

SUMMER NEWSLETTER

SPINAL COLUMN

August 2019



Celebrating 30 Years of Practice and 20 Years of Service

The month of August we are celebrating Dr. Alan Perestam in 30 years of practice! Dr. Alan has been a blessing to work for and I am proud to have worked with him for so long. To most of his patients he is a great Chiropractor, but he is also a dedicated father and husband. Read about his Chiropractic career further into our newsletter.

Our very own Julie Dodge has put in over 20 years of service with the Air Force and in the month of August will be retiring. If you see Julie in our office please thank her for serving our country. Julie will be continuing her work here at our office and Bar Manager position at the VFW Post in Owego. Thank you Julie for serving our Country!

Welcoming *Laura Hobbs* into Perestam Chiropractic

Another announcement we would like to make is welcoming Laura Hobbs, FDN-P to our practice. She has written an article that will help you understand what she can do to help her clients. We are excited to have her be a part of our team here at Perestam Chiropractic!

**THE ROOT CAUSE
APPROACH TO
HEALING**

**SUMMER
HERBS & EO'S**

**SUMMER
PESTO RECIPE**

**CELEBRATING
30 YEARS OF
CHIROPRACTIC**

The Root Cause Approach to Healing

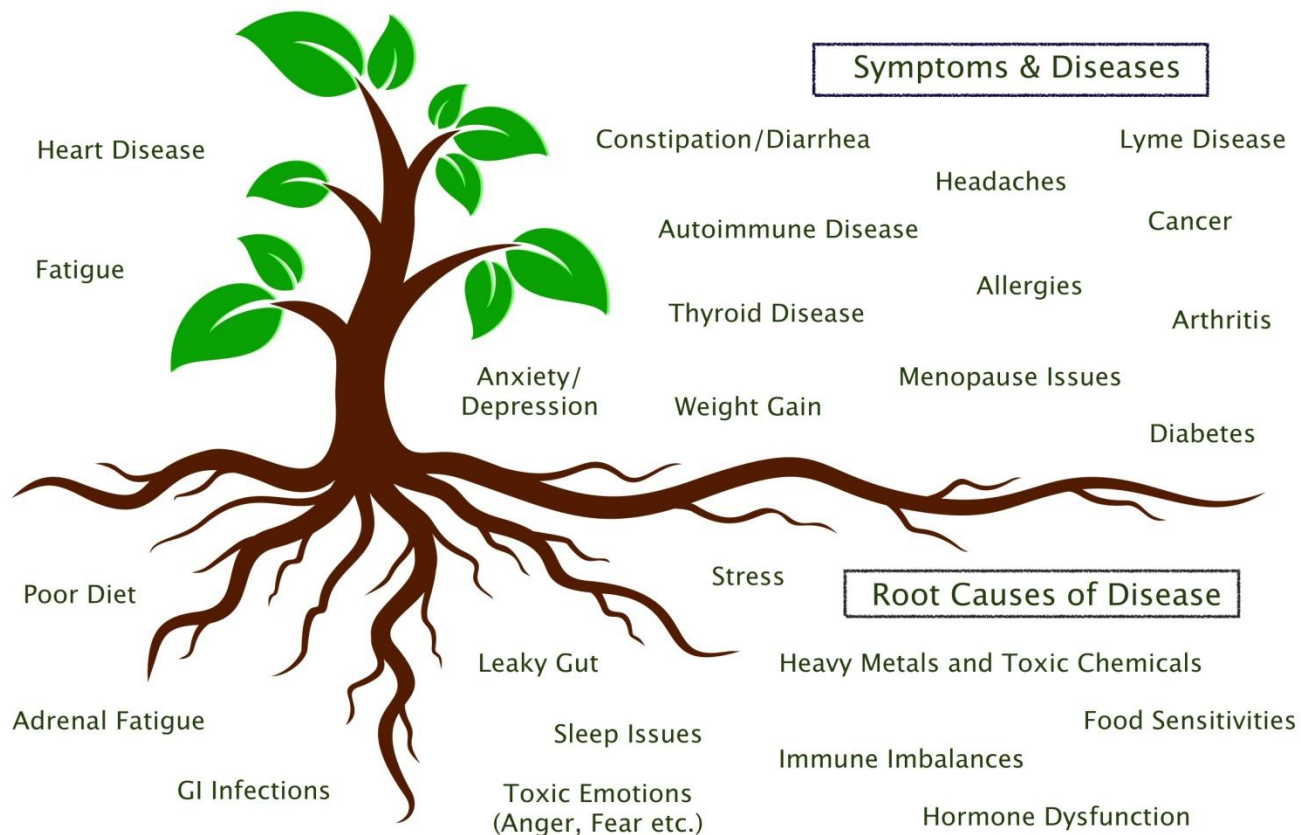
By Laura Hobbs, FDN-P

The trees and plants and flowers are in full bloom now that it is summer, enriching our lives with the lush greenery and pretty colors. For many of us this means gardening and yard work and getting our hands into the soil. You know when you are weeding your garden or flowerbeds you need to get the weeds out by their roots or else they may grow back! The same is true with your health problems, if you don't work on the health problem at its' root cause then it may come back stronger than ever and you may need more medicines to treat it.

Root Cause Medicine and Nutrition

This is the way Functional Medicine practitioners describe the way they help you with your health— not by prescribing drugs based on symptoms but by looking deep for the root causes of the symptom or the disease. Symptoms are like warning signals from your body “Something is not right down here – we are letting you know so you will make a change!”

Symptoms are like the ‘check engine’ light on your car – taking a medicine is like disconnecting the electrical wires so it doesn't light up. Now that annoying light is gone, thank goodness! *But* the reason the light came on in the first place is still there, you didn't make the problem go away by disconnecting the wires.



Let's look at how someone's experience looks different with a Root Cause Practitioner or a conventional Doctor: using as our example a migraine sufferer.

You would see your primary care doctor and they would listen to your issue for a few minutes and would prescribe a medicine like a triptan drug. These drugs might indeed "cure" your symptom: the migraine will go away- yay! But since the root cause is still there it will likely come back and over time higher doses or different drugs may be needed to address this same symptom since you didn't listen to your bodies' warning signal. These migraine medicines also have side effects, they might cause you blood pressure to go up or make you so tired you have to sleep and are no longer productive. This could lead to the Doctor prescribing more drugs for those new symptoms and the cycle will just continue on and on – unless you look for the root cause of that migraine!

