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Stay Healthy This Fall

The return to school in the fall often marks the sharing of germs between friends and playmates. Schools and daycare centers are prime locations for the spreading and growing of bacteria. Viruses and germs can survive anywhere between 20 minutes to two hours on surfaces such as desks and doorknobs. Statistics show that children in kindergarten contract six to nine infections per year, 90% of which are from viruses.

Since most of us don't have the luxury of removing our children from school to avoid the germs, what can be done to prevent the spreading of illness? It may seem an impossible task to keep yourself and your children healthy during the back-to-school season. Here are some suggestions for how to help your kids leave the germs at school and stay healthy at home:

- **Proper Hand Washing:** The number one preventative measure for the spreading of germs is hand washing. 90% of germs can be eliminated through proper washing of hands. Train children how to wash their hands thoroughly with soap and water and to dry them well with paper towels. Wet hands spread thousands more bacteria than dry hands. More details can be found in the chapter on Hygiene (pg. 108) in our book *My Health Navigator*.
- **Cover Your Mouth:** Cover your mouth and nose when you cough or sneeze. Teach kids to cough into their elbow or upper arm to

avoid getting germs on their hands. Make sure all tissues are properly disposed of in the garbage.

- **Give Your Body Enough Sleep:** Establish a good sleep routine that allows for everyone in the family to get the amount of sleep they need. Sleep deprivation can lead to a greater risk of developing a cold or flu.
- **Take Vitamin C:** Make taking Vitamin C a daily habit. Multiple studies have proven that taking regular doses of Vitamin C can affect the severity of colds and may even prevent them by strengthening your immune system. Vitamin C is inexpensive and chewable options make it easy for children to take.
- **Eat Well:** Other essential nutrients that your body needs to keep your immune system strong are often found in your diet. Maintain a healthy diet of fruits, vegetables and protein to ensure that you are getting the vitamins and minerals your body requires. To read more about healthy diet choices, read the sections in *My Health Navigator* on the topic (pgs. 87 and 204).
- **Take an Antiviral:** Give your body the tools it needs to fight infection. NaturoMedic.com has a Western Botanical specifically designed to support your body in its fight against common illnesses. Ask for a bottle for the family on your next visit. It can be taken anywhere from one to five times per day depending on your level of exposure to illness.

<http://www.mnn.com/health/fitness-well-being/stories/how-to-stop-a-cold-before-it-starts>
<http://www.cleanlink.com/hs/article/School-Germ-Hot-Spots-Report-Surprises-Many-12583>

Breakfast Made Simple

Everyone knows that breakfast is the most important meal of the day. So sending your children off to school with a full stomach every day may be one of the most significant things you do for them as a parent. Here are some quick, simple and healthy breakfast options to try this fall:

- 1) The Fruit Smoothie
 - ½ cup frozen fruit (eg. strawberries, bananas, peaches)
 - 2 cups almond milk
 - Optional: ½ cup yogurtBlend ingredients together until smooth. This light breakfast can be ready in 5 minutes and is a great option for active kids who don't want a heavy breakfast to start off the day.

- 1) The Toast Sandwich
 - 2 slices toasted multigrain bread
 - 1 tbsp Natural peanut butter
 - 1 medium banana

Butter toast with the peanut butter and slice up the banana to go in the middle. This option can help spice up a typical breakfast routine. Also try different flavours like almond butter and banana or cheese and tomato.

- 2) Trail mix
 - 1 cup natural granola
 - ½ cup raisins
 - ¼ cup dark chocolate chips

Mix ingredients together and store in single serving Ziploc bags. These pre-prepared breakfasts are great for the mornings when everyone sleeps in late, even you.

<http://www.kidspot.com.au/Back-to-School-School-breakfast-Kids-breakfast+1761+684+article.htm>

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Principles & Philosophy:

The Promotion of Health

One of the core values of naturopathic medicine has to do with the pursuit of optimal health for each individual. Here at NaturoMedic.com we define health not only as the absence of disease but also as a state of well-being in which disease causing factors are identified and addressed in every area of an individual's life. By striving for continual physical, emotional, spiritual and social optimization, we at NaturoMedic.com aspire to increase vitality to **give life to the living.**

To learn more about NaturoMedic.com's health philosophy, ask how you can get a FREE copy of our most recent book *My Health Navigator: The Road to Change* on your next trip to the clinic.

The Flu Shot: Should we get it??

Every year as children return to school and the weather gets cooler, we start to hear about the release of the annual influenza shot serum. The evening news encourages families to visit the nearest pharmacy for their immunizations and some companies even provide on-the-job flu shot stations for employees to get their shot. For many in the medical profession, getting an annual flu shot is mandatory.

Why not make an informed decision about getting the flu shot this year? Let's explore some of the facts about flu shots.

The US Centers for Disease Control and Prevention (CDC) *"recommends that everyone six months of age and older get the annual flu vaccine,"* says Joseph Bresee, an American MD. However, more and more researchers and doctors are questioning the scientific basis for the influenza vaccine. Several studies have now indicated the possible negative implications of getting the flu shot.

Firstly, one of the major issues surrounding the seasonal flu vaccine is that there is not just one virus that can cause the flu. There are multiple different strains of the virus. As technology has advanced, researchers have been better able to isolate influenza viruses and update serums rapidly. The rate at which the serum is updated, however, cannot compete with the speed at which viruses evolve, especially given the ever-increasing amount of global travel we do. So, assuming that the flu shot does have some preventative benefits, it can only prevent the specific strain of influenza against which it was intended to fight.

