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**For Your
Acupuncture,
Chiropractic and
Rehabilitation Needs.**



Cold and Flu Treatment Guidelines

The human body has its own natural mechanism to remove these invading bacteria and/or viruses. However, there are times which the invading pathology and/or virus overwhelm the body and produce those well-known symptoms.

Antibiotics do not work on a virus only on bacteria. With the increased variations now present in the bacteria, it is becoming more and more difficult to treat with antibiotics. Colds are the result of the body's inability to "defend" itself from a virus. Antibiotics are not used to treat viruses only bacterial pathology. The mechanism of the antibiotic is it disrupts the integrity of the bacteria's cell membrane and thus does not allow it to replicate.

Everyone is constantly being exposed to the viruses and bacteria 24 hours per day, seven days a week, 52 weeks per year. We are continually defending our self from this invasion which causes symptoms ranging from mild sniffles to severe respiratory and/or digestive disorders and possibly for some -- death. The body eliminates this bacteria and/or virus by using the lymphatic system, antibodies and the system associated with it, elevation of ones body temperature, production of mucus, coughing and sneezing, etc.

Some causes of increased exposure to the bacteria and/or viruses:

Poor Air Quality in a "Sick Building" or Unventilated Home: If a building or home is not well ventilated or has the air recycled without being filtered for these viruses or

bacteria will have a greater percentage present than those with well-ventilated homes or work spaces. Thus, those in this environment will have a greater probability of coming down with a cold or flu.

Reduced immunity: The human body has its own built in immunity method to defend itself from these invaders. Poor diet, lack of vitamins and minerals, smoking, alcohol, stress, lack of sleep, drugs, etc. will cause a decrease in the body's ability to fight off the invading virus or bacteria.



Hand Shaking, Kissing, Poor Hand Washing: Not washing ones hands and touching their face, mouth, nose, etc. Kissing someone, who has exposure to the virus or bacteria. Not washing or cleaning ones foods or prepared by someone exposed to the virus or bacteria.

Treatment Methods:

What you can do to reduce the amount or quantity of the virus or bacteria in the environment. Easy recommendations include:

- **Wash ones hands before meals.**

- Caution about **touching yourself about the face, nose, mouth** if you have been shaking many hands or touching objects handled by others.
- **Wash your hands** well prior to preparing the food. Use caution when eating out because the food handlers may be exposed to the virus or bacteria.
- **Air out your home** at least once per day to reduce the air borne pathogens (virus and bacteria). If it is too cold outside to do this, as in the Winter, shut off the heater, air out the house then close the home and bring it back up to a comfortable temperature.
- **Change the air filter** in your home or work. Check the work air and heating system to see if its intake is from the outside or does it just heat or cool the air as it recycles it through the building. The best is to have the air intake from outside before it is delivered to the offices.

Unfortunately, this will increase the building heating and cooling cost. Many building owners will re-circulate the air to reduce costs, but the businesses in the building lose revenue with lost worker time due to illness.

- **Replace your tooth brush.** This should be done at least every two to three months any ways. Do not use the same drinking glass as other family members.

(See Cold and Flu on Page 4)

Survival Tips for Holiday Eating

by Dr. Karen Magarian, MA, DC

Maintain your current weight

Holiday Season is generally not an optimal time to try and lose weight. Maintaining (rather than gaining) weight is a sign of success! You can focus on losing weight again in January.

Drink plenty of water

Drink preferably bottled or filtered, at room temperature; add a slice of fresh lemon, lime or orange for "twist" of flavor. Drinking water increases the sense of fullness, decreases your appetite and increases frequency of urination which is good for bowel health, reduces constipation, encourages time away from food table and others, providing a much needed breather.

Embrace this as a 5-10 minute opportunity for quiet time alone to reflect and care for your own needs. Caution: drinking sparkling water, juice, coffee/tea, soda and alcohol do NOT count as water!

Freshen your mouth often

Carry small toothbrush (or use index finger) and toothpaste (or baking soda) in your purse. Brushing your teeth often will help reduce temptation to keep eating.

By hand washing and brushing teeth offers the opportunity to stop the grazing (eating) cycle and refocus your intent.

Start with small portions

Before eating, review your all your food options. Be selective. Choose only what looks really good to you by starting with small "taster" portions. Use small plates, small (salad) fork and small (tea) spoon for portion control. This will decrease amount of food on your plate and slow eating pace. Remember, you DO NOT have to try everything you see. You will NOT starve!



Choose foods with variety of natural colors

The food on your plate should resemble a box of Crayola crayons to assure you are getting an assortment of flavors and nutrients.

Avoid the "whites"

This includes:

- White potatoes
- White rice
- White bread
- White pasta
- White sugar

All are overly processed and, as a result, have lost fiber and nutrient content.

... you DO NOT have to try everything you see.

You will NOT starve!

