

## Spinal Column

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### Tips for Allergy Season

*By Dr. Alan Perestam*

It's spring, which means Allergy Season!! For some, this time of year is the best of times and the worst of times if you are one that's stricken with Spring Allergies.

So what truly is an allergy? Let's take a closer look in simple terms:

An allergic reaction occurs when the immune system overreacts to a substance that is normally harmless. This substance is identified as an allergen, which this time of year is associated with a huge variety of pollens, molds and insect stings to name a few.

Now there are many allergens not associated with spring time as well. These include everything from pet hair and dander, to food, the chemicals in so many items that include carpets, paints, and other everyday items we come into contact with daily.

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So what can we do to help ourselves with our allergies? Let's take a look at several steps to be taken to lessen or reduce our allergies impact.

First we'll address our stomach and our diet. Since allergies can be a protein particle, looking at the body's capability to breakdown or digest proteins needs to be assessed. So one of the primary steps in supporting this aspect of allergies is adding digestive enzymes to your diet to help with protein breakdown.

Near the age of 40, our stomach acid production weakens and in that, our protein handling ability weakens. Is this why people seem to acquire more allergies as they age? Maybe...

At our office we recommend a supplement called Zypan® (Standard Process) for dietary support of protein breakdown. This has been a very useful tool to help digestion and potentially help with allergic reactions. Other simple tips can be to add apple cider vinegar (I prefer Braggs brand) to water and sip during meals to again acidify and breakdown foods more efficiently.

Secondly during allergy times, be careful of the food you eat. Avoid foods like sugar that work against us on so many levels and be restrictive of pasteurized dairy products. Pasteurized dairy is a mucus producer and we need to maintain this mucus membrane in nose/sinus/upper respiratory areas of our bodies to flush airborne allergens out. This is why we have a runny nose more frequently with allergy "attacks".

For the truly stubborn allergies there is more help even if diet and digestion don't eliminate symptoms. Here's some support for your body we like to suggest and I can attest to their effectiveness with my own allergies.

The first recommended supplement would be Allerplex® (Standard Process), a great supplement to support the body in its balance with allergens. This is my personal favorite. Next is Antronex® (Standard Process). It can be used in conjunction with Allerplex in tough allergies or by itself. Since the liver and digestion are so vital in the seasonal defense, this is major body support/food during difficult times. Herbally, the big help comes from Albizia Complex® (Mediherb) for those who prefer herbs.

There are of course many more supplements that are supportive in helping the body with allergies and what I've mentioned are only a few. If you do have trouble with seasonal sensitivities, please ask questions, we may be able to offer help.

# Spring Allergy Relief with EO's



**BY CHRISTINE WILSON**

Three essential oils come to mind when it comes to seasonal allergies. Lavender, Peppermint, and Lemon. These essential oils help balance the immune system and inflammation. The oils detoxify the body and fight infections of bacteria, parasites, microorganisms and other toxins we obtain during our everyday lives. Inhaling peppermint can relief scratchy throats and clear the sinuses. Lemon oil supports the lymphatic system to help with drainage and respiratory condition. Lavender is a natural antihistamine and powerful anti-inflammatory.

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“SPRING. A lovely reminder of how beautiful change can truly be.”





There are many different ways to use these essential oils to get through your seasonal allergies. Topically applying 2-3 drops of each oil mixed with a base oil of coconut oil or another plant based oil on the temples, behind the ears and bottoms of the feet can reduce allergy symptoms. A roll on is an easy way to apply these oils as often as needed and without a lot of mess.

Taking the EO's internally is another method. Lemon oil can be easily added to your water and sipped throughout the day. The same can be done with peppermint, which will have the added benefit of your digestion. Or you can take it a step further and make your own Lavender Lemonade.

Ingredients:

- 1 cup Honey
- 1 cup fresh lemon juice
- 2 drops of YL Lavender
- 2 drops of YL Lemon
- 6 cups of water

Mix all the ingredients together and enjoy!

The last way to use EO's is through inhalation. Adding the three essential oils into a diffuser in your home or work can bring a nice aroma into your space and relieve allergy symptoms. We now offer the AromaDome at the office. The AromaDome is a way to relax and experience the benefits of Essential Oils at a more intense level. Inhalation is the most direct delivery of EO's, the oils are inhaled through the nose, tiny nerves send a message to the brain and go straight to work on the systems that moderate our minds and bodies.

An allergy blend of lemon, lavender, peppermint, wintergreen, camphor, tea tree, and eucalyptus is available to use for an AromaDome treatment. A treatment usually lasts 15-30 minutes.

I highly recommend Young Living Essential Oils when it comes to these three methods. Young Living EO's are pure unadulterated Therapeutic Grade and the company lives by its "Seed to Seal" process.

For more information on these oils please contact Christine or Julie at Perestam Chiropractic. Lavender, Peppermint, and Lemon and our Allergy Relief Roll On is available at the office along with the AromaDome therapy if you are interested.

