



Kids Our Family Newsletter First

Ferguson Family Chiropractic ~ Dr. John M. Ferguson, D.C.
Exit 9-The Crossings, Clifton Park, NY 12065
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!*

True wellness is about being preventative, or proactive, in thought and action. The winter months bring us different elements and precipitation from Mother Nature that can predispose the human body to stresses that must be adapted to on a regular basis. However, with proper precautions and information, you can make healthy choices year-round.

Shoveling 101:

Shoveling the snow from the walkway or sweeping the driveway is annoying enough without it also resulting in a needless injury to your spine. Here are some suggestions to help avoid the most common risks:

Get your heart rate up first then stretch! A brief 5 minute walk in or outside will bring needed blood to your muscles and will allow you to gauge whether you are ready for shoveling. If you are unable to take a 5 minute walk due to shortness of breath, fatigue or other problems, you are not fit enough to shovel. Stretching should involve the mid to lower back, hips, hamstrings and arms and shoulders



SORRY, SON... THERE'S NO APP FOR THAT

Move the snow the shortest distance possible and avoid moving it twice. Use a lightweight, ergonomically designed shovel so you do not need to bend down too far.

Attempt to push the snow in a sweeping motion instead of lifting. A full shovel can weigh up to 20 pounds and we commonly do not routinely that weight a foot or two in front of us so your muscles and body will most likely not be ready for such lifting and carrying. Brush the snow off the car and then clear around the car.

Maintain proper posture, using your leg muscles as much as possible. Keep the shovel as close to your upper body and avoid twisting to throw the snow. Your joints and discs in the lower back are not designed for repetitive lifting and twisting so don't chance it.

Dress in layers. You need to stay warm, but if you overdress, you're going to be soaked in sweat in no time. Wear loose-fitting layers and remove them as you heat up.

Take frequent breaks. Change arms leading with your right hand then leading with your left. A fatigued body invites injury. Stay hydrated (water with a touch of sea salt and coconut water work best).

Use common sense: Stop at any point if you have dizziness, feel faint, experience shortness of breath, pain in the chest, left arm and jaw.

Stretch when you're done. If you do feel sore after shoveling, you have worked too hard! Dull aches and pains or sharp, radiating pain may

indicate a spinal misalignment (subluxation) or potential disc problem.

Reach for the phone and give our office a call for a check up and/or invigorating chiropractic adjustment and tame those sore muscles and stressed nerves!

Regular chiropractic care can help strengthen your spine and keep your immune system strong all winter long.

What you need to know about Vitamin D

First, vitamin D is more than “just a vitamin.” It serves to function as a repair and maintenance steroid hormone that affects up to 3,000 multiple gene (DNA)-regulatory functions in your body.

Each cell in your body has its own DNA library that contains information needed to deal with virtually every kind of stimulus it may encounter, and **the master key to enter this library is activated vitamin D.**

So naturally, without sufficient amounts of vitamin D, your cells cannot access their DNA libraries and their functions are thereby impaired. Receptors that respond to the vitamin have been found in almost every type of human cell, from your brain to your bones.



Vitamin D, which is produced in your body when exposed to adequate ultraviolet (UVB) sunlight (generally 40% of skin exposed for 20 minutes daily), helps regulate neuromuscular function and reduce inflammation. It's essential for promoting calcium absorption and bone strength. Without sufficient vitamin D, bones can become thin, brittle or misshapen. It also plays a crucial role in cell differentiation,

meaning that too little vitamin D can compromise your ability to heal.

Your immune system depends heavily on vitamin D and is needed greatly during the “cold & flu season”. Why? During the late fall, winter and early spring, any location in the U.S. outside of Hawaii or southern Florida does not receive adequate UVB rays to allow the body to make nearly any vitamin D3. This fact leads to dangerously low blood levels of the vitamin.

The *Annals of Epidemiology 2009* has reported that if every American supplemented with 2000 IU daily of vitamin D3, it has the potential to **reduce cancer deaths by 75%** and would work five times better than the mass flu vaccine campaign.

There is one other thing you need to be aware of if you choose to use an oral vitamin D supplement and that is that there are basically two types. The natural one is D3 (cholecalciferol), which is the same vitamin D your body makes when exposed to sunshine. The synthetic one is vitamin D2 (ergocalciferol).

Once either form of the vitamin is in your body, it needs to be converted to a more active form. Vitamin D3 is converted 500 percent faster than vitamin D2 so opt for the D3.

What We Have Learned About Vitamin D Dosing? *Integrative Medicine Vol. 9, No. 1, Feb/Mar 2010* Joseph Pizzorno, ND, Editor in Chief

KEY POINTS FROM THIS ARTICLE:

1) “Over the past several years, the surprising prevalence of vitamin D deficiency has become broadly recognized.”

2) **Vitamin D deficiency** is linked to:

Osteoporosis
Cardiovascular disease
Cancer
Autoimmune diseases
Multiple sclerosis
Pain
Loss of Cognitive function
Decreased strength
Increased rate of all-cause mortality

3) "Deficiency of vitamin D is now recognized as a pandemic, with more than half of the world's population at risk."

4) Approximately 50% of the healthy North American population and more than 80% of those with chronic diseases are vitamin D deficient.

5) 80% of healthy Caucasian infants are vitamin D deficient. [And the rate of vitamin D deficiency tends to be greater in African American and Hispanic children].

6) Those with vitamin D deficiency experience 39% higher annual healthcare costs than those with normal levels of vitamin D.

