

# Lauderdale Wellness News

A Free Monthly Newsletter For The Friends and Patients of Dr. Brian Malzer D.C.

## Important Information You Should Know Before You Go Out In The Warm, Sunny Weather...



**L**auderdale, MN— Let me tell you a quick story I recently heard from a friend. If you take the time to read it, it just may save your life... or... the life of a loved one.

**Here's the story:** When I saw Joe lying in the hospital bed, I didn't even recognize him. He was extremely pale and had tubes running in and out of his arms.

He barely acknowledged my presence with a simple eye glance. I tried to hide my concern, but it didn't look good. I was scared.

Just last year, it was a completely different scene. Spring had just arrived and Joe was as happy as a clam. Why? Because Joe loved the warm, sunny weather. He played golf 3-4 days a week, worked in his garden...and...

### Went For Long Walks In The Park With His Dog, Joey Jr.

As soon as spring hit, he couldn't wait to jump out of bed and get going. That's why his wife was concerned when he started missing his golf games.

When she questioned him, he said he was just tired and needed a little rest. For the next week, Joe had a fever, chills and stiff neck. Nothing new... he had experienced the flu before.

But as the weeks went by, Joe didn't get better. In fact, he got worse. He started getting headaches and started losing weight because he never wanted to eat.

Joe was stubborn and didn't want to go to the doctor. But when it got so bad he could hardly get out of bed, his

wife forced the issue and brought him to the emergency room.

After a case history and battery of tests, it was discovered Joe was suffering from Lyme disease. But how? Joe wasn't bitten by a tick and never got any kind of rash. That's the tricky thing about Lyme disease.

### What Is Lyme Disease?

Lyme disease, which is caused by the bacterial spirochete *Borrelia burgdorferi*, is a major public health threat. The majority of cases are from infected deer ticks that may be as small as the head of a pin.

### How Common Is It?

In 2002, the annual incidents of Lyme disease, which accounts for 95% of vector-borne illnesses in the United States, increased 40% over the prior year.

Lyme disease is extremely prevalent along the East Coast, upper Midwest and the Pacific Coast. It is also seeing increasing rates in other areas due to migratory birds bringing the disease with them. Children under the age of 15 account for 25% of all reported cases.

### What Are The Symptoms?

Lyme disease is a very complex disease that can affect many organs and systems of the body. Therefore, signs and symptoms can vary greatly.

The most common symptoms in patients with early Lyme disease are fatigue, joint aches and pains, fever or chills, stiff neck, headaches and anorexia.

The characteristic "bull's eye" rash is only present in less than 50% of cases and most patients do NOT recall a

tick bite. Like we said before, some of these ticks can be as small as the head of a pin.

### **How Do You Know If You Have Lyme Disease?---**

Early detection of Lyme disease is EXTREMELY important. If not detected and treated early, it can progress and affect the central nervous system and mimic other diseases such as multiple sclerosis (MS), brain tumor, Alzheimer's disease, Parkinson's disease, amyotrophic lateral sclerosis (ALS), autism or psychiatric illness. Left untreated, Lyme disease can become debilitating.

Diagnosis of Lyme disease is made by a combination of case history and blood tests. Signs and symptoms combined with your exposure to an area that may have deer ticks is important because 20-30% of lab tests fail to detect the disease. Therefore, lab tests can NOT be used as the only diagnostic tool.

**How Is Lyme Disease Treated?---**When diagnosed and treated early, antibiotic treatment for 3-4 weeks may be effective. The later Lyme disease is diagnosed and treated, the greater the likelihood of more serious and continuing health problems.

**How To Avoid Lyme Disease** ---Prevention is always the best medicine. And Lyme disease is no exception. The best way is to not get bitten by a deer tick in the first place. Insect repellents can greatly reduce your risk. Just make sure you follow the directions carefully and do not let children apply insect repellents themselves.

Wearing long pants and sleeves may also help but ticks can also latch onto clothing and be transported into your home.

That's why one of the best ways to avoid Lyme disease is to check your body for ticks at the end of every day. Check your entire body, and make sure you look behind your knees, ears, scalp, armpits and back.

And, if you have a pet, make sure you check them very carefully.

If you find a tick attached to your body, follow these steps to remove it:

- *Using tweezers, grab the tick by its mouth/head as close to the skin as possible.*

- *Do NOT squeeze the tick. This may crush or puncture the tick which may contain infected fluids.*
- *Pull the tick out with a steady upward motion – away from the skin.*
- *After removing the tick, thoroughly clean and disinfect the area with soap, rubbing on alcohol or hydrogen peroxide. Make sure you wash your hands carefully.*
- *Do not attempt to remove ticks with home remedies such as burning them off, covering them with Vaseline or kerosene*

It is important ticks be removed as soon as they are discovered. If the tick is removed within 36 hours, the risk of Lyme disease is greatly reduced.

The removal site should also be marked or recorded. If a rash appears or you experience flu-like symptoms, contact your doctor immediately.

