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Spinal Column

Inside This Edition

Thank you to everyone who contributed a special memory for Dr. Alan Perestam. He is so thankful to all his loyal patients that made his 30 years of practice so great.

Onto the articles for our Fall Edition. Christine Wilson will be talking about Immune System health and ways to keep you from getting sick this Cold and Flu season. Dr. Alan Perestam will be discussing Andrographis and how beneficial it can be for immune health. Dr. Dean Powell and Janet discuss the importance of iodine and then give us a yummy and healthy pancake recipe. Our own Health Detective Laura Hobbs brings to our attention information on Lyme Disease.

Essential Oils and Our Immune System

By Christine Wilson

Kids are back to school which means lots of close contact they may have not had while on summer vacation and with the change of season it can cause more stress on our bodies during this time of year. Our bodies are rich with nutrients, moisture and heat so it makes the ideal environment for other microbes and organisms to thrive in. We do have a wonderful system in our body to help protect us and that is our immune system. Our immune system is located all through our body; it's in our blood, lymphatic system and our colon. In our blood, the cells generated by bone marrow wrap themselves around the microbes to kill them. Our lymphatic system circulates to kill foreign agents as it goes along and our colon contains millions of good bacteria that help combat other microorganisms that are harmful to the body. We really have a great system to help us fight off these foreign organisms that want to invade us. There are times though that our immune systems need some help and that is where certain vitamins, herbs and essential oils come into play.

We can strengthen our immune system by taking time for stress reduction. Diffusing essential oils or applying certain oils topically can bring a calming effect to the body and uplift spirits. Some of my top favorite oils to use for stress are lavender, valor and our calming roll on. During the day and in our busy lives it can be easier to apply oils topically. Roll ons can be a quick way to apply these oils to the skin and then take a moment to slowly breathe in their aroma before you continue with your day. At night can be the best time to diffuse oils just because of the sheer fact that you will be staying in one location for a long span of time so you will be breathing in the essential oils all night long. Which oils you pick to diffuse depends on whether you are strengthening your immune system or already trying to fight something off. Oregano, Eucalyptus Globulus and Thieves are all great to help fight off viruses and bacteria. Thieves and Oregano can be a strong scent and only a few drops of each should be used. It would be best to use a diffuser that will run on a timer; it will offer a break in between diffusing the

oils. If you are dealing with congestion Eucalyptus is a great one to run in the diffuser for all night long.

Ways to Flush our Lymphatic Systems

Young Living Lemon, grapefruit and orange are great to add to your water during the day because it encourages the lymph to flush out toxins. Lemon oil is also



good to fight exhaustion, clear up skin, uplift your mood and reduces inflammation. A massage is also a great way to get the lymphatic system moving. Julie offers a Swedish massage and adds different essential oils during the massage for the added benefit. Together, Julie and I do a Raindrop Massage that is the best of both a full body

massage with Raindrop Technique that applies many EO's that are antiviral, antimicrobial to help boost the immune system and flush out the toxins in our bodies.

Leave the Good Bacteria Alone

We are brought up with the belief that microbes and bacteria are bad with all the advertisements for antibacterial soaps, hand sanitizers claiming to kill over 99% of all germs. These advertisements lead us to believe bacteria is bad for us and to use these dangerous products that end up killing the weaker strains of bacteria and allowing the more dominant resistant strains to resist and live on. Our bodies and skin have trillions of

microorganisms that benefit our bodies especially when it comes to our immune health. These good bacteria strains are our allies, without them to balance out the harmful strains we are vulnerable to intestinal damage, illness,



emotional stress and more. So we need to focus our attention on cleaning up our uses of antibacterial products and switch to something that won't obliterate all our good bacteria. Julie and I created foaming soaps and hand sanitizers for an alternative to all the overbearing antibacterial products on the market. Our sanitizers are safe and non-irritating to the skin unlike other sanitizers on the market that can be harmful and drying to the skin. We offer two options of a

