

# HEALTH SOLUTIONS CHIROPRACTIC & WELLNESS CENTER

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Newsletter (813) 717-7553

Nov / Dec 2008



## FEATURES:

1. Article: Digestive Enzymes Vs. Rolaids
2. Holiday Office Hours & Gift Certificates
3. Article: Boosting Your Immune System
4. Success Story: Leon N.
5. Birth Announcement
6. Featured Recipe: Sweet Potato Soufflé
7. Featured Businesses
8. Health Question

## Kate Leann Souther

Is welcomed with great joy  
Into our home and  
into our hearts.

Born:

Sunday October 12, 2008

7:29 p.m.

6 pounds 13 ounces

19 inches

We would also like to extend our sincerest thanks and appreciation for your loving thoughts, prayers and gracious gifts.

Thank You,

Dr. John, Kelley, Madalyne & Kate

## A Special Thanks

We would like to thank each of you who generously gave to the Plant City Church of God Food Bank "Operation Compassion" at our recent 3<sup>rd</sup> annual open house event.

The open house was a great success because of your donations to those in need -

Thank You!

- Dr. Souther, Kelley, Sam, Jane,  
Laura & Arlene

## Digestive Enzymes Vs. Rolaids...Which Spells Relief?

Most of us have heard the saying "How do you spell relief"? Most would answer R-O-L-A-I-D-S. Many pass off their reflux/heartburn, gas, bloating and other digestive troubles as no big deal and treat these symptoms with either over the counter products or prescription medications like Prevacid & Nexium. I believe this IS a big deal and a real problem that majority of Americans are experiencing...the reason being that heartburn, gas or bloating are signs that your digestive system is not functioning properly causing poor assimilation of nutrients. I believe when you don't absorb enough nutrients (because of diets consisting of mostly cooked and processed foods that lack enzymes) the dis-ease process in the body starts. This usually begins in childhood for most of us and for some I dare say even in infancy!

The March 2007 issue of the *Journal of Pediatrics* reported that is safe and effective for kids to use proton pump inhibitors (PPI's) to stop indigestion and reflux. Most of the kids in the report took Prilosec but Prevacid and Nexium were also OK'd for our kids! Combine this with recent research that has shown both increased bone fractures amongst are youth & that long term use of these medications increase the risk of osteoporosis and hip fractures.

**THE REAL TRUTH:** Most people suffer from indigestion because they don't have enough stomach acid and enzymes to digest each meal within a certain amount of time. Yes, other problems can also cause these symptoms but these are much less common. **You ultimately make the problem worse when you take antacids!** Yes, you will experience temporary relief as the alkaline base soothes the acid irritation in the esophagus but you also make the problem worse by creating an even less acidic environment in the stomach. Reflux in most all cases occurs because there is not enough acid and enzymes to digest your food in a timely manner... the food sits in your stomach too long, begins to ferment and then refluxes up into the esophagus causing heartburn.

**Do You Need Digestive Enzymes?** Raw foods and fermented foods like sauerkraut supply enzymes naturally that help to digest your food, relieve stress on the digestive system and allows for better assimilation of nutrients. To find out if you need to supplement with enzymes, check the answer that best applies to you for each of the following questions. Then, score the total number of points for each answer.

continued next page

## HOLIDAY HOURS

### Office Will Be Closed:

Thurs. & Fri. Nov. 27 & 28  
For Thanksgiving

Thurs. & Fri. Dec. 11 & 12

Thurs. & Fri. Dec 25 & 26

Thurs. & Fri. Jan 1 & 2

**We will be open Christmas &  
New Years Eve: Wed Dec 24 &  
31 From 8:30 – 1:00**

### Regular Office Hours

~ Mon, Wed, Thurs: 8:30-1, 3-6  
~ Tuesday: 1:00 - 4:00  
~ Friday: By Appointment

### WE APPRECIATE YOUR REFERRALS

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.

