



# Bit by Bit

Gathering Information and Taking Action that Builds your Health and Enhances your Life

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Universal Health Institute



## Dr. Case's message

The emerging science of neuropsychimmunology is hot, hot, hot. That long word is used to talk about the study of the interplay between your nervous system, your thoughts and your immune system to produce health or illness. You've heard of "You are what you eat"? Well, it turns out we can add "You are what you perceive"! Choose your thoughts carefully if you want to be healthy, vibrant and strong.

## The Chiro Edge

After a chiropractic adjustment your immune system gets a burst of healthy activity. (Thank you to all of you who have shared with us that you have less colds and stuffiness from getting adjusted!) Bonus: If you haven't had a sinus release (a painless and effective technique) to help drain a full head of mucus, simply ask. You don't have to be adjusted to get this technique done - and it's quick!

## Action Facts

The immune system is, in its simplest form, a system that detects and adapts to a foreign invader. The immune system protects the body from infection with three basic strategies:

1. Skin: Your front line of defense is your skin with its natural pesticides of sweat, saliva and tears. Keep your skin healthy by vigorous stimulation with a brush or cloth. And no mineral in creams or lotions, please!
2. Your 2nd line of defense is your immune organs that capture invaders before they move deep into your body. For example, the tonsils are there to kill invaders before they move into the lungs.
3. Your 3rd and final line of defense is an adaptive immune system memory that directs counter-measures to the organism that got too far into your system.

### Super Supplements:

**Esberitox** - Only Esberitox combines two types of Echinacea with two additional immune-enhancing herbs, baptisia and thuja. The powerful combination promotes the body's resistive functions by stimulating the production and activity of critical immune cells. (\$20/100 tablets)

**Culterelle** and **Florastor** - These "friendly bacteria" help to keep your digestive tract healthy and appear to have some beneficial effect on your immune system. Research supports the use of probiotics for reducing the symptoms and duration of the common cold. (\$30/30 caps, \$56/50 caps, one each daily)

**Stamina** from Trace Minerals - Contains 1200 mg of Vitamin C, an essential anti-oxidant for people who are active and on the go. (\$.75/packet, \$20/box of 32)

## Clinician's Point of View



### Words of Wisdom from Jacquelyn Hamilton:

Healthy and efficient communication is as essential to your body's function as it is to your everyday life. Your body runs on an interwoven system of messages. A missed, misdirected or inaccurate message will lead to changes in the way your body works to handle stress.

The performance of your body's immune system correlates directly with your stress levels. The higher your stress levels the more inhibited your immune responses. While it may not be possible to eliminate particular everyday stresses, you can effectively reduce the impact of negative

stress on your body and your body's messaging systems.

Trauma (physical and emotional) will manifest itself in nervous system messages that affect how your body moves, operates and even rests. These stressors, be they acute or chronic, trigger reactions in your nervous system that may culminate in our feeling pain, discomfort, and sickness.

CranioSacral Therapy is extremely beneficial. I like to explain CST as a gentle retraining of the body. Where stress causes your body to function abnormally, CST works to both interrupt those messages and reintroduce your body to its healthy, normal rhythms. That's what promotes a well functioning nervous system

## Nobel Laureate Advice

### You need to get sick to make a strong Immune System

Only the repetitive activation of the immune system by an antigen or its fragments can stimulate protective immunity. - Rolf M. Zinkernagel, MD, PhD, Noble Prize Laureate

## Your future at UHI

At UHI, you can count on our work to help build and strengthen your immune system and prevent a problem rather than wait for a crisis.

## Quick Flash: Check your Vit. D

Vitamin D is one of the most overlooked vitamins. Up to 50,000 IU of Vitamin D a day for three days can be taken to ward off the first signs of flu or colds. Signs of too much Vit D: Flaky skin. We like Trace Minerals (\$.62/5000IU) and Apex (\$1.04/5000IU)

## UHI Recipe: sore Throat Help

### Thyme-Infused Honey for Coughs and Sore Throat

If you do get a cold with cough, keep this natural remedy on hand:

