average American suffers two to six colds a year, and as yet, there is no known cure. Nevertheless, pharmacies and stores that sell alternative medicine therapies are stocked with products claiming to be natural/alternative remedies for the common cold. If you are infected you may be wondering how best to treat your symptoms. Are over-the-counter cold medications the only way to go? Or do alternative remedies such as vitamin C, Echinacea and Zinc really help? Before we look at the remedies and research behind them, lets look at the animal itself, the cold and flu.

The common cold (acute coryza 45) is associated with viruses that affect the nose, throat, larynx (voice box) and sinuses. That means a runny nose, scratchy throat, watery eyes, stuffed sinuses and congestion. The common cold is

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HEELYS

(shoes with wheels in the heel)

Are they good for your child's feet and back?

Heelys are still the rage with young kids but are they good for their developing bodies? According to the U.S. Consumer Product Safety Commission, the shoes with the wheels in the heels also known as Heelys, injuries are on the rise. These sneakers are no friend to the young athlete with injuries sustained to the wrist and ankle due to falls as well as repetitive stress injuries to the foot, ankle, knee and lower back due to altered gait patterns,. The problem lies in the design. Since the wheel is in the heel of the sneaker, the dynamics of walking are changed. Since the function of our foot is vital to how we move, changing the mechanics can be detrimental. When we walk, our lower leg turns out (external rotation) which causes the heel to invert and the front part of the foot to supinate. This allows the heel to strike first and then roll the foot inward. Then the lower leg turns in (internal rotation) and the heel everts causing the foot to pronate. This pronation allows the arch to flatten and push off the big toe. This movement is important since it sets up proper movement in the foot, lower leg and hips. Remember the song, the foot bone is connected to the ankle bone? This chain

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Cold Season

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different from viral or bacterial infections because of the absence of high fever. Symptoms of Influenza, or the flu, are a high fever, between 101-103, backache, headache, muscle and joint pain, runny nose, congestion, sore throat with a cough and will continue irregularly for three to four days. The flu can cause problems for the elderly population, weak, stressed or suffering from an immune suppressive disorder. In some cases, the flu may develop into pneumonia. For most people who are “relatively healthy” the flu is little more than an annoyance.

Over the counter painkillers such as aspirin, acetaminophen (Tylenol) and ibuprofen are common ingredients in cold products designed to relieve aches and pains and reduce fever. Yet, most colds don't cause aches, pains or high fevers. According to Joe Graedon Ph.D., author of the People's Pharmacy Guide to home and herbal remedies, Antihistamines, meant for those runny noses, help against allergies and hay fever but provide relatively little relief for the common cold. “Such drugs may actually be counterproductive by allowing viruses to multiply more readily”. Dr. Graedon cites a study in which Australian scientists found that aspirin, acetaminophen and ibuprofen reduced immune system response and resulted in “increased nasal symptoms.” Other research has shown that people spread more of the cold virus after taking aspirin due to the increase in contagiousness. So what can we do to help fight the battle?

Before reaching for any cold concoction, try these practical remedies:

Drink plenty of water. Fluids will help loosen the mucus in your nose and chest and provide a medium for the cells to communicate.

Stop eating sugar and avoid dairy products. Sugar and refined sweets have been shown to reduce the total amount of white blood cells, which fight infection. Also, sugar, even in fruit juices and dairy products, thicken the mucus in the linings in your nose and lungs, making the mucus and your infection harder to get rid of.

Rest. This will allow the body to focus on healing.

Vitamin C: It has long been acclaimed for its ability to prevent and cure the common cold. Although these claims have been blown out of proportion, an adequate intake of Vitamin C is necessary to help fight infection and keep the immune system healthy. There is some research to show that taking extra vitamin C at the onset of a cold may cause a mild antihistamine effect.

The recommended dietary allowance for vitamin C is

between 75- 100 milligrams per day for women and 90-250 mg for men. You may bump this up to 1500 mg for 48-72 hours at onset of the cold. Too much Vitamin C may cause side effect such as nausea, abdominal cramps and diarrhea, so don't mega dose during the season.

