



WELLNESS NEWSLETTER

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The Truth About Antibiotics

It's winter, you start to feel a sore throat coming on and a runny nose. Most likely, it is just a cold, but the doctor gives you an antibiotic anyway. However, antibiotics are ineffective in treating a cold as colds are viral infections rather than bacterial infections. Many doctors continue to prescribe antibiotics for colds, but all antibiotics do is interfere with the body's natural defense system in fighting off the cold.

The introduction of antibiotics, once hailed as "miracle drugs" in the 1940's is reminiscent of the words of William Heberden when he wrote 200 years ago that "new medicines, and new methods of cure, always work 'miracles' for a while." The widespread and often inappropriate use of antibiotics within the last 50 years has contributed to the emergence of bacteria that are resistant to not just one but several types of antibiotics. As a result, parents and healthcare professionals are confronted with challenges regarding diagnosis and treatment options, rising healthcare costs and an increased risk in patient morbidity and mortality particularly with the very young and the very old.



Studies show that *nearly 50%* of prescribed antibiotics in outpatient settings are prescribed incorrectly. While antibiotics can and have saved lives and are necessary in cases of serious diseases, they have their own set of issues and side effects in otherwise healthy patients who don't necessarily need an antibiotic. One of the biggest problems antibiotics causes is within your gut. Antibiotics kill *all* bacteria in your body, even the good stuff that aids in digestion. This can also allow for an overgrowth of yeast in the gut which

causes more problems in the long run. Antibiotics have a long list of side effects that are often worse than the symptoms of the cold you're trying to treat. One of the leading causes of health deterioration in today's world is due to the misuse and over prescription of antibiotics. Repeated use of antibiotics to treat viral infections weakens your immune system and creates antibiotic resistant bacteria.

Instead of trying to find a quick fix to a minor illness and turning to an antibiotic, it is important to make sure you keep your immune system in top shape. Your immune system is controlled through your nervous system and is your body's defense system. Whenever any kind of pathogen, such as a virus or bacteria, enters your body, it is the immune system's job to find, destroy, and remove the pathogen. **Chiropractic** has proven repeatedly, with research, that keeping a healthy nervous system leads to a healthier life. Studies have shown that 15 minutes after a chiropractic adjustment your white blood cell count goes up 48%. Studies have also shown that people who get adjusted regularly have a 200% greater immune competency than someone who doesn't get adjusted. Chiropractic care ensures that your mind and your body connect completely at 100% through your nervous system.

Our bodies are very smart, and our immune systems can be very strong! Rely on your immune system to do the job God created it to do!

There are many ways to ensure you stay healthy and avoid illness.

- Maintain a well-balance, vitamin packed diet
- Practice good hygiene
- Get regular exercise and make sure you are getting at least 8 hours of sleep at night
- Get regular chiropractic adjustments to keep your nervous system running smoothly
- Find ways to destress and relax- stress is known to run your body down and affect your immune system negatively
- Keep up on daily nutritional supplements

If you are sick, there are many ways to manage your symptoms and heal quickly.

- Get plenty of rest and drink plenty of water
- If you have a sore throat, gargling salt water can ease the pain naturally
- Drink warm tea
- Try a hot shower to soothe cough and sinus issues/ use a humidifier to add moisture to the air
- Up your intake of vitamin C, vitamin D and Zinc

natural cold remedies



ATTITUDE OF GRATITUDE

The greatest word in the English language is gratitude.

Are you grateful in your heart that you woke up this morning?

Are you grateful for loving family and friends? Are you grateful that you live in this free country?

Here are some great affirmations to affirm your gratefulness:

- ◆ I am so grateful that my body is creating perfect health and harmony.
- ◆ I am thankful for the abundance that is coming to me every single day.
- ◆ I am so deeply grateful that I am the master of my mind.
- ◆ I am deeply thankful that peace is appearing in my home, in my heart, and in all my affairs. I am truly grateful for the people, circumstances, and events that are bringing joy into my life.
- ◆ I am thankful for my ability to love with no limits.
- ◆ Today I am letting go of all negative feelings about myself. Blame- be gone. Unworthiness- be gone. Doubt- be gone. Guilt- be gone.
- ◆ Thank you for the fun, laughter and joyous surprises that will flood into my life today.
- ◆ I give thanks as I let go of the old and allow the new to pour into my life.
- ◆ Today I am feeling love and immense gratitude for those people who are challenging me in my life. And I know my love and gratitude will dissolve all negativity.
- ◆ I give thanks that my mind is renewed in every moment.
- ◆ I am grateful that simply by living my life, I am expanding and growing every day.
- ◆ I am thankful that God has granted me the ability to live a healthy, happy and prosperous life.



Roasted Autumn Harvest Salad

For the salad:

- 6 figs, quartered
- 1 cup red seedless grapes
- 1 tart apple, cored and cut into thin wedges
- 1/2 cup hazelnuts
- 1 Tbsp balsamic vinegar
- 2 tsp extra-virgin olive oil
- 1 head radicchio, torn into bite-sized pieces
- 6 cups baby romaine
- 2 cups baby arugula

For the dressing:

- 1/4 cup extra-virgin olive oil
- 2 Tbsp apple cider vinegar
- 1 Tbsp minced shallot
- 2 tsp whole-grain mustard
- 1 tsp chopped fresh thyme
- Sea salt and freshly ground black pepper

1. Preheat the oven to 400 degrees.
2. Toss the figs, grapes, apples, hazelnuts, vinegar, and olive oil together and spread the fruits and nuts out evenly on a rimmed baking sheet.
3. Roast for 15 minutes, gently tossing once halfway through, until the fruit has softened. Remove from the oven and cool for 15 minutes.
4. To make the dressing, whisk together the olive oil, vinegar, shallot, mustard, thyme, and salt and pepper.
5. Toss the radicchio, romaine, and arugula with the dressing. Divide the greens among plates, top each with some of the roasted fruits, and serve.