



# Banyan Wellness Center

## Fall is here and so is the cold and flu season

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### Flu season 2018

If you remember a little bit about last year's cold and flu season then you most likely remember it being a doozy. It would appear that we may be in for another rough cold and flu season as there have already been some deaths reported from the flu this year, which is very early.

#### Flu shot:

Every year I get questions about whether or not I recommend the flu shot. My general response is that it is a personal decision that every person must make for themselves but I encourage you to do your homework on the pros and cons of the flu shot.

#### Cons:

- 1.). The single biggest issue that I have with the flu shot is that it is being manufactured with aluminum as a preservative. I don't believe that I need to go into the details of how bad aluminum is for the human body, but just in case you are not aware; aluminum has been associated with Alzheimer's and dementia as it tends to accumulate within the brain. This is the same reason that I do not want you to cook your food in tin foil, in aluminum pots or pans or to use an anti-perspirant that contains aluminum.
- 2.). Egg allergy is the second consideration that you need to be aware of as the vaccine is manufactured with the utilization of egg proteins. There are some newer vaccines that are not derived on eggs.
- 3.). The third and probably most important is that each and every year the WHO makes an educated guess on what strains of the flu virus will be prevalent for that year. Unfortunately, they did not guess correctly last year which was why the vaccine was largely not useful. Manufacturer's have started to make vaccinations with multiple strains of the virus to try and cast a larger net.

#### Pros:

The age group who stands to benefit the most from the flu vaccine are also the demographic that are the most susceptible to aluminum, the elderly and infants as they are the most immune compromised.

### **So, what do I do to protect myself ?**

#### **My recommendations:**

- 1.) Come into the office to receive our homeopathic flu shot once a month throughout the season to help keep your immune system primed. This is a homeopathic and has no side effects and is safe for everyone, including children. You do NOT need to be a current patient to receive the homeopathic injection. If you are a high risk person, for example you travel frequently, teachers, nurses, work in a shared space environment etc, you can get our homeopathic flu shot up to once a week.

For the entire month of November I am going to run a special on our homeopathic immune booster, buy one and get a second booster for a friend/family/colleague/child/neighbor/spouse/boss/co-worker for 15% off. These will be scheduled with Monique so that you do not have to wait for extended times in the office. Call today.

2.). Keep Viracid on hand at the house or at work or in your purse to take at the very first signs of any cold or flu symptoms. The faster you get it into your body the better your chances of stopping the progression. On average viracid was able to help people kick their colds within 48 hours.

3.). Vitamin D3. I recommend 100,000 units for 3 consecutive days once you feel a cold or flu coming on. **Very important this is only to be done for 3 days and only when you feel sick.** This is NOT a normal dosing for vitamin D3.

4.). Rest. In our fast paced world of never having enough time, this is probably one of the best things that you can do to help your immune system.....rest!!!!

5.). Sauna. If you own one or have access to one jump in daily at the first sign of cold or flu. Viruses cannot tolerate certain temperatures and by doing a sauna you will be stressing out the viruses and boosting your immune system, please remember to stay hydrated.

6.). Diet, diet, diet. What you eat will have a direct impact on how your body functions, there is a reason I spend so much time talking about diet. Biggest things for you to avoid when you start to feel sick are **dairy** and **sugar**, both will weaken the immune system and create more phlegm and mucous.

7.). IV therapy: You may or not be aware that at WVNC we offer a multitude of IVs for different conditions. Two of the IVs that I highly recommend are a Meyers push (think of this as a multivitamin IV) and our immune IV which has 25,000mg of vitamin C. You must be an established patient of WVNC to receive any IV therapy AND have a recent kidney function (labs) and have been seen within 12 months. Similar to what I said with the viracid, the sooner you get in the better.

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### Regenerative Joint Injections:

