

# TAKING CARE OF YOU

## OUR TEAM



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# WINTER EDITION



## FLU SHOT OR NOT... .THAT IS THE QUESTION

**Avoid the cold and flu without a flu shot**

They're everywhere - at your pharmacy, at your community's schools and perhaps even at your local grocery store - flu shot clinics offering a quick fix for the upcoming flu season. You might think that the flu shot is a safe precaution, but there's so much more you need to know about this simple vaccination before rolling up your sleeve

**What is really in the flu shot?**

A flu shot is made of inactive flu virus strains that are anticipated to be circulating during the upcoming flu season. In addition, flu shots can contain questionable substances such as formaldehyde, thimerosal - a mercury derivative, sodium chloride and sodium phosphate. The effectiveness of a flu shot depends on whether the viruses selected for the shot actually match the ones that circulate that year.

**How safe is the flu shot?**

After you get a flu shot, you may feel sick including mild muscle ache and fever. More serious reactions include life-threatening allergic reactions to the ingredients in the shot and even neurological disorders.

With questionable ingredients and reaction risks, you might wonder if there is an alternative way to protect yourself from flu and other viruses this year. A good thing to consider is boosting your immune system. Why? A strong immune system is better prepared to fight off viruses and other illnesses.

**Boost your immune system today**

Go beyond the vitamin C pill and get a comprehensive supplement that helps [boost the immune system](#) so you can feel your best.





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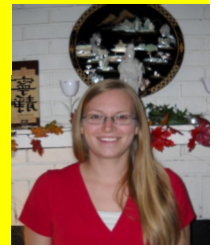
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# Ten Health Tips For Winter

Remember Diets, Exercise, Influenza, Colds & Depression This Winter

[Judith Holford](#)

**In winter, comfort food and TV seem much better than diet and exercise. Follow our tips to stay healthy, reduce the symptoms of influenza & colds and avoid depression.**

**How can you keep healthy and avoid seasonal affective disorder (SAD) during the cold winter months when everyone seems to have the flu and a diet of healthy salads, rich in vitamins and minerals, doesn't seem so appealing? Our ten winter health tips will help to get you through to spring in good shape.**

- 1. Eat a healthy diet with lots of fresh fruit and vegetables. Hearty home-made vegetable soups are great for cold days. This not only provides vitamins that aid the immune system, but these foods are also rich in anti-oxidants, substances known to counteract the effect on the body of free radicals (this may help to prevent some cancers). A daily vitamin and mineral supplement is a good idea, but it's no substitute for those obtained in fresh foods.**
- 2. Watch that you don't gain extra pounds due to overeating the wrong foods. Comfort foods in moderation are fine, but in winter it is tempting to over indulge. If you need to lose weight, choose a well balanced diet such as Weight Watchers, rather than a fad diet.**
- 3. Have an exercise routine - don't turn into a couch potato just because the temperature drops a few degrees. Put on your thermals and get out there - or alternatively take up an indoor sport or active hobby such as dancing. If you really can't get out, open the windows each day to freshen the air.**
- 4. Get plenty of rest. Getting overtired can deplete your immune system leaving you open to infections. If you are having difficulty sleeping, look for herbal sleep remedies.**
- 5. Prevention is better than cure so ask your GP about getting a flu shot - they are not just for the elderly. Influenza is debilitating viral illness for the healthiest of us. Thousands of work hours are lost annually due to influenza. Don't wait for the flu season to start before vaccination; go towards the end of autumn. Flu shots do not prevent colds as these are caused by a different virus.**
- 6. If you catch a common cold take a zinc, vitamin C and echinacea preparation to help reduce the duration of symptoms. Cold & flu preparations are available from pharmacists to reduce runny noses and fevers. Discard used tissues directly into a bin to prevent spreading the virus to other family members (it is spread in droplets).**
- 7. Don't demand or take antibiotics for a cold or flu - these illnesses are caused by viruses and cannot be treated with antibiotics. Antibiotics are only used to treat infections caused by bacteria. Unnecessary prescriptions of antibiotics contribute to the deadly antibiotic-resistant strains of bacteria that we hear so much about. (It should be noted that antibiotics may be appropriate to prevent secondary bacterial infections in some people e.g. the very young or elderly).**
- 8. Don't hide away because it is winter, especially if you don't socialize by going out to work. At first it may not seem like a big deal, but it can become isolating and contribute to feelings of depression.**
- 9. Beat the winter blues. According to The National Organization for Seasonal Affective Disorder (NOSAD) Seasonal Affective Disorder (SAD) is a type of winter depression which affects millions of people every winter, especially during December, January and February. If you think that you may suffer from SAD (seasonal affective disorder), try to get out in the daylight for a while each day. If possible get some winter sun. Alternatively you might consider light box therapy.**
- 10. Look forward to spring. Plan a new you, new goals and some enjoyable activities to look forward to.**