foaming sanitizer and an aloe based sanitizer, both contain essential oils of clove, eucalyptus, orange, cinnamon, and rosemary for helping to ward off the unwanted microbes. Another benefit for your colon is probiotics. Many people are lead to believe that eating yogurt gives enough supplementation of probiotics. Well...that is not true!! There are only a few strains of bacteria that can live in yogurt. You would have to eat over a dozen yogurts a day to come close to an adult dose of a common on the market probiotic. Many yogurt brands on the market have no active probiotic strains and if they did have some probiotics in them the pasteurization and sterilization process will kill the live microorganisms. So you shouldn't believe that yogurt is the best go to food for your daily probiotics. Kefir is fermented milk and has far more cultures than yogurt and would be a good alternative. Our office carries Metagenics Ultra Flora Balance which has 15 billion CFUs. CFUs are colony forming units which at bare minimum



CFUs in a probiotic should be at least 1 billion. With the Metagenics Ultra Flora Balance you only need to take one a day for a healthy maintenance.

Overall to keep your immune system running good it's important to take the time you need to deal with stress, keep active with exercise, and eat nutritious meals. With some of my tips I am hoping you can keep your immune system strong this season.

Andrographis

By Dr. Alan R. Perestam

For those that know me, definitely know one of my favorite herbs for the immune system, and that is Andrographis!!

This herb is a blockbuster for so many of the infections we deal with during our winter months. It is however, a fantastic herb to be taken year round as well.

Known to be found in China and Southern Asia, this herb has been revered for its benefits. If you take a few moments to look this up on WebMD, the list of potential help is staggering. For this article, we will stick to a list of 10 more common conditions helped by Andrographis. While widely seen as help for colds and flu, here is a top 10 list from Dr. Ali Le Vere for taking Andrographis.

1. Anti-viral
2. Anti-fever
3. Anti-parasitic
4. Anti-malarial
5. Anti-cancer
6. Anti-diarrheal
7. Immunomodulator
8. Liver support
9. Cardio metabolic benefit
10. Auto Immune benefits

As you can see, this is the short list of potential benefits that covers a wide range of health benefits I believe we all need at some level.

As with any herbs make sure you aren't taking prescriptions that may have conflict with Andrographis . Here are 3 medications that you should be cautious with.

1. High blood pressure medications: Andrographis may decrease blood pressure naturally so be careful about lowering too much.
2. Immune suppressing drugs: Since andrographis enhances the immune system it may conflict.

3. Blood thinning medications: Andrographis naturally may slow clotting time so this needs to be approached with caution.

With any vitamin or herb its good to check for conflicts with medications. This herb, however, has been great for myself, and my family for years and I continue to recommend it highly.

The Importance of Iodine and Ways to Add it to your Diet

By Dr. Dean H. Powell

Iodine is an essential trace mineral that is critical to the function of the thyroid gland. There is a myriad of symptoms that occur if levels are low. The most common symptoms of low thyroid are goiter (enlarged thyroid gland), lethargy, fatigue, weak immune system, slow metabolism, autism, weight gain and possibly anxiety and depression. The primary symptom is a feeling of coldness; however other symptoms are dull pain under shoulder blades, dull headache, edema of the eyes, hands and feet and alternating pulses. Women are naturally prone to a deficiency in iodine. That's because the thyroid gland is twice as large as in men, but when under stress, a woman's need for iodine doubles or triples.

One of the best natural ways to boost your iodine levels is to add sea vegetables to your diet several times a week. Just one teaspoon of kelp or dulse a day can help regain normal iodine levels. Kelp has the highest amount of iodine of any food on the planet. The easiest way is to purchase dried kelp or dulse flakes at your local grocer and simply sprinkle it into soups, salads or on fresh popped popcorn.

