

# Lauderdale Wellness News

A Free Monthly Newsletter for the Friends and Clients of Lauderdale Wellness Center

Brian Malzer, D.C.  
Jill Rothenberger, M.T.

Lindsey Pearson, N.D.  
Ruth Blomster, M.T.

Lauren Fehr, L.Ac.

"To be capable of steady friendship or lasting love are the two greatest proofs not only of goodness of heart but of strength of mind."  
-- Paul Aubuchon

## Is There Really A Way To BEAT The "Common Cold"?



**L**auderdale – It's the worst. It happens to just about all of us this time of year. And, some of us, unfortunately, get it more than others.

The "it" I'm referring to is the common cold. Many of us will do just about ANYTHING to ward off that dreaded sore throat, fever, chills, runny nose and prolonged cough.

### Strike A Deal With The Devil

If we thought it would help, I think we all have been there at one time or another, just to get that cough to go away so that you and/or the kids can sleep.

Since making a deal with the devil is probably not the best long-term plan of action, let's talk about one that is: **A plan that may help you beat the common cold this winter...**

But first, check out these interesting facts about the common cold according to [http://en.wikipedia.org/wiki/common\\_cold](http://en.wikipedia.org/wiki/common_cold):

University of Michigan researcher Dr. A. Mark Fendrick published a 2003 study on the effects of the common cold in the United States. The study found that the common cold leads to more than 100 million physician visits annually at a conservative cost estimate of \$7.7 billion per year. More than one-third of patients who saw a doctor received an antibiotic prescription, which Fendrick says not only contributes to unnecessary costs, but also has implications for antibiotic resistance from overuse of such drugs.

The study found that Americans spend **\$2.9 billion on over-the-counter drugs** and another **\$400 million on prescription medicines for symptomatic relief.** Additionally, cold sufferers spend \$1.1 billion annually on an estimated 41 million antibiotic prescriptions, even though the drugs have no effect on a viral illness.

The study reports that an estimated **189 million school days** are missed annually due to a cold. As a result, parents missed **126 million work days** to stay home to care for their children. When added to the work days missed by employees suffering from a cold, the total economic impact of **cold-related work loss exceeds \$20 billion.**"

### How You REALLY Catch A Cold...

With so much personal misery and \$20 billion at stake... it's nice to know how and why you get sick. Medical science has shown several viruses cause the common cold; mainly, rhinoviruses, corona viruses, echoviruses, paramyxo virus and coxsackie viruses. Several hundred cold-causing viruses have been identified. And viruses can mutate to survive... which is why medical experts say a cure is a long, long way off... if ever. But here's something interesting...

The viruses are transmitted from person to person by droplets from coughs or sneezes. The droplet or droplet nuclei are either directly inhaled or transmitted hand to hand from handshakes or touching things like a door knob. The viruses are then set free in your body when you touch your hand to your eyes or nose.

Sneezes expel a significantly larger concentration of virus "cloud" than coughing. The cloud is partly invisible and falls at a rate slow enough to last for hours. Droplets from sneezing or coughing or hand contact can last for hours on surfaces.

After reading that, it seems like the...

### Scary Germs Are Everywhere!

With all these clouds of germs in the air clusters on every surface you must be coming into contact with them every day — many times a day!

The fact of the matter is, you are. But you do not get sick (show outward signs and symptoms) every time

you are exposed to these viruses. If you did, you would be sick just about every single day of your life.

So, if these viruses are the cause of the common cold, how is it that you can be exposed to them many, many times and only get sick infrequently? More like — rarely?

### First Line of Defense

Many experts suggest avoiding contact with sick people, washing your hands with soap and water often, and avoiding touching your face, eyes and nose.

Good luck with that! How you are going to avoid sick people unless you get one of those germ-free bubbles. I just rubbed my eye two seconds ago. Thinking about all those germs made my eyeball itch...darn it!!!...whom have I touched...were they sick?

Washing your hands is feasible — but there is no way you can do it enough to keep away all the germs.

The important point here is you cannot live in a sterile environment and never be in contact with germs. And since most of the time you are in contact with germs you do not get sick, you don't have to.

