



# Empowering Your Health Anderson Specific Chiropractic



Empowering Your Health Through  
Upper Cervical Care

January 2012

Embrace Your Health &  
Make this the year of a  
New YOU! Not a Patient?  
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## Getting Hot over Fevers (Part 2)

By Dr. Anderson

From last month we remember how a fever is our friend.

1. They stimulate the immune system.
2. Detoxify the body.
3. They create an inhospitable environment for invading organisms. That is, to turn up the heat high enough that the invading microbes cannot live. Going forward we want to look at how a fever is made, and how it does its job in being our friend and companion.

### How a Fever is Made

Typically, when any kind of microbe invades the body, it is eaten alive by the first line of defense: macrophages (a name for specific white blood cells which means "big

eaters"). Macrophages then recruit other immune system cells and make Interleukin One (IL-1). IL-1 is a protein that causes the body to raise its temperature. This along with other proteins released in the blood make their way to the hypothalamus in your brain.



Now we've got the highly unusual circumstance of many invading pathogens, and in extraordinary times

like these, the temperature must be raised a few degrees if we're going to get rid of the bug and keep the body healthy. So the hypothalamus makes another biochemical, PGE-2. PGE-2 then increases the body temperature set point, to say 101 degrees or 102 degrees F, or wherever it's determined by the hypothalamus to be sufficient for protecting the body from the bug.

The hypothalamus in the brain sends messages out to the autonomic nerve system to the muscles surrounding the blood vessels in the skin.

**Continued on page 3**

The hypothalamus, similar to a perfectionist in that it says the temperature must be just 98.6 degrees F. It also tells us that our hormones must be maintained just right at certain fixed quantities in the bloodstream. So when the picky hypothalamus gets the IL-1 signal, it knows that 98.6 degrees F just isn't enough anymore.

### Inside this issue:

Setting & Achieving Goals	2
Are Antibiotics making us fat?	2
Getting hot over fevers... continued	3
Are antibiotics making us fat...	4
Take the Nutrition Quiz	4
Contact Information	4

Don't miss another opportunity to learn how easy healthy nutrition can BE!

**SIGN UP TODAY!**



Classes are now forming for our upcoming Nutrition classes.

Tricia will be teaching new classes on

Tuesday evenings at 7pm, starting February 7, 2012.

## GATR Weight Loss & Nutrition Classes Forming Now!

She will be teaching new classes on Saturday at 11:30am, starting on February 11, 2012.

You can get all information at the front desk or on our website:

[www.andersonspecific.com](http://www.andersonspecific.com)

IF you have NOT had your FREE 20 minute consultation with Tricia, please let us know so we can schedule you for that.



## Setting and Achieving Goals By Dr. Wolfertz

2012 is here, bringing the excitement of change. The New Year often marks the first day of a new life, new goals, and new dreams. Your ability to set and accomplish your desires relies heavily on the proper function of your brain stem. It is in the brain stem where you find your motivation, focus, and rewards.

### The R.A.S.

The R.A.S. (reticular activating system) is a complex network of nerves in the brain stem which filter out unimportant background “noise” from things that are important. It listens to all your conscious thoughts to learn what is important to you then tunes your senses to listen for, see, smell, taste, and feel anything that relates. The R.A.S. brings relevant information to your attention. It works like this:

A person’s own name is something that is always important. Suppose you are at the airport. There is hustle and bustle and hundreds of conversations all around you. Suddenly your name is announced over the speaker system and you instantly hear it. In spite of what is happening around you are able to tune it all out and listen to the message.

Everyday we have the opportunity to keep yesterday’s priorities in place or

set new ones. Whichever your choice the R.A.S. is listening. Here’s the catch: the R.A.S. does not filter things based on whether they are positive or negative. It simply listens to what you focus your thoughts on. Whether you choose to focus on uplifting or degrading thoughts your R.A.S. is going to help you notice more of the same. This is why the saying “when it rains it pours” exists. Focus on negative things and you’ll notice more, and vice versa.

### Goals

Goals are a powerful way to keep your R.A.S. focused on what is most important to you. When you set goals and focus on them, your conscious mind continues to tell the R.A.S. to watch out for situations, conversations, and anything else that relates to accomplishing your goals. Writing them down, reading them, saying them, pondering them keeps the pathway alive and sets you on a course to accomplishing your goals.

**“Whether you choose to focus on uplifting or degrading thoughts your R.A.S. is going to help you notice more of the same.”**

Take a moment and write down one thing in each category that is important to you.