The following are other ways to incorporate this all-important trace mineral into your diet:

Ways to Add Dulse to your Diet

Purchase a bag of dulse from your local grocer. A common brand is Maine Coast Sea Vegetables. It may be whole seaweed (simply cut with scissors) or in pieces:

1. Make a broth with scallions, celery, garlic lemon add cut up dulse.
2. Can also add to bone broth (chicken or beef) but will change flavor.
3. Boil water, pour over dulse and lemon rings, and add more lemon juice. Enjoy like tea or broth.
4. Tuna Salad: Whole can of tuna in olive oil. Tare up greens, diced onion, celery, chopped dulse—1 Tbsps.
5. Spread toast coconut oil, Tahini, fresh garlic sliced paper thin, sliced tomato if desired, use dulse instead of lettuce
6. Cut cucumbers paper thin, slice sweet onion in thin wheels or half rings, add 2 TBSPS dulse, rice vinegar and water (2/1 ratio) to cover. Marinade. Just like pickling. Add lemon. Finish with sour cream and horseradish to serve if desired.
7. Add Dulse to rice: To cooked organic brown rice, add Tahini (mixed with a little warm water to make a sauce). Steep dulse in hot water to plump and add to rice mixture. Season with S&P. If desired, top with steamed broccoli, Brussels Sprouts, Asparagus, Zucchini or combination of same.

Alternatively, Standard Process offers Prolamine Iodine to efficiently and effectively bring iodine levels back to normal. If you are wondering if your iodine levels may be low, please ask Dr. Powell or Dr. Perestam to do an iodine patch test.

Powell Chiropractic

Flaxseed Meal Pancakes,

GF, Low Carb, High Fiber, Probiotic!!

Recipe serves 1-2 people



6 Tbsps organic Flaxseed Meal

½ tsp aluminum-free baking powder

2 organic eggs

2 Tbsps veg oil, such as Coconut or Algae

2 Tbsps. water

Cinnamon

Combine flaxseed meal and baking powder and mix well.

In separate bowl, whisk together eggs, oil and water.

Add dry mixture to wet mixture. Mix to combine. Sprinkle with cinnamon.

Ladle onto hot griddle. Flip after 2-3 minutes. Cook another 1-2 minutes.

Serve with berry compote, raw whipped cream and maple syrup, as desired.



Herbals for Lyme – Japanese Knotweed, Biakal Skullcap and Cilantro.

Is it Lyme?

Lyme – "The Great Imitator"

Symptoms of Lyme disease can mimic the symptoms of Fibromyalgia, Arthritis, Chronic Fatigue Syndrome, MS, ALS, Parkinson's and Alzheimer's, as well as more than some 350 other diseases! Someone with Lyme could have symptoms such as joint or muscle pain, rashes, fevers and fatigue but since these symptoms can come from common infections like a cold or the flu, the first thought is often not Lyme. The symptoms of chronic Lyme can be similar to the acute symptoms but can also manifest as symptoms that no one would ever associate with Lyme such as tooth pain, ringing in the ears, GI dysfunction, anxiety and depression or can cause a heart block – also called Lyme Carditis.

We are all individuals and just like our personalities are unique, we manifest different symptoms of Lyme than the next person - even though we have the same infection!

A case of mistaken identity.

Every day we hear of someone who was told they had one illness who later found out it was something else. This situation happens often with Lyme. The why of that situation is another full article but since the testing is faulty and doctors are not trained to "Think Lyme First!" people are left undiagnosed or misdiagnosed. While they might be given a drug for a symptoms like muscle pain and been told they have Fibromyalgia. This does not get to the root cause of this symptom – what is the cause of the muscle pain? It could very well be Lyme.

But I never had a tick bite!

There are many myths associated with Lyme. The big one is that you can only get Lyme if you see a tick attached to you and you later have a Bulls' eye rash. Some people never see the tick, or don't have a reaction to the bite so they never notice a bite mark, or think the bite may have come from something else. The famous Bulls' eye rash only appears in an estimated 50% of infected individuals, or it may appear as a different kind of rash and not be near the tick bite. There is some evidence that Lyme and other Co-infections can be transmitted by fleas, mosquitoes, spiders etc. Many people would never think to go looking for Lyme as a cause of their issues since, they never had a tick bite, went camping, or other 'risk factors' for Lyme. But anyone with groupings of symptoms like the ones in this article owes it to themselves to look deeper into this possible cause.

