

Perestam Chiropractic Spinal Column



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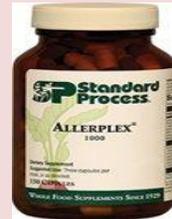
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Spring 2020

Inside This Edition

Spring is now in full force which means allergy season. Don't forget to stock up on Standard Process Allerplex, Young Living lavender, peppermint and lemon essential oils to help ease your allergy symptoms. Any questions regarding the use of any of these products please feel free to email. Now onto the articles, Dr. Alan Perestam discusses his favorite health books, Laura Hobbs talks about functional testing, and Christine Wilson goes into essential oils that can ease your pain. Enjoy our newsletter and have a great rest of your Spring!!



Put your Pain at Ease

By Christine Wilson

Spring is here! It's time to get outside and get back to all that yard work and gardening. All that work comes with strains and joint pain. We see many patients in the office that are dealing with pain of some sort whether it is arthritis pain with older adults to children dealing with growing pains. I use Muscle Cream on my kids when they complain their legs feel achy whether it is growing pains or just a long day of exerting themselves. I massage the cream onto the area and it helps relieve their pain. Julie also uses this cream in her massages. It smells wonderful and leaves your skin moisturized and your muscles relaxed. What's in the cream you ask? We use an organic cream base and add many essential oils to help with pain in the muscles and joints like wintergreen, helichrysum, copaiba and peppermint.



Helichrysum is the Latin name for this plant which grows wild in the Mediterranean region. Its meaning is "immortal" or "everlasting". Helichrysum italicum is a bushy evergreen shrub with spicy curry-scented leaves, which is the reason why it has been known to be called the Curry Plant. Medically helichrysum has wound healing properties, helps with inflammation of muscles and joints, and offers a powerful tissue regeneration that aids in the formation of scar tissue.

Wintergreen is a popular flavor when it comes to mints and gum, but has many health benefits too. You may not even realize it, but wintergreen grows all over our area in the wooded areas. As a little girl staying with my Grandmother Cynthia or as I call her Honey, we used to go out into the woods every Autumn and collect different plants to make a Winter Garden. We would gather beautiful



mosses, ferns and wintergreen. We would always try to find one with a berry on it to add color to our gardens. It was always a fun ritual and wonderful learning experience. Wintergreen essential oil is made by distilling the leaves. Its benefits include pain relief, reduces swelling, irritation and inflammation, which is why we choose this oil to be in our cream. Wintergreen has other benefits that make this oil a wonderful stand alone oil to have on hand. It can help improve alertness, aids in digestion and is good for treating colds, fevers and other infections. I have used wintergreen on myself and my kids during times of stomach aches and fevers. It can provide a cooling sensation over the body which helps with fevers and is nice sensation on painful muscles.

Copaiba essential oil comes from the resin of the tree and has been used for centuries for many health issues. Copaiba has a sweet, woody aroma and is a natural inflammatory and pain reliever. The copaiba tree grows to be 100 feet and produces yellow flowers and a reddish fruit. Fun fact, a single tree could offer up to 12 gallons of oil each season. The tree grows in South America. Many different cultures use it for medicinal purposes. Amazonian medical practitioners prescribe copaiba oil for its anti-inflammatory properties. There is a compound found in the oil called beta-caryophyllene that is a anti-inflammatory agent that has analgesic and pain relief properties.

There are many other helpful essential oils that I haven't touched upon in this Musclease cream, but if you have any questions about the oils please feel free to reach out to Julie or I. In conclusion, this cream can be very beneficial to help with aches, pain or cramps you may have. Grab a jar at our office and put your pain at ease!

Side note on COVID-19:

In this troubled time, we find ourselves wrapped up in all this chaos that is occurring in our world today. I think it is important to stay positive and find time to get outside and go for a walk or do some type of exercise. All these new restrictions that have been put upon us, social distancing, wearing masks, gloves, etc. I found myself trying to embrace these changes and come up with a way to make wearing a mask more pleasant. So I was thinking why not add some oils to the mask to make it a little more enjoyable and more beneficial to my health. That is when we decided to create a Protection Spray. This spray contains distilled water, colloidal silver, witch hazel and essential oils of clove, cinnamon, orange, eucalyptus, and rosemary. It smells wonderful and it has a great mix of immune boosting oils. I just shake the bottle and squirt a spritz of this on the outside of my mask and breathe the citrusy cinnamon aroma. You can also use the spray on your hands, counters, doorknobs, and other surfaces as a sanitizer. Take care of one another during this time and most importantly take care of yourself.

My Top Recommended Books

By Alan R. Perestam

When first approached to write an article about my favorite books. I thought it was going to be an easy task and a quick list could be thrown together. But, as I began looking at all the books and resources I've accumulated over the last 30 years of practice, it really became an overwhelming task to narrow it down to some good ones.