So, whatever happened to Joe? He was lucky. After quite a bit of antibiotic treatment in the hospital, he's back to his old self again. But like I said, he was lucky. Left untreated for so long, many Lyme disease victims suffer for the rest of their lives.

That's why May is Lyme Disease Awareness Month. So, if you are going to be spending any time out in the warm, sunny weather, be sure you're on the look out for those mean little ticks!!!

**...And don't forget, if you ever have any questions or concerns about your health, talk to us. Contact us with your questions. We're here to help, and don't enjoy anything more than participating in your life long good health.**

Last week somebody asked me what the most common condition I treat is. The answer is headaches and back pain, which I'm sure, is no surprise to you. What might be a surprise is the list of the less common conditions that are successfully treated at LWC:

**In exactly the order they came to mind:**

Irritable Bowel Syndrome  
Fibromyalgia  
ADHD  
Ear Infections  
Plantar facitis  
Acid Reflux  
Incontinence  
Colic  
Rheumatoid Fever  
High Blood Pressure  
Allergies  
Asthma  
And many more

If you have questions about safe, effective, natural treatments for the conditions listed above or any other condition for that matter, just ask. I will do my best to educate you on your alternatives.

**Inspirational Story Of The Month –  
(Names And Details Have Been Changed To Protect Privacy.)**

**“Would You Give Up  
Three Feet From Gold?”**

This is a good one.

It's also based on a true story. I say “based” because even though it's a true story, I read it a while ago and don't have the copy in front of me right now. You know how stories change a little every time they are told by word of mouth.

Like when you line up 10 people. Tell the first person a little story. By the time it gets to the 10<sup>th</sup> person...

**It Doesn't Even Resemble The Original Story!**

Well, this isn't quite like that. I read it and know the basic facts. But, that doesn't matter.

Why?

Because it's the point of the story that really matters – not the trivial specifics. And, the point of this story is extremely important, maybe even life changing to you and your family. That being said, let's get on with it...

Back in the gold rush days there was a man from the East Coast that caught the bug. He left everything behind and headed west to stake his claim with the dream of striking it rich. After buying a claim in Colorado, he and his partner grabbed a pick ax and shovel and started digging. And the digging soon paid off...

Within a month, gold was struck. But the claim could not be mined by just two men with shovels. So, he carefully covered up the mine and returned home. He told no one of his great find except his close family who came up with the money to buy the expensive machinery it would take to properly dig the mine.

The first batch mined with the new machinery was sent off to be smelted and tested for gold. And the results were astounding. The claim was estimated to be one of the biggest finds in Colorado history. Possibly worth millions.

It would only take a few more batches like the first and the debt from the expensive machinery would be paid off. Then the profits would roll in.

The next few batches were just like the first. Loaded with gold. Then, all of a sudden...

**The Gold Ended**

They dug and dug... but nothing. As quick as they had found gold, it disappeared. It was like the mine just dried up over night.

The two men decided to quit and sold the machinery and claim to a junkman – for just a few hundred dollars. After their big loss, they packed up their stuff and took a train back home with their tails between their legs.

Before they had even arrived home, the junkman had hired an expert mining engineer to take a look at his new mine. He just wanted to make sure before using the land for something else. And it's a good thing he did.

The expert reported back to him that the two men who sold him the mine had failed because they didn't understand how gold fault lines work. He mapped out the fault line and determined gold would once again be struck...

**Just 3 Feet From Where  
They Had Stopped Digging!**

The junkman fired up his new machinery and started digging. And, like the expert said, a massive amount of gold was 36 inches from where the others had stopped. In a short period of time, the junkman took millions and millions from that mine. And it was all because he sought expert help before giving up.

And even more important was what happened to the original owner of the mine who stopped 3 feet from a fortune. He learned a valuable lesson that he claimed was responsible for him becoming one of the leading insurance salesmen in the country. Selling over one million dollars a year for many years.

What was that lesson? Persistence. He said every time he was faced with adversity, every time someone would tell him no, he remembered giving up on that mine 3 feet from gold... and... keeps going until he gets his desired result. Most of his sales came AFTER the person had originally told him no.

**So the question for you is:** How many times in your life have you stopped just 3 feet from a fortune? How many times have you given up too soon? At the slightest sign of resistance? A few more days, hours or minutes from overwhelming success?

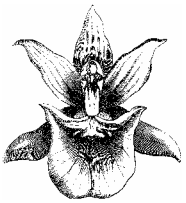
Every time things aren't going my way. Every time I think about giving up... I remember that story and ask myself if I have really expired all my options. Done all I can do. Am I quitting too soon? Most of the time I am, so I press on. And, sometimes, I quickly discover gold. And you may, too.