## DID YOU KNOW THAT: HEALTH BULLETIN

- (1) 1 teaspoon of sugar = 4 grams?
- (2) the average American eats **142 pounds** of sugar a year?
- (3) by the year 2015, 75% of Americans will be overweight, and that 41% will be obese?
- (4) eating refined carbs (white rice, white bread, white potatoes, sweets, etc.) on an empty stomach will cause a huge insulin *spike* contributing to insulin resistance (which can lead to diabetes, obesity, etc.)?
  
- (5) weight loss without exercise (walking, climbing stairs, lifting weights, etc.) results in lighter and less dense bones?
- (6) shark, King mackerel, swordfish, golden bass, sea bass, tilefish, gulf coast oysters, marlin, halibut, pike, lobster, and tomalley are high in mercury and **should be avoided**?
  
- (7) obesity is a risk factor for a vitamin D deficiency?
  
- (8) by replacing vegetable oils such as canola, soybean, safflower, sunflower, corn, and peanut with coconut oil, you will lose weight?
  
- (9) the phosphoric acid in soda leaches minerals from bones and suppresses the body's ability to absorb manganese?
  
- (10) diabetes may increase your risk of developing Alzheimer's disease? (One study found that there was a 65 percent increased risk of Alzheimer's disease in people with diabetes.)
  
- (11) simple sugars such as white potatoes and table sugar enters the bloodstream at the rate of **30 calories per minute** while complex carbs (some veggies for example) enter at the rate of about **2 calories per minute**?
  
- (12) supermarket food, including fruits and vegetables, travel an average 1,500 miles to get to your local store?
  
- (13) up to 70% of healthcare costs are lifestyle related (CNN)?
  
- (14) walnuts (contains ALA) are better than olive oil at minimizing the artery restricting effects of too much saturated fat?
  
- (15) the *only* difference between **white** eggs and **brown** eggs is the color?
  
- (16) the imbalance between omega-6 and omega-3 fatty acids is the reason for melanoma, the major and deadly form of skin cancer? Sunscreen manufacturers would have you believe that the sun is at fault. Deaths from skin cancer are 2% of all cancers. Melanoma is only 6% of all skin cancer cases. More...
  
- (17) *love handles* are subcutaneous fat, not visceral fat?
  
- (18) 80 percent of Americans are magnesium deficit? Symptoms of magnesium deficiency include body aches, muscle twitches, low energy levels (feeling rundown), headaches and migraines, leg cramps, chronic constipation, insulin resistance, and severe PMS.  
  
A magnesium deficiency can lead to heart disease, high blood pressure (hypertension), stroke, type 2 diabetes, osteoporosis and more. Adults should get 400 mg (milligrams) of magnesium daily. Sources include, raw pumpkin seeds, spinach, raw sunflower seeds, almonds, black beans, and brown rice. See...
  
- (19) organic agriculture is growing faster than any other part of American food production? Currently it is a \$9 billion industry which is growing at 20 percent per year.
  
- (20) 70 percent of all diabetes patients will eventually succumb to heart disease?

