



WOW! It feels like yesterday that we were talking about the 2010 holiday season. With the holiday season comes joy, as well as FLU and colds, so please pay close attention to our article on how to winterize your immune system! Cholesterol and statin drugs have been a hot topic lately. Results from the latest studies are starting to make their way to the general population. Also, there is a great article to help you understand the use of statin drugs and their impact on heart disease. Lastly, if your holidays include eating, and more eating, the purification may be a great way to start off the new year in January. We have had a little more than 60 people complete the program with tremendous results. All Friends and Family are welcome to join you for the workshop. I hope all of you have a wonderful holiday season!

**Yours in health,
Dr. Barron**



Barron Chiropractic is now on **FACEBOOK**...
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PURIFICATION- DETOXIFICATION WORKSHOP

PRESENTED BY DAWNE WATTERS
TUESDAY, JANUARY 10th
6:00pm - 7:00pm
AT BARRON CHIROPRACTIC

Purify your body with the Standard Process
Purification Program. It will transform your body-
and your life.

PLEASE RSVP BY JANUARY 6th.

BARRON

chiropractic

9859 Big Bend Blvd.
#1 Plaza Level
St. Louis, Missouri 63122

E. frontdesk@barron-chiropractic.com
P: 314-909-0404
F: 314-909-0603
www.barron-chiropractic.com

CAN HIGH CHOLESTEROL SAVE YOUR LIFE?

by Dr. Kirk Barron

Researchers at the Norwegian University of Science and Technology looked at 52,087 individuals between the ages of 20 and 74. After adjusting for factors like age, smoking and blood pressure, researchers found women with high cholesterol (more than 270 mg/dl) had a 28 percent lower mortality risk than women with low cholesterol (under 193 mg/dl). Risk for heart disease, cardiac arrest and stroke also declined as cholesterol levels rose.

The researchers involved in the study admit this contradicts commonly accepted beliefs about cholesterol. They say current guideline information is misleading because the role of cholesterol in heart disease is overestimated.

These results fly in the face of what most of us have been told about cholesterol. Our misconceptions about cholesterol may in fact be endangering countless lives. For instance, millions of people are prescribed statin drugs to lower their cholesterol levels, believing that this will save their lives. Not only do statin drugs come with a plethora of dangerous side effects, but now the very premise of their existence is also brought into question.

Our focus on lowering cholesterol to prevent heart disease and mortality is misplaced. It also fails to serve in the best interest of our health and wellness. In fact, the dogmatic belief that cholesterol must be lowered appears to best serve pharmaceutical companies, which profit from cholesterol-lowering drugs.

Better results will be achieved when we develop a more well-rounded focus on other risks for heart disease, which include stress, toxins, a sedentary lifestyle and a poor diet. As an added bonus, these factors aren't treated with dangerous pharmaceutical drugs, but with simple, healthful lifestyle changes.

DID YOU KNOW?

A new study has found that FLU vaccines are only 1.5% effective, with a 7.5% chance of long-term neurological side effects such as Alzheimer's and dementia.

For more information visit: www.naturalnews.com

A HEALTHY RECIPE FOR YOUR HOLIDAY SWEET TOOTH

Sweet Potato Pudding

Makes 4 servings (2/3 cup per serving)

Ingredients:

- 1 1/3 cups mashed, cooked sweet potato
- 1/2 cup sugar
- 2 tsp. ground cinnamon
- 2 tsp. grated orange rind
- 1 tsp. salt
- 1 tsp. ground ginger
- 1/2 tsp. ground cloves
- 1/3 cup egg substitute
- 16 oz. evaporated skim milk
- Olive Oil



Sweet potatoes are an excellent source of vitamin C, vitamin A, beta carotene, potassium, and fiber, making this dessert a delicious, healthy alternative to your traditional Thanksgiving or Holiday treats!

Directions:

- Pre-heat oven at 375F
- Combine sweet potato and the next 7 ingredients in a large bowl.
- Beat at medium speed with a mixer until smooth.
- Add milk; Mix well
- Pour mixture into a 2-quart casserole wiped down with olive oil OR for individual servings, pour 2/3 cup potato mixture into 4 custard cups.
- If baking in casserole bake for 1 hour at 375F or until a knife inserted near the center comes out clean OR if baking in individual custard cups back for 40 min. at 375F.
- Let pudding cool. Cover and Chill for 2 hours.

www.health.harvard.edu

IMPORTANT DATES

NOVEMBER-

11/15- Extended Hours- Open 8am-11am & 3pm-6pm

11/18- OFFICE CLOSED!

11/22- Extended Hours- Open 8am-11am & 3pm-6pm

11/24- OFFICE CLOSED for Thanksgiving!

11/25- OFFICE CLOSED!

WINTERIZING YOUR IMMUNE SYSTEM

Follow these important steps to winterizing your immune system:

1. **Avoid sugar like the plague.** Sugar devastates your immune system from the time you put it in your mouth.
2. **If your immune defenses get triggered, don't cripple them with cold medications.** The fever, cough and runny nose are there for a reason. If you run for the Nyquil or Tylenol Cold, you are messing up your immune system in the short term and long term. A study at the University of Maryland showed that people who break their fever when they get a cold or the flu stay sick **3.5 days longer** than people who let the fever do its job. Remember that next time you reach for a Tylenol or antibiotics.
3. **Get adjusted.** The single most beneficial thing you can do for your immune system is get adjusted. Studies show that every time you get adjusted, your Interleukin-2 (IL-2) levels go up immediately. IL-2 is what your body uses to kill viral and bacterial assaults. Chiropractic adjustments to reduce nerve pressure have been shown to help increase white blood cells throughout the body. Our white blood cells are what help destroy invaders (bacteria, viruses, etc) and remove them from the body. White blood cells are also what help our body's ability to fight cancer.
4. **Get victory over the FEAR in your life.** Fear causes stress and stress makes you sick. It destroys your immune system. There are only 2 types of thoughts: Fear Based or Faith Based. Fear based thoughts like worry and anger trigger the release of chemicals that will make you sick, period. Stop buying into the lie that just because someone in your family got cancer, you will too. Have FAITH in the incredible power you have inside of you. Remember, YOU are in control, not your genes or some tiny spec of bacteria!
5. **Regular exercise and sleep are proven immune system boosters.** Exercise helps to reduce stress, boost the circulation of white blood cells and increase oxygen carrying capacity. Exercising at a high intensity for 12 minutes a day can help you save time as well as burn fat, build lean muscle, and allow your body to have the energy it needs to function at a higher level. Getting proper sleep every night and allowing your body to heal is one of the most important aspects to building a strong immune system.