

Live the

# ADVANCED LIFE

#3

Your health & wellness newsletter



November 2014

## Thankfulness Abounds!

Some of our willing clientele dish about what they are thankful for in their lives.



"I'm thankful for my new friend in Colorado and the beginning of a new chapter in my life!" - Dr. Anne Sober

"I'm thankful for sunshine & puppies!" - Kaley Durrance



Treats?



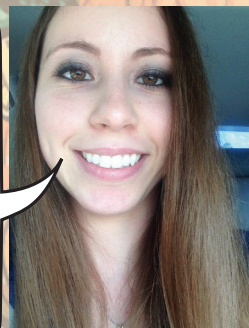
"I'm thankful for positive people, power of prayer, second chances, and my mom." - Diana Sipe



"I'm thankful for my health, family, and that I have a decent job." - Kim Bailey



"I'm thankful I can move my wrist and start working out again. OH! And that my Cowboys are winning again!" - Shawne Johnson



"I'm thankful Jesus paid the price for the world to be saved. Also for the Advanced Healthcare family who loves the Lord and wants to see people get well." - Chelsea Doyle

"I'm thankful for my grandchildren, wonderful children, beautiful wife, and healthy back."

- Vince Pecoraro

"We are forever grateful to have our sins forgiven through faith, Jesus Christ, and a close relationship with Him." - The Nutters

"I'm thankful for meeting Dr. Mike, Advanced Healthcare and all the knowledge I've gained!" - Sue Gendernalik



"No more neck pain!" - Tom Gendernalik



"I'm thankful meeting Dr. O'Connor & Dr. Tah and all I've learned from coming to Advanced Healthcare. Also, I'm thankful for how much they've helped my husband, Tom." - Pat O'Nan



"I'm thankful for my X-Box." - Josh Meeker

"I'm thankful for having my spine aligned...I'm thankful for having a spine!" - Wayne Bardua



"I'm thankful for my hubby!" - Patricia Bardua

"I'm thankful for what the team at Advanced Healthcare has done for my health & well-being. My posture is better, my belly is flatter, and the pain I used to have is almost gone."

- Vernon Bump

"I'm thankful for my Dr. Mike, Dr. Tah, and my new family here at Advanced Healthcare. I feel better and more hopeful than I ever had!"

- Shirley Bump

"I'm thankful that I'm never alone because I have God in my life and a loving husband, my great step-children who have given me the most beautiful grand babies. I'm also thankful for my job and that I'm able to pay the bills and provide for my family." -Robin Aresco

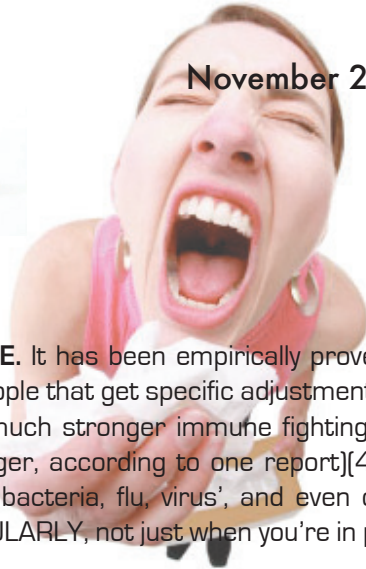
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**ADVANCEDHEALTHCARE**  
& PHYSICAL MEDICINE



November 2014

# Natural Flu Defense



We see the signs everywhere, "FREE FLU SHOT HERE!" And we all know what's coming. Announcements over the news broadcast about all the people afflicted with this season's newest flu strain. You may even feel pressured to go get a shot of your very own, after all, according to the Centers for Disease Control and Prevention, the flu shot is the most effective way to prevent influenza. However, this remains a very controversial subject because most vaccines contain thimerosal, a mercury-based preservative and the vaccine may not even match the flu strain that's circulating. These flu vaccines contain 25 micro-grams of mercury. [1] : Afluria CSL (Limited for Merck), FluLaval (GlaxoSmithKline), Fluvirin (Novartis), Fluzone (Sanofi Pasteur).

