



Kids Our Family Newsletter First

Ferguson Family Chiropractic ~ Dr. John M. Ferguson
54 Crossing Blvd. Ste. H ~ Exit 9 ~ Clifton Park, NY
518.383.5595 ~ www.ForLifetimeWellness.com

Our goal is to inspire you, to provide you with the latest health care options available, make you smile, and help you to help us fulfill our mission - *to reach as many parents and children as we can!*

The Dirt on Dirt

You are wondering why such a zany title. After all, you hate dirt and germs. As a matter of fact, so does your family, friends and a vast majority of Americans. We're obsessed with dirt, germs and the unclean. How many of you take off your shoes when entering the house? Look at a glass before drinking from it? Wash your hands compulsively? Wear a hospital gown to hold your newborn? It has more bacteria on it than your infant! Why do we do this?



We have been taught that germs are bad. That one can get germs from anything and everything. That germs should be eradicated, wiped out and killed. That no mercy should be shown. We then pass this sterile obsession onto our children and the myth of cleanliness is propagated.

This mentality is causing our own demise. More authorities are convinced that everyday dust, dirt and even **germs are actually good for you**. Our health is based on a properly functioning nervous system, immune system and endocrine system. The new science connecting these

components is called psychoneuro-immunology. Many feel that the immune system, endocrine system and the nervous system are one and the same. This new science investigates the relationships between these systems and how they integrate and interact together for the health and well-being of the individual. Bart Classen, MD of Classen Immunotherapies in Maryland, a vaccine researcher, says that the immune system of today's children is in serious trouble. He thinks that because of our search for cleanliness and sterility, our immune system is no longer being exercised as it has been in the past. These thoughts are echoed by Steve Marini, DC, PhD, a chiropractor and immunologist, Philip Incao, MD and countless others.

More scientists are realizing that most childhood diseases are innocuous and are there in order to exercise a young immature immune system. You probably think that a child having measles or chicken pox is terrible. Not so. These diseases actually teach the immune system how to deal with the myriad of viruses and bacteria.

In fact Howard Weiner, a prominent Harvard immunologist thinks that our vaccination program actually skews the activity of the immune system, making our children more susceptible to more serious complications later in life. In these situations, such an immune system will not be able to deal as effectively with a bacterial or viral invasion because it has never had to try.

I tell my patients that even the common cold and flu has a place; they teach the immune system how to fight! Just because you feel sick when you have the flu doesn't mean you are. It simply means your body is doing exactly what it has been programmed to do. This is not sickness. This is an **expression of health!** I'm not saying that you have to like it, but ultimately it's for your own benefit. To circumvent the system is not in your best interests.

The Dirt on Hand Sanitizers

The Centers for Disease Control says the most important way to prevent the transmission of dangerous diseases is to frequently wash your hands with soap and water and/or use a hand sanitizer. I advise against hand sanitizers in almost every case.

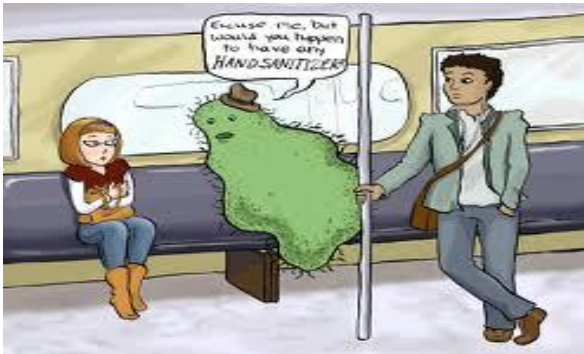
Almost half of all hand cleansers sold in the United States contain antibacterial compounds. These antibacterial compounds are not only a contributing factor to the spread of antibiotic-resistant bacteria, but triclosan, the active ingredient in most antibacterial products, has been shown to kill human cells.

Those that contain alcohol as the active ingredient, instead of triclosan, are a better option, as germs don't become resistant to alcohol. However, many commercial varieties of alcohol-based hand sanitizers contain other harmful ingredients.

Alcohol rub sanitizers kill most bacteria, fungi and some viruses and can kill 99.9% of the bacteria on hands **30 seconds** after application. Did you get that? 30 seconds. How many of you have used a hand sanitizer to kill those pesky germs and then immediately picked up something with more bacteria on it or before all the germs were killed?

Ethyl alcohol (Ethanol), the active ingredient utilized in alcohol hand sanitizers is rated as a 5 (with 10 being the most toxic), moderate hazard in the Cosmetics Safety Database. Concerns include: Cancer, Developmental and reproductive toxicity, Organ system toxicity (non-reproductive), Multiple, additive exposure sources, Irritation (skin, eyes, or lungs), Enhanced skin absorption, Occupational hazards. Rotter M. (1999). "Hand washing and hand disinfection". *Hospital epidemiology and infection contro.* 87.

Some hand sanitizer products use agents other than alcohol to kill germs, such as benzalkonium chloride or triclosan.