Dr. Souther, Sam, Jane, Arlene & Laura

Continue enzymes article:

### What percentage of your diet is raw food?

60% or more (20 points)      40-60% (15 points)  
20-40% (10 points)      20% or less (5 points)

### How often do you experience digestive upset? (heartburn, gas, bloating, severe belching)

Rarely (1-2 times per month or less) (15 points)  
Occasionally (3-4 times per month) (10 points)  
Frequently (more than once a week) (5 points)  
Constantly (almost every day) (0 points)

### Do you take antacids or acid blockers? No (10 points)

Occasionally (5 points) Frequently (0 points)

### Do you suffer from food or respiratory allergies?

No (10 points)      Yes (0 points)

### Do you eat naturally fermented foods like raw sauerkraut, raw pickles, raw Kimchi, etc regularly with meats and other cooked foods?

Sometimes (5 points)      Never (0 points)  
Usually (10 points)

### Your Total Points: \_\_\_\_\_ Interpreting Your Results:

If you scored a 45 or more, you're doing great! Score less than 45, you probably need an enzyme supplement. Scored less than 25, you definitely need an enzyme supplement.

The two enzyme supplements I recommend to those wanting to improve digestive health is either Proactazyme Plus by Nature's Sunshine (vegetarian) or Zypan (non-vegetarian) by Standard Process. These are two quality enzyme products.

I encourage my patients to ask me for my recommendation so that your specific needs can be considered. You may also need an additional supplement to promote healing of the esophagus and stomach lining and treat symptoms of poor digestion like acid reflux/heartburn, ulcers, gas, bloating, etc.

Dietary considerations should also be made. These include more intake of raw foods in your diet, proper food combining, limiting amount of fluid intake with your meals (this dilutes stomach acid), avoiding sodas, and yes even chewing your food well! Please ask us if you have any questions about this article or questions about your digestive health.      -Dr. Souther

*We wish everyone and their  
family blessings and health  
this holiday season.*

-The Health Solutions Staff

Happy Thanksgiving  
Merry Christmas & Happy New Year

## *GIFT CERTIFICATES*

### GIVE THE GIFT OF HEALTH THIS HOLIDAY SEASON

Gift certificates are available and good for any amount and all services. Gift certificates can also be used for someone you know who may be in need of care but doesn't know where to get started.

These gift certificates are now available and can be purchased at the front desk.

## ~ Feature Businesses ~

Do you own your own business or are you a part of a great company? If so, let us know! We are compiling info for a business directory of our patients and we will be featuring businesses in each newsletter. If you are interested, just give us your company and business information while at the office.

### AVON

The Company For Women

Arlene Echevarria

Independent Sales Representative

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### VOGEL REALTY

Lorrie Vogel – Avendano

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**Myth Busters:** MYTH: MILK IT DOES A BODY GOOD -Wrong...Cow's milk is the number one allergic food in this country. It has been well documented as a cause in diarrhea, excess mucus buildup, cramps, bloating, gas, skin rashes, atherosclerosis, and acne. It is the primary cause of recurrent ear infections in children. It has also been linked to insulin dependent diabetes, rheumatoid arthritis, infertility, and leukemia. It is not a good source of calcium and was designed to turn an 80 # calf into an 800 + pound Cow...this becomes a major contributing factor in overweight children. Fat molecules in cream are split up so small during homogenization that they are readily absorbed in the blood stream increasing the risk of plaque build up in the arteries and elevating triglyceride levels.

### HEALTH 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. If you are interested in writing one of your own, you can...just bring your success story in with you to the office!

I am a 60 year old construction worker and have had pain in my back, shoulders, and arm for years. I came to Dr. Souther with skepticism since I received no relief from other medical treatments during the years. Much to my surprise and relief, I am now pain free and feel good! I would like to express my appreciation and many thanks to Dr. Souther and his staff.

Thank you, Leon N.

### Featured Recipe

~ Sweet Potato Soufflé ~

From The Kitchen of Ann Souther

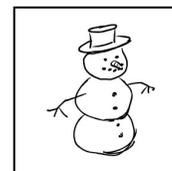
- 3 cups mashed sweet potatoes (6-8 potatoes)
- 2 eggs
- ½ cup butter
- ½ cup sugar or Xylitol
- ½ cup sweet milk or rice milk

Peel potatoes, cut up, and boil until soft. Mash them and add all ingredients. Place in casserole dish.

**Note: if you substitute with fructose then use slightly less than ½ cup sugar.**

Topping:

- 1 ½ cups brown sugar
- ½ cup flour
- 1 ½ cups chop nuts (pecans)
- ½ cup of melted butter



Mix sugar, nuts, and flour. Pour in melted butter. Pour over potatoes and bake at 350 degrees for 30 minutes.