But if you visit a practitioner that uses the principals of Functional Medicine i.e. looking for the root cause, you will find a different experience. They will look at you, your diet, your lifestyle practices and also look for hidden infections, toxicities, Food Sensitivities or deficiencies of nutrients. They will 'dig' for the root cause that makes your body have a migraine as a symptom/warning. They will run tests to look for imbalances in the body, infections, GI function or food sensitivities. The practitioner will use tried and true herbal and vitamin based protocols to address the root cause; like a vitamin to bring up a deficiency or use herbal antibiotics against a GI infection. These protocols will rarely have side effects and are less toxic to an already stressed body.

Are you sick and tired of being sick and tired?

I know I was! After decades of seeing my PCP and even specialists and treating the symptoms (don't get me wrong I was happy for the relief!) but then new symptoms would show up and I experienced many side effects from the medicines. I saw my parents' lists of prescriptions that were 15–20 prescriptions long and I knew this was my inheritance if I continued doing what I was doing.

After having the good fortune of finding a practitioner who used these functional tests and natural protocols, my health started to turn around; having less symptoms and more energy than before. After having incredible improvement in a few months time I decided Functional Medicine was the new health paradigm that I needed to become part of! I chose Functional Diagnostic Nutrition as the training I would take to bring this new way of looking at symptoms and restoring health to people in our area.

Test don't Guess!

You may have already tried diets, gone gluten free, had energy work done, and searched on Dr. Google for relief. These are all great pieces of the puzzle and maybe you did get some relief but not enough. Dump the trial and error method - let's find out what is at the root cause of your health issues!

I am Laura Hobbs, your Health Detective! Together we will use functional testing and diet and lifestyle modification to get to your root cause. I will be there for you every step of the way, to guide the testing and protocols, to educate you on ways to live healthier and feel better and to help empower you to take back your health!

If this sounds like something you might be interested in, you can sign up for a Free 30 minute Discovery Session to meet me and find out what we can accomplish together. You can meet with me in my new office at Perestam Chiropractic. Sign up here to schedule your free visit: <https://go.oncehub.com/LauraHobbs>

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

Enjoy your summer and I look forward to meeting you soon!

Summertime Essential Oils: Feel The Burn... and Bite!

