

Health Solutions Chiropractic Wellness Center

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Newsletter

Newsletter Features

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- ~ Upcoming 5th Annual Open House Event
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HEALTH PARADIGMS

A Paradigm is a set of concepts, values and practices that form the views or value systems that people live by. It originates from the Latin word *paradigma* meaning to show side by side.

YOU CANNOT SOLVE THE PROBLEMS YOU NOW HAVE AT THE SAME LEVEL OF THINKING YOU USED TO CREATE THEM.

- ALBERT EINSTEIN

CANDIDA: The human intestines are inhabited by billions of beneficial or "friendly" bacteria together with some candida yeast and "unfriendly" bacteria and parasites in a ratio of approximately 85 to 15. These bacteria and yeast, which are mostly located in the colon, aid in digestion by fermenting substances that were not digested in the small intestine and by breaking down any remaining nutrients. Candida yeast is a normal and necessary part of our digestive tract as one of its functions is to destroy harmful bacteria and parasites and keep them in check. However, when the intestinal tract is repetitively exposed to toxic substances, the 85 to 15 ratio of good bacteria becomes imbalanced and the yeast becomes pathogenic and overtakes the good bacteria. This is known as **intestinal dysbiosis**.

Americans are the most fungally infected in the world which has now reached epidemic proportions. It is often an underlying condition in many diseases. Such overgrowth of fungi, also referred to as "systemic candida" or "candidiasis," now affects nearly 50 percent of the population and is no longer simply the cause of "female yeast infections." It now occurs in equal numbers of men and women. **Chronic fungal infections are one of the most common, and most under-diagnosed, health disorders today!**

Symptoms of a Fungal Infection

The following "dirty dozen" symptoms may be a sign of a systemic fungal infection, or "candidiasis," an intestinal invasion of fungus that can result in serious health problems if left untreated:

1. Skin rashes (moist red patches anywhere on the body), athlete's foot, ringworm or jock itch.
2. White patches in the mouth or on the tongue.
3. Irritable bowel syndrome (IBS) in which abdominal pain or discomfort is associated with a change in bowel pattern.
4. Chronic sinus problems.
5. Gluten intolerance and/or food allergies.
6. Increased asthma problems.
7. Increased chemical sensitivities.
8. Excess gas, bloating, and/or chronic heartburn.
9. Chronic fatigue, body aches, and/or general weakness.
10. Decreased concentration and/or memory loss.
11. Irritability and agitation.
12. Excessive craving for sweets.

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HEALTH SUCCESS STORY

We are always excited to hear success stories because we know how powerful an experience like this can be for someone needlessly suffering. If you are interested in writing one of your own, you can...just bring your success story in with you to the office!

For the past 3 months, I had been living with terrible pain underneath my left shoulder, including muscle spasms. I had received shots and medication for the pain and inflammation, and was not getting over the problem. A friend recommended I check with her chiropractor, Dr. Souther to see if he could help me. I was afraid, in pain, and did not know what to expect, as I had never been to a chiropractor before. Dr. Souther took x-rays to determine the cause of my problem and felt he could help me. That was the best possible news I'd heard! After only several visits, I could tell a big difference; I was able to do some simple chores that I previously could not do. Now after six visits, I am almost pain free! Dr. Souther and his staff are very professional, as well as friendly and courteous. Again, thank you so much for all you have done to give me my life back! God bless you.

Sincerely, Jeanette

Life is not merely to be alive, but to be well. - Marcus Velerius

Recently, my wife bought apple juice at a local store. I happened to read the fine print on the container that read "imported from China" (White House brand...funny coincidence). I decided to write about this simply to bring awareness. I began looking at other brands and found others that also came from China! I purchase items that come from China all the time, but for my family, food will not be one of them! If you feel the same way, tell the store manager and call the company to tell them you are concerned about this and will not purchase these items.

5th Annual Open House Event Coming Saturday, October 16 8am-12pm!

We are planning our 5th annual open house event! Each year we benefit an organization in our community by providing new patient exams, x-rays and a report of findings at no charge with a donation made to the charitable organization.

This event makes a great time for someone you may know needing to get started under care while at the same time contributing to a charitable organization.

All new patient exams are by appointment and can be scheduled by calling the office at 813 717-7553

This year's event will be benefiting The Spring (domestic violence support & shelter) and Steppin' Stone Farm (a non-profit home for at risk teen girls). Donations may include: large diapers, bottles sippy cups, baby shampoo, wipes, new toys, face lotion/wash, wash cloths, paper plates/utensils, laundry soap, paper towels, wash cloths, cotton balls, hygiene products.