During the 2012-2013 flu season, the flu vaccine's effectiveness was found to be just 56 percent across all age groups reviewed by the CDC —that's basically the statistical equivalent of a coin toss.[2] Furthermore, a recent study done on the efficacy and effectiveness of a flu vaccine in the U.S. elderly found that "The overall effectiveness of vaccines against influenza-like illness was 23 percent when vaccine matching was good, and not significantly different from no vaccination when matching was poor or unknown." [3] Don't stress though! There are effective ways to defend against influenza.

If you want to avoid a serious case of the flu, focus on maintaining a well-functioning immune system. **Optimizing your vitamin D levels is one of the most potent preventive strategies available, followed by diet and sleep.** There are other factors that can come into play too, of course. The following guidelines will also act in concert to support your immune system:

**AVOID PROCESSED FOODS & SUGAR** (especially fructose), as sugar decreases the function of your immune system almost immediately. Be aware that sugar (typically in the form of high fructose corn syrup) is present in foods you may not suspect, like ketchup and fruit juice. A high-sugar diet will also decimate your beneficial bacteria and feed the pathogenic yeast and viruses. Clearly, if you are sick, or specifically want to reduce your chances of getting sick, then sugar is the last thing you should be eating

**CUT OUT STRESS!** We all face some stress every day, but if stress becomes overwhelming then your body will be less able to fight off the flu and other illness. **Chiropractic care helps eliminate stress in your body**, even stress you might not even have known was there. Spinal stress.

**EXERCISE REGULARLY.** Exercise increases circulation and blood flow throughout the body. The components of the immune system are also better circulated, which means your immune system has a better chance of finding an illness before it spreads. Be sure to stay hydrated – drink plenty of fluids, especially water. However, it would be wise to radically reduce the intensity of your workouts while you are sick.

**KEEP SUBLUXATION FREE.** It has been empirically proven and clinically confirmed that people that get specific adjustments on a regular basis maintain a much stronger immune fighting ability (even up to 4 times stronger, according to one report)[4]. This means greater control of bacteria, flu, virus', and even cancer cells. **GET ADJUSTED REGULARLY**, not just when you're in pain or have symptoms.

**TAKE A QUALITY, ANIMAL SOURCED OMEGA 3 SUPPLEMENT.** Increase your intake of healthy and essential fats like the omega-3 found in krill oil, which is crucial for maintaining health. It is also vitally important to avoid damaged omega-6 oils that are trans fats and in processed foods as it will seriously damage your immune response.

**BE HYGIENIC.** Wash your hands regularly, cover your mouth and nose when you cough or sneeze. If possible, avoid close contact with those who are sick and, if you are sick, avoid close contact with those who are well.

**USE NATURAL IMMUNE BOOSTERS.** Examples include oil of oregano and garlic, both of which offer effective protection against bacteria, viruses, and protozoa in your body. And unlike pharmaceutical antibiotics, they do not appear to lead to resistance.

**AVOID HOSPITALS.** Stay away from hospitals unless you're having an emergency and need expert medical care, as hospitals are prime breeding grounds for infections of all kinds. The best place to get plenty of rest and recover from illness that is not life-threatening is usually in the comfort of your own home.

## References

1. <http://www.vaccinesafety.edu/thi-table.htm>
2. <http://articles.mercola.com/sites/articles/archive/2013/10/22/flu-vaccine-effectiveness.aspx>
3. Jefferson T, et al. Efficacy and effectiveness of influenza vaccines in elderly people: a systematic review. *Lancet* 2005 Oct 1;366(9492):1165-74. Epub 2005 Sep 22.
4. [http://www.drpasswater.com/nutrition\\_library/pero.htm](http://www.drpasswater.com/nutrition_library/pero.htm)

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# Call Him Super Bad

By Dr. Michael O'Connor

Our James Brown cannot sing and refuses to ever wear a purple, sequined, jumpsuit, but, man can he shoot a bow and arrow! His lovely, warm wife, Ruth, says that he never asked her to put an apple on her head, but that he'd definitely be able to split it dead center if she ever did muster up the courage.

