

# Healthy Byte

Wishing You the Best.

## Holistic Health Care

Holistic health care refers to the treatment of the whole body rather than just the symptoms of one condition. It generally involves the use of alternative health measures such as chiropractic, massage therapy, acupuncture, acupressure, homeopathy, and others. Although holistic health care has been practiced for centuries, it has recently become an alternative to expensive and increasingly bureaucratic health care systems.

Holistic health care focuses on a more human and caring approach to health care that takes in the mind, body, and emotions. It uses a nurturing and empowering approach and makes the patient a partner in the healing process. Holistic health care takes a broad view of illness and disease by identifying multiple causes for the condition. It concentrates on healing the whole body as opposed to healing a particular disease.

Holistic health care methods have become a viable alternative to depending on drugs with their side effects and propensity for addiction. The fundamental basis of holistic health care is that your body knows best how to be well and just needs proper support.

Holistic health care combines the best of modern diagnosis and monitoring techniques with ancient remedies. These remedies include spinal adjustments, different types of "touch therapy", herbal remedies and natural diets, nutritional supplements, exercise, meditation and breathing exercises. It addresses problems within the family and emphasizes prevention, wellness maintenance and longevity. The patient is not just a passive recipient of health care. Holistic health care has become the health care of the twenty-first century.

Sigmund Miller, DC

## Can you afford college?

According to the U.S. Department of Education, the average cost of a four-year education at a public university is currently \$34,000, and almost \$90,000 for private colleges. Over the past decade, expenses at public institutions have increased nearly 40%, and costs will almost certainly continue to rise.

Take heart. The College Savings Plan Network says even small annual contributions to a 529 college savings plan can add up. A family that invests \$500 a year with a 7% rate of return can expect to have nearly \$20,000 after those 18 years.

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## Arrowhead Clinics

Our office and staff are privileged to serve so many wonderful families .

Our focus is on improving quality of life for you and your family. Let us know how we can be of service.

Dr. Harry W. Brown, D.C.



## Relax On-the-Go

Ideas that should help you relax throughout the day...

1. Take three deep breaths slowly. It really works to relax the body and mind.
2. Relax the tongue. Usually the tongue is held tightly against the teeth. Free it up in the mouth so it can just rest there without tension.
3. Take one minute vacations. In your mind visit places where you find peace and stillness. Picture yourself there soaking up the beauty and solitude.
4. Relax your facial muscles. When tense we frown and squint which adds to the tension. Tell your facial muscles to relax and they will. Try to maintain this relaxed face throughout the day.
5. Move slowly. When you find yourself rushing for no reason, just slow down.
6. Laugh more. It cuts stress and promotes relaxation.
7. Listen to beautiful music.
8. Watch and enjoy the sunset.
9. Visualize yourself as a balloon being inflated. As you breathe in, the balloon fills with your stress and tension. Then breathe out all the stress and tension leaving yourself limp and relaxed.
10. Remember that recreation isn't relaxation, it's diversion. Live well - Laugh more!

Mike Moore - motivationalplus.com

## Parents Underestimate Influence

Parents believe a teen's peer group has the most influence on their children's sexual decisions, but the majority of teens say parents most influence their sexual decisions.

A survey released by the National Campaign to Prevent Teen Pregnancy says 88 percent of teens agree it would be easier to postpone sexual activity and avoid pregnancy if they were able to have more open, honest conversations with their parents.

Nearly 1 in 4 teens has never discussed sex, contraception or pregnancy with their parents. Fifty-nine percent say their parents are their role models for healthy, responsible relationships.

National Campaign to Prevent Teen Pregnancy  
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## Beauty on the Safe Side

Serious injury from makeup is a rare occurrence, according to John Bailey, director of FDA's Office of Cosmetics and Colors. But it does happen. Good common sense and a few precautions can help consumers protect themselves against hazards associated with the misuse of cosmetics.

- Never drive and apply makeup. Not only does it make for dangerous driving, but hitting a bump in the road and scratching your eyeball can cause bacteria to contaminate the cut and could result in serious injury, including blindness.
- Never share makeup. Always use a new disposable applicator when sampling products at a cosmetic counter. Insist that salespersons clean container openings with alcohol before applying their contents to your skin.
- Never add liquid to products to bring back its original consistency. Adding liquids could introduce bacteria that can easily grow out of control.
- Stop using products that causes allergic reactions.
- Throw away makeup if the color changes or an odor develops. Preservatives degrade over time and may no longer be able to fight bacteria.
- Do not use eye makeup if you have an eye infection. Throw away all products you were using when you discovered the infection.
- Keep makeup out of sunlight. Light and heat can degrade preservatives.
- Keep makeup containers tightly closed when not in use.
- Never use aerosol beauty products near heat or while smoking because they can ignite. Hairsprays and powders may cause lung damage if inhaled regularly.