Savor the first bite

Take time to savor the flavor/taste of what you are eating. You will likely find the first bite or two tastes the best, stimulating the palate and imagination; after that, we continue eating in an attempt to reproduce the magic of that first exquisite mouthful, but it not reoccur in that sitting.

The good news is **you DO NOT have to clean your plate** (despite what we may have been told as children). Eat only what you are truly enjoying.

Keep a balanced checklist of daily food category intake

fruits — fresh is best (especially in morning on empty stomach — helps cleanse the system from feasting the night before);

veggies — choose wide variety of colors; fresh is best, frozen is better than canned;

protein — fish, chicken/turkey, egg whites, almonds, soy products, rice&beans;

grains — brown or wild rice, tabbouleh, couscous, whole grain cereals, oatmeal;

starches — keep to a minimum, choose 1-2/day (bread, pasta, potato, stuffing).

Plan ahead so you eat only one large meal per day (lunch or dinner), plus two smaller meals containing plenty of veggies for fiber and fullness; add protein for a satisfying meal. Soups also make a great light meal (non-cream based, preferably).

Attempt to keep "whites," gravy, sauces, and dairy products (milk, butter, cheese) to a minimum. Consider substituting soy products (soy milk, tofu, etc.) for dairy in your cereal, coffee/tea and recipes. Also know that caffeine, spicy foods and meats increase (rather than decrease) our stress levels.

Treat yourself to seasonal favorites

Consider turning down the usual breads (dinner rolls), fats (butter and cheese) and desserts you can enjoy anytime of the year and instead, give yourself permission to enjoy the holiday favorites (in moderation, of course). It's going to be a long Holiday Season with plenty of opportunities to splurge.

Bank your treats

If you are going out in the evening or will likely indulge in an abundance of food, hold off on the usual/customary breads, cookies, sweets and snacks during the day. Or, if at a party luncheon, plan to eat lightly (veggies and protein) for dinner.

Choose alcohol OR dessert (preferably not both)

Both alcohol and dessert are sugars and thus contain empty calories (of no nutritious value). Alcohol undermines our focus, intention and resolve. Alcohol may feel like a social stimulant, but actually becomes an emotional depressant -- making us feel tired, cranky and irritable, which encourages us to reach for more sugar/alcohol to bring us back up. Increased sugar/alcohol is disruptive to our sleep patterns as well, causing us to feel more and more drained and exhausted — creating a negative downward spiral.

Regular sugar is best

If you are going to indulge, eating foods containing sugar is healthier than fat-free or sugar-free varieties (except for those persons with diabetes). Fat-free desserts contain increased sugar content for flavor while sugar-free desserts contain increased fat content for flavor. Avoid foods containing Aspartame as a sugar substitute (found in most "diet"/ sugar-free foods) as research has found link to Alzheimer's and autoimmune diseases.

Dark chocolate

You will likely find dark chocolate to be more satisfying than milk chocolate. A little goes a much longer way.

Be gentle with yourself

Remember to breathe and take life one day at a time. Pace yourself and do not rush.

Carry healthy snacks with you

Apples and carrots travel well (or pears, if not too ripe) as a healthy snack. Almonds (preferably raw, and definitely UNsalted) are great source of protein and fiber; a handful will help ease hunger pains.

Walk/Climb Stairs

At lunchtime (alone or with a buddy from work/neighborhood), walk or climb stairs for exercise. This can be done between food courses (take some time for yourself, or bring a buddy to enjoy some one-on-one conversation). Stretching your legs/body and getting some fresh air will help break the eating cycle.

Exercise

Whenever possible, do your workout first

thing in the morning (or early in day) so you don't run out of time (or energy) as day wears on and you have more things on your schedule than hours in the day. Your work-out is a great tool to reduce and relieve stress buildup. The Holiday Season often leaves very little time to take care of ourselves. However, we MUST make time to do so — for our own sake (as well as for those around us).

Before the party

Drink a large glass of water to help fill you up a bit and eat a handful of almonds to take the edge off so you don't arrive famished. Remember to pack your toothbrush.

Party desserts

When deciding which dessert to select, first preview all your options. Then choose one favorite to enjoy fully and guilt-free or consider a smaller (two or three bite-sized) portions of a few selected items. Drink plenty of water to take edge off hunger; to add sense of fullness before you start a meal, to increase fullness between first and second rounds of food, and after a meal. Consider ending the meal with a cup of hot herbal tea for closure.

