

Health Solutions / Family Chiropractic Quarterly

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David Spitzer, editor

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Calendar of Events

- ▶ Saturday, October 1, 2005, Richland Memorial Hospital HealthFest 2005. In the Olney Central College gymnasium, 7:30 am to 11:30 am. We will have a booth at this event. Stop by to see us.
- ▶ Saturday, October 29, 2005, Health and Wellness Expo, Keller Convention Center, 9 a.m. until 2:30 p.m.
- ▶ Saturday, November 12, 2005, Free Health Seminar at the Health Solutions Office. 10 a.m. until noon. Topic: Acupuncture and Cancer. Pre-registration required. Call our office at 217-347-3838 to register.
- ▶ Saturday, December 3, 2005, Dr. Naddaf will be a featured guest educator at the Missouri Chiropractic Association (MCA) Continuing Medical Education Expo in St. Louis, MO.

Thanks to a dear patient, I had the opportunity to speak to the St. Anthony's Women's Group about "Women's Health Issues and Acupuncture." I had a wonderful time doing so. I appreciate all the support I am receiving from all of you. God bless you all.

'Tis the Season...Avoid Flu Shots...Become Healthy

With the change of season from summer to fall/winter, our body feels the stress of change as does any other living thing. Unfortunately, we have shut down all our natural defense systems and are completely non-responsive to our inner intelligence to follow what our need is for better health during the down time of nature.

As the result, we have to rely on external help to boost our immune system to help reduce the chance of encountering disease when our system is slowed down. Since we cannot afford to quit jobs, take longer naps, eat better food and have a less demanding life, we must assist our immune system in dealing with the excess stress of the season.

I believe you can have a much healthier fall/winter if you follow these suggestions:

- reduce stress, pray a lot
- rest a little, pray a lot
- eat at least one healthy meal a day

- incorporate the following to boost your immune system:

- ▶ royal jelly
- ▶ pomegranate capsules
- ▶ vitamin A
- ▶ vitamin C
- ▶ zinc
- ▶ selenium
- ▶ vitamin E

As always, make sure that you read the ingredients in your supplements and purchase those with the least amount of additives. Consult your healthcare provider to avoid interaction with your prescription medications.

These natural antioxidants help fight virus/bacteria or mycotoxins that aggressively attack your body. So if you encounter any of these germs, it would most likely be a minor incident with the help of these antioxidants.

Use of olive leaf nasal and oral sprays will prevent airborne foreign bodies to enter your system. Probiotics, olive leaf caps, garlic and ginger will provide a healthy terrain of intestine to eliminate toxins and fight any disease process.

Take these harmless, natural remedies to strengthen your immune system. Avoid flu shots when you know a series of side effects are sure to follow. Remember, flu shots are only effective on a few strands of known bacteria/viruses, but a healthy active immune system can protect you from any number of bacteria, viruses or mycotoxins.

For your healthier and prosperous season, I pray.

DOCTOR'S WORDS OF WISDOM - Pain: Is it Real or is it in Your Head?

Pain is defined as an unpleasant sensory and emotional experience associated with tissue damage. Pain is the body's warning system, alerting you that something is wrong. Specialized nervous system cells respond to things such as injury or tissue damage.

Acute pain occurs when the body experiences a new injury or problem. Acute pain is our body's way of telling us that something is wrong. An example of this type of pain would be a toothache from a decayed tooth. Acute pain is severe and generally disappears when the injury heals. Chronic pain is any pain lasting longer than

six months or continues beyond the usual course of a disease or trauma. Chronic pain may range from mild to severe, and it is present for long periods of time. Diseases, syndromes, injuries, or surgeries could cause chronic pain. One of the hardest parts of dealing with chronic pain is that no one else can feel or understand our pain. That includes doctors.

Chronic pain negatively impacts all aspects of an individual's life, including emotional, vocational, financial, social and family life. Those who live in chronic pain feel isolated. Many can no longer work or engage in normal activities. Patients with chronic pain are often diagnosed with depression and are told the pain is "all in your head." Pain is not well understood and because it is so individual, it cannot be quantified by testing. The main objective for your doctor should be identifying the cause of your pain, rather than verifying or measuring your pain.

The best possible outcome through Western / pharmaceutical medicine is that a patient with chronic pain finally finds a medical doctor who is specialized in pain management. The treatment for pain management will then include a range of opioids or other controlled substances. Although these medications may result in improvement in some patients, they all have very serious side effects and may interact adversely with other medications. Since chronic pain does not stop without addressing the root cause, patients must stay on these medications indefinitely, which may lead to other medical problems.