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## People Lose One Week Looking For Things

An average homeowner spends some 25 minutes a day looking for things -- that's the equivalent of wasting nearly a week each year just trying to find stuff in their own home.

"Americans have accumulated mountains of seasonal decor, clothing, household tools and recreational equipment that have taken over every inch of their closets, garages, attics and basements," says Mark Hillman, vice president of home organization at Lowe's.

After losing weight and quitting smoking, many people have put becoming better organized on their list of thing-to-do. Part of the problem is that each year the families have more and more to organize.

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## What should I do when I get a nosebleed?

A nosebleed can be scary to get--or see--but try to stay calm. Most nosebleeds look much worse than they really are. Almost all nosebleeds can be treated at home.

If you get a nosebleed, sit down and lean slightly forward. Keeping your head above your heart will make your nose bleed less. Lean forward so the blood will drain out of your nose instead of down the back of your throat. If you lean back, you may swallow the blood. This can cause nausea, vomiting and diarrhea.

Use your thumb and index finger to squeeze together the soft portion of your nose. This area is located between the end of your nose and the hard, bony ridge that forms the bridge of your nose. Keep holding your nose until the bleeding stops. Don't let go for at least 5 minutes. If it's still bleeding, hold it again for 10 minutes straight.

You can also place a cold compress or an ice pack across the bridge of your nose.

Once the bleeding stops, don't do anything that may make it start again, such as bending over or blowing your nose.

familydoctor.org

## Coffee and Teens Bad Combination

Georgia researcher has found that caffeine intake by teenagers is associated with increased blood pressure in some adolescents.

The work of Margaret R. Savoca, of the Medical College of Georgia, Augusta, has been summarized in the May issue of *The Archives of Pediatrics & Adolescent Medicine*.

The prevalence of hypertension among youth is rising and African American adolescents have higher systolic blood pressures (the top blood pressure number) than white adolescents, the article said.

"Caffeine is considered a preventable risk factor for hypertension and cardiovascular disease," the authors wrote.

"It is estimated that 68 percent of boys and 62 percent of girls aged 12 to 17 years drink one or more soft drinks daily and 21 percent of boys and 22 percent of girls consume coffee or tea on a daily basis."

Medical College of Georgia  
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## Child Safety Seat Use Increases

A study at a Philadelphia hospital finds that U.S. parents are more likely now to use child safety restraints.

But the survey conducted by Partners for Child Passenger Safety found that 62 percent of children between the ages of 4 and 8 are still restrained in adult seat belts.

The research partnership of The Children's Hospital of Philadelphia reported its findings in the May issue of *Pediatrics*. Investigators examined 10,000 children younger than 9 who were in crashes reported to State Farm between 1999 and 2002.

The use of child restraints increased for every age each year, a sign that public education campaigns and state laws are working, said Dr. Flaura Winston, a researcher at Children's Hospital.

The group recommends child safety seats for very young children, followed by adult seat belts used with booster seats as children get larger. Children under the age of 13 should sit in the rear seats of passenger cars.

Partners for Child Passenger Safety  
*Pediatrics* Magazine  
ARA Content

## Sexual Behavior Linked to Teen Drug Use

U.S. teens are at much greater risk for smoking, drinking and using drugs if they have sexually active friends and spend more time with a significant other.

The National Center on Addiction and Substance Abuse at Columbia University released its annual back-to-school survey Thursday, finding teens who reported over half of their friends are sexually active were 6.5 times more likely to drink, 31 times more likely to get drunk, 22.5 times likelier to have tried marijuana and 5.5 times likelier to smoke.

Teens who spend more than 10 hours a week with a boyfriend or girlfriend also tend to be linked to factors such as girls with older boyfriends and having friends who download Internet pornography.

Although the survey, which encompassed 1,000 teens, does not establish a causal relationship, "the thunder of teen dating practices may signal the lightning of substance abuse," Joseph A. Califano, Jr., chairman and president of CASA, said at a news conference. "Parents need to talk to their kids about these issues," Califano told United Press International. "As much as parents think their kids don't listen, they really do hear what they have to say."