Just think about this for a moment — doctors and nurses are in contact with sick people every day. Sick people who touch, breathe, cough and sneeze all over them and their office. So why aren't they constantly sick?

They don't get sick from every contact because the body's natural immune system fights off the invading germs.

Picture this: You have a swimming pool in your back yard. You maintain it well and it's crystal clear. Now, your next-door neighbor has a swimming pool, too. But they don't take care of it. It's dirty and filled with debris. So what happens?

Mosquitoes fly right over your nice, clean pool and lay eggs in your neighbor's pool. Many other microorganisms start to live there, too. So the real question is...

Did the mosquitoes and microorganisms make your neighbor's pool rancid...or...did the rancid pool attract the mosquitoes and microorganisms?

Clearly, the rancid pool did the attracting. The undesirables passed over your pool because it was too healthy for them to live in. If they try, they will die.

Your body functions the same way with germs. If you are healthy and your immune system is strong, germs will come in contact with you and your body will kill them. If your immune system is weak...the germs will take hold and start to multiply.

Just like the dirty pool, — germs do not make you sick. Instead, germs can get a foothold in a body that is already sick or weakened.

That's why your best defense is not to try to avoid germs. It is to keep your body and immune system functioning the best you possibly can so the germs (viruses and bacteria) never even stand a chance.

### Beat That Cold Before It Starts

How do you do that? The best way is to eat a proper diet, get plenty of sleep, exercise regularly and reduce stress. Yeah, I know. It's impossible to do all those things correctly all the time. But I think we could all do a better job than we are doing right now. And remember how miserable you were the last time you were sick. What is it worth to you to prevent that from happening this holiday season?

### How Many of These Have You Tried?

It is a fact that reducing stress (physical, chemical and emotional) helps to keep you from getting sick. Here are some ways to do just that:

- 1) Regular chiropractic care or massage therapy to reduce the mechanical stress on your body.
- 2) Acupuncture can stimulate your immune system by improving the flow of energy or Qi (pronounced chee) through your body. (If you are having trouble wrapping your head around this one, you are not alone. I recommend talking to our acupuncturist, Lauren. She would be happy to explain it)
- 3) Proper nutrition including both as many whole, fresh foods as possible, as well as targeted nutritional supplements to give your body the fuel it needs to fight infection and reduce the chemical stress on your body. There is a lot of misinformation out there about nutritional supplements. Don't hesitate to ask us what would be best for you.
- 4) Get enough sleep (like mom's all over the world have been advocating for eons) See page 4 to learn why mom was right...again.
- 5) Reduce psychological/emotional stress by learning one of many relaxation techniques. Again, see page 4 to learn more.

## **'Thumbs Up!' --The Courageous Symbol of a True Champion!**

Mike Utley's short professional football career for the Detroit Lions had been riddled with injuries. He shattered his right leg his rookie season. His second year saw two fractured ribs and a dislocated shoulder. But this was different.

On November 17, 1991, while protecting his quarterback, Mike threw a block late in the fourth quarter against the Los Angeles Rams. He hit the turf headfirst. He stopped moving — instantly. Utley's first thought was, "Here we go again," another frustrating injury. He always played 100 percent until something was broken,... physically forcing him to stop. He was angry with himself for getting hurt...*again*.

But Mike soon began to realize this injury was much more serious than any he had suffered in the past. "I had dealt with stingers before where I lost feeling in my arms or fingers or hamstrings or things like that, but I never lost muscle control," he said. "This time I knew it was a big-time injury. When Kent Falb, the head trainer for the Lions came out, I told him I couldn't get my mouthpiece out. Right then and there I knew I needed help and I needed the doctors badly."

When Mike was taken by stretcher off the field, — he flashed the "thumbs up" sign to teammates and the crowd. A sign that would soon come to mean much more than anyone could ever imagine. At the hospital, Mike learned he had a broken neck. When his head hit the turf, he had fractured the 6<sup>th</sup> and 7<sup>th</sup> vertebrae in his neck. After surgery was performed to save his life, Mike's doctors told him he was paralyzed from the mid-chest down. And he would never walk again.