Additionally, many flu vaccines contain neurotoxic ingredients. The main preservative used in influenza serum is often thimerosal (contains 50% mercury). Mercury is a dangerous heavy

metal and can be harmful to the brain, immune system, kidneys, and nervous system. Studies have suggested a link between mercury and developmental delays in children. Exposure to toxins during critical stages of development before two years of age is especially dangerous to the brain. According to Dr Hugh Fudenberg, an immunogeneticist, consistently receiving the flu shot can increase an individual's risk of Alzheimer's disease tenfold due to the mixture of aluminium and mercury. Thimerosal also contains formaldehyde which can be the cause of excess inflammation, gastrointestinal damage and respiratory system injury.

Unfortunately, another concern to be aware of regarding vaccines is the lack of accountability required of vaccine manufacturers. If you or your child suffers negative side effects from the flu shot, it is extremely difficult to place blame on the company which created the serum. They are protected by the government and thus enjoy limited liability related to their product. In the USA, the 1986 National Childhood Vaccine Injury Act released manufacturers from almost all liability that could potentially be incurred for an adverse reaction suffered by children following vaccination. This lack of accountability *"leaves a regulatory vacuum in which no one ensures that vaccine manufacturers adequately take account of scientific and technological advancements when designing or distributing their products"* (Justice Sonia Sotomayor and Ruth Bader Ginsbur).

In view of these things, the decision to receive your annual influenza vaccination should not be taken lightly. If you decide to get the shot for yourself or for your children, you do so at your own risk. To read more about vaccines and their health benefits (or downsides), please read our chapter on Vaccines (pg. 52) in NaturoMedic.com's book *My Health Navigator*.

<http://experiencelife.com/article/the-debate-about-flu-shots/>
<http://www.examiner.com/article/ten-reasons-you-should-think-twice-before-getting-a-flu-vaccine>
<http://vactruth.com/2013/02/01/8-damn-good-reasons/>

Did you know?

Seasonal Affective Disorder (SAD) is a type of depression that generally affects individuals in the late fall and winter months. For most people the symptoms disappear during the sunnier months of spring and summer.

The exact cause of SAD remains unknown. However there are a few factors that may come into play. One factor is related to your body's circadian rhythm. This is your internal clock which lets you know when to be awake and when to sleep. Fewer hours of sunlight in the fall and winter months can disrupt your rhythm and cause feelings of depression. Another factor may be a drop in your body's production of serotonin due to less sunlight. Serotonin is a neurotransmitter that affects one's mood. It is possible that the change in season may also disrupt the body's melatonin levels, a hormone that naturally regulates sleep and mood.

Some of the symptoms of SAD:

- Loss of energy
- Hopelessness
- Oversleeping
- Weight gain

- Loss of interest in activities you once enjoyed
- Difficulty concentrating
- Anxiety

Seasonal Affective Disorder tends to be more prominent in populations farther north and south of the equator because the amount of sunlight hours changes significantly between summers and winters. The most common treatment for SAD is light therapy, also known as phototherapy. This treatment can be as simple as sitting close to a high-quality lamp for a few minutes each day. Treatment typically leads to improvement of symptoms within two to four days and side effects are rare.

At NaturoMedic.com, our doctors are always developing innovative treatments. During your next appointment, ask about our **Dark Treatment** which can change your body's physiological response to darkness. This type of bio-reprogramming can be an effective treatment for SAD. See page 221 in *My Health Navigator* for more information about Dark Treatment.

<http://www.mayoclinic.com/health/seasonal-affective-disorder/DS00195>

Seasonal Tip: 5 Ways to Prevent Head Lice

Head lice diagnoses often skyrocket as children return to school in September. Head lice are a tiny insect called *Pediculus humanus capitis*. Being almost impossible to detect with the naked eye, these insects' white eggs found close to the scalp are usually what give their presence away. Here are some tips on how to prevent your child from getting lice this fall:

- 4) Check your child's head weekly for any signs of lice or eggs. Research what to look for and where. The back of the neck and behind the ears are prime places for lice to hide.
- 5) Teach your children to avoid sharing hats, scarves, sweaters, etc. with classmates. Advise them to keep their heads away from other students.

- 1) Wash your children's belongings and bedding regularly. Make sure your child has his/her own pillow and sleeping bag at sleepovers. Be sure to wash these items immediately afterward.
- 2) Keep an eye on your child. Watch for an itchy scalp and red bites on the neck or head.
- 3) Try using natural shampoos that contain coconut or olive oil which can be harmful to lice. Also, tea tree, eucalyptus, lavender and rosemary oils all contain scents that lice will often avoid.

If your child does come into contact with lice, use a lice comb to help safely remove lice and nits from hair.

<http://whisperedinspirations.com/2011/03/04/6-ways-to-prevent-head-lice/>

Quotes

"The object of education is to prepare the young to educate themselves throughout their lives."

-Robert Maynard Hutchins

"Education is what remains after one has forgotten what one has learned in school."

-Albert Einstein

Links

Have you had the chance to explore our new website design yet? Check it out at www.naturomedic.com.

Lyme Disease is making the news a lot these days. Dr Mike Um ND has written a series on Lyme Disease available online:

<http://www.naturomedic.com/index.php/it-s-elementary-my-dear-watson-for-the-inquiring-mind/item/82-the-truth-about-lyme-disease>

It's ragweed season again! Listen to our feature presentation on Allergies and Sensitivities here:

<http://www.naturomedic.com/index.php/it-s-elementary-my-dear-watson-for-the-inquiring-mind/item/97-online-feature-presentation-allergies-and-sensitivities>