# Dr. Powell's "Top 10"

Suggestions for increasing and maintaining overall health

BY AUTHOR NAME

1. **Water, Water, Water!!!** Drink  $\frac{1}{2}$  your body weight in ounces. Ex: If you weigh 150 pounds, drink 75 ounces of filtered water each day.
2. **A good multivitamin.** We feel "Catalyn"\* is the best.
3. **A good probiotic.**
4. **Fish Oil (Essential Fatty Acid).** Such as Tuna Oil, Cod Liver Oil or Krill Oil.
5. **Calcium and Vitamin D.**
6. **Tumeric.** Medi-Herb's triple action healthy Inflammation Tumeric Forte\* for liver health, antioxidant activity and joint health. Best on the market.
7. **Movement!** Some form of daily exercise, whether stretching, yoga, Tai Chi, walking...your choice. Whatever gets the body moving and the heart pumping. The saying, "Move it or lose it", is absolute truth. Movement is key to good physical and mental health.
8. **Bathe in the early morning sun!**
9. **Quiet meditation.** Set aside 15 minutes a day for quiet self-reflection, in an electronic-free zone.
10. **Find your passion.** Find what makes you happy and practice it every day.

\*Our supplements of choice are from Standard Process, a 420 acre organic farm in Palmira, Wisconsin, producing high quality organic supplements from whole foods. Please feel free to ask about any of the suggestions made above



## Powell Chiropractic

Dr. Powell graduated from Logan College of Chiropractic in St. Louis, Missouri in August of 2011. After graduation, he and his wife, Janet, moved to Owego, NY and began practicing with good friend and mentor, Dr. John I. Perestam and his son, Dr. Alan Perestam. In May of 2012, while maintaining their practice in Owego, the couple started making routine trips back to Franconia, NH, where they had continued to maintain their family home, and started seeing patients on a part-time basis. In October of the same year, Dr. Dean and Janet made their final move back to Franconia where they now see patients four days a week, in a newly converted home office, helping people through chiropractic, nutrition and whole body wellness. They haven't forgotten their loyal patients in Owego, NY, however. Dr. Powell continues to travel back to NY every five weeks to see patients in the Perestam NY office.



BY NICOLE HOWARD

March finds us pouring over seed catalogues, longing for warmer weather but winter does not leave quietly. For every spring-like day, teasing us of what's to come, bitter chill rears its ugly head the next. Slowly green shoots peak out from the dead grass and the sap starts to run bringing life to the maple and sweet syrup to our plates. Some of the wonderful spring crops include asparagus, green onions, leeks, lettuce, maple syrup, mint, peas, radishes, rhubarb, spinach strawberries, wild greens, mushrooms and new potatoes. As March leads to April, suddenly, our yards turn green overnight, peppered with the dreaded yellow flowered "weed" we try so hard to eradicate from our yards. However, I have come to appreciate their nutritional and medicinal values. Believe it or not, dandelion greens are expensive and highly prized by many cooks. As long as your yard has not been sprayed with pesticides, the young tender leaves can be picked and used in salads or sautéed for stir-fry's. The roots can be dried and ground for a coffee substitute or made into a tincture that is very beneficial to the liver, cleansing the blood. Lastly, the bright yellow head can be popped right off, battered and fried. My kids love bringing in a handful to make fritters, drizzled with maple syrup. As we watch inflation rise and food prices skyrocket, look at the dandelion through new eyes and enjoy the free food right outside your door.

***Nikki is a Complementary Alternative Health Practitioner who helps empower clients who want to feel better and be healthier. For more information about Nikki visit her website at [ChaseAfterHealth.com](http://ChaseAfterHealth.com)***

1. Gather dandelion flowers on a sunny day, for a bitter quality keep the sepals attached (the little green leaves underneath the yellow flower)
2. Wash the flowers, mix together one egg and one cup of milk. Add a cup of flour and your batter is ready. (To make gluten free use a non-glutinous flour like millet or buckwheat. Also you can add a little maple syrup or honey to the batter to make the fritters sweet.)
3. Gently heat your preferred oil (I like coconut oil the best.)
4. Dip flowers into batter until covered and drop into skillet flower side down. Check frequently to avoid burning. Once lightly browned, flip and brown on other side.
5. Once fully browned, line plate with paper towel and set on plate.
6. You can drizzle maple syrup on them for a sweet treat or dip in a sauce like tamari or spicy mustard etc.

# Sick and Tired of Being Sick and Tired?

BY John I. Perestam D.C.

*Throwback Article*

Some possible places to start and what you can do about it.

We will try to go over some major causes of tiredness and feeling sick. We will talk about physical reasons, but as usual, we view the person as more than a body walking around. We believe that our bodies are the out picturing of the non-physical, call it spirit, soul or whatever word you care to use. Thus we believe that our attitude, our centeredness, our grounding sets the stage for malfunction, and then disease or sickness.

One of the most tiring things in life is the feeling of burden. Carrying the load of troubles on your shoulders or back. Some people walk around that way, all weary from the burdens of the world.