The Browns live in Palm Coast and have been there since coming down from Maryland in 2004. James is a nationally recognized and ranked archer under the NFAA (National Field Archery Association). He attended and placed in the International World Championships in Germany and New York City. On September 20th of this year he placed first in the Palm Coast Senior Games and just a few weeks ago in October he pierced the first place trophy at the Gainesville, Florida Senior Games! He is extremely modest about his winnings and has won many, many awards over the years.

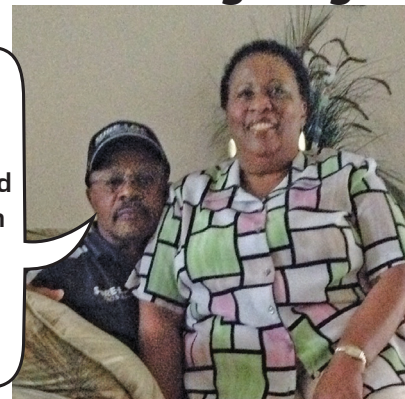
Jim Brown is a man who truly puts a value on his health and does not follow a philosophy of treating symptoms with medications because of the inherent "wrongness" of covering up underlying imbalances. "I was an athlete my entire life," recalled Mr. Brown, "I had a track scholarship and ran ever since I can remember. I was having difficulty jogging and then walking hurt. Soon I was having a difficult time sleeping and the lower back pain and inflammation was affecting my archery performance. I was really skeptical of any treatments like spinal alignment or Chiropractic but I was desperate to get back to my old self. Advanced Healthcare Physical Medicine really combined a number of different techniques that combined to really get me back on my feet again. Now I can sleep and pretty much do everything I want. I'm very happy with the results I've gotten!" An active lifestyle will not only earn you a longer life, but will put the pizzazz into each day. We were not designed to fall apart in our 70's and end up in diapers and on drugs. James is 69 years old but looks and acts and moves like a man 25 years younger! James confesses, "I will continue to compete and practice archery for my whole life. As long as I possibly can. It gives me peace and helps in my relaxation." Now that's what we call a modern day Renaissance Man.

# ADVANCED L I F E

## We also asked Jim what he was thankful for this Thanksgiving...

"I'm thankful for being able to get up and go, every morning is a brand new day! Also, I'm thankful for our two awesome grandkids!"

- Jim Brown



James poses (above) with his beautiful wife, Ruth, in their lovely home in Palm Coast. (Below) He shows us all how it's done.



## Need A Tip To Relieve Tired, Sore Muscles? Grab 2 tennis balls and a tube sock!



**Try it against the wall!** Standing against a wall, place the tennis ball sock between you and the wall. Start with the ball about 1" on either side of the spine. Begin rolling the balls up and down by bending and straightening your legs. Use even pressure.

**Try it on the floor!** Place the ball sock underneath your back (again with one ball on either side of your spine) while lying down on a firm surface. Allow the weight of your body to release into the ground while the tennis ball works on specific pressure points. Start at the lower back and lie there for a minute and then move the tennis balls up your spine, taking 1 - 2 minutes at each spot.



Your sacroiliac or SI joint is the joint that connects your sacrum to your Iliac (part of the pelvis). Women especially, may have issues with SI joint. It's a semi-movable joint that can easily get out of place due to hormonal changes, pregnancy, labor, and tight muscles. To relieve pressure in this area and relax the muscles, lie on your back with your knees bent and your feet planted firmly on the ground. Place two tennis balls underneath your pelvis about 2 - 4 inches apart from each other. Lie there for a couple of minutes. Move the tennis balls around this generally area to target different muscle fibers for a complete release.