Gently wash and dry 1/2 cup of fresh thyme for each cup of honey used. Warm honey in a saucepan but don't boil. Add thyme and allow to steep for 15 to 20 minutes. Allow the mixture to cool and strain out the thyme. Pour honey into glass, wide-mouthed jar with a rubber-sealed lid. Store in a cool, dark place. Use one teaspoon three times daily for coughs and sore throat. *Make sure to use raw, local honey—harvested within a three hour radius of your location. Found at Whole Foods and Farmer's Markets.*

## Attention! See this!

Visualization is an important aspect of Mind/Body medicine. In order to avoid illness, focus on health. Tell yourself you are a healthy person and see yourself as healthy. When others around you are becoming ill, assure yourself that you are healthy and never catch colds or any other illness. Use present tense verbs. "I am vibrant, healthy and strong" Engage your brain, the most underutilized health provider you know!

**You'll be surprised at how well this works!**

## What can you do to help your body?

**4 Threats to Your Immune Health:** Certain foods and environmental influences keep the immune system army from doing a good job. Watch out for these threats to your body's defenses. **Avoid the following:**

**Overdosing on sugar.** Eating or drinking 100 grams (8 tbsp.) of sugar, the equivalent of about two cans of soda, can reduce the ability of white blood cells to kill germs by forty percent. The immune-suppressing effect of sugar starts less than thirty minutes after ingestion and may last for five hours. In contrast, the ingestion of complex carbohydrates, (starches) has no effect on the immune system. Examples of Complex Carbohydrates include yams, lentils, brown rice, peas, and beans.

**Drinking too much alcohol.** Excessive alcohol intake can harm the body's immune system in two ways. First, it produces an overall nutritional deficiency, depriving the body of valuable immune-boosting nutrients. Second, alcohol, like sugar, consumed in excess can reduce the ability of white cells to kill germs. High doses of alcohol suppress the ability of the white blood cells to multiply, inhibit the action of killer white cells on cancer cells, and lessen the ability of macrophages to produce tumor necrosis factors. One drink (the equivalent of 12 ounces of beer, 5 ounces of wine, or 1 ounces of hard liquor) does not appear to bother the immune system, but three or more drinks do. Damage to the immune system increases in proportion to the quantity of alcohol consumed. Amounts of alcohol that are enough to cause intoxication are also enough to suppress immunity!

**Consuming foods you are sensitive to.** Due to a genetic quirk, some divisions of the immune army recognize an otherwise harmless substance (such as milk) as a foreign invader and attack it, causing an allergic reaction. Before the battle, the intestinal lining is like a wall impenetrable to foreign invaders. After many encounters with food allergens, the wall is damaged, enabling invaders and other potentially toxic substances in the food to get into the bloodstream and make the body feel miserable. This condition is known as the *leaky gut syndrome*. *You can get tested for this with an easy blood test! Ask for more details about the US Bioteks tests, prices vary by test.*

**Consuming too much fat.** Obesity leads to a depressed immune system. It affects the ability of white blood cells to multiply, produce antibodies, and rush to the site of an infection.

## Science Class

### Add these ingredients to any food you eat for an immune boosting effect:

- **Cayenne pepper**—Colds and respiratory problems can be cured by warming your system with this healthy spice
- **Garlic**—a great antibiotic and anti-viral
- **Ginger**—not only anti-viral, its anti-inflammation (gets rid of mucous) and anti-parasitic
- **Honey**—tastes good and is anti-bacterial, anti-viral, anti-fungal

## Clinician Spotlight



Welcome **Dr. Phranque Wright**, a pioneer in acupuncture and Chinese medicine! Dr. Phranque has been using a variety of eastern medicine methods since 1998, that include cupping, guasha, tuina, herbal therapy and needling. He is a board certified Doctor of Acupuncture and Oriental Medicine and licensed to practice in five states. His first visit is one hour, and full of probing questions that help determine the condition of your meridian system and how well or poorly balanced it is. Dr. Phranque recommends Ted Kapchuk's book *The Web That Has No Weaver* for those of you who want to understand how Chinese Medicine and Acupuncture works. Dr. Phranque is available on Mondays, *and his services may be covered by your insurance.*

**Bit by Bit** you can help someone you care about. Share what you have discovered today. Spread the Word!

**Until we meet again: Visit our website [www.uhichicago.com](http://www.uhichicago.com)!**