In addition, we plan to combine this event with our Grand Opening of our new office. **We will have vendors, product samples, giveaways, food, chair massage, games for kids and more. Mark it on your calendar and plan to come by for a good time...EVERYONE is welcome. See ya there!**

Lead Found in Lunch Boxes The Center for Environmental Health (CEH) examined popular lunch boxes in August 2005 and found that 10% of them contained hazardous levels of lead especially those made of soft vinyl and decorated with cartoon characters. This find is of more concern for two reasons: food may come in contact with lead as well as touching the lunch box and then handling the food will increase ones chances of exposure. Exposure to low levels of lead can cause hearing loss, brain and nerve damage, reproductive and digestive issues to name a few. The CEH suggests seeking alternatives to vinyl or vinyl lined boxes such as reusable cloth bags. More information is available on their website at www.cehca.org/lunchboxes.htm Souther's Natural Foods also carries a safe soft lunch box that also contains plastic containers safely rated with less or no bad xenoestrogens.

We Have Moved ... We are now located in Suite 106 within the same plaza next to Crescent Jewelers.

Your new office allows us to continue to provide quality care in a relaxing environment and allows for future growth & expansion of additional services.

Massage therapy by Lora Weaver, LMT is also now being offered in our new office as well. Look for the special massage therapy offer included in this newsletter and present at your next massage!

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!

What causes fungal infections, and why have they become so rampant during the past decade? Probiotic flora or "friendly" bacteria keep the candida yeast in check, until . . . you take an **antibiotic** which kills off the "friendlies" but not the candida because it hides in the lining of the intestinal tract. With the good bacteria wiped out, the candida takes over! Remember the movie "Gremlins" where they were harmless, friendly little critters until you fed them after midnight - at which point they morphed into devious, destructive creatures that caused havoc? Candida yeast behaves in a similar fashion! Like Gremlins, when candida gets "fed" it takes over and morphs into pathogenic fungi which produce rhizoids, or tentacles, that bore into the intestinal walls causing microscopic holes. These holes compromise the immune system by allowing toxins, undigested food particles and bacteria to enter the bloodstream - a condition known as Leaky Gut Syndrome.

What does candida thrive on - Sugar, loads of sugar! It is, after all, a sugar-fermenting organism. And the average person today consumes about 130 pounds of sugar a year¹⁹ in the form of diet drinks, dried fruits, sodas, alcohol, and refined carbohydrates such as sweet rolls, ice cream, jellies, pastries, white bread & white rice.

Processed and prepared foods - so prevalent in today's busy workday environment - promote systemic fungal infections as they contain preservatives which are themselves antibiotic and kill off friendly bacteria.

Stress also destroys the vital balance of beneficial bacteria and can seriously compromise our immune system. Most people today live always on the go with stressful lifestyles.

Anti-inflammatories: prednisone, as well as aspirin, ibuprofen (Motrin & Advil), & related NSAIDS contribute to weakening the adrenal gland which is responsible for enhancing the immune system against fungi.

How To Eliminate Systemic Fungus and Restore Health:

1. Ask us about Bactrol-C next time you're in the office and how this product restores proper intestinal balance.
2. Avoid the use of corticosteroids, antibiotics or oral contraceptives until "friendly" bacteria has been restored.
3. Avoid processed and preserved foods, sugar, sweets, caffeine, chocolate, alcohol, and antacids. Eat more whole foods, vegetables, brown rice, fiber, unsweetened yogurt.
4. Maintain a healthy weight. Keep all parts of the body clean and dry.

Article excerpted from:

<http://titanlabs.com/factors/subpages/F2H.htm>

Research N Review

Can Junk Food Be Addictive? A new study published in the journal of Nature and Neuroscience suggests that unhealthy food can be addictive (Nat Neurosci 2010; 13:635-41). Also, researchers at the Scripps Research Institute provided an unlimited sweets, processed meats and other junk food to a group of rats that quickly became obese on this diet. The rats were then electrically shocked when they would eat the junk food and continued eating despite the unpleasant shock! When the junk food was replaced with a healthier choice of food, the rats refused to eat at all.

An addiction is any compulsion that often becomes destructive to personal health and relationships. When we think of addictions from things we consume by eating or drinking, we think of drugs and alcohol...not sugar or junk food. But, I will go so far to say that while junk food may not be the most destructive, it is by far the most prevalent and widespread addiction in our country... yes, more than alcohol or drugs! I don't mean to belittle the extremely destructive effects alcohol and drugs can have on an individual and their family. I am simply stating that when you really look around at others and maybe while you're at it, take a look at yourself and your pantry as well...you will begin to realize how much junk food and junk drink is being consumed by addictions AKA sweet cravings!

Another point I also want to be clear on...just because I'm saying that junk food can be an addiction, doesn't mean that we are not personally responsible for the food and drink we decide many times throughout the day to put in our mouths. We all need to take personal responsibility (including myself) to treat our bodies better by changing what we put in our mouth.