By Myleen Simone

#### What is PRP?

Platelet-Rich Plasma (PRP) was first developed in the 1970s with the first application being performed by a cardiovascular surgeon in the 1980's. Research publications into the efficacy of PRP has dramatically increased since the late 2000's. PRP is a fluid containing a concentrated amount of platelets which release various types of molecules to stimulate a healing process. The procedure entails drawing blood from your body, spinning it down, and extracting the fluid, commonly referred to as liquid gold, and injecting it back into an area of concern. During wound healing following an injury, platelets are recruited when collagen is exposed to the bloodstream. The major functions of platelets themselves are preventing acute blood loss and repairing vascular walls and tissues nearby after any injury. The platelets secrete mediators, growth factors, and signaling molecules to stimulate cell proliferation, growth of new blood vessels from pre-existing vessels, and cell migration resulting in tissue regeneration. The growth factors exert their effects on fibroblasts, which are cells in connective tissue that produces collagen and other fibers, and other immune cells causing proliferation and regeneration of injured tissues. Platelets continue to secrete these signaling molecules and growth factors for at least another 7 days and continue to secrete it onto surrounding areas. Essentially, the Liquid Gold extracted from your body contains about 10 times more growth factors and signaling molecules than what is normally moving around in your blood stream. This not only stimulates cell proliferation and regeneration, but it also allows for quicker recovery time and better results.



#### What is Prolotherapy?

Prolotherapy, or proliferation therapy, is the rehabilitation of an incomplete structure, such as a ligament or tendon, by the induced proliferation of new cells. PRP can be mixed with Prolotherapy to create an inflammatory healing cascade because of the sugar molecule contained in the prolotherapy solution. The solution typically contains dextrose (sugar) and an anesthetic (lidocaine or procaine). B vitamins such as Vitamin B12 and/or Vitamin B6 may also be added to the solution. The increase in sugar concentration causes an increase in cell protein and DNA synthesis, cell volume, and

proliferation thereby resulting in increased ligament-bone junction strength, restoration of elasticity, increased mass and greater load bearing capacity of the affected connective tissue, and repair of articular cartilage. Together, you trigger an inflammatory response that signals your body that a particular area needs attention while saturating that same area of concern with a concentration of PRP that already has growth factors and signaling molecule and also has the ability to secrete and recruit other cells resulting in repair and regeneration. Currently, medical applications for PRP are being applied to pain management, aesthetics, sports medicine, and dentistry.

#### What are PRP and/or Prolotherapy helpful for?

- Temporary benefit from chiropractic, osteopathic, or self-manipulation that fails to resolve
- Partial tendon or muscle tear
- Recurrent joint dislocations
- Plantar Fasciitis
- Surgical repairs
- Ligament laxity
- TMJ pain
- Chronic muscle spasms or pain
- Popping, clicking, grinding, or catching sensations in joints
- Bursitis
- Tendon inflammation



**We will be having a complementary informative session on 12/12/18 at 5:30pm.** This will be a talk given by Dr. Myleen Simone to help you to understand the basic principles of how and why **PRP** and **Prolotherapy** work and how it can help you with your aches and pains, from torn ligaments within the knee or shoulder to building discs in your spine. Please call the office at 623.643.9598 to reserve your seat for this talk as seating will be limited and is a first come first serve basis.

#### November is national diabetes awareness month.

Sugar, sugar, sugar, how sweet it is. Did you know that on the average most 5 year old children in the United States will consume their body weight in sugar annually. That is over three times the recommended amount of sugar intake. The average American adult will consume 150-170 pounds of sugar annually. The challenge for a majority of us is that we are not aware of the sugar content of the foods that we are eating. It doesn't help that as we eat more sugar we get desensitized to it's taste, things just don't taste as sweet as they use to. You may have experienced this if you drank soda and stopped for awhile, that first one that you have after the break will taste disproportionately sweet. It's the same amount of sugar, you just can taste it better now.

Speaking of soda. Eliminating soda from your diet is one of the fastest and easiest ways to not only decrease your sugar consumption but to also decrease "empty" calories. What are "empty" calories? These are calories that have no nutritional value to the human body, but have a calorie count to them, only serving to help us gain weight, and that's not muscle. Soda consumption is at a 30 year low across the nation, but a lot of people have moved from soda to sports drinks or flavored water, which can have the same amount of sugar as soda.

The glycemic index has been established to inform people of the relative impact of food on their blood sugars. The higher the glycemic index of the food the greater the affect on blood sugars. The paleo and Mediterranean "diet" are examples of inherently low glycemic ways of eating.

Exercise is another great way to help lower your blood sugars and to help keep your body sensitive to insulin. Insulin is what is responsible for driving glucose into different tissues, such as our muscles and brain. When we have too much sugar in the body for too long of a period to time the body needs to produce more and more insulin to clear the same amount of sugar, this is a reduction in insulin sensitivity by the cells and is the beginning of diabetes. Remember that Type 2 diabetes occurs as a direct result of how we eat and exercise, so you have a lot of control