Triclosan, when combined with chlorine (e.g. from tap water), produces dioxins, a probable carcinogen (cancer causing agent) in humans. "Environmental Emergence of Triclosan" Santa Clara Basin Watershed Management Initiative. http://www.scbwmi.org/PDFs/WMI_Triclosan_FinalJan06.

Laboratory studies have shown lingering benzalkonium chloride may be associated with antibiotic resistance in Methicillin-Resistant *Staphylococcus aureus*. "Increase in Resistance of Methicillin-Resistant *Staphylococcus aureus* to β -Lactams Caused by Mutations Conferring Resistance to Benzalkonium Chloride, a Disinfectant Widely Used in Hospitals". American Society for Microbiology. <http://www.pubmedcentral.nih.gov/articlerender.fcgi?artid=89614>. "Antibacterial Household Products: Cause for Concern". Centers for Disease Control and Prevention. http://www.cdc.gov/ncidod/eid/vol7no3_supp/levy.htm.



The Environmental Working Group's Skin Deep Cosmetic Safety Database rates **Purell** hand sanitizer and those with benzalkonium chloride and Triclosan, a "**high hazard**," with a score of seven out of 10. They point out that ingredients used in this product are linked to:

- Cancer
- Developmental/reproductive toxicity
- Allergies and immunotoxicity
- Neurotoxicity
- Endocrine disruption
- Organ system toxicity (non-reproductive)
- Irritation (skin, eyes, or lungs)
- Biochemical or cellular level changes

Alcohol-containing **hand sanitizers can become contaminated** if the alcohol content is not properly controlled or the sanitizer is grossly contaminated with microorganisms during manufacture. In June 2009, alcohol-free Clarcon Antimicrobial Hand Sanitizer was pulled from the US market by the FDA, which found the product contained gross contamination of extremely high levels of various bacteria, including those which can "cause opportunistic infections of the skin and underlying tissues and could result in medical or surgical attention as well as permanent damage". Gross contamination of any hand sanitizer by bacteria during manufacture will result in the failure of the

effectiveness of that sanitizer and possible infection of the treatment site with the contaminating organisms – the targets they are designed to wipe out! "Consumers Warned Not to Use Clarcon Skin Products". US Federal Drug Administration. June 15, 2009. <http://www.fda.gov/ForConsumers/ConsumerUpdates/ucm164845.htm>.

The US FDA controls antimicrobial handsoaps and sanitizers as over-the-counter drugs because they are intended for topical antimicrobial use to prevent disease in humans. The FDA requires strict labeling which informs consumers as to proper use of these OTC drugs and dangers to avoid, including warning adults not to ingest, not to use in the eyes, **to keep out of the reach of children**, and to allow children to use only under adult supervision. Judith E. Foulke (May 1994). "Decoding the Cosmetic Label". *FDA Consumer magazine* (U.S. Food and Drug Administration). Yet, schools, parents, and other establishments routinely display these sanitizer stations like life-saving defibrillator devices.

Startling Stats

Triclosan has been shown to accumulate in biosolids in the environment, one of the top seven organic contaminants in waste water according to the National Toxicology Program. "Hand NTP Research Concept: Triclosan". National Toxicology Project. http://ntp.niehs.nih.gov/files/Triclosan_Concept_final-100608_508.

According to the American Association of Poison Control Centers, there were nearly 12,000 cases of hand sanitizer ingestion in 2006. hand sanitizer ingestion in 2006. "Paging Dr. Gupta, Hand sanitizer risks". CNN. June 21, 2007. <http://www.cnn.com/HEALTH/blogs/paging.dr.gupta/2007/06/hand-sanitizer-on-rocks-please.html>.



If ingested, alcohol-based hand sanitizers can cause alcohol poisoning in small children. "Hand Sanitizers Could Be A Dangerous Poison To Unsupervised

Are There Safer Hand Sanitizer Options?

Yes, but you'll need to become an avid label reader to find them. Look for natural, organic varieties that do not contain triclosan or other harmful ingredients, and instead contain safe plant-based ingredients such as rice bran extract, aloe vera, chamomile and tea tree oil.



Again, hand washing with plain soap and water is an ideal way to keep germs off your hands, but a safe hand sanitizer is an okay back-up plan for those times when you can't get to a sink.

There are a number of supplements I can recommend which increase the function of the immune system:

- Vitamin D3
- Vitamin B complex and manganese
- Pycnogenol
- Vitamin A plus carotenoids
- Zinc and Copper
- Bovine colostrums
- Garlic
- Amino acids: L-arginine, L-cysteine, L-lysine.

Some of these need to be taking him a restricted quantities so be aware.

Other daily essential supplements required for normal cell function are: Probiotics (especially for the immune system, omega 3 fish oil, a multi vitamin/multi-mineral.

So don't be so fastidious. Let some dirt and germs into your life. You'll be healthier person for it!

Please...if you have any questions, or would like any information on any health topic, it would be my pleasure to help you! Talk with you next month! Enjoy your summer!