## **JOHN HOPKINS HAS THIS TO REPORT**

**AFTER YEARS OF TELLING PEOPLE CHEMOTHERAPY IS THE ONLY WAY TO TRY ('TRY', BEING THE KEY WORD) TO ELIMINATE CANCER, JOHNS HOPKINS IS FINALLY STARTING TO TELL YOU THERE IS AN ALTERNATIVE WAY.**

Cancer Update from Johns Hopkins :

1. Every person has cancer cells in the body. These cancer cells do not show up in the standard tests until they have multiplied to a few billion. When doctors tell cancer patients that there are no more cancer cells in their bodies after treatment, it just means the tests are unable to detect the cancer cells because they have not reached the detectable size.
2. Cancer cells occur between 6 to more than 10 times in a person's lifetime.
3. When the person's immune system is strong the cancer cells will be destroyed and prevented from multiplying and forming tumors.
4. When a person has cancer it indicates the person has multiple nutritional deficiencies.. These could be due to genetic, environmental, food and lifestyle factors.
5. To overcome the multiple nutritional deficiencies, changing diet and including supplements will strengthen the immune system.
6. Chemotherapy involves poisoning the rapidly-growing cancer cells and also destroys rapidly-growing healthy cells in the bone marrow, gastrointestinal tract etc, and can cause organ damage, like liver, kidneys, heart, lungs etc.
7. Radiation while destroying cancer cells also burns, scars and damages healthy cells, tissues and organs.
8. Initial treatment with chemotherapy and radiation will often reduce tumor size. However prolonged use of chemotherapy and radiation do not result in more tumor destruction.
9. When the body has too much toxic burden from chemotherapy and radiation the immune system is either compromised or destroyed, hence the person can succumb to various kinds of infections and complications
10. Chemotherapy and radiation can cause cancer cells to mutate and become resistant and difficult to destroy. Surgery can also cause cancer cells to spread to other sites.
11. An effective way to battle cancer is to starve the cancer cells by not feeding it with the foods it needs to multiply..

### **\*CANCER CELLS FEED ON:**

**a. Sugar is a cancer-feeder. By cutting off sugar it cuts off one important food supply to the cancer cells. Sugar substitutes like NutraSweet, Equal, Spoonful, etc are made with Aspartame and it is harmful. A better natural substitute would be Manuka honey or molasses, but only in very small amounts. Table salt has a chemical added to make it white in color. Better alternative is Bragg's aminos or sea salt.**

**b. Milk causes the body to produce mucus, especially in the gastro-intestinal tract. Cancer feeds on mucus. By cutting off milk and substituting with unsweetened soy milk cancer cells are being starved.**

**c. Cancer cells thrive in an acid environment. A meat-based diet is acidic and it is best to eat fish, and a little chicken rather than beef or pork. Meat also contains livestock antibiotics, growth hormones and parasites, which are all harmful, especially to people with cancer.**

d. A diet made of 80% fresh vegetables and juice, whole grains, seeds, nuts and a little fruits help put the body into an alkaline environment. About 20% can be from cooked food including beans. Fresh vegetable juices provide live enzymes that are easily absorbed and reach down to cellular levels within 15 minutes to nourish and enhance growth of healthy cells. To obtain live enzymes for building healthy cells try and drink fresh vegetable juice (most vegetables including bean sprouts) and eat some raw vegetables 2 or 3 times a day. Enzymes are destroyed at temperatures of 104 degrees F (40 degrees C).

e. Avoid coffee, tea, and chocolate, which have high caffeine. Green tea is a better alternative and has cancer fighting properties. Water best to drink purified water, or filtered, to avoid known toxins and heavy metals in tap water. Distilled water is acidic, avoid it.

12. Meat protein is difficult to digest and requires a lot of digestive enzymes. Undigested meat remaining in the intestines becomes putrefied and leads to more toxic buildup.

13. Cancer cell walls have a tough protein covering. By refraining from or eating less meat it frees more enzymes to attack the protein walls of cancer cells and allows the body's killer cells to destroy the cancer cells.

14. Some supplements build up the immune system (IP6, Flor-ssence, Essiac, anti-oxidants, vitamins, minerals, EFAs etc.) to enable the bodies own killer cells to destroy cancer cells.. Other supplements like vitamin E are known to cause apoptosis, or programmed cell death, the body's normal method of disposing of damaged, unwanted, or unneeded cells.

