

WHOLESOME TIMES

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Inside this issue:

Summertime: The Time for Heat-Related Illnesses	1
Summer Tips	1
Beyond Bad Backs: What is Chiropractic and Wellness and How They Can Help You	2
The Eight Principles of Acupuncture	3
How to Select a Good Vitamin and Mineral Supplement	4

Summer Tips

Prevention is your best defense to prevent heat-related illnesses. As more and more people participate in athletic activities and increase the intensity and duration, an increase in heat-related illnesses may be expected. To stay safe this summer, follow these steps:

- Pay attention to weather conditions
- Wear proper clothing (light-weight, light-colored, loose-fitting clothing)
- Wear a wide-brimmed hat to provide shade and keep your head cool
- Drink plenty of liquids
- Avoid very cold beverages
- Steer clear of drinks containing alcohol because they actually cause you to lose more fluid.
- Avoid hot foods and heavy meals because they can add heat to your body.

Summertime: The Time for Heat-Related Illnesses

By Pamela Taylor-Pitcher

Summer brings high temperatures that can last for days or weeks. Heat-related illnesses cause 240 deaths annually. Symptoms range from mild weakness, dizziness, and fatigue.

People suffer heat-related illness when the body's temperature control system is overloaded. The body normally cools itself by sweating. But under some conditions, sweating just isn't enough. In such cases, a person's body temperature rises rapidly. Very high body temperatures may damage the brain or other vital organs.

Even short periods of high temperatures can cause serious health problems. The common problems are *heat cramps*, *heat fatigue*, *heat exhaustion*, and *heat stroke*.

Heat Cramps

Heat cramps are muscle pains or spasms usually in the abdomen, arms, or legs affecting people who sweat a lot during strenuous activity. This sweating depletes the body's salt and moisture.

- Stop all activity and sit quietly in a cool place
- Drink clear juice or a sports beverage
- Eat such things as bananas, oranges, and fresh salads
- Do not return to strenuous activity for a few hours

Heat Fatigue

Heat fatigue is a feeling of weakness brought on by high outdoor temperatures. Symptoms include cool, moist skin, and a weakened pulse. The person may feel faint.

- Get adequate rest
- Drink plenty of fluids
- Have fruits and fresh salad

Heat Exhaustion

Heat exhaustion is the body's response to an excessive loss of water and salt contained in sweat. Those most prone to heat exhaustion are elderly people and people working or exercising in a hot environment.

Warning signs of heat exhaustion include heavy sweating, paleness, muscle cramps, tiredness, weakness, dizziness, headache, nausea or vomiting, and fainting. The skin may be cool and moist. The victim's pulse rate will be fast and weak and breathing will be fast and shallow. If heat exhaustion is untreated, it may progress to heat stroke. Seek medical attention immediately if symptoms are severe or if the victim has heart problems or high blood pressure.

The victim should start to recover within 2 –3 hours. Seek medical attention if the victim doesn't recover or symptoms worsen.

- Keep the patient quiet in a cool area
- Elevate the legs and lower the head
- Keep the patient warm to prevent shock
- Have the patient drink salty fluids and fruit juices in frequent, small amounts.

Heat Stroke

Heat stroke occurs when the body becomes unable to control its temperature. Body temperature rises rapidly, the sweating mechanism fails, and the body is unable to cool down. The body temperature may rise to 106°F or higher within 10-15 minutes. Heat stroke can cause death or permanent disability if emergency treatment is not given.

Warning signs of heat stroke include extremely high body temperature (above 103°F), red, hot, and dry skin (no sweating), rapid, strong pulse, throbbing headache, dizziness, nausea, confusion, and unconsciousness.

Continued on page 4

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Beyond Bad Backs: What is Chiropractic and Wellness and How They Can Help You

By Dr. Matthew Paterna

Many people have a misconception about chiropractic and the critical role it plays in health and well-being. That misconception is that chiropractic care is limited to treating back and neck pain. Although many people have experienced relief from back and neck pain through chiropractic services, the foundation, intent, and vision of chiropractic is far beyond simply helping to reduce symptoms.

Chiropractic is the largest licensed, non-medical health-care profession in North America with approximately 60,000 practitioners in the United States. Chiropractors are doctors. They earn a Doctor of Chiropractic degree after completing three to four years of undergraduate study, and a four-year professional course. After graduation, they must pass four national exams to obtain a license to practice.

There are basically two styles of chiropractic practice. One type of chiropractor is what we refer to as *limited scope practitioner*. These chiropractors choose to limit their practice to dealing with back and neck pain only. Such doctors provide specialized care to patients with musculoskeletal injuries and disorders.

The other type of chiropractic doctor is a *wellness chiropractor*. This wellness chiropractor focuses on your general health and well-being and that of your family. The objective of the wellness chiropractor is to work with you in maximizing your life potential.

As the culture moves in a direction seeking behaviors that enhance well-being, there will be those who attempt to fit old paradigms with new clothes. For example, some factions in medicine are promoting early detection protocols as “wellness” services.