Mike Utley had different plans. Very different, indeed. On a Sunday afternoon shortly after surgery, Mike wanted to relax, watch a football game and have a beer. So, he left the rehab center, went down to a local store, brought back a bottle of beer and turned on the game. It took Mike a full hour to open that bottle of beer.

Mike attacked his rehab with the same determination... one grueling session after the next. And Mike's hard work paid off. He began to get more and more strength in his arms and hands. Pretty soon, Mike was skiing, scuba diving, riding Seadoos, shooting guns at the range and training in martial arts. All that is impressive to say the least, but pales in comparison to what Mike did next...

On February 15, 1999, after eight years of grueling rehabilitation, Utley stood up in a hotel in Phoenix and took his first steps since his accident. Those steps came with massive struggle, unlike the grace he once had as a professional football player. But, they meant much more to anyone in a wheelchair wondering if they could ever walk again. Those steps touched the lives of countless people in a way a football game never could. They provided...

### **Instant Hope...**

"What that showed was that hard work gets you further," he offered. "I'm not saying walking was the end-all be-all, but I never stopped pushing and trying. Productivity comes from within. You have to be able to get up every day and make things happen. Nothing is going to be handed to you. Everything I've ever gotten I have earned."

And it's not over yet. One of Mike's ultimate goals is to go back to a Detroit Lions' game, stand up and walk out to the middle of the field. From his unwavering determination and what he has accomplished already, there are few left who have any doubts he will achieve his goal. And any other goal he sets his mind to.

Some final words from Mike: "If you don't have a positive and constructive attitude from the very beginning, as tough as it was, you will never reach your full potential," he stated. "You have to reach out there and reach for the top or you will never get there. I did that as a ball player and nothing has changed with that now. I just can't play football anymore. I've worked through adversity and I've worked through tough times. Tough times don't last, tough people do."

For more information on the Mike Utley Foundation and how you can help, please visit [www.mikeutley.org](http://www.mikeutley.org).

## Did You Know?...

Most Americans do not get the recommended eight hours of sleep required for good health, safety and optimum performance. In fact, the National Sleep Foundation (NSF) recently reported that 63 percent of Americans are sleep deprived. During stressful times -- such as the loss of a loved one, a change in job status or a serious illness -- the numbers of those who suffer from sleep deficiency can be even greater. Ironically, this is the time when a good night's sleep is even more important to facilitate recovery and healing. The following suggestions may ensure a more peaceful and restorative night's sleep for the entire household. People who suffer from anxiety often have difficulty falling asleep, wake up frequently during the night, arise too early in the morning or experience a less refreshing sleep. These symptoms of insomnia are fueled by stress, grief, worry and disrupted sleep schedules. One solution to combating insomnia is to create a restful sleep environment in every bedroom in the house. This includes keeping the temperature cool, the light dim and the bed comfortable. Most people do not realize that their bed can be preventing them from sleeping well and, in some cases, keeping them awake. Insomnia can be a forerunner of depression and other health-related problems, so it is important to seek a doctor's advice if symptoms persist.

### Relaxation Groups

Feeling a little tense?

Wearing your shoulders like earrings?

Need to relax, but repeating 'I need a vacation' in your head doesn't seem to be helping?

\*\*\*\*\*

Lauderdale Wellness Center is offering relaxation groups on Wednesday evenings. Led by Beth Freschi, these groups will include relaxation techniques including:

Deep breathing

Biofeedback

Guided imagery

Relaxation music

Muscle relaxation

And many more

Beginning December 6, 2006, groups will meet Wednesdays at 7:00 pm. Each group will be a little different, so you may attend as often as you wish. If people respond positively to the groups, we may add other groups and individual sessions. We welcome you to try the groups and let us know if they help you relax, refresh and stay well this holiday season!

The fee is just \$8 per session. Seating is limited so pre-registration is highly recommended

Call us at 651-917-9800 to register.

.....

Beth Freschi has an M.A. in Counseling Psychology from the University of St. Thomas. She has over 10 years of experience in mental health, including counseling, research, and inpatient psychiatry. She currently works as a Wellness Counselor and Life Coach.