### Newsletter Health Question

Would you like the chance to win a special **FREE GIFT**? Each month the free gift changes. If you think you know the answer or want to guess ... come by and let us know your answer! It's that simple.

**Q: How Many Vertebrae Are There Total In The Cervical, Thoracic, and Lumbar Spine?**

## BOOSTING YOUR IMMUNE SYSTEM

Our immune system is constantly under attack and it works non-stop to prevent viruses, bacteria, cancer, and other invaders from gaining a stronghold in our body. Two questions to ask is how often throughout each year do I get sick with the common cold or a sinus infection AND when I do get sick, how long does it take my body to bounce back and become symptom free? Is it one, two or three days or does it linger for a week or more?

Yes, even healthy people get sick but there are considerations also to make. For example...did the person become sick as a result of eating bad or contaminated food? If this is the case, then this sickness is a very healthy and good response as the body recognizes the poison and reacts to destroy and / or remove it from the body. The body can do this by raising the temperature (fever) and vomiting. As unpleasant this response can be, it is a healthy response to restore and maintain health.

A body that is healthy can respond to the invader quickly and effectively so that the severity and duration of the sickness is less than someone having a weakened immune and nerve system. I believe there are three fundamental approaches to getting and keeping a strong immune system:

1. Chiropractic adjustments help the immune system by improving the function of the nerve system. It is the nerve system that controls the response of how quickly the body responds to invaders. The nerve system is the master controller of all the body's functions including the immune system. Nerve system function can be compromised when spinal nerves become irritated by vertebrae that are misaligned...this is called a Subluxation.
2. Lifestyle (Diet & Exercise) Healthy food choice is another very important key to build and maintain a healthy immune system. The most important of which is avoiding sugar especially while someone is sick. Sugar decreases or paralyzes immune function allowing the bacteria, virus, cancer, or whatever else to become worse. I believe that it is sugar that is the single most important factor behind the poor health of most Americans including obesity, diabetes, and heart disease. If someone tells me they don't know where to start, then my reply is always "start by removing sugar from your diet." Also, keep it simple...you don't need a PhD in Nutrition to know what is essentially "healthy and unhealthy" or that an apple or salad is healthier than a candy bar or Big Mac Combo.
3. Supplementation is also important to stimulate and nourish the immune system and maintain good health. There are many products on the market that make many claims often creating uncertainty. Also, I am concerned about the quality of many supplements available to anyone walking in most any store nowadays. Many of these supplements have added ingredients in them that are toxic or use inferior ingredients so they can sell for an "affordable" price that does not necessarily afford good nourishment to your body.

A supplement that I recommend frequently for general immune system support as well for the nerve system and cholesterol balance is Fish Oil. Whenever I feel that I am getting sick with a cold or sore throat, I will take Congaplex and Colloidal Silver to stimulate my immune system and fight off the infection. These will also shorten the duration of the symptoms and help to avoid having to take an antibiotic. I recommend the Nature's Sunshine or Nordic Naturals brand of fish oil as well as Natures Sunshine Colloidal Silver called "Silver Shield". Congaplex is a supplement that I recommend for immune system stimulation, is made by Standard Process, and is available at the office.

For kids, there is Nordic Naturals DHA that is available in a really good tasting strawberry flavor soft gel – this is a very good supplement for all kids to take daily regardless if they are sick or not. There is also available a chewable form of the Congaplex supplement that I referred to earlier to boost the immune system and help with upper respiratory infections. Other supplements that we commonly use with our girls are Nature's Sunshine Liquid Ultimate Echinacea and VS-C, and Cedar Bear Natural's Wonderful Wild Cherry for common cold and cough symptoms.

These supplements are safe and effective compared to many of the childrens cough and cold medications that have now been recommended not to give to our children. Remember you can greatly increase your immune systems response if you combine chiropractic adjustments and proper diet along with supplementation...yes chiropractic adjustments and eating good food are for children too! Avoiding sugar and dairy is a must for any child while they are sick as these respectively paralyze the immune system and cause excess mucus production in the lungs, sinuses and Eustachian tubes of the ears.

If you have any further questions on supplementation or support for your immune system just ask me...I don't mind your questions!

Blessings, - Dr. Souther