Such services may include such things as screening for hypertension, cancer, or other medical conditions. While there is a place for early disease detection, it should not be confused with a wellness strategy.

Similarly, some medical and chiropractic practitioners employ fear-driven preventive strategies. People are encouraged to get their spines checked, or control their blood pressure because they fear the consequences of not doing so. As with strategies based upon the early detection of disease, such approaches should not be confused with wellness care.

What then is wellness? The Merriam-Webster online dictionary defines wellness simply: “The quality or state of being in good health especially as an actively sought goal.”

The National Wellness Institute definition is as follows: “Wellness is an active process of becoming aware of and making choices toward a more successful existence. “Wellness is a choice — a decision you make towards optimal health. Wellness is a way of life — a lifestyle you design to

achieve your highest potential for well being. Wellness is a process — a developing awareness that there is no end point, but that health and happiness are possible in each moment, here and now. Wellness is a positive acceptance of oneself. Wellness is the interaction of the body, mind and spirit — the appreciation that everything we do, think, feel, and believe has an impact on our state of health.”

These definitions embrace a vision of wellness grounded in empowerment, choice, and awareness. The wellness concepts sharply contrast with those of the fear driven, patient passive, episodic strategies of early detection, prevention, and maintenance.

Chiropractic is based on the philosophy that the body is a self-healing, self-regulating and self-developing organism and that your nervous system is the master system and controller of your body. If you cut your finger, it heals. You don’t have to take anything or do anything to make that happen. If you were to cut

the finger of a dead person, healing would not occur. Life heals; it is as simple as that.

You live your life through your nervous system. It is the master system and controller of your body. Right

now your heart is beating, kidneys are working, liver is functioning, brain chemicals are flowing all without you having to think about it. This is because your nervous system is coordinating it all and making it happen. What would happen if there was interference with the function of your nervous system? It would interfere with you body’s ability to heal and regulate.

An important term and concept that every person should know and understand is vertebral subluxation. Vertebral subluxation, or subluxation for short, refers to a mechanical problem in the spine that relates to nerve interference. When a person is subluxated, it reduces their ability to heal, regulate and express well-being. Like cavities in teeth, subluxations are very common in our culture. It is the primary goal of the chiropractor to detect and correct subluxations so that you can improve healing, regulation, and general well-being. Vertebral subluxations affecting sensation may distort your perceptions of the internal and external environments. The inevitable consequence is a distorted world view. Furthermore, vertebral subluxations may interfere with our responses to internal and external change. Such subluxations compromise our ability to experience life to our fullest potential.

A limited nervous system means limited wellness. If we want to optimally create higher levels of wellness, we then need to remove nervous system interference as a part of the process. Chiropractors are uniquely trained to do this. Millions of people, from infants to seniors over 100 years old, benefit from chiropractic adjustments every year.

You live your life through your nervous system. It is the master system and controller of your body.

Dr. Matthew Paterna of **Shoreline Family Chiropractic & Wellness** is committed to improving the health and lives of every family in our community. You can reach Dr. Paterna at 203-932-4476.

The Eight Principles of Acupuncture

By Diane Morgan M.S.O.M., L.Ac.,Dipl.Ac., (NCCAOM)

This article discusses the eight treatment principles used in Traditional Chinese Medicine (TCM) by the acupuncturist.

Patients are viewed as pieces by the western medical system. We are more than pieces. We carry within us the physical, mental, emotional and spiritual beliefs, and concepts that are the basic treatment principles used in Chinese Medicine. TCM recognizes that the health of each patient's body, mind, emotion and spirit must be taken into account to treat and understand the cause of illness or imbalance.

The eight principles of treatment in Chinese Medicine are:

- Yin and Yang
- Excess or deficiency
- Hot or cold
- Interior or exterior

Every illness fits this structure. It is simple, and simply complex.

The external factors that create sickness are due to physical causes. For example, consider landscapers, they are exposed to excessive periods of heat, cold, rain, wind, and dampness. This takes a physical toll on the body. When illness reaches the mind, it affects one's ability to think clearly. Our spirit will be affected as well. Rarely do we ever ask about the spirit. When imbalance reaches the spirit it affects us at the very core of our self-identity, who we are and what we believe we are.

To the Chinese, the spirit is in everything, the air, the trees, the ground, the water, and each organ in the body is assigned its own spirit.

Chinese Medicine is based on the fundamental principle that signs and symptoms reflect the condition of the internal organs. The signs and symptoms in Chinese Medicine are much broader than in western medicine. For example, absence of thirst (which is considered a cold condition), inability to make decisions (which confirms a weakness of Gall Bladder), and a dull appearance of the eyes (which confirms a disturbed Mind) reflect the symptoms of imbalances.

Everything is used in Chinese Medicine for disease identification: the skin, complexion, bones, smells, sounds, mental state, emotion, tongue, pulse, and body build all reflect the state of the interior organs and are used to determine imbalance. For example, if ice makes an injured arm feel better, then the imbalance is heat inside the body. If heat makes the patient feel better, then it reflects interior cold. In treatment, an acupuncturist warms the cold and reduces the heat.