By Christine Wilson

Summertime is the time to be in the hot sun and enjoy the outdoors. Sometimes in my household we spend a little too much time in hot sun and find our skin burned and as hot as can be. Well...there is an oil for that!! Peppermint oil is perfect for those hot days. A couple of drops applied to the back of your neck helps keep you cool and feeling refreshed on a hot summer day. Lavender oil is great for any kind of burns whether its sunburn or a burn you get from cooking in the kitchen. Aloe vera gel is most commonly used when someone has a burn whether you buy it from the store or get it fresh from the plant. Lavaloe is something Julie and I created with the best of both aloe vera gel, lavender for burns and peppermint for the nice cooling sensation you crave when your skin feels like it's on fire.



Another summertime buzz kill is exactly what you are thinking...bugs!! It seems that our wet and humid summers bring on the bugs. No matter what our outdoor activity may be we find these distracting bugs buzzing around our heads. Essential oils are great for keeping the bugs away and also for those irritating bites that won't stop itching. Julie and I came up with our own bug spray called BugOff and Been Bitten stick for bites. BugOff is made of essential oils and witch hazel that is easy to use and keep bugs away. Citronella usually comes to most people's minds when it comes to keeping the bugs away. I always remember when my family went camping there was always the scent of citronella in the air, especially during the nighttime hours when we had a campfire. Citronella has been used for years as a mosquito repellent. It has been very useful in repelling mosquitoes because by applying it to our bodies it covers up the smell of lactic acid and carbon dioxide which is what they are searching for. Over the years it has shown that citronella alone is not perfect in protecting you from bites. Eucalyptus Lemon, which comes from the gum of the eucalyptus tree, can be very effective against the bugs as well. With its strong smell it really compares to a natural alternative to DEET which so many people seem to go for when it comes to a bug repellent. The problem with DEET is it has some nasty side effects when absorbed into the skin. Some of those side effects are skin irritations, blisters, rashes, and brain damage (seizures, insomnia and impaired cognitive function). Our spray is helpful in preventing the bugs from biting you, and is perfectly safe for kids and adults. It can evaporate fast and needs to be applied after a few hours. The Been Bitten has our specially made infused olive oil with comfrey, calendula, yarrow, chaparral, plantain and heal all flowers with essential oils of lavender, lemongrass, peppermint, geranium, and tea tree. Our infused herbal blend is helpful in the soothing and healing of any bite along with the aid of the essential oils. I picked these specific herbs because of their healing properties. All 6 herbs complement each other so well. Except for the calendula and chaparral the three other herbs grow all over our property. I am only going to highlight two of them. Yarrow is this feathery plant that you may find out in your lawn along with plantain which



most people deem a weed. Growing up I had my share of bee stings. Whether it was hornets, wasps, bumble bees, you name it, it stung me. My father shared a family tradition with me that was taught to him by his grandmother who lived off the land and was a wealth of knowledge on herbs. Anytime I got stung he would take a piece of plantain and yarrow chew it up in his mouth and then apply the paste onto my bite. I know this may sound a little yucky or strange but it does work well. The yarrow actually helps numb the area of the sting and the plantain helps relieve the pain, burning, and itching sensation. The plantain actually aids in the prevention of infection. So the next time you see it in your lawn you might think twice about it being an obnoxious weed. On top of having these great herbs in this bite relief stick the essential oils are just as helpful in relieving any type of bite. Tea tree oil prevents the spread of bacteria and other microbes from growing in the bite and the oil works as a natural antihistamine to help with itching and swelling.



Plantain

Lemongrass is useful in reducing the swelling and inflammation and also has antimicrobial traits. Peppermint creates a cooling sensation on the skin and has the same qualities as lemongrass and tea tree to aid in the healing of bug bites. Been Bitten is a must have stick to get you through the summer months of dealing with all sorts of bug bites. It is perfectly safe for kids and can be applied as much as is needed.

With that in mind I never like to be without these products. Julie and I started making these Natural Way Essential products because we were sick of using products on the market that had a mile long list of ingredients that had names we couldn't even pronounce. We wanted to use products with simple and non toxic ingredients. If you ever have any questions about Young Living Essential Oils or our products please feel free to ask Julie or I. Have a great summer!!