7) Suggested blood levels of vitamin D as measured by 25(OH)D₃, which is the better marker of overall D status, is:
Caucasians 125 - 175 nmol/l = 50 - 70 mg/dl
Hispanics 100 - 150 nmol/l = 40 - 60 mg/dl
African Americans 80 - 120 nmol/l = 32- 48 mg/dl

8) The minimum blood levels of vitamin D [25(OH)D₃] is 80 nmol/l (32 mg/dl).

9) Prolonged intake of 10,000 IU of supplemental vitamin D₃ "is likely to pose no risk of adverse effects in almost all individuals."

10) The maximum safe levels for vitamin 25(OH)D₃ in the blood is 275 nmol/l (100 mg/dl).

11) Sarcoidosis patients (& other granulomatous diseases) should not supplement with vitamin D because it increases granuloma production increasing the risk of hypercalcemia.

12) A loading dose of supplemental vitamin D₃ of 10,000 IU/day for 3 months and maintenance dose of 5,000 IU/day "is not enough for most people in northern climes."

13) The loading dose of supplemental vitamin D₃ should be about 20,000 IU/day

for 3 - 6 months with a maintenance dose of 5,000 IU/day. Those taking this amount of supplemental vitamin D₃ should periodically have their blood 25(OH)D₃ levels measured.

Sweet and Spice...Very Nice: The Benefits of Honey & Cinnamon

Of all the foods in the world, honey has to be one of the most remarkable. It doesn't spoil or rot. It's produced in most countries of the world. It's a natural sweetener that can have profound health benefits. Especially when combined with cinnamon.

Here are some of the health issues that this unique combination seems to help:

Heart Disease. A paste of honey and cinnamon powder taken regularly has been shown to help reduce cholesterol levels.

Arthritis. Taken as a tea, two teaspoons of honey and one of cinnamon twice daily often helps with arthritis pain.

Upset stomach. Honey and cinnamon often help relieve gas and indigestion.

Fatigue. A teaspoon of honey and one of cinnamon mixed in a glass of water and taken in the morning and mid-afternoon reduced fatigue and improves stamina.

Allergy. A teaspoon of local raw honey often helps reduce allergy symptoms.

Skin infections. Applying equal parts of honey and cinnamon powder to eczema and ringworm seems to improve the condition.

Bad breath. Gargle first thing in the morning with a mixture of one teaspoon honey and cinnamon powder in hot water.

Choose local raw honey that has not been sterilized by pasteurization. As for cinnamon, the fresher the better. Try it. If it doesn't help, you can always put both on your morning oatmeal!

Boosting Your Immunity Through Chiropractic

In 1975, Ronald Pero, Ph.D., chief of cancer prevention research at New York's Preventive Medical Institute and Professor of Medicine in Environmental Health at New York University,

began developing scientifically valid ways to estimate individual susceptibility to various



chronic diseases. Pero and his colleagues found strong evidence that **susceptibility to cancer** could be gauged by the activities of various enzymes involved in metabolic and genetic changes from exposure to carcinogenic or "mutagenic" chemicals. An individual's immune system responsiveness, or "immune competence," also was directly linked to certain DNA repairing enzymes that provided an objective way to assess disease susceptibility. Lack of those enzymes, Pero said, "definitely limits not only your lifespan, but also your ability to resist serious disease consequences."

Pero was fascinated by various hormones' synergistic relationship with other cancer-inducing agents to promote the disease. For example, thyroid hormones affect the early phases of radiation- and chemically-induced cancers. If the thyroid produces too much of either thyroxine or thyroidstimulating hormone, cancer risk greatly increases. And because the **nervous system regulates hormonal balances**, it too can influence susceptibility to cancer. Along these lines, various kinds of spinal cord injuries are accompanied by a high risk of developing cancer, particularly lymphoma and lymphatic leukemia.

This connection led Pero to consider chiropractic a potential alternative for reducing the risk of immune breakdown and disease.

In 1986, Pero collaborated with Joseph Flesia, D.C., Chairman of the Board of Directors for Chiropractic Basic Science Research Foundation (CBSRF). With a grant from CBSRF, they began a research project at the University of Lund in Lund, Sweden. Using Pero's tests to gauge resistance to hazardous environmental chemicals, they hypothesized that people with cancer would

have a suppressed immune response to such a toxic burden, while healthy people and those receiving chiropractic care would have a relatively enhanced response.

Measuring 107 individuals who had received long term chiropractic care, Pero's team had surprising findings. All chiropractic patients were 'genetically normal', that is, they had no obvious genetic reasons for increased resistance or susceptibility to disease. Any difference, therefore, had to be accounted for by environmental or therapeutic factors.

The chiropractic patients also had 200% greater immune competence than those who had not received chiropractic care, and 400% greater immune competence than those with cancer or other serious diseases. Despite a wide range of ages in this study, immune competence did not show any decline with age; it was uniform for the entire group.

Pero concluded that "chiropractic may optimize whatever genetic abilities you have" so that you can fully resist serious disease. "I'm very excited to see that without chemical intervention ...this particular group of patients under chiropractic care did show a very improved response," he told CBSRF. "These changes occur from chiropractic treatment."

Source: East West Health Magazine, Nov. 1989.

In addition to vitamin D3 and chiropractic care, lifestyle habits that keep the immune system going strong are: plenty of rest, daily exercise/movement, massage, vitamin C (orange and grapefruit are wonderful sources), water, antioxidant-rich fruits and vegetables, probiotics, and limiting/eliminating stress, grains, sugar, dairy, symptom-suppressing medications, preservatives and processed or pre-packaged foods.

Please...if you have any questions, or would like any information on any health topic or a free consultation for you or your child, it would be my pleasure to help you! Talk with your next month.....