Brain Chemistry:

When looking at brain chemistry, there are several neurochemicals and hormones that work in tandem to control our appetites. Imbalances in these chemicals and hormones (that can result from poor diet and lifestyle habits) can further the problem of overeating and food addictions (Obesity and Food Addiction Summit 2009 Bainbridge Island, WA). For example, in the Scripps study noted previously, the obese rats brains showed decreased dopamine receptors. Dopamine is a neurotransmitter that activates the brain's reward system, reinforcing behaviors that cause pleasure. A decline in dopamine receptors is also seen in heroine and cocaine addictions indicating that a similar process occurs in food addiction (Nat Neurosci 2010; 13:635-41). The hormones leptin and insulin are also important in appetite regulation and absorption of nutrients. Levels of leptin and insulin plummet in rates fed a high fat diet (Physiol Behav 2006; 89:611-16). Therefore when these hormones decline in fatty diets (common with Americans) it interferes with our ability to recognize when we are full causing overeating.

Cortisol is a hormone secreted by our adrenal glands especially more so when we are under stress. This hormone also plays a role in food addictions. Our endocrine system reacts to high levels of cortisol by releasing natural opioids (chemicals that alleviate pain and cause euphoria) to reduce the effects of stress. These opioids are also released when we consume junk foods. Therefore compulsive overeating often occurs during times of emotional stress as the brain seeks pleasurable opioids to combat stress (Physiol Behav 2007;91:449-58).

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Office Hours

Mon 8:30-1, 3-6

Tue 12-4

Wed 8-1,3-5

Thu 8:30-1, 3-6

Fri 8-12

Happy Birthday Chiropractic

September 18th, 1895 celebrates the birth of chiropractic with the first adjustment given by Dr. DD. Palmer to a janitor named Harvey Lillard. Mr. Lillard had been suffering from hearing loss for about 17 years and reported improvement with his hearing soon after receiving his first adjustment.

Since then, Chiropractic has grown to become the most popular and sought after alternative health care treatment in the United States.



To Celebrate...

We will be having food and drinks for everyone so make sure you drop in on Thurs. September 16th For Some Food, Fun & Fellowship!

Sign Up To Receive Your Newsletter by E-mail

Newsletters are written about every two months. You can sign up by writing your email address on the e-mail sign up sheet located at the office front desk. Your newsletter will arrive to your email address as an attachment.

~ 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.

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Continue Food Addiction Article:

Addictive Foods: The most notoriously addictive food ingredient if by far sugar! Sugar triggers the release of opioids and dopamine, the chemicals linked to addiction (Neurosci Biobehav Rev 2008;32:20-39). Researchers have also observed that withdrawal symptoms parallel those of withdrawal from morphine or nicotine (Obes Res 2002;10:478-88). Another study found that 94% of rats chose sweetened water over intravenous cocaine (PLoS ONE 2007;2:e698). A study at the Univ. of Illinois found that overweight women who reported frequent emotional eating were offered two identical tasting drinks, one high in carbs and the other high in protein. The women were then asked to choose the drink that they preferred and made them feel better emotionally. They overwhelmingly selected the high carb drink (Psychopharmacology Berl 2008;197:637-47) This demonstrates that processed carbs other than sugar can also trigger cravings / addictions.

Tips for Beating Junk Food Addictions: One of the best ways is to avoid situations that make junk food easily available. You can do this by removing junk food from your home, eating healthy before going to an event where junk food is served, taking a different route home that avoids your favorite fast food place. Stress/emotional overeating can be helped by finding ways to avoid or better deal with your stress such as personal quiet time, exercise, yoga, enjoying warm chamomile tea, walking, deep breathing, massage therapy and chiropractic care. Also remember there are healthier alternatives to junk food at your health food store. So don't deprive yourself completely of pleasurable foods. Also having fruit or berries with you whenever you have a sweet craving will provide your body with a healthy alternative while curbing that sweet craving.

(excerpted from article Can You Be Addicted to Junk Food? Life University Clinic, Marietta, GA.)

Special Offer

Massage
Therapy

\$8.00 Off
One Hour
Massage

No limit on
number of visits

Valid from
Sep 20th - Oct 15th
2010

Must present this
offer at checkout

It is what we
think we know
that keeps us
from learning.

-Claude Bernard

GIFT CERTIFICATES

GIVE THE GIFT OF HEALTH WITH A GIFT CERTIFICATE FROM HEALTH SOLUTIONS WELLNESS CENTER

Gift certificates are available and good for any amount and all services including chiropractic, massage therapy, spinal disc decompression, pillows, orthotics, Biofreeze, Cryoderm and other supplies. 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.

Gift certificates are available at the front desk.