Summer Recipe: Pesto

By Nicole Howard

The summer warm weather brings an influx of new colors to our gardens: bright red, orange and yellow tomatoes, yellow squash, purple eggplant - a veritable rainbow of edibles. One of my favorite plants to grow is basil. Thickly slice ripe tomatoes, layer with fresh mozzarella, torn pieces of basil leaves and drizzle with extra virgin olive oil and salt. This is delicious and easy to prepare. Pesto is another versatile recipe:



- 1 cup packed fresh basil leaves
- 1-3 cloves of garlic
- 1/3 cup pine nuts, walnuts or hazelnuts
- 3-6 tbsp parmesan, grated
- ½ tsp salt or to taste
- 2 sprigs of flat parsley

Finely chop in food processor. Add 1/3 -1/2 cup of olive oil to make a thick paste. Freeze in ice cube trays for use later. We like to make pesto pizza, omelets, pasta or just spread on a sandwich.

For more information or with questions please email: chaseafterhealth@gmail.com

Celebrating 30 years of Alan Perestam's Chiropractic Practice

Dr. Alan R. Perestam began practicing in Owego after graduating from Logan College of Chiropractic in 1989. One of three children raised in a Chiropractic family, he wanted to continue the tradition started by his father, Dr. John I. Perestam, who is also a 1962 Logan Graduate. Dr. Alan decided to come back to the Owego area because of his family. He spent less than a year practicing alongside Dr. Joseph Loverro until he opened his own practice in Owego the spring of 1990.

Dr. Alan worked alongside Logan Alum Dr. Paul Dougherty for over two years after he opened his own practice. A new location opened up that fit what Dr. Alan wanted in an office so he started his practice down the road from where he originally started. During the years at this location, he has had other Chiropractors and Massage Therapists working alongside him as they built their practices and would then venture out on their own. His father, Dr. John, practiced with Dr. Alan for many years on and off as he traveled back and forth from his home in New York and his other practice and home in New Hampshire. The father and son duo worked wonderful beside each other. Dr. Alan was able to learn more about what Chiropractic has to offer and how he can help each of his patients further their health to another level. His brother, John A. Perestam, practiced briefly with him as a Massage Therapist and PKP Practitioner before he opened his own facility. Julia Dodge, LMT, joined the practice in 2005 and has worked as a Massage Therapist and Office Assistant while she also serves our country in the Air Force for 22 years to date. Linda Breffle began working for Dr. Perestam in the same year as an Office Assistant. She is a Lay preacher at John Hus Presbyterian Church for 8 years and enjoys letterboxing and kayaking all over the US.

While Dr. Alan built up his practice, he got married and helped raise his two children, Reed and Marina. They would spend time in the office either playing or helping the staff clean rooms in between patients. His kids always kept the practice feeling family oriented and the patients just adored watching them grow up.

In 2011, a devastating flood hit the area and caused Dr. Alan to move his practice to another location in Owego and moved into a newly renovated facility owned by his friend, Kurt Kemmerling, who is a licensed Massage Therapist.

In that same year, Dr. Alan introduced Dr. Dean H. Powell into his practice, who is also a Logan Graduate. Dr. Dean was introduced to Chiropractic through Dr. Alan's father, Dr. John. He pursued his dream to become a Chiropractor and started his practice in Owego with Dr. Alan. Dr. Dean and his wife, Janet, recently moved back to their hometown of Franconia, New Hampshire where he has started his own practice, but every 4-6 weeks travels back to Owego to treat his patients who got him started.

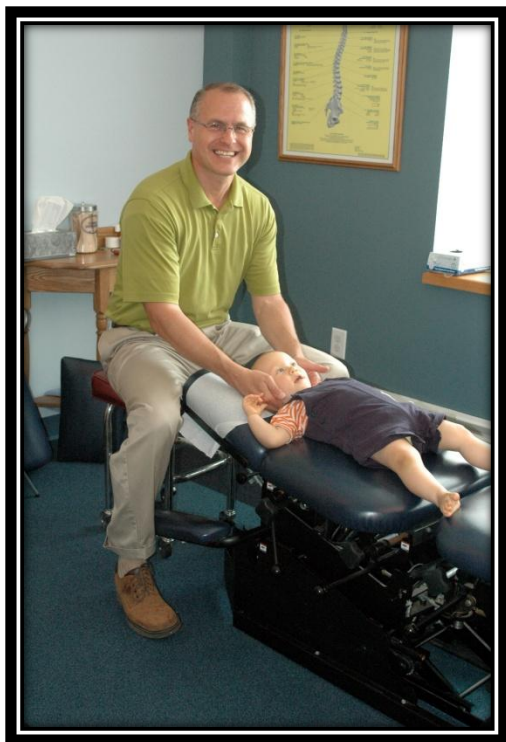
What you might not know is that Dr. Alan offers care to infants on up to seniors. He addresses each patient's unique cases and uses the techniques of Applied Kinesiology, Flexion/Distracton, and Diversified in his care. Quality of life and long-term health are his primary goals. Nutritional concerns and support are discussed with Dr. Alan and further diagnostic testing can be addressed. Additional therapies and techniques are offered by his staff, Julia Dodge and Christine Wilson, to help with any other specific needs like Massage Therapy, Cranial Sacral, Integrated Energy Therapy and Reiki.