Testing is tricky

Most tests for infections are pretty accurate but tests for Lyme are not. Most tests are blood tests and Lyme does not live in the blood. Once Lyme has started to establish itself in the body it penetrates into the muscles, the joints, the brain, etc. There is not much left floating around in the blood to be picked up by a blood test. Only when the infection is new (before it moves into the deeper layers of the body) does it show up on a test readily. The PCR test which is the normal test run by your Primary Care Doctor is said to be about 50% accurate. The Western Blot test, another Lyme test, is said to be up to 70% accurate. Many Lyme experts will say that both of these tests are only accurate if the infection is recent. As you can see, testing is not straightforward and many people can easily fall through the cracks and an infection with Lyme can be missed! Someone may have the mistaken idea that they don't have Lyme but then will still be chasing symptoms of Lyme for the rest of their life! Being diagnosed with Fibromyalgia, Arthritis, MS etc. instead.

I have a client who we will call Doug. He came to me because he was having neurological issues, was suffering from seizures as well as many other debilitating physical symptoms. Doug had a Lyme test done at his PCP and it was negative and all they could offer was drugs for the seizures with no explanation of why this was happening to him. He would not take this passive approach to his health care and came to see if I could help him. His Primary Care Doctor said 'not Lyme' but I helped him get further testing: a Western Blot test and I used Autonomic Response Testing on him and both of these testing methods indicated that Lyme and co-infections *were* indeed part of his health problems! We are working together on Diet, lifestyle factors and an herbal protocol based on his testing and so far he is feeling better than he has in a long time, and losing some weight as a bonus!

The take home message.

My intention is not to scare you but to inform and educate you about some of the issues with Lyme disease, the symptoms, testing problems and treatment issues. I want to empower you to stand up for yourself and to not accept vague explanations for your symptoms and drugs to mask symptoms. We need to look deeper for why we have these symptoms in the first place and maybe there is something that we can do about them.

Don't be left wondering if maybe you or a loved one should look deeper into Lyme as a reason for some of your health problems! In my practice I support my clients with the testing and protocols to help them get to the root cause of their symptoms and health issues. I use testing to determine the right course of action for each client and to find the right vitamins, minerals, and herbals to use. At the end of the day, in your case it might not even be Lyme but with my detective methods we will search together for path to health for you and your loved ones!

There is always hope, don't give up! Keep searching for your healthiest self!

If you would like to explore testing and herbal protocols for Lyme, Co-infections and other chronic illnesses, you can sign up for a Free Discovery Session to meet me and find out what we can accomplish together. You can meet with me in my office at Perestam Chiropractic or we can have a phone call. Sign up here to schedule your free Discovery Session: <https://go.oncehub.com/LauraHobbs>

For more information please visit my website: www.laurahealthdetective.com

Laura Hobbs, Laura Health Detective
FDN Practitioner and ART Practitioner

<u>Symptoms of Acute Lyme Disease</u>	<u>Symptoms of Chronic Lyme Disease</u>
<p>One of the most well-known of the early signs and symptoms of Lyme disease is the classic “bull’s eye” rash (erythema migrans) that appears several days, or sometimes weeks, after getting a tick bite.</p> <p>Other acute Lyme disease symptoms include:</p> <ul style="list-style-type: none">• Fatigue or tiredness• Chills• Headache• Neck stiffness• Muscle aches• Low-grade fever• Cardiac symptoms such as chest pain, shortness of breath, and feeling faint, which can be indicative of Lyme carditis, a serious heart manifestation of the disease• *High fever and swollen lymph nodes generally indicates a co-infection	<ul style="list-style-type: none">• Tooth pain• Chronic infection• Chronic fatigue• Chronic pain• Migrating arthritis or joint pain• Muscle pain• Chronic flu-like symptoms• Headache• Neck stiffness and creaking• Bell’s palsy• Brain fog or loss of cognitive function• Heightened sensitivity and agitation to noise and sound• Ringing in the ears• Sleep disorders or trouble sleeping• Visual changes or blurry vision• “Floaters” in vision and eye discomfort• Dizziness and instability• Muscle twitching• Paresthesias (burning or tingling in feet and hands)• Tremors (head and hands)• Chest pain• Irregular heart beats• Shortness of breath or difficulty catching breath• Unstable bladder• Gastrointestinal (GI) or digestive dysfunction