Echinacea: Over the past several years, Echinacea has become one of the hottest herbal remedies in the US. While little research has been done in the US, European research on Echinacea has suggested that the herb has an immune-stimulant effect. Echinacea seems to work by stimulating various components of the body's immune system. One of the reasons that Echinacea research varies is that there are three different species of the purple coneflower which make up the herbal remedy. For the most affective remedy seek out your Chiropractor, MD, nutritionist or a reputable vitamin store.

Since possible adverse effects from long-term use have not been studied, most sources recommend that Echinacea only be taken when the symptoms of a cold first appear and then only for a week or two. Because it is an immune system stimulant those with autoimmune diseases like lupus, MS, Sclerosis and RA should not take the herb. Also it is not recommended for pregnant and lactating women or for those on immunosuppressant medication.

ZINC: A 1996 study found in the Annals of Internal Medicine, found that adults who used zinc lozenges (without sugar) from the onset of a cold recovered twice as fast as those who did not take them. I recommend no more than 100 mg of Zinc a day to fight off the cold and to take the duration of symptoms.

With the invention of double pane windows, (windows have tighter seals so they do not allow a good air exchange from inside to out) the airflow in your house may harbor the viruses and bacteria that will continually re-infect your family. Invest in a good air purification system. A good system on the market is the Living Air Classic or Fresh Air. This product will eliminate smoke, mold, mildew, bacteria and it has a UV light to kill airborne viruses and germs that pass through. It also controls dust and dander to eliminate certain allergies.

Last but not least seek Chiropractic care during the cold season. A study in the Journal of Osteopathic Medicine, showed a study of over 4600 patients with upper respiratory tract infections treated with manipulation. Of these 4600 patients, only 5% of the cases treated with spinal manipulative therapy developed secondary complications. Chiropractic care has been proven to enhance the natural resistance and improve immune function.

So, as we enter this cold season, don't wait for the

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Study examines Flu Vaccine effectiveness

Jan 16, 2004

This year's flu vaccine has little or no effectiveness against influenza-like illnesses, according to a preliminary study released to CNN. The study, published by the CDC (Central for Disease Control) and Prevention's Morbidity and Mortality weekly report, looked at workers at Children's Hospital in Denver, Colorado. Since the virus constantly mutates' it's hard to find the right combination of strains to combat the current strain. Last year the vaccine did not contain the Fujian A virus that proved to be the predominant strain. Despite public health authorities' hopes for enough overlap with the vaccine's other strains that some protection would be provided. That did not appear to be the case, as numerous patients contracted the flu in spite of the vaccine.

Effectiveness of Vaccines and Immunizations, Important information for athletes

Numerous studies indicate that vaccines cannot be relied upon to boost the immune system and protect an individual from contracting the disease. Vaccines were designed to offset the disease. For example, the Minnesota Department of Health reported 769 cases of mumps in school children, 82 percent occurred in children who had been previously vaccinated against this disease. The CDC reported that 89 percent of all school-age children who recently contracted measles had been vaccinated against the disease. The New England Journal of Medicine published a study revealing that the pertussis vaccine "failed to give...protection against the disease". In fact, more than 80 percent of cases in a recent epidemic occurred in children who had received regular doses of the shot. For a reference source visit www.thinktwice.com

Cell phones-reduce the risk of Acoustic Neuromas

With the increased use of cell phones new studies are coming out in regards to the increase in use and the affect on the human body. According to a report in the WallStreet Journal on October 14, 2004, Sweden's karolinska Institute found that cell phone use dramatically increases the risk of acoustic neuromas, a benign tumor, on the listening side of the head. This is a result of a ten year comprehensive study. To reduce the risk, of course

you can reduce your talk time. Another way to reduce the risk or harm is to put distance between the phone and your ear with hands free headsets and speaker systems in your car.

Highs and Lows of Carbohydrate Diets

With all the commercials on Low Carb food you start to wonder what is good and what is not. If you have a few pounds to loose than a reduction in Carbs is a good idea PROVIDING you have a balance of fats and proteins coupled with a proper exercise program. As for athletes, a low carb diet is not a good idea. In a quarterly report put out by the Gatorade Sports Science Exchange, they list several key issues in regards to a Carbohydrate diet.