Personal: \_\_\_\_\_ (ex. Family)

Physical: \_\_\_\_\_ (ex. Racquetball)

Spiritual: \_\_\_\_\_ (ex. Prayer)

Now set a goal for each one:

Personal: Call nieces on New Year’s Day

Physical: Play 2hrs of racquetball

Spiritual: Pray each day

As you accomplish your goals your brain stem releases a powerful cocktail of dopamine which fills you with the satisfaction and joy of accomplishment. This strengthens the pathways you are laying down to achieving a successful and purposeful life. It gives you courage to set higher, loftier goals and provides the motivation and focus to achieve them.

***One goal that should be continually set is to have your brain stem checked at Anderson Specific Chiropractic.***

Pressure from head/neck subluxation (misalignment) can cause the nerves of the R.A.S. to shutdown. This makes setting and keeping goals harder which

## Are Antibiotics Making Us Fat? By Lisa Collier Cool

Farmers have long used antibiotics to fatten up livestock—and now there’s growing evidence that these drugs may have the same effect on people. What’s more, instead of being miracle cures, there’s now scary speculation that antibiotics could be jeopardizing our health by making us more prone to lifestyle diseases, from type 2 diabetes to heart attacks and fatal strokes. If that sounds far-fetched, consider this: States with the highest rates of antibiotic prescriptions also rank as the

least healthy. [Wired magazine reported](#) on November 25.

When the nonprofit research group Extending the Cure recently mapped [antibiotic prescriptions by state](#), it found the heaviest use (measured per 1,000 people) in the eastern half of the US, particularly West Virginia, Kentucky, Tennessee, Louisiana, and Alabama, all of which comprise the so-called Stroke Belt, due to the high rate of stroke fatalities. According to CDC data, *Wired*

adds, these states (and to a lesser extent, much of the eastern US) also have higher rates of obesity, diabetes, and heart attacks, compared to the western US. While these correlations don’t prove that antibiotic overuse triggers these diseases, studies suggest that it could drive up obesity by changing how our stomachs work.



**Continued on page 4**

## Getting Hot Over Fevers continued from page 1

These messages affect the release of a neurohormone called norepinephrine which attaches onto specific receptors on these muscle cells and tells them to contract thereby adjusting down the flow of blood to the skin, something called *vasoconstriction*. So when blood vessels constrict, they preserve more heat. When the temperature needs to return to normal the reverse will happen. The hypothalamus sends out less norepinephrine which causes the muscles surrounding the blood vessels to relax, allowing more blood flow to the skin surface, something called *vasodilation*, which allows for more heat loss.

Another amazing mechanism that takes place is piloerection, (raising the small hairs), which is associated with suppressed sweat. Often with a fever, we are hot, yet shivering. Sweating is a cooling mechanism, so we now have heat being generated but not much is being lost. This results in a fantastic synergy of self-healing mechanisms in our bodies -- a veritable symphony of coordinated responses involved with fever.

### The Benefits of Fever

1. More antibodies -- cells trained to specifically attack the exact type of invader that your body is presently suffering from -- produced more specific to that bug than any pharmaceutical.
2. More white blood cells (the good guys) produced, circulating, mobilizing and armed to fight off the invading bugs specific to the general category of invaders.
3. More interferon produced (another immune system good guy, which blocks spread of viruses to healthy cells).
4. Walling off of iron, which bacteria feed on.

5. Increased temperature, which directly kills microbes. (Most bacteria and viruses actually grow better at temperatures lower than the human body, which is why they like our cool noses in the winter.)  
***Parents, it's not your kids begging for fever-reducing drugs; it's the germs.***

A fever of 102 degrees F to 103 degrees F is considered the optimal defense against microbes. Temperatures like these also heal the body most effectively. Supporting a fever means to work with it. For example, one effect of fever is to slow down peristalsis, which is movement of food through the gut.

**Fever of 102 degrees will prevent viral replication in surrounding cells and also inhibit the growth of cancer cells.** A fever at 103 degrees, the body sends all the nutrition to the spleen and stores it while starving off bacteria to kill it. What does Tylenol and ibuprofen do? When we take these drugs, we are breaking down the defense system created to protect us!

### What to do?

First is a procedure called "watchful waiting." This means look for serious symptoms, such as: extreme shortness of breath, loss of consciousness, seizures. In the absence of serious side-effects, providing love and comfort will do the most to assist in the healing process.

Fasting or eating foods such as broths and water till the fever breaks. Fever is also best supported with rest. Even when the child appears sleepy on the outside, the body is working quite hard to carry out all the functions described above.

Exercise and activity both distract body energy from these vitally important immune system processes.

### Food & Fluids:

You should not force food on your child when they have a fever, but allow them to eat easily digested foods (such as broths) as they desire. If they are not hungry, they shouldn't eat, the body is trying to starve the bacteria. You should though encourage them to **drink extra fluids** to avoid dehydration.

