



September/October 2006

W.O.W.

Way Of Wellness Newsletter

Ways to Prevent Backpack Injury

It's time to head back to school! Often overlooked this time of year is the importance of a good backpack and its proper use. Backpacks are fast becoming a safety concern for our kids with backpack injuries rising 330% since 1996! Protect your child by following these tips:

Wear a backpack properly:

- Distribute the weight properly. Put the heavier items on the bottom and against the back to keep the weight off of your shoulders, maintaining better posture.
- Wear a pack with two shoulder straps and use both of them. Carrying a heavy backpack using one strap can shift the weight to one side, which can lead to neck and muscle spasms, low back pain and walking improperly.
- Choose a backpack with thickly padded shoulder straps. Non-padded straps dig into the shoulders, putting stress on the muscles and causing pain.
- Choose a backpack with a lumbar support. The lumbar cushion will redistribute weight, creating better posture.

Lift a backpack correctly:

- Face the backpack before you lift it. Bend at the knees and lift with your legs, not your back.
- Keep the back close to the body.

Carry only what you need:

- Every extra item adds weight.

Visit your Chiropractor:

- Visit your D.C. for your back-to-school health check-up and backpack fitting.

Healing Touch Chiropractic

Dr. Tiffany Johnson
PO Box 425
158 W. Beaton Dr., Ste. 200
West Fargo, ND 58078
Phone: 701.893.3150
www.htchiro.com



Should I Get A Flu Shot?

Cold and flu season is approaching rapidly. As the temperature cools, doors and windows get closed up for the season and everyone begins to head indoors, the 'sniffles', 'coughs', and 'flu bugs' begin to multiply.

What is the flu? The *flu (influenza)* is a respiratory infection that produces chills, fever, sore throat, muscle aches, and lasts about a week.

Each year millions of people rush to get their annual flu shot hoping to stay healthy and well through the coming flu season. The results seem to be mixed. Some people do seem to make it through the flu season unscathed, but others have less favorable results. Each year I have one or two patients hospitalized as a result of bad reactions after their flu shot. I watch numerous patients immediately acquire the very sickness they are trying to avoid and I witness others who get the flu later during the flu season anyway.

Why is this? Some people have bad or allergic reaction to the preservatives and chemicals in the flu shot. In addition, researchers have found that repeated flu shots may actually lower your natural antibody levels thus making you more susceptible to the infection.

What about more serious consequences and side effects? Dr. Hugh Fudenburg, M.D., the world's leading immunogeneticist and one of the most published biologists of our times states, "If an individual has had 5 consecutive flu shots, his/her chances of getting Alzheimer's Disease is 10 times higher than if they have had 1, 2 or none. This is due to the mercury and aluminum in every flu shot. The gradual mercury and aluminum build up in the brain causes cognitive dysfunction." Another common side effect is Guillain-Barre Syndrome, which is an immune mediated neurological disorder.

Chiropractic wellness care and a healthy lifestyle can improve your immune system without any negative side effects, and without injecting poisons and toxins into your body. Consider these facts about the immune system and chiropractic:

- Chiropractic corrects spinal abnormalities called vertebral subluxations that result in interference in the nervous system by placing pressure on nerves. Since the nervous system controls all functions of the body, including the immune system, chiropractic care can have a positive effect on immune function.
- Viruses and microbes don't threaten us all equally and a healthy immune system easily repels most invaders. The immune system protects us from the flu, as well as any other infectious disease, and strives to get us well again when we do fall ill. Our immune system, like every other system in the body, is coordinated and controlled by the nervous system.
- Chiropractors helping patients battle the flu is not a new occurrence. During the 1917-1918 influenza epidemic it has been estimated that 20 million people died throughout the world, including about 500,000 Americans. It was chiropractic's success in caring for flu victims that led to the profession's licensure in many states.

As the cold and flu season approaches, now is the time to protect yourself and your family. Add regular chiropractic adjustments to your family's "to-do" list—remove interference to your nervous system, enhance your immune function and give your body every extra bit of security it needs.

Your nervous system is the most important system of the body. Without it, your body could