If you or a loved one have suffered with chronic pain, you are well versed in the medical protocol. However, you may not be aware that in April, 2005, the FDA asked that Celebrex (one of the most prescribed pain medications) carry new warnings about the potential risk of heart attacks and strokes as well as potential of bleeding from stomach ulcers. Prior to this, the warnings were not required, which led to numerous deaths. At the same time the FDA asked that over-the-counter anti-inflammatory drugs -- except for aspirin -- revise their label to include information about potential heart attack and bleeding from stomach ulcers.

Alternative Therapies

In the past decade, strong evidence has accumulated regarding the benefits of mind-body therapies, such as acupuncture, chiropractic, massage, therapeutic touch, herbal relaxation techniques, meditation, guided imagery, biofeedback, hypnosis, nutritional supplements and dietary approaches for treating pain.

Acupuncture primarily means stimulation of specific points on the body. Acupuncture is thought to decrease

pain by increasing the release of endorphins, chemicals that block pain. Many pain management and cancer treatment centers incorporate acupuncture as a part of their patient treatment plan. Acupuncture, as any other medical art, is effective only when administered by a caring, certified and experienced practitioner.

Acupuncture is also an acceptable alternative treatment in a comprehensive pain management program. It is a largely accepted protocol by most medical doctors in more modern medical facilities. In fact, many pain management and cancer treatment centers have an acupuncturist on staff full time and incorporate this care as a part of their patient treatment plan.

Chiropractic treatment is the most common, non-surgical, treatment for musculoskeletal pain, such as back pain.

Massage therapy can reduce stress and relieve tension by enhancing blood flow. This treatment can also reduce the presence of substances that may generate and sustain pain.

Many **nutritional** supplements are highly effective in controlling chronic or acute pain. As with any manufactured / processed substance, one must be careful about the purity of the product and avoid additives that may have adverse side effects. Diet and food habits also affect pain. Simple carbohydrates (e.g. sugar, white flour), most sugar substitutes (e.g. NutraSweet, Splenda), caffeine, carbonated drinks (soda, flavored water, etc.) and canned food are known to aggravate chronic pain and induce fatigue. A better choice of food would be fresh fruit, veggies and a good source of meat and protein.

What to do now?

In my humble opinion the cure of any pain is the recognition of the cause. In my practice of 17 years, I have come across many individuals who had suffered a great deal of pain simply because the treating physician (alternative or medical) completely missed the underlying cause of the pain. I have had great success with acute and chronic pain management, and have been referred to as "the little lady miracle worker." In reality, I am little but **I do not perform miracles.** In fact, I have submitted my application to be approved as a miracle worker. Unfortunately, God has not yet responded! So until then, I simply listen to the patient, examine the history of the ailment with a fine tooth comb and, more often than not, I find the root cause of the pain. That is when miracles happen. The miracle is the life God gave you. Treat your body as a temple and it will treat you with the love and respect it was intended to by your Creator.

In closing, if I have learned anything from talking to real estate agents, is that the value of a property depends on three things: “location, location, location.” I do believe the same holds true with the human body if we only replace the three things with “History, History, History.”

As a patient, know your rights. You have the right to question your doctor regarding your condition and your care. You also have the right to inquire about their certification and qualifications. Interview your doctor in an attempt to hire them. Would you allow an uncertified mechanic to work on your car? Would you hire an inexperienced plumber to work on your pipes? Would you hire me to build your house or remodel it for you? The correct answer to all of the above is NO!

Therefore, do not trust just any doctor to be your soul and body caregiver. Pay attention to your health. Show interest and become involved in your own health. Think about it. If you don’t care, why should your doctor?

Now, is your pain real or is it “all in your head”?

Good News! Good News! Good News!

It is finally happening.

It is going to be here soon.

Since I started my journey in health and nutrition in 1984, my only constant pillars of support and audience have been my two sisters and my mom. For this, I love them dearly.

For years I have enjoyed sampling delicious recipes of healthy gourmet dishes and pastries free of junky additives and empty calories as my two sisters were experimenting with healthy eating habits for healthier life. I am sure it has not been an easy journey, but my free sampling experience has been undoubtedly and wonderfully delicious.

Since they retired and relocated to Effingham, whether due to nagging complaints from myself and some of our patients or their own lack of choice for healthy eating out, or simply “God’s Will,” after exploring many options to keep physically busy they have decided to provide their delicious range of healthy sinful eating to the public.

Yes. They are opening their cozy café in Effingham in mid November (I’ll keep you posted). If you had the opportunity to sample their food at the Doug Kaufman Seminar, you know what I am talking about. Doug, Jamie and Dr. Holland loved the food and even bragged about it on his television show a few times. They are

proving that the phrase “If it tastes good, it is not good for you” is inaccurate. Their food is heavenly good and sinfully delicious, but miraculously good for you. Now you can eat it absolutely shamelessly. I am sure that I will miss them in my office but I am excited about their adventure and the great food we can all enjoy.

TWO OFFICES TO SERVE YOU

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