***We love helping our patients and their friends and relatives through their tough times and getting them feeling better! We are here to help you stay feeling better and looking younger! Don't be a stranger. Call us, and we will assist you in putting together a customized maintenance plan. It's not a luxury anymore! With our low monthly payment plan, it's less expensive to maintain your good health! You really can afford Chiropractic care! Don't wait until you can no longer move!***

## Did You Know?...

1. *It's been proven that people with asthma have breath that is more than 1000 times more acidic than normal. Increased acidity inflames lung tissue and shuts down airways. You can do things to naturally help with your asthma such as minimizing exposure to dust mites, cockroaches and smoke.*
2. *Another study has shown that strength training keeps your muscles in great shape as you get older. Tests have shown that people between ages 40-60 lose as much as 20% of their muscle mass. Also, tests have determined that during this same age period, there is a deterioration of connections between the nerves and the muscle cells they control. The interesting finding was that strength training helps preserve these connections. Training also increases bone density and helps the body burn more calories. It's a well known fact that muscle tissue increases metabolic activity, and is more active than fat cells. So...work out to maintain your strength and keep your weight and fat content down! (Please make sure you check with us before beginning any exercise or strength training program.)*
3. *If you lease a car, make sure you take a picture of the car before you turn it back in. Leasing companies can charge you for damage to the car a month or more after you turn it in. Some of them are not very honest, and will try to charge you for damage your car doesn't have. To prevent getting ripped off, take pictures of all four sides of the car in front of the dealer you bring it back to. It's a good idea to use a camera that places the date into the photo automatically.*

## Tip of The Month : Here's 10 Mother's Day tips from *The Mom Book* written by Stacy M.



### **Debroff. Hope you had a great Mother's Day!!!**

1. **Finagle lunch with a favorite friend** – and in the process buy yourself a bouquet of flowers and an extra one for her, too, to celebrate the restorative power of close friendships. Call up or drop an e-mail to a long-distance friend you haven't been in touch with for a while. Reconnect, catch up on life, and laugh. Make staying in touch with friends a priority. It can be as simple as a weekly e-mail or phone call, or sending a card once a month. Friends will reciprocate the gesture, making you feel connected to and cared about by others.
2. **Build into your week activities** that boost your self-esteem and that make you feel strong and confident. These could be things that you do well and about which you feel passionate, or things that you did well in your youth that you still enjoy, such as swimming or doing crossword puzzles.
3. **Exercise, even when you don't feel much like doing so.** Staying fit and conditioned gives you the foundation to counter the daily stresses inherent in parenting and running a household. It also will help lift your spirits and boost your self-image. If the type of exercise you've been doing isn't fun for you and feels like another chore, try something different such as tennis or a spin class. Drag out your bike and try a new route. Walk the dog with your whole family in the evening. Aim for a half-hour of physical activity a day, and even walking counts!
4. **Comfort food doesn't always have to be** the decadent pint of gourmet ice cream, macaroni and cheese, gooey grilled cheese sandwich or fresh baked cookies. Instead it can be soups that simmer on your stove (add bouillon cubes for more instant rich flavor), roast turkey or chicken (throw in some lemons or oranges into the roasting pan), or bread baking in the oven (you can even buy uncooked dough in your grocery store's freezer section).
5. **Are you caffeine dependent?** I know I was – so much so that I was convinced that I should invent a caffeine patch that people could wear on their arms and simply tap to get activated in the morning. The problem is that caffeine affects your sleep, leaves you jittery and plummets your energy when it wears off. So ease yourself off it, giving you more time to sleep and substituting natural energizers such as fruit in its place as a quick pick-me up.
6. **Surround yourself with energized friends.** Find people with whom you feel refreshed and inspired, and who make you laugh – and make these the energizers you seek out. Energy is contagious, both positive and negative. Make sure that those around you on a regular basis are energetic and positive. Identify those people who primarily act as energy-vampires or are toxic for you to be around, and get rid of them from your life. The same goes for toxic colleagues and friends: Use polite evasion to keep them at arm's length.
7. **Let go of perfectionism.** Give up the ideal of having a spotless house. This is a never-ending series of battles you will keep losing. Kids by their very nature create chaos in their wake, even those trained as a toddler to help take their plates to the sink and clean up their rooms.
8. **Give up hoping to have a body** that leaps straight off the pages of a fashion magazine. Unless you've inherited amazing genes or do yourself the disservice of eating too little, you will likely find yourself consumed by a very demanding part-time job of losing weight. Your scale, bathroom mirror, and smallest jeans should not become the arbiters of your happiness.
9. **Toss out clothing that doesn't fit** or that you haven't worn in the past two years. Give it to Goodwill or a local charity. Keep only clothes in which you feel great.
10. **Indulge your sense of smell.** Experiment with different scents of perfumes, as they can help switch your mood and give you a pick-me up at much needed times. Treat yourself to some in the afternoon of a long day. Put plants around your house or office, get some indoor seasonal fragrant flowering bulbs such as narcissus, tulips and hyacinths, and grow sweet smelling fresh herbs in your garden such as rosemary, oregano, sage or lemon balm.

**Patient of The Month** . . . This month's patient of the month is Mr. C.C. Cockrell! Congratulations C.C. on your progress and commitment to your health and happiness.! As usual, the patients of the month will receive a FREE DINNER for himself and a guest at one of his favorite restaurants! Watch for your name here in a coming month!