**Ear ache, sinus congestion, cough, body aches, skin rashes, diarrhea and vomiting are the body's way of ridding itself of unwanted toxins. These are a normal part of the healing process, and often accompanied by a fever. Understanding how the body works, helps us understand that this is the way the body expresses health, and restores balance and well-being.**

Hopefully this has provided you with information, to combat the fear of fevers, and recognize them as a process, created by God for our good. Drugs can interfere with the body's ability to heal and they are always toxic! The way to health is through function, detoxification and good nutrition!

Don't interfere with nature, encourage it and embrace it.

**Remember the Power that made the body heals the body!**

## Anderson Specific Chiropractic

1099 Merchants Dr  
Suite B  
Dallas, GA 30132

Phone: 770-443-4225

Fax: 770-443-3890

E-mail:

info@andersonspecific.com

Check out our website:

www.andersonspecific.com

Like us on



### Nutrition with Tricia!

As the New Year rolls in, I thought it would be a great time to address the information many people have about nutrition and how it affects our health. I thought we would play a little truth or fiction nutrition. Complete our nutrition quiz and the person who circles the most correct answers—wins. Print out a copy from our website or pick one up at the front desk. Return the quiz to the front desk by

January 27th.

The winner(s) will be announced  
the last week of January.



## Are Antibiotics Making Us Fat? Continued from page 2

By Lisa Collier Cool (December 13, 2011: <http://health.yahoo.net/experts/dayinhealth/are-antibiotics-making-us-fat#.Tu8c1aXJRmo.email>)

### First shown to cause weight gain in 1954.

More than a half century ago, a [randomized study](#) published in *Nutrition* reported that Navy recruits who were given daily doses of broad-spectrum antibiotics, such as chlortetracycline or penicillin, to prevent strep infections gained 4.8 pounds over 7 weeks, compared to a 2.7 pound gain in recruits given a placebo.

### Eradicating beneficial gut bacteria

In the early 20<sup>th</sup> century, *helicobacter pylori* was the dominant stomach microbe. Dr. Martin Blaser, a microbiologist professor at New York University Langone Medical Center, [recently reported in Nature](#). Today, the average American child receives 10 to 20 courses of antibiotics by age 18, and fewer than 6 percent of US kids carry the organism. While that may not sound like a problem, given that *H. pylori* raises risk for stomach ulcers and gastric cancer, Dr. Blaser has discovered that killing off this bug dramatically changes how the stomach works, tricking the body into overeating.

### A six-fold rise in hunger hormones

Normally, after a meal, levels of the hunger hormones ghrelin and leptin drop, signaling that we're full. However,

[a 2011 study](#) by Dr. Blaser and other scientists found that after veterans were treated with antibiotics to eradicate *H. pylori*, they had 20 percent rise in leptin levels after a meal, while levels of ghrelin skyrocketed six times higher. And 18 months after treatment, on average, participants had a 5 percent rise in their body mass index. That would be a 10-pound gain in someone with a starting weight of 200.

### Links to other diseases

“Overuse of antibiotics could be fueling the dramatic increase in conditions such as obesity, type 1 diabetes, inflammatory bowel disease, allergies and asthma, which have more than doubled in many populations,” reports Dr. Blaser, who was recently awarded a \$6.5 million grant from the NIH to study links between disappearing gut bacteria and obesity. Conversely, New York University epidemiologist Yu Chen found that infection with *H. Pylori*, which typically occurs before age 10, reduced risk for childhood-onset asthma, skin allergies and hay fever.

### Using probiotics to slim down

While antibiotics may make us fat, probiotics appear to have the opposite effect. Last year, [a randomized study](#) of overweight people with large waists found that those who drank fermented

milk containing the probiotic *Lactobacillus* daily for 12 weeks reduced both belly fat and body weight, compared to a control group who didn't receive probiotics. [A 2009 study](#) found that a year after giving birth, women who took daily probiotic supplements containing *Lactobacillus* and *Bifidobacterium* during the first trimester of pregnancy were much less likely to develop abdominal obesity, the most dangerous type of fat.

### Dr. Anderson's bottom line:

While research into the link between antibiotics and fat is still ongoing, overuse of these powerful drugs is already widely recognized as dangerous due to the growing threat of drug-resistant superbugs. While there are numerous research studies that exhibit the many different dangers of antibiotic use. The average person feels like antibiotics are good medicine, and taking them are an important part of staying healthy. While there are many problems and dangers with antibiotic use, weight gain is a little known and potentially dangerous negative effects of taking antibiotics. Therefore, the best way to protect your health—and perhaps avoid packing on extra pounds—is to avoid antibiotics whenever possible.