A full or excess condition presents as a rapid and acute onset. The patient's face will be red, they speak in a loud voice, they are thirsty, and are restless. On the other hand, a chronic illness presents as a condition of deficiency and is characterized by a gradual onset. The disease lingers while the patient is cold, listless, desires warm drinks, has a pale complexion and no thirst.

Further discussion is not included because in actual treatment few patients ever present with excess or deficiency, but present with combinations of both excess and deficiency. If one part of the body is in full excess, another part of the body must be deficient. This concept brings us to the discussion of Yin and Yang.

Ultimately every treatment is aimed at these four strategies: to strengthen or tonify Yang, to strengthen or tonify Yin, to eliminate excess Yang, and to eliminate excess Yin. Understanding the applications of these theories of Yin and Yang is important. In fact, the ancients believed that there is no Chinese Medicine without Yin and Yang. The physiology, pathology, diagnosis, and treatment can all be reduced to the basic and fundamental theory of Yin and Yang. Every physiological process and symptom or sign can be analyzed in the light of Yin and Yang.

Yang is carried on the back. It is located above the waist and is the functioning of our internal organs. Yin is carried on the front of our bodies. Its location is below the waist and forms the structure of every organ. It is our blood. It is the nature of Yin to be on the interior and provides nourishment and Yang is carried on the exterior and provides protection.

The symbol of Yin and Yang is called the "Supreme Ultimate" and represents the interdependence of Yin and Yang. Although Yin and Yang are opposites, they form a unity and are complementary. Yang contains the seed of Yin and vice versa. This is represented by the small black and white spots. Nothing is totally Yin or Yang. Yang and Yin can change into each other. Understanding this transformation of Yin and Yang is important in the prevention of disease. If we are aware of how a thing can turn into its opposite, then we can prevent this and achieve a balance, which is the essence of Chinese Medicine.



Diane Morgan of **Baihui Acupuncture & Herbal Clinic** is a board certified acupuncturist with a Master of Science in Oriental Medicine and is state licensed in CT. You can reach Diane at 203-876-9373 or by email at baihui@optonline.net.

How to Select a Good Vitamin and Mineral Supplement

By BJ Frazier

The three most important issues concerning selecting a vitamin/mineral supplement:

1. **Is the supplement safe to take?** Vitamin supplements are simply an encapsulated group of ingredients taken from plants or created in a laboratory. Inside the capsule can be many harmful substances. As a consumer, it is difficult to know whether companies do their own testing for contaminants and toxic levels or rely on the manufacturers' claims. You must call the company and ask. If there is no contact information available, don't use the product.
2. **Does the supplement get absorbed?** The supplement you choose should use the USP (U.S. Pharmacopoeia) designation on the label. It will read "conforms to USP requirements". This indicates that the product meets one or all of the following high standards:
 - *Disintegration* – how fast a tablet or capsule breaks down into small pieces so the nutrients can dissolve.
 - *Dissolution* – this is how fast a supplement dissolves. If a tablet or capsule does not dissolve, the nutrients cannot be absorbed.
 - *Strength* – is the amount of a specific vitamin, mineral or herb in each tablet or capsule.
 - *Purity* – assures that the product is within a range for acceptable impurities (from contamination or degradation).
 - *Expiration date* – must be listed on the label indicating the date beyond which the supplement may no longer meet USP standards for purity, strength and/or quality.

3. **Are there proven health benefits?** There are several hundred thousand brands of vitamin supplements, many claiming to be the "best." But most vitamin brands use the same few suppliers for their ingredients. So what's the difference between all these companies other than packaging? Not much. However, there are a few companies that do things differently. They have large scientific staffs that do research, they own farms that grow plants, they own testing equipment to ensure quality, strength and purity, and they do clinical trials on their products. The most reliable studies are "randomized double-blind, placebo-controlled studies." If you aren't taking a product that is proven effective, what kind of product are you taking?

"Most people do not consume an optimal amount of all vitamins by diet alone. Pending strong evidence of effectiveness from randomized trials, it appears prudent for all adults to take vitamin supplements." June 2002, Journal of the American Medical Association

The bottom line is to use a multi-vitamin/mineral/antioxidant supplement designed by scientists who are current on their research. They should also combine only ingredients that are proven to work together, or conduct their own studies to prove their products have health benefits.

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Summertime: The Time for Heat-Related Illnesses (cont.)

Continued from page 1

If you see any of these signs, you may be dealing with a **life-threatening** emergency. Have someone call for immediate medical assistance while you begin cooling the victim.

- Get the victim to a shady area
- Keep the head elevated
- Cool the victim rapidly using whatever methods you can. Monitor body temperature and continue cooling efforts until the body temperature drops to 101-102°F.
- If emergency medical personnel are delayed, call the hospital emergency room for further instructions.
- Do not give the victim alcohol to drink

Use common sense and make simple changes in your fluid intake, activities, and clothing during hot weather to remain safe and healthy. Enjoy the rest of the summer.

Excerpts taken from About.com