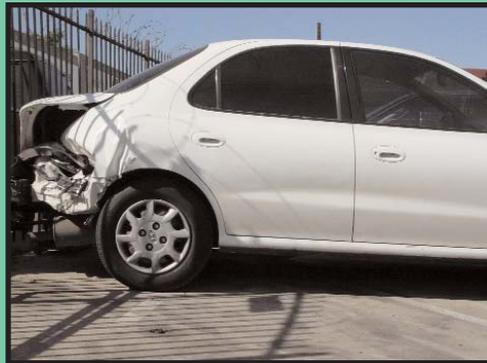
Automobile Insurance: Medical Payment Coverage Recommended

In California, all drivers are required to have auto insurance including Liability coverage. The Liability portion pays for any injury or damage to someone's property caused by the automobile owner.

However, it is recommended, but not required, to have Medical Payment coverage, also called Med Pay. This no-fault coverage pays for services provided to the insured and passengers within two years from the date of the accident involving the automobile.

Med Pay usually covers 100% of health provider services for injuries sustained in the accident. Med Pay helps you avoid seeking a provider who will treat injuries on a lien basis or county health facility if you or your

passenger does not have health insurance coverage.



Most Med Pay coverage limits are \$1,000, \$2,000, \$5,000 and up per person per accident. I recommend patients to have at least \$5,000 Med Pay policy limits on the automobile policy. This means that if you have 5 people in your car at the time of an accident, your insurance Med Pay coverage is \$25,000 available for all. This \$5,000 in Med Pay coverage may add an additional \$200 per year to your policy costs.

From a cost analysis, evaluate it this way. In the next 10 years, you may spend \$2,000 (\$200 per year x 10 years) for \$5,000 in Med Pay coverage. Driving in Los Angeles, the chances of being involved in an auto accident are very good. You may spend an additional \$2,000 in 10 years to get \$5,000 to \$25,000 of coverage in the accident. A good return for the money and peace of mind.

Short-sighted insurance brokers will convince the owner to not add this coverage if the owner has health insurance coverage. The rational is to use the health insurance policy for treatment related to the auto accident. This approach, however, will not protect the passengers who do not have health insurance. The Med Pay will cover you and your passengers.

(Cold and Flu: Continued from Page 1)

- **Change your bed sheets** frequently. During the eight hours of sleeping, you can be exposed to the virus and bacteria through the pillow covers and blankets while you sleep.
- **Clean the telephone receiver** at your office and home. This is where the pathogens also hide and transmitted to others as multiple users are on the same telephone.

What your doctor of chiropractic and Oriental medicine can do to help you fight the fight.

- **Vitamins and herbs** prescribe the combination of for the condition.
- **Lymphatic drainage and thoracic pump.** If the lymphatic are overwhelmed by the amount of bacteria or virus present, the system can back up and not function just like backed up sink drains. The lymphatic drainage encourages the lymph nodes to open up and drain again. This can be done at home giving you the ability to keep the healing ongoing while away from the office.
- **Massage the head neck and upper body.** This relaxes the muscles and increases lymphatic drainage, increases the blood flow.
- **Spinal adjustment** to the neck and upper

back to relax the muscles, increase blood flow, increase lymphatic flow, increase the nerve impulse to the affected areas.

- **Acupuncture** to increase the immune system in the body to fight the pathogens. It also allows the muscles to relax and reduces the persons stress. Specific chemicals are released from the body which enhance the immune system when acupuncture is used.



- **Homeopathy** is the healing art that uses likes to cure likes.

What you can do to increase your body's ability to fight off the invading virus or bacteria.

- Use the **Vitamins and Herbs** known to

increase your immune system to better fight the invading pathogens.

- **Eliminate all dairy**, especially milk, and apple juice from your diet. These cause the phlegm to thicken and thus cause the body to work harder to eliminate the virus and bacteria.
- **Exercise regularly** when healthy. This keeps your immune system at an optimum.
- **Reduce your stress.** There are a number of courses on stress reduction like meditation techniques.
- **Get your rest.** Maintain the balance between activity and rest. As you run your energy low by not getting adequate rest, ones immune system falls off and leaves you susceptible to the pathogens.
- **NO ICE or COLD DRINKS.** The lymph system is found throughout the body and allow the body to remove these pathogens. The cold or iced drinks cause the lymph nodes to back up and not drain. The best example of this is to observe how quickly molasses moves on a cold day or hot day. In the U.S., iced drinks are common place. Don't strangle your body's own ability to fight off the pathogen.
- **Lymphatic drainage** techniques that can be done at home.

Regular Teeth Cleaning and Flossing Can Reduce Heart Attacks

A study from the University of Minnesota found that periodontal disease is linked to blood clots associated with heart attacks. The results were presented at the meeting of the American Association for the Advancement of Science. Chronic inflammation of the gums may also be attributed to



inflammation in the blood vessels which leads to plaque build-up in the arteries.

Others studies presented at the meeting showed that bacteria in plaque are linked to endocarditis, lung infections in people with chronic lung disease, weakening immune system which slows wound healing, higher risk of premature, low birth weight infants.

To reduce health risks associated with the bacterial found in plaque, it is recommended that teeth are cleaned and flossed daily.

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