

# MT. CLEMENS CHIROPRACTIC

## DECEMBER ISSUE 2009

## Happy Holidays!

From Dr. Dudek

Although we would never want our patients to experience the Flu: Swine, Bird or Chipmunk for that matter. (No, there is no flu that has been linked to such critters). However we would not want our patients to experience the side effects of a vaccine either. The key when making decisions about your health is being informed and understanding how your body works. While we have dealt with the question of "Should I get a flu shot or not", has been complicated with the H1N1 outbreak. First, you must decide if you are within the groups which doctors consider "high risk." : the Elderly, School-age children, Pregnant women, and Health-care workers.

"Taking precautions" does not simply mean "get a shot." If you are not sure if the vaccination is right for you, simple courtesy and common sense are also effective precautions. Recently I attended a university graduation at which, the President of the college refrained from the traditional handshake with the graduates because of the flu scare. This, I think may have been a little overboard on the caution side of things. Instead, keep your cell phone clean (Think of all the places it has been.) People wash their cars more than their computer keyboards and cell phones. During the Holidays we all want to be convivial, but don't kiss your little niece if you just got over a cold.....no matter how cute she is.

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## The Swine Flu, H1N1....Defined.

The current influenza type A virus H1N1 is called "swine flu" because it contains genetic material that is similar to that found in influenza viruses that infect pigs. However, swine flu did not arise from pigs and cannot be "caught" from pigs. The name "swine flu" quickly caught on through the media, though it is misleading.

### How Does the Influenza Virus Mutate?

Influenza viruses contain a considerable variety of genes which allows them to mutate easily and frequently. This makes it difficult for the body's immune system to recognize each new mutant virus form and be ready to attack an infection. A lot of time and lab tests by researchers are required to identify a new virus and manufacture the vaccine against it.

For this reason, immunization against the H1N1 flu is not yet widely available and because it is a new flu virus, no one will have immunity against it unless they have been already been infected or received swine flu immunization.

Because of the world wide production scale of livestock rearing; cramped quarters, unhygienic facilities, and low genetic diversity among the animals , animal viruses are more easily able to spread through populations and jump species. The avian flu began in the domestic bird population of Asia in places like China and Thailand. The Swine and Bird Flu epidemics should make our seriously rethink our world food and live stock productions systems

### What is Type A Influenza?

There are three classes of influenza virus: A, B and C. All three types can affect humans but only type A is the one that is responsible for epidemic illness. For this reason, the current influenza virus is called influenza type A H1N1 or A/H1N1. The letters H and A refer to the important defining **glycoproteins** that exist on the surface of the outer envelope of the virus. "H" stands for the molecule **hemagglutinin**, which attaches the virus to the cell it is entering and hence infecting. This molecule is used to make anti flu vaccines. "N" stands for **neuraminidase**, which is an enzyme that allows the virus to "eat and digest" their way inside cells and later to release newly synthesized viruses.



### *Cranberries: Not Just for the Holidays*

*It may be a little fruit but this North American for it's healing powers. The pilgrims eat it at the first Thanksgiving Dinner but you shouldn't wait for the holidays to eat them!*

*Cranberries have been linked to helping these conditions*

- *Urinary Tract Infections*
- *Reduction of Dental Plaque*
- *Anti-Cancer Activity*
  - *Heart Disease*
  - *Kidney stones*

*For delicious recipes follow this link:*

<http://www.library.wisc.edu/guides/agnic/cranberry/cranuse.htm#Recipes>



## Giving the Gift of Health

• If you are looking for gift ideas this holiday season remember that you can purchase *Massage Gift Certificates* in hour and half hour sessions.

• Our office is now a distributor of

*Mon-Vie™* Acai blend juice. It features an exclusive blend of Brazilian acai berry-one of nature's top super-foods-an 18 other body beneficial fruits, including: cupuacu, camu camu, aronia, acerola, blueberry, bilberry and pomegranate.

Each serving contains essential antioxidants, Phytonutrients, Healthy Fats, Amino Acids, Dietary fiber, and Vitamin C.

• We also carry various *vitamin supplements*.

## Be a Rockette!

### Dr. Dudek's Signature Exercise Move.....

**Holding onto the wall or surface swing your leg front and back keeping you hips straight.**

**You don't have to "kick" very high, just the force of gravity should give you enough of a stretch.**

**If you want a more advanced move don't use your hands for balance. Keep them on your hips.**

**This increases the range of motion to the sacral iliac joint, which is often the center for low back pain.**

**It helps with sciatica, hip flexibility and balance.**

**\*Remember, whenever you work on balance you are engaging many hard to reach inner core muscles.**