Dr. Alan is very passionate about nutrition and how important eating the right nutritious foods can provide overall wellness. He has taught several nutrition topics at SUNY Broome, local fitness facilities and schools. Dr. Alan and his office manager of 15 years, Christine Wilson, have put on the Sustainable Health Expo for many years. The show brings in local holistic health practitioners, fitness facilities, farmers and other organizations that provide sustainable living together for the community to get more information and learn how to take control of their health.

Dr. Alan has won the *People's Choice Award* for our area two years in a row. He also won an Award for being a *Patriotic Employer* by The National Committee of Employer Support of the Guard and Reserve for his employee, Julia Dodge, and has been recognized in Logan College's "The Tower" by General Rebecca

Halstead, who has spoken about Chiropractic and her life challenges in a packed DC Center at Logan College.

Dr. Alan and his wife, Shelly, are life-long residents of Owego. They first met in Middle School where Shelly now has worked for 28 years as a school nurse. They reconnected and have been happily married for almost 10 years. The joy of their lives is their four children: Alanna, Michayla, Reed and Marina. All four of their kids are very active in sports including softball, volleyball and lacrosse which Dr. Alan and Shelly are their biggest fans! Their favorite pastime is vacationing with their kids and spending time with their friends and family. They are also active in their church and thank God daily for their life's blessings. Their love for God and their families is what keeps them grounded. Dr. Alan and Shelly both feel very blessed to be able to serve and live in such a great community!



Dr. Alan is an extremely caring professional who has an

enthusiasm for helping and treating his patients. His patients are what make him excited about coming to work every day. He loves seeing their improvement and watching the growing generations come through his office. Every patient who has been treated by Dr. Alan loves his happy, upbeat nature and always leaves with a smile on their face. He prides himself for having a dedicated staff that keeps the practice running smoothly for 30 years.

A personal note from Dr. Alan Perestam:

Over the last 30 years I've been so blessed to have been able to be a part of your health team. Meeting people and getting to know and love you and your families has been such an honor and privilege for myself, my teammates, and my family. Thank you for allowing me to be part of your lives over the last 30 years, and I hope, with God's blessing, we can be here for you for years to come.

One thing that is missing from this newsletter was the person that makes this all possible...Christine Wilson! Christine works tirelessly on managing Perestam Chiropractic and is so much the integral part of our team to run our office. She and her family are amazing, giving people that I can't say enough good things about. I want to thank Christine for the last 15 years she has worked with me and pray she'll be here for many more.

Dr. Alan

“Chiropractors correct abnormalities of the intellect as well as those of the body.” Dr. D.D. Palmer

Celebrating Dr. Alan Perestam with a Quiz:

How well do you know your Chiropractor?

1. What was the address of Dr. Alan Perestam's first Chiropractic office?
2. What was Dr. Alan Perestam's first job and how old was he?
3. What was the age of the youngest patient Dr. Alan Perestam has worked on?
4. What was the age of the oldest patient Dr. Alan Perestam has worked on?
5. What was the cost of a Chiropractic visit when Dr. Alan Perestam's first started his own practice?

Email your answers to Perestamchiro@hotmail.com

Good Luck! Winner gets a FREE Chiropractic Adjustment. Winner will be notified by the end of August.

Happy 82nd Birthday to Dr. John Perestam

August 28th marks what would have been Dr. John I. Perestam's 82nd birthday. A poem from Linda.

*Time Stands Still for Those Who Love
Hours fly and flowers die.
New days, new ways pass by!
Love stays.*

*Time is
Too slow for those who wait
Too swift for those who fear
Too long for those who grieve
Too short for those who rejoice
But for those who love,
Time is not.*

Henry Van Dyke

--an Inscription for a Sundial