A low-carbohydrate diet in athletes impairs their exercise tolerance and their ability to beneficially adapt to long term physical training.

Physical performance and mood state seem better maintained with a high vs moderate carbohydrate diet, thus reducing the symptoms of overreaching and possibly overtraining.

Every training day should not be intense or prolonged. The same rules apply to diet. Every training day does not require a high intake of carbohydrates. Follow a hard training day with higher proteins for tissue recovery.

Adequate dietary carbohydrate is critical to raise muscle glycogen to high levels in preparation for the next day's endurance competition or hard training session. Accordingly, during the 24hr prior to a hard training session or endurance competition, athletes should consume 7-12g of carbohydrate per kilogram of body weight. However, during the 24 hr prior to a moderate or easy day of training, athletes need to consume on 5-7 g of carbohydrate per kilogram of body weight.

If weight loss is your goal (meaning you fall into the obese category) consuming a very low-carbohydrate diet for 3-6 months can help you lose about 8% of your body weight compared to a 4% loss if you eat a conventional diet that stresses reduced calories and fat. Remember though, to keep the weight off you need to change habits and lifestyle, not just your food intake.

Another way to fight the cold season!

The stress of everyday life can throw the bodies

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bioenergy and biochemistry out of balance. When the body is out of balance, the system is in a state of stress. There are two thought processes, wait for the cold to happen and then rush around for the quick cure or prevent the viruses from affecting the body in the first place. The EB 305 is designed and developed to restore the body's energy and balance while facilitating its natural detoxification process. The EB 305 has been proven in clinical trials to balance and restore the body's electromagnetic energy. The EB 305 has also been proven (FDA approved and research tested) to increase range of motion as well as muscle strength. The EB 305 uses state of the art research and development to provide a form of energy that the body can readily use. This type of energy is called Bioenergetics/Life Energy.

How it Works!

Within the human body there are energy channels known as meridians. These meridians provide a pathway for energy to flow to or from a particular organ (i.e. liver, kidney, etc.) These pathways begin or end at points on the feet or hands. A person's current state of health is determined by how well the energy in the body flows through those meridians. The EB305 is a gentle detoxifying system that was developed to pull unwanted toxins out of the body, in a very similar fashion to that of a water softener. As the patient sits with their feet in 6 - 8 inches of water for 20 - 23 minutes, a copper coil attached to the unit is also placed into the water to create a bioenergetic ionic exchange system /or field, that surges negative ions through the patient, and then positive ions (charged atoms). The EB 305 uses direct current and ions to provide energy that is sub-threshold, meaning that the patient generally will not feel the treatment. This energy is very similar to micro current and cold laser therapy (ask Dr. Terry for more information), both of which have been proven to increase and create more cellular ATP (cellular energy). This increase in cellular ATP allows the cell to work and detoxify at a higher rate. Increasing the cells' ability to work at a higher rate will allow the cell to withstand stressors either physical or chemical.

Hear what our patients are saying about the EB-305!

"The results I have experienced after only a few sessions are just shy of profound. My results so far

include shorter recovery times between hard interval workouts, greater power on the bike, better quality sleep and fewer allergy symptoms. I have not reached for my allergy medicine once in the past four weeks. As an athlete I am looking for that extra 3-5 percent which means the difference between standing on the podium and just finishing with the pack."

-- Julie Kaplan, (10) x National Road Cycling Champion, (5) x National Time Trial Record Holder, Current State TT Champion

"I have had 6 EB sessions and cannot believe the differences! I handle stressful situations much better. My overall mood no longer has the dark cloud lingering. I've got more energy during the day as well as the weekends. I've noticed my body isn't as tight and I'm able to exercise longer."

-- Nancy Dillingham-Marks

"I have been treated by Dr. Terry for neck and back pain much of which was stress related. Recently he suggested the EB-305 to help address allergy symptoms and low energy and fatigue that I have struggled with for many years since I turned forty. The results have been amazing. I have more energy and patience to deal with both my professional and personal life, and an overall sense of well being. An incredible side benefit, which certainly contributes to the above, is that my libido has greatly increased!! I feel like I have the energy and desire of an adolescent and the ability to now enjoy it!!! I highly recommend the EB-305 for everyone.

