

Health Solutions / Family Chiropractic Quarterly

Dr. Jamileh Naddaf, D.C., F.I.A.M.A., P.C. January, 2006

David Spitzer, editor

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Dr. Naddaf Appears On "Call For Health"

Dr. Naddaf was in Dallas, Texas on January 9 to tape a television appearance on the "Call For Health" show hosted by Jami Clark, RN. Many of you remember Jami from the Doug Kaufmann show. The show airs daily on the Sky Angel network, the Cornerstone Network and 69 other stations across the country. A call-in show, guest doctors answer e-mail and telephone questions from the viewing audience. Dr. Naddaf is scheduled to appear on eight shows.

Insurance News

We are pleased to announce that we now accept Medicare. We will continue to file insurance claims for our patients. As always, we ask that our patients with insurance coverage bring their insurance cards to our offices at the time of their visit to facilitate our service to you.

Doctor's Words of Wisdom - Winter Blues / cold, flu, sinusitis, ...

I chose this topic because I was surprised by many of my long-term patients who did not know that chiropractic and acupuncture can prevent and/or treat cold, flu, pharyngitis, laryngitis, allergies and sinusitis. I feel I need to remind my patients about the effectiveness and importance of prevention of disease and holistic care of the body. I am sure that if you remember to give acupuncture and nutritional supplements a chance when you come down with one of these seasonal conditions, you would feel much better and recover faster than you would with conventional medical treatments. At the same time, you avoid the negative side effects of prescription and over-the-counter medications. For years, I have been trying to inform other doctors and the general public about the benefits of alternative treatments for common maladies. It is time that I send a reminder to my own patients.

As we all know, the symptoms of all these conditions are similar, except pharyngitis and laryngitis, which have

more inflammation on the lining of the pharynx and larynx.

- Congestion
- Green or gray nasal discharge
- Bad breath
- Postnasal drip leading to sore throat
- Headaches, most notably in the morning after you wake up
- Chronic cough
- Swelling resulting in pain
- Fever
- Weakness
- Reduction in smell and taste sensations

The most common medical treatment for these symptoms consists of antibiotics. By now, most of us know that antibiotics are not effective on non-bacterial infections and they pose more problems than they cure. Of course, in a majority of cases, these seasonal infections are non-bacterial, which means that antibiotics can do nothing to treat them.

You can take care of your body during these winter months in two ways. First, you need to take preventive measures to avoid getting sick in the first place. That means eating right and supporting your immune system. Second, if you do come down with a seasonal illness, you can boost your immune system to fight and rid your body of the mycotoxins. Generally, nutritional supplements, chiropractic adjustments, and most importantly acupuncture treatments can help you achieve this without resorting to chemically developed medications.

Here are some of the ways you can try to avoid getting infected and boost your immune system:

- Use a good air purifier that does not excrete high levels of ozone. This will help clean the air of mycotoxins (mold, fungus, bacteria, virus)
- Avoid cigarette smoke and alcohol
- Use good personal hygiene including effective hand washing. At least 20 seconds under hot water with soap, after each contact with surfaces (including people) that may be infected
- Use a good multivitamin
- Take natural herbs that help arrest mycotoxin infections:

- ✓ Olive leaf nasal and oral spray to prevent entrance of infection
- ✓ Olive leaf powder
- ✓ Oregano Oil
- ✓ Sinus cleanse
- ✓ Royal jelly
- ✓ Pomeratrol
- ✓ Fish liver oil
- ✓ Zinc and selenium, which are usually included in immune boosting supplements

If you do get one of these illnesses, eat some good homemade chicken soup (it is actually proven to speed up recovery from cold and flu) and don't wait too long before getting an acupuncture and/or chiropractic treatment in addition to keeping up with the above practices.

That said, I hope we all get through the season without having to deal with the uncomfortable symptoms of these seasonal menaces.

Temporary Change in Hours of Operation: The Health Solutions office in Effingham will be closed Tuesdays and Thursdays throughout January and February, 2006.

New Products – All Natural Liquid Supplements

We constantly strive to bring our customers, patients and friends the best products available. We have just introduced four new products in our store. We now have a multivitamin, a glucosamine / chondroitin / MSM supplement, an energy and stress supplement and a calcium / magnesium supplement. All four of these products are liquid for easy absorption into the body. Studies indicate that liquid supplements can have an absorption rate 10 times higher than tablets. These products contain no fillers or binders. Each has natural flavoring and tastes good. Next time you are in the office, ask for a sample.

Happy New Year

My staff and I would like to wish each of you and your families a healthy, happy NEW YEAR! We hope you all had a great holiday as well.

Cooking Classes

Many of you have asked us about the recipes and ingredients we use in preparing food. Rather than produce a cookbook, we have decided to offer cooking classes for those who are interested. Classes will begin in February. Each class is only \$35. For more information or to join a class, call either of our offices.