15. Cancer is a disease of the mind, body, and spirit. A proactive and positive spirit will help the cancer warrior be a survivor. Anger, unforgiveness and bitterness put the body into a stressful and acidic environment. Learn to have a loving and forgiving spirit. Learn to relax and enjoy life.

16. Cancer cells cannot thrive in an oxygenated environment. Exercising daily, and deep breathing help to get more oxygen down to the cellular level. Oxygen therapy is another means employed to destroy cancer cells.

1. No plastic containers in micro.
2. No water bottles in freezer.
- 3.. No plastic wrap in microwave..

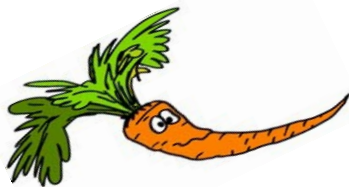
Johns Hopkins has recently sent this out in its newsletters. This information is being circulated at Walter Reed Army Medical Center as well. Dioxin chemicals cause cancer, especially breast cancer. Dioxins are highly poisonous to the cells of our bodies. Don't freeze your plastic bottles with water in them as this releases dioxins from the plastic. Recently, Dr. Edward Fujimoto, Wellness Program Manager at Cast le Hospital, was on a TV program to explain this health hazard. He talked about dioxins and how bad they are for us.. He said that we should not be heating our food in the microwave using plastic containers. This especially applies to foods that contain fat. He said that the combination of fat, high heat, and plastics releases dioxin into the food and ultimately into the cells of the body. Instead, he recommends using glass, such as Corning Ware, Pyrex or ceramic containers for heating food You get the same results, only without the dioxin. So such things as TV dinners, instant ramen and soups, etc., should be removed from the container and heated in something else. Pa per isn't bad but you don't know what is in the paper. It's just safer to use tempered glass, Corning Ware, etc. He reminded us that a while ago some of the fast food restaurants moved away from the foam containers to paper. The dioxin problem is one of the reasons..

Also, he pointed out that plastic wrap, such as Saran, is just as dangerous when placed over foods to be cooked in the microwave. As the food is nuked, the high heat causes poisonous toxins to actually melt out of the plastic wrap and drip into the food. Cover food with a paper towel instead.

This is an article that should be shared with anyone important in your life.



*M's Organic Sustainable Farm*



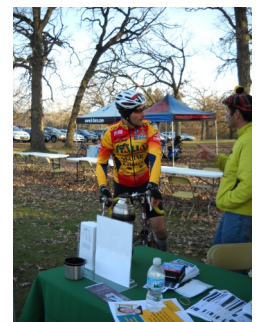
# WE SINCERELY THANK YOU

Thank you so much for entrusting Northwest Healthcare with your Naprapathic care and referring your friends and family to us. Your confidence in us has contributed to making this our most successful year. On November the 10th, we celebrated **PATIENT APPRECIATION DAY**. On this day, to show our patients how much we value their patronage, we offered a day of "NO Charge". In return our patients donated food for the Woodstock Pantry. It was a great success and we thank everyone that participated.



## Another Successful Benefit Race for Leukemia

Every year Northwest Healthcare sponsors a Benefit Cyclocross Race in memory of Ed Brophy. Hundreds of cyclists participate in this Leukemia Benefit. This year over 400 cyclists gave it their all for this worthy cause. We would like to thank Centegra Health Center, Running Depot, Country Donuts, Napoli Pizza, Juice Plus and Subway for their contributions and their participation at the race. We would also like to thank all the volunteers that helped set up, take down and worked during the race.





**WORK INJURIES \***

**SPORT INJURIES**

**WORKMANS COMP \***

**WELLNESS PROGRAMS**

**SENIOR PROGRAMS**

**PERSONAL INJURIES \***

**AUTO ACCIDENTS**

**NATURAL PHARMACY\* REIKI**

**NEURO MUSCULAR THERAPY**

**Monday, Wednesday 9 am -6 pm**

**Thursday 3pm -7pm Friday 9am –  
2pm**

**Every other Saturday**