Those who know me, realize I believe in a foundation of nutrition for our health and well-being. I do not believe I'm any expert in nutrition but as the saying goes "I know a few things because I've seen a few things". So here is a few of my favorite books relating to diet and nutrition.

- *Wheat Belly* by Dr. William Davis
- *Grain Brain* by Dr. David Perlmutter
- *Eat Right For Your Type* by Dr. Peter D. Adams
- *Eat Fat, Lose Fat* by Dr. Mary Enig and Sally Fallon

While there are many more fantastic books dealing with this subject, I use these, and refer to those books often. A few other resources are Weston Price Foundation and many articles written by Dr. George Goodheart. In our office we have Weston Price Foundations "Wise Traditions", which is a quarterly newsletter they send out about food, farming, and healing arts. It is a great resource for updated information on these topics.

So other areas that I look for expert advice on is always Musculoskeletal issues. Some of what I love about the first listed Orthopedic book is its simplicity. No major things to learn, and simple techniques to help shoulder injuries. Here are my two favorites:

- *The Shoulder Pain Solution* by Dr. John M. Kirsch
- *Stretching* by Bob and Jean Anderson

These books are used widely for so many skeletal complaints and issues. I try to stay aware of trends and health topics that are popping up in the media. At times it seems daunting to keep up with all the new ideas and "cures" that hit the market. The major idea that I try to live by is it always comes down to basics. Keep it simple and always stick to the balance God put before us on this earth. I hope you can take a look at some of these books and find some information in them that resonates with you.

Side note: We do have these books in our office to look at if you are interested in any of these books.

Test - Don't Guess!

By Laura Hobbs, FDN-P



What do you think of when I say testing? Do you think of going in for a blood draw at your yearly Doctor's visit? Then usually your doctor says "everything looks fine" or maybe "your blood sugar or your cholesterol is a little high".

But they rarely come up with a reason why you have the aches and pains, fatigue, brain fog or weird G.I. symptoms, right?

Maybe you have already tried dieting, 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. Stop this trial and error method - let's find out what is at the root cause of your health issues with new and different testing.

I want to introduce you to a new kind of testing: Functional Testing!

Functional testing looks at the function of the body or organs or cells to see where they are dis-functioning. If we find dis-function in the body, we can look to see if there is an infection or a need for a nutrient or a toxin present that is at the root of the dis-function or dis-ease. Instead of a medicine that usually doesn't do more than cover up the symptom, I work together with you to find dietary interventions, lifestyle practices, vitamins or herbals that will help bring this organ back to normal function=health. But most importantly these interventions don't just change a marker on a Lab test they make you feel better! Symptoms resolve when you address the why of the issue.



When people come to me for help with their health issues I like to look at a group of Functional tests including adrenal testing, hormone testing, G.I. function, food sensitivity testing and in many people thyroid testing. We usually find many correlations with the person's symptoms and what we see on the test results. Progress is often made after years of searching for answers.

Functional testing has been basis of my work with clients for many years and recently I have added Autonomic Response Testing (A.R.T.) to my practice and in the last year I have found A.R.T. to be an even more powerful method to help people get to the root cause of their illness! Through A.R.T., I can uncover and prioritize the clients' areas of dysfunction and find the natural and herbal protocols to address their Blocking Factors. This testing is done in my office and the results are immediately available and a healing protocol can be implemented right away.

A.R.T assesses blocked regulation at the beginning of your session. Blocked regulation is the inability of the autonomic nervous system to self regulate and to heal. We don't heal when in "fight or flight" mode and many of us are stuck in this mode unable to regulate and switch back to "Rest and Digest" mode.

Often it is one or more of this following seven factors that create this blocked regulation. These seven common factors are assessed in each person: undiagnosed food sensitivities, heavy metal toxicity,

Chemical toxicity, chronic unresolved infections (Lyme and Co-infections, viruses, retroviruses, GI infections and parasites, etc.) scars, unresolved psychological stress and electromagnetic stress. Using a unifying system like ART can bring it all together for you and help you find the answers you need to feel better.

If you are ready to find your next level of health, you can sign up for a Free 60 minute Discovery Session to meet with me and find out what we can accomplish together. We can meet in my office at Perestam Chiropractic or speak on the phone. Sign up here to schedule your free visit:

<https://go.oncehub.com/LauraHobbs>

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

Let's make 2020 a year of health not one focused on disease!

Thermal Imaging Coming to our Office

Dynamic Thermal Imaging will be coming to our office on July 31st for the day and is accepting appointments. For more information about breast or full body scans please visit:

<https://www.nydti.com/services/>

If you are interested in setting up an appointment please email (perestamchiro@hotmail.com) or call (607-687-0800) our office.