Nat'l Center on Addiction & Substance Abuse  
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## Small Changes Can Cut Heart Risks

Moderate exercise and taking common dietary supplements can reduce heart disease risks significantly. Researchers at the University of California, Los Angeles, said these actions can affect the risk of atherosclerosis because, combined, they boost the body's production of nitric oxide, which protects against a variety of cardio-vascular disorders.

They found moderate exercise reduced the development of hardening of the arteries in mice that are genetically prone to heart disease, because exercise alone has been shown to increase nitric oxide in the body. Adding the amino acid L-arginine and the anti-oxidants Vitamins C and E to the mix, however, significantly magnified the effect, researchers said.

The studies, conducted showed taking all three dietary supplements resulted in lost weight and lower cholesterol when combined with exercise.

University of California, Los Angeles  
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## Noise, Frustration Hike Women's Snacking

Women exposed to frustration and noise stresses snack more afterwards, but men don't, according to a Pennsylvania study.

In a laboratory experiment, women exposed to noise stress, frustrated by an unsolvable puzzle or a math problem-solving session, ate more potato chips, cheese, popcorn and chocolate as compared with women who were less frustrated. Men ate the same amount of snacks regardless of stresses.

Study leader Dr. Laura Klein of the Pennsylvania State University, said, "Although other researchers have shown that both men and women eat more during stressful periods, this is the first study to show that eating is affected in some individuals after a stress is stopped." Klein said that in daily life, people often rise to the occasion to deal with stress.

"The real window of vulnerability may be after the stress is over. For example, women exposed to a week of frustrating job stress could be especially vulnerable to overeating on the weekends."

Journal of Applied Social Psychology  
eContentMatters.com

## Supplement May Moisturize Skin

A study indicates the supplement Injuv may help moisturize skin that is becoming dry with aging. As we grow older, the component that helps to hold the moisture within our skin cells becomes depleted, resulting in fine lines and wrinkles, researchers say.

Replenishing the component may help moisturize skin, reducing some of the signs of aging, they say. The product contains a special form of a natural substance called hyaluronic acid, thought to be involved in the skin's reconstruction process.

"Injuv is a safe, easy way to literally moisturize the skin from the inside out," said Dr. Cathleen London, assistant professor at Tufts University School of Medicine and clinical instructor at Boston University School of Medicine.

Tufts University School of Medicine  
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## Drinking Sodas Can Harm Teeth

Popular soft drinks -- especially non-cola drinks and canned ice tea -- can harm tooth enamel, U.S. researchers said. Researchers at the Academy of General Dentistry found that, over time, exposing dental enamel to carbonated beverages and non-carbonated canned ice tea weakens and permanently destroys enamel.

Researchers exposed healthy dental enamel to a variety of popular beverages over a period of 14 days. They found non-colas and canned iced tea were especially harmful. The drinks contain flavor additives, such as malic, tartaric and other organic acids, which are more aggressive at eroding teeth, they said. Root beer, which contains the least amount of flavor additives, was found to be the "safest soft drink to safeguard dental enamel."

About 27 percent of the beverages consumed by Americans are soft drinks, the researchers noted. Overall, soft drink consumption has steadily increased over the years, and remains on the rise, contributing to an increase in oral health problems in the form of cavities, they said.

In 1977, children ages 12 to 19 drank, on average, 16 ounces of soda a day. In 1996, the same age group consumed an average of 28 ounces a day.

Academy of General Dentistry  
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## Artificial Sweeteners May Increase Pounds

Artificial sweeteners could impair the body's natural ability to count calories and regulate body weight, a U.S. study reported Tuesday.

Purdue University researchers said the study results could explain why a growing number of people in the United States lack the natural ability to limit their food intake and body weight as the consumption of artificially sweetened foods dramatically increased in the past 25 years.

"The body's natural ability to regulate food intake and body weight may be weakened when this natural relationship is impaired by artificial sweeteners," Terry Davidson, an expert in behavioral neuroscience, said in a statement.

"Without thinking about it, the body learns that it can use food characteristics such as sweetness and viscosity to gauge its caloric intake. The body may use this information to determine how much food is required to meet its caloric needs," he said. The loss of the body's ability to count calories could also lead to increased food intake and subsequent weight gain, especially among people who don't count calories on their own, the researchers said.

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