

Health Solutions Wellness Center

Dr. John Souther, D.C.

1514 S. Alexander St. Ste 201 Plant City, Florida

813.717.7553

Newsletter April/May 2009

Features:

1. Alzheimers & Hup A
2. Diabetes
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Upcoming Holiday Hours

Closed:

1. Monday May 25
(Memorial Day observed)
2. Friday May 15th & 29th
3. Friday June 12

Office Hours:

M, W, Th: 8:30-1, 3-6
Tues: 1-4
Friday: by appointment

XENOESTROGENS

Xenoestrogens are man made compounds that mimic the effect of other estrogens in the body and therefore are hormonally active agents.

BPA (Bisphenol A) is a xenoestrogen commonly consumed by the public on a daily basis. This largely unknown toxin is found in plastics such as water bottles and food containers used frequently.

BPA has raised concerns because it appears to mimic the effects of estrogen, interfering with hormone levels and cell signaling systems. Previous studies have shown that people exposed to high levels of BPA have a greater risk of developing Uterine fibroids, breast cancer, decreased sperm counts, and prostate cancer. Babies and children are thought to be at greatest risk from the

-Continued on next page.

New Research: Huperzine A

Proven Helpful For Alzheimer's Disease

A recent randomized, double blind, placebo controlled research study showed promising results with test results of Alzheimer's patients who were given Huperzine A compared to those given placebo.

In one study, a group of Alzheimer's patients received 200 mcg of Hup A twice a day for 8 weeks. After just 4 weeks of supplementation, 70% of the group showed significant improvement in memory measurements. In another study, scientists at Zhejiang Medical University, in Hangzhou, China administered 200 mcg/day of Hup A to fifty patients with Alzheimer's disease for a period of eight weeks and compared the results to a group who received placebo pills (Xu 1995). The study was done in a double blind, placebo controlled and randomized manner. The results showed 58 percent of the patients treated with Hup A had improvements in memory, cognition, and behavioral functions whereas only 36 percent of those on placebo improved. No severe side effects were found. The researchers say, "Hup A is a promising drug for symptomatic treatment of Alzheimer's disease."

Huperzine A is an extract from a club moss (*Huperzia serrata*) that is available without prescription and has been used for centuries in Chinese folk medicine. Hup A acts to inhibit acetylcholinesterase, the enzyme that breaks down acetylcholine (a neurotransmitter in the synaptic cleft). Alzheimer's disease is a condition where there's a relative shortage of acetylcholine which is a very important neurotransmitter involved in memory and learning. By inhibiting the enzyme that breaks it down, more acetylcholine is available to stimulate neurons. Due to its strong anticholinesterase activity, Hup A could cause a cholinergic reaction if taken at high doses for too long. Huperzine side effects are rare and reversible that may include sweating, nausea, vomiting, dizziness, and cramps. Reference: Bai DL, et al. Huperzine A, a potential therapeutic agent for treatment of Alzheimer's disease. Curr Med Chem, March 2000; 7(3): 355-74 <http://www.clinicaltrials.gov/show/NCT00083590>

Does Diabetes Affect You... Or A Loved One?

Did you know that diabetes is becoming one of the most common diseases in Americans? Did you also know that studies show that the majority of adult diabetes is directly related to their poor diet and nutrition, compounded over a number of years?

Here is an interesting fact: Married couples often share the same bad habits. If one drinks too much, so does the other. If one smokes, so does the other. If one eats Kentucky Fried Chicken all the time... you get the point. Did you know that research is now showing that married couples are now also getting diabetes together? This makes sense, since evidence now shows that adult-onset diabetes is being shown to be based on lifestyle factors, rather than genetic ones.

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Continue Xenoestrogens: exposure. People can be exposed to the chemical, bisphenol A, in their diets from food and beverage containers made of plastic, including baby bottles. (Study of Chemical in Plastic Bottles Raises Alarm By Deborah Kotz Posted April 16, 2008).

Children absorb more of the chemical than older people and it is found in the urine of 93 percent of children under 6 years old, said the report from the National Toxicology Program. (How to decrease exposure: Plastic Chemical Bisphenol A May Be Linked to Health Problems By Rob Waters)

How to decrease your exposure to Xenoestrogens:

1. Avoid microwaving plastics/T.V Dinners.
2. Use glass bottles or use #2,4 or 5 found at bottom of container.
Don't use or reuse old plastic water bottles especially if left in the heat.
3. Drink only purified water; Reverse Osmosis is best.
4. Eat foods that are hormone/antibiotic free (meats,eggs).

To the men and women who have served our country and gave the
ultimate sacrifice to protect our freedom
- we thank you for your service.

Have a Happy Memorial Day

We will always remember. We will always be proud. We will
always be prepared, so we will always be free.

-Ronald Reagan

Feature Businesses

Do you own your own business or are you apart of a great company that you would like featured in an upcoming newsletter? If so, let us know! Just give us your business information while you're in the office.

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Continue Diabetes: A recent study in Diabetes Care determined the presence of adult-onset (type 2) diabetes and high blood sugar in the spouses of known diabetics attending a specialized clinic. The 245 spouses in this first group were then compared to 234 spouses of nondiabetic individuals.

People married to diabetics were more than twice as likely to have diabetes and glucose intolerance themselves than spouses of people without diabetes. Spouses of diabetics were also more likely to be obese or overweight and to have high blood pressure than the healthy individuals' spouses. (Is it any surprise that both high blood pressure and obesity happen to be risk factors for getting type 2 diabetes?)

We've long known that if you have a parent or sibling with diabetes, you are at an increased risk for the condition. This study shows that lifestyle clearly has a significant influence on diabetes risk. By lifestyle, we mean... What you eat and how effective your nutrition and diet is! This doesn't have to be you! To avoid developing type 2 diabetes, maintain a healthy weight, exercise regularly, and keep your blood pressure and cholesterol levels in check - and make sure your significant other does the same. Educating our patients on proper diet and nutrition has always been important to us to help those we serve achieve their goals and then maintain it! If you have questions regarding any health concerns or would like more info, just ask us – **we're here to help!**

Patient Success Story

We are always excited to hear success stories because we know how powerful an experience like this can be for someone suffering with pain or illness.

I have suffered low back and sciatic nerve pain that went from my right hip, down my leg and into my foot. The pain could be mild to severe but the burning in my hip was constant. Over the years, and many specialists, all the help offered was pain medication, which I refused until I could no longer sleep through the night. Before giving in, I decided to try Dr. Souther at Health Solutions. He was very professional and thorough. After hearing my problem, he ran X-rays and tests to determine if he could help; and if so what kind of treatment would be needed. He explained my x-rays and test results and told me he could help me with treatment. I started treatment right away and he later also included an exercise program. I am now pain free and best of all I am sleeping through the night, and my energy level has increased. Dr. Souther, I salute you.
Sincerely, Carolyn C.

A Special Thanks

I would like to say thank you to everyone for your continued referrals of family, friends, and co-workers. Our growth and the opportunity to help others are possible because of each of you and we thank you for your trust and confidence.

As Always – a complimentary visit will be given for each new patient referral that you make to our office – **Thank you!**

**Newsletter
Health Question**

If you would like a chance to win a special GIFT, you need only answer the health question posed below. Come by and let us know your answer! It's that simple.

Q: What is the 1st and 2nd cervical vertebrae commonly known as?