



Welcome to the October Hands on Health newsletter. I can't believe we are already into the fall season! With the new season comes a change in weather, and with that comes a potential attack on our immune system. That's right; the cold and flu season is knocking at our door! With this, prevention is vital to maintaining our health, and allowing us to be able to fully enjoy the upcoming holiday season with our family and friends. In this issue, we address how chiropractic can help to build a strong immune system. In addition, we will talk about why one goes to the chiropractor every week, 5 foods for healthy skin, and the introduction of our new referral program. As always, we'd love to hear your comments and feedback!

**Yours in health,  
Dr. Barron**

## IMMUNE BOOST



**"People who receive regular chiropractic adjustments have immune system competency that is 200% greater than those who don't."**

(Dr. Ron Pero. New York Preventative Medicine Institute and Environmental Health at NYU)

Since its inception, chiropractic has asserted that viruses and microbes don't threaten us all equally and that a healthy immune system easily repels most invaders. The immune system protects us from the flu, as well as any other infectious disease, and strives to get us well again when we do fall ill. Our immune system, like every other system in the body, is coordinated and controlled by the nervous system. For example, nerve cell endings in the skin and white blood cells of the immune system are in intimate contact, and chemicals secreted by the nerves can shut down immune system cells nearby.

Chiropractic corrects spinal abnormalities called vertebral subluxations that result in interference of the nervous system by placing pressure on nerves. Since the nervous system controls all functions of the body, including the immune system, chiropractic care can have a positive effect on immune function.

If the nervous system is not functioning properly, then the immune system cannot function at 100%, thus the body becomes fertile ground for bacteria, viruses and illness.

Children who have regular Chiropractic adjustments have fewer colds, ear infections and flu. Regular chiropractic check-ups can help you to maintain a healthy immune system and stave off illnesses or allergies.

Info from [www.immunesystemremedies.com](http://www.immunesystemremedies.com)

## BACK TO THE CHIROPRACTOR EVERY WEEK

Why does the Chiropractor have me go back every week or two when he has already fixed me? The very same reason why your MD prescribes you Physical Therapy for 3 visits per week for 4-6 weeks. The same reason why your dentist wants you to brush your teeth three times daily. The same reason you exercise three or four times per week, and not once per month, etc. The question is, what do you define being "fixed" as? Most likely, your definition will be far different than your MD's, PT's, or DC's professional opinion.

Your MD fully understands, just as your Chiropractor, that the structures in your body are designed to respond to stimuli slowly, whether it by positive stimulus, or negative stimulus... your body will respond. A few basic examples are as follows: when the orthodontist puts braces on your teeth, your teeth respond and adapt very slowly to the forces acting on them in order to correct the function of your bite (1-2 years minimum). Also, your liver responds very negatively, and slowly, to a person consuming large amounts of alcohol over a long period of time by building up fatty cells, causing cirrhosis. Joe Workout in the gym, spends 4-5 days per week in the gym, the muscle tissue, very slowly, starts to respond to the stimuli with hypertrophy (becoming larger) over an extended period of time, usually about 6-12 months. To drive the point home, when you brush your teeth, you don't call it good for a month, you brush your teeth 2-3 times per day to PREVENT plaque and tooth decay.

So, when a Chiropractor recommends you visit the office two or three times a week for the next month or two, understand that this runs parallel to the majority of all other traditional treatment methods and frequencies. The most important issue to understand is how pain plays a role in determining your treatment. You may feel that your pain has subsided even after the initial visit. However, it is presumptuous to take this as a sign that you need not follow through with the treatment plan your Chiropractor has recommended. The body has a magnificent way of adapting to negative stimulus and when it is unable to continue, your body sends pain signals to your brain, letting you know something is wrong. Unfortunately, pain is the last thing to show up when there is a problem, as well as the first symptom to go away after treatment starts. DO NOT use pain as a means to determine whether or not your condition is improving or getting worse. Leave this up to your health care provider to conclude.

By Dr. P. Andrew Richetto, DC. [www.planet1.com](http://www.planet1.com)

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## DID YOU KNOW?

According to the US Department of Health, back surgery helps only 1 out of every 100 patients who have it done.

## REