

Absolute Wellness & Rehab

Wellness News You Can Use

Inspiring Health and Wellness

I hope you are having a wonderful summer so far and are enjoying all that it has to offer. The big event this month is the Fourth of July. Parades, barbecues, and fireworks are traditions that we use to celebrate our independence. It is also a time to recognize those men and women that helped secure our independence. Of course we see them as heroes, and we hope after reading "Health Care Revolutionaries: What Will History Say About Chiropractic" you'll feel the same about Chiropractors.

Good hygiene is always a good idea but it can go too far. There are many antibacterial products on the market that may do more harm than good. In, "Wash Your Hands of It" we caution you to not go overboard on the germ warfare.

If you are a parent there is a good chance you have had the

experience of nursing a child through an ear infection. You may or may not be aware that there is debate about the best way to treat an ear infection. In our article "Otitis Media: What You Should Know", we shed some light on the subject and offer some advice to help you through the situation.

Finally, in the realm of nutrition there is no replacement for a healthy, well balanced diet. That being said, supplements are valuable tools to help fill voids that may occur in your nutritional requirements. However, they should truly supplement a healthy diet, not replace one as you'll read in, "Supplement, Don't Replace".

As always, we hope this newsletter finds you happy and healthy!

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Health Care Revolutionaries: What Will History Say About Chiropractic?

As we celebrate Independence Day I am reminded of all the men and women that have sacrificed so that we may enjoy the freedoms we have today. When I think of the forefathers of our country I think of how courageous and brazen they must have been to take on the mighty British Empire to fight for what they believed in. We look at them as heroes and patriots. Had history turned out differently we might be looking at these same men as traitors.

This makes me wonder how history will regard chiropractic and the men and women that proudly wave the banner of our beloved profession. Will we be regarded as leaders and pioneers of health and wellness, or will we be seen as misfits and quacks, a thorn in the side of mainstream allopathic health care? Worse yet, will we be forgotten altogether?

Like the pioneers of our great country, the pioneers of chiropractic faced many adver-

saries and overcame many challenges. Although chiropractic is more widely accepted today than ever before, there are still many challenges that face our profession.

Perhaps our greatest challenge is how

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Dr. Herbert Ross Reaver, known as "The Most Jailed Chiropractor" in the profession's long struggle for licensure.

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Health Care Revolutionaries: What Will History Say About Chiropractic? ...continued

do we deal with the thing we always wanted, acceptance? As chiropractic has sought an equal place at the health care table, we have become susceptible to the influences of the allopathic model. Currently, across the country there are battles being waged within and outside the profession regarding what the identity of chiropractic should be and the role we should play in health care.

Throughout our history we hung our hat on being separate and distinct. It's not that one model of care is better than the other; chiropractic and medicine are just different and serve different needs. I will say this: many of the ideas that have been a part of the science, art, and

philosophy of chiropractic throughout its history and discarded by the medical community are now accepted by those same critics. As a profession we need to stand up and be heard and let the world know that we have a great gift to offer.

In the end I hope history tells our story this way...Chiropractic was started by a group of rabble-rousers that bucked the conventions of mainstream medicine. They were right.

Wash Your Hands of It

Over the last century many bacterial-borne diseases that were once common are now rare, due mostly to hygiene practices. But have we taken some hygiene practices too far by using anti-bacterial products on a daily basis?



The American Medical Association...recommend that anti-bacterial soaps and cleaners NOT be used in households because these products contribute to the ever growing problem of antibiotic resistant bacteria.

The American Medical Association thinks so! They recommend that antibacterial soaps and cleaners NOT be used in households because these products contribute to the ever growing problem of antibiotic-resistant bacteria. Just like all other living organisms, bacteria adapt to their environment over time. In the presence of an antibiotic substance most of the bacteria will die, but some will adapt, survive, and produce other bacteria that have this resistance. Because bacteria have short life spans and reproduce at a rapid rate, these adaptations happen very quickly. In humans these adaptations occur over much longer periods because we live much longer than a bacterium.

In addition to resistance, antibacterial products deplete good bacteria that our body needs to stay healthy. The most common active ingredient in antibacterial products is Triclosan, which is suspected to be

carcinogenic and may disrupt endocrine function. Another problem is when you wash your hands with antibacterial soap you are flushing Triclosan into waste water where it is not filtered out and eventually ends up in the environment where it has been shown to be toxic to algae and other marine life.

So how are you supposed to stay clean and healthy without antibacterial cleaners and soaps? Unless you are preparing to perform surgery in your living room, plain soap and water will do the trick! Don't be afraid to get a little "dirty"! It is impossible to avoid exposure to microbes, even with antibacterial products! Exposure to these organisms is what strengthens your immune system and keeps us healthy. Yes, you may get sick occasionally...that's life!

So lighten up, get a little dirty, and enjoy life!

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Otitis Media: What You Should Know

There seems to be a lot of conflicting information bombarding parents regarding childhood ear infections and how they should be treated. This can be very confusing to parents and dangerous to the children they love. A Google search on the subject does little to clarify the matter. In my research I found articles supporting both sides of the debate with research to back each side.

ScienceDaily (Nov 7, 2006) cited one research study that tried to identify the pathogen responsible for Acute Otitis Media (AOM). Researchers found that out of 79 children, 92% had bacterial infections, 70% had viral infections, and 66% had both. This is very telling as to why there are conflicting views about AOM and how to treat it.

Let's take a look at the most common treatment of AOM, antibiotics. Antibiotics are designed to kill bacteria, which they do. There are a couple issues with using antibiotics though. The first is that bacteria replicate very quickly and are able to mutate and develop resistance to the antibiotics. The second issue is that antibiotics don't discriminate between good and bad bacteria. The intestinal flora of the digestive track takes a beating when someone is placed on antibiotics. This can compromise the immune system further. This is one of the driving factors behind the debate on AOM.

So what is a parent to do when dealing with a child that is suffering from AOM? The first thing is to question whether the child is truly suffering or in any danger. There are many cases where the child is asymptomatic, but a pediatrician examines a child with a physical diagnosis of AOM and prescribes antibiotics. I would suggest in these cases the parents monitor the child but hold off on giving

the child the antibiotics. There is a very good chance that the child will never become symptomatic and the issue will resolve itself.

If the child is symptomatic, a conservative approach is still recommended. Giving antibiotics should not be taken lightly. Try to make the child comfortable and allow the immune system to do its job. If you feel antibiotics are necessary, get the child on a good probiotic to help restore the flora of the GI Track. And don't forget, have your child adjusted so that their system is balanced and equipped to deal with the stress of an infection!



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Supplement, Don't Replace

It seems like every six months I hear of a new miracle supplement on the market that contains the juice or extract from some exotic fruit found only in a small region of the world and is supposed to help me achieve the health and vitality I've been looking for! Although these supplements may have healthy properties, no supplement can replace a healthy diet.

In our culture Wellness practices are replacing the old "If it ain't broke don't fix it" model. People are more interested now more than ever in how to take better care of themselves. We are living longer and as we anticipate more years of life we want to add life to those years! We know that exercise and a positive mental attitude are keys to healthy living, but the most important aspect of a healthy lifestyle is

healthy nutrition. You can't expect to perform well if you are fueling yourself with garbage. As I so often say, if you put garbage in, you'll get garbage out!

What should you be fueling your engine with? Human beings are designed to eat a diet consisting mostly of vegetables, fruits, nuts and seeds, accented with whole grains and healthy meats. Your dinner plate

Supplement, Don't Replace ...continued

should consist of 70-80% produce and the rest healthy proteins and whole grains. Water should be your staple beverage. Although no single formula fits every individual, if you're not drinking at least eight 8-ounce glasses of water per day you are not getting enough. Avoid highly processed foods and sugary drinks. Remember, if you want to be more alive than dead, eat foods that are more alive than dead!

So, where does supplementation come in? As the nutrient value of food declines with over-farming and transportation of food over long distances, supplementing your diet is important. With so many options available on the market it's important to seek guidance from a holistic healthcare professional when deciding

which supplements you should be taking. Not all supplements are created equal and not all people have the same requirements. In general, most people should be taking a quality multivitamin/mineral to ensure adequate intake of vitamins and minerals; an Omega 3 supplement, such as fish oil; Vitamin D, especially if you work indoors or live in a northern state; and lastly a probiotic to ensure a healthy gut. As I said before though, you should consult a qualified healthcare professional that specializes in nutritional recommendations to ensure that you are not literally flushing your investment down the toilet!

Until next time, Live Well!



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Recipe of the Month: Tropical Cucumber Salad



Prep & Ready Time: 15 Minutes

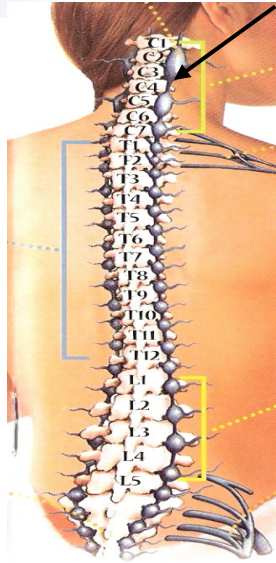
Yields: 4 Servings

Ingredients:

- 3-5 teaspoons fish sauce
- 1 teaspoon freshly grated lime zest, plus extra for garnish
- 2 tablespoons lime juice
- 1 tablespoon canola oil
- 2 teaspoons light brown sugar
- 1 teaspoon rice vinegar
- 1/4 teaspoon crushed red pepper
- 1 medium cucumber, cut into 3/4-inch dice
- 1 avocado, cut into 3/4-inch dice
- 1 mango, cut into 3/4-inch dice
- 1/4 cup chopped fresh cilantro

Directions:

1. Whisk fish sauce to taste with lime juice, oil, brown sugar, vinegar and crushed red pepper in a large bowl until combined.
2. Add cucumber, avocado, mango and cilantro; gently toss to coat.
3. Serve garnished with lime zest.
4. Enjoy!



C4—A subluxation or interference at this spinal level can affect the nose, lips, mouth, eustachian tube, mucous membranes, lungs.

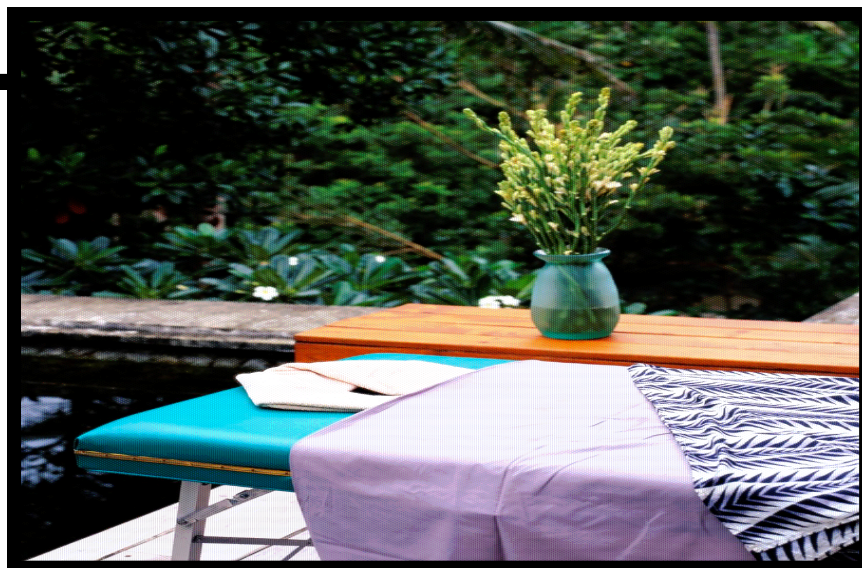
Having a nervous system screening using SEMG and thermography will help determine if these nerves are healthy. For additional information go to:

www.MyAbsoluteWellness.net

-or-

847-438-0055

We are now offering a Referral Rewards Program! For every 5 patients you refer, you will get a FREE 1/2 hour massage!!!



Inside the August Issue:

- What's Your Plan?
- Speak Up
- Give It Time
- Ticked Off
- Recipe of the Month

Absolute Wellness & Rehab News & Updates

Golf Workshop

Tuesday, July 19th

at 7pm till 8pm

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About Absolute Wellness and Rehab



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At Absolute Wellness and Rehab we offer a full range of wellness services including full spectrum nervous system and spinal screenings, health consultations, and care planning from acute care through wellness development and maintenance. We supply our patients with continuous education and opportunities to build stronger, healthy bodies and minds. If you haven't had your spine and nervous system checked recently, it could be the best investment you ever make in your future. For more information, please contact us by phone, email or by stopping by our office.

Our Mission Statement:

OUR PURPOSE IS TO PROVIDE HIGH QUALITY, INDIVIDUALIZED CHIROPRACTIC AND REHABILITATIVE CARE. OUR FOCUS IS TO EXCEED OUR PATIENT'S EXPECTATIONS, PROMOTE WELLNESS FOR THE FUTURE, AND MAKE LIFETIME FRIENDS ALONG THE WAY.