You are responsible for you. – “to thine own self be true.” You cannot help the world situation, or the family next door, or anyone or anything else, until your own house is in order.

- *Guilt* – A burden of guilt is one of the most tiring thing in the world. Get rid of it!
- *Remorse* – A stepbrother of guilt. Work through it, learn to lament, and be free of it.
- *Jealousy* – The green monster takes its toll on joints, gall bladder and energy.
- *Unforgiveness* – This amounts to dragging tons around
- *Depression* – Any of the above can result in depression. A good remedy is to take action unburdening your life by cleaning up an old problem you have been putting off. Finish a room you started or any other project. Clean an attic, basement, closets, garage. Be tough, be strong. Throw away old or useless things. Lighten up. It's a great symbol and you'll feel lighter and have more energy.

## **Now to Some specific ailments**

*Anemia* – Causes tiredness. Have a blood count done. Straighten out your diet. Usually a person needs iron. Be careful of the type. An anemic person may need copper, or Vitamin C or B complex, or other factors. Emotional – yeah-but attitude, lack of joy, fear of life.

*Low or Sluggish Thyroid* – I never get to do what I want to do – door mat syndrome. The thyroid is the fire of the body. It powers all the bodies metabolic processes, bowels, thinking, motion, calorie burning. When is it going to be my turn? Iodine lack, sea food –fish or vegetable. Do something for only yourself, and don't feel guilty about it. Take some assertiveness training.

*Low Adrenals* – Addison's Disease – severe emotional mal-nutrition energy source, hormone source. May need salt – yes salt.

Dietary Indiscretions: Refined sugar, sweets, desserts, refined flours, baked goods, alcohol turn to sugar, short cut foods (junk food). Imitation foods all rob your vitality. Refined sugars, alcohol and refined flour actually rob your body of B complex, which you can ill afford.

Chronic Fatigue Syndrome (CFS) – Epstein Barr Virus Infection, Systemic Candida Infection Chronic Mononucleosis

# Sick and Tired of Being Sick and Tired? continued...

## **Do you have any of these symptoms?**

Fatigue, Craving for sweets and sugar, allergies (any), fungus (athletes foot, nail, toe or fingers), skin eruptions, vaginitis, irritated prostate, sensitivity to smoke, perfume, potpourri, hair sprays, etc, feeling of “Glands” like coming down with something, chronic infections, sinus, eyes, ears, throat, vagina, and bladder or depression.

## **What is Candida Albicans?**

It is a normal yeast formed in the gut. When it grows out of control, out of its normal balance, it can cause any or all of the above symptoms plus many more. If you have even taken any of the following you are likely candidate for systemic candida infection. Antibiotics, steroids in any form – such as prednisone, cortisone, etc or Hormones in any form, including birth control pills, estrogen, progesterone, etc or a heavy dose of sulfonamides.

## **How it Affects Your Body**

Bacteria are a natural balance or control for yeast. Bacteria are killed by antibiotics, upsetting the balance. The yeast candida flourishes taking over the gut and causing cravings for sugar and or alcohol, and sweets. Running rampant, it enters the bloodstream often giving symptoms of arthritis, glands, vaginal infections, etc.

## **Can this be Corrected?**

YES! We suggest that you consult with a health care practitioner skilled in nutrition and these conditions. Possibly a Homeopath, naturopath, a clinical ecologist (an MD who specializes in this). You need to interview the doctor or other care givers before embarking on his or her “programme”. Most doctors of all kinds know nothing about this and put the patient on more antibiotics, or sedatives including valium for hysteria.

READ ALL ABOUT IT! It’s your life, and your body. Find out what you can do. You could get rid of it. I recommend the following books for candida: The Yeast Syndrome by Dr. John Parks Trowbridge, MD, The Yeast Connection and The Yeast Connection Cookbook by Dr. William Crook, and Sick and Tired by Sally Rockwell. The Sally Rockwell book includes both diet and helpful hints. The two books by Crooks and Trowbridge include a questionnaire that I think is an excellent tool for you to begin to work with to see if some of the “tired” problems you are having are in need of being pursued in this avenue.

## **Ridding Yourself of the Plague.**

Stop all drugs especially those mentioned. Take supplements including Lactobacillus acidophylis, Garlic, LaPacho Pau de Arco, Oil of Evening Primrose, CAprostatin or Tannibut, Homeopathic preparations like Cand-ex.

Go on the Sally Rockwell diet regime – vegetables

Avoid Molds, mildew fungus, yeast products, antibiotics, etc

*Remembering a wonderful man and doctor.*



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This is our first Newsletter for 2019. Every season we will bring you articles about Nutrition, Young Living Essential Oils, Recipes and more. Email [Perestamchiro@hotmail.com](mailto:Perestamchiro@hotmail.com) to get our Quarterly Newsletter.

Thank you for reading and taking this step towards better health.

“Before you heal someone, ask him if he is willing to give up the things that made him sick.”

Hippocrates