-- Anne age 51

Call the office today to schedule your EB-305 treatment! The cost of this new technology is \$40 per treatment or \$360 for the full Detox and rejuvenation treatment. The full Detox is 10 sessions (2-3 times per week) and is a separate appointment than an office visit. These prices will be changing in September so book your treatment now and enjoy an energy enriched summer. Endurance athletes, increase your performance by as much as 20%. Call today 805-371-0737

Indoor health-Work driving you up a wall?


A different type of gym opened up in our area and a lot of you have asked me about it. The new gym is Boulderdash Indoor Rock Climbing Studio. One of the owners, Christiaan, is a long time climb acquaintance and is a driven man with a heart of gold. His passion is climbing and for as long as I have known him, he has

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wanted a place to share his passion with the masses. His dream has come true with the opening of Boulderdash located at 880 Hampshire Road, ste A in Thousand Oaks (less than a mile from CSI). As an avid climber myself, I can't talk enough about the benefits of climbing both from a physical stand point but a mental stand point as well. Rock climbing (done with a rope) or bouldering (without a rope a few feet from the ground) work both your mind and your body. From a Sports Chiropractic point of view, very few sports work the back and surrounding musculature as well as climbing. With the days getting darker and colder, go check out this local hot spot and let Christiaan know you came from CSI. Their website is <http://boulderdashclimbing.com> and their phone number is 805-557-1300.

Go climb a rock! 

little bits

I want your "news": Good, fun, inspirational, and testimonials of how Chiropractic has helped you or a family member. Also, if you wish to write an article that you feel is informative and would help other people, please submit to me. Send them to the office c/o "TIDBITS".

Sign up today for your Internet newsletter and research tidbits by going to our website, www.chiropractic-sports.com. We also made our website easier to remember, as in the saying "got milk" another way to get to our website is www.gotcsi.com. I write TIDBITS four times a year but send out monthly updates to those who have signed up for them. This list will never be sold or used for anything other than updates at CSI or research news that I feel is important for your health.


If you ever have any news that you want in TidBits please e-mail me at athdoc@aol.com (please no jokes). Send them under the subject: TIDBITS. This is your newsletter and I want it to be both fun and informative. Thanks again for your continued support and comments. Remember that the biggest compliment you can ever give us is by referring a friend to our office.

Love and Peace to All,

Dr. Terry

Heelys

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reaction of movement, called the kinetic chain, is what basic movement is based on. Ever wonder why when you hurt your right foot your left shoulder hurts? Look at the cross crawl pattern of walking and arm swing. The wheel in the Heelys is in the heel causing too much pressure to be placed on the heel as well as changing the mechanics in which your child walks. This change in pattern can cause complications ranging from ankle weaknesses, plantar fasciitis, heel contusions/microfractures, lower back and hip complications, knee pain, or a combination of these. Since running and proper foot motion is vital to a young athlete, parents should be warned that these shoes can have long term adverse effects. 

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cold to attack you. Attack the cold through keeping the biomechanics strong in your body by seeking Chiropractic care, keep the biochemistry alive by eating right and taking the appropriate supplements. Also keep the bioenergy alive by taking care of the air in your home and this season you may be spending more time on the slopes and less time by the Kleenex box.

Products for the winter colds

Supplements

Check out the vitamin supplements on our website, www.gotcsi.com, in the CSI store or feel free to ask me at the office. We keep in stock all the top supplements that are on the market, pharmaceutical grade, high purity. Supplements during the cold and flu season are a MUST if you are active. Don't wait for the season, get your body fighting now.

AIR Purifier

Living Air purification system. This product eliminates smoke, mold, mildew, bacteria and it has a UV light to kill airborne viruses and germs that pass through and unlike the Ionic breeze, it will clean up to 3,000 sq ft. Ask Dr. Terry for more information.

Eye and sinus pillows.

Choose either satin pillows that can be either heated or cooled, at your preference. Also, pillows filled with aromatic herbs will help to open your sinuses and allow you to sleep better. They will take away sinus pain by helping to drain and relax the sinuses.

Come to the office to see them for yourself. For around \$20 they will help beat the winter blahs. 