“Self discipline is just choosing between what you want **NOW** and what you want the **MOST.**”

- Unknown

# Spinach Artichoke Dip

By Natasha O'Connor

It's that time of year again! 'Tis the season for excuses of why you have to eat unhealthily. We all kinda do it... "Well, Thanksgiving only comes once a year, I'll eat this fatty dish..." Then you sample ALL OF THE sodium-filled, fat-laden, and over sugared goods. I started making this alternative for the traditional spinach artichoke dip. That is one of my favorites for sure, but I noticed that most the spinach artichoke dips I've tried were over processed and too mayonnaise-y. For this reason, I started making my own by tweaking the recipe. It was a hit at every party I went to last holiday season!

- 1- jar of artichoke hearts
- 1- bag of BABY Spinach
- 1- clove of garlic
- 1- small onion (optional)
- 1- 8 oz. cream cheese (get the original, not the tub  
- the tub uses CARRAGEENAN)
- 2 - 7 oz. Greek Yogurt (I prefer FAGE 2% but you  
can get the 0% if you please)
- 1 1/4 cup of shredded cheese (I love using Havarti  
but Fontina, or an Italian blend works well too)
- Salt to taste
- Smoked paprika or regular paprika
- Chopped veggies (carrots sticks, celery sticks,  
cucumber, fennel, etc.) and/or a bag of organic  
corn chips for dipping



I'm probably the laziest cook ever so I seriously mix everything in the casserole dish. This means one less bowl to wash! You don't have to do it that way, just saying that it's a little easier!

Chop the onion and the garlic nice and tiny. Add some olive oil to a pan and sauté on the stove top, add a pinch of salt and cook until the onion is translucent. In your mixing bowl, add the cream cheese and yogurt together then add your cooked onion & garlic mixture. Take your sauté pan and add a dash of olive oil and wilt your spinach, sprinkle with a pinch of salt. Don't cook the spinach until it's dark green, take it off the heat when it's a bright green and not all wrinkly. Spoon cooked spinach into mixture. Sometimes when I am hard pressed for time I just take the spinach straight out of the container and tear it up and add it to the mixture uncooked; Remember, the dip will be baking in the oven, so either way, it's going to get cooked. Drain your artichokes and give them a rough chop so they are in pieces about 1/2" big. You can make them smaller if you want but I prefer texture! Add the artichokes to your mixture. Almost there! Now add your shredded cheese and a sprinkle of sea salt and paprika. Give the mixture a stir so everything is distributed evenly. Okay, if you took the lazy route, now is the time to take a paper towel and wipe away any mess around the casserole dish edges. If you used a mixing bowl, transfer to your casserole dish and smooth the top so it's all even. Sprinkle the top with paprika and any leftover cheese. Cover in foil. When you're ready to impress, pop the dip in the oven and bake on 400 degrees covered for 20 min. and uncovered for the remaining. Thanksgiving dee-light!

## STOP THE DRUGS!

- **Aspirin** causes the stomach lining to bleed and inflame - even though you can't often FEEL IT. Also, it disrupts natural regulation of body temperature, which is important in immunity.
- **Tylenol** (acetaminophen) damages the liver and kidneys and can mask underlying warning signals from the body.
- **Vioxx** and **Celebrex** can cause serious heart problems, and once again, put extra effort and wear on the kidneys and liver (our filter system).

Oxidative stress occurs when our cells generate dangerous byproducts known as free radicals. Free radicals, highly reactive molecules with unpaired electrons, roam the body in search of other electrons and in the process, seek out and destroy healthy cells. Antioxidants neutralize free radicals.

Astaxanthin is a natural carotenoid found in micro algae and sea creatures that consume algae like salmon, shellfish, and krill. Astaxanthin is believed to be a hugely effective ANTIOXIDANT and therefore an exceptional ANTI-INFLAMMATORY. It exhibits very strong free radical scavenging activity. Especially since it is a direct anti-oxidant (meaning that it is taken directly from food that is ingested). Amazon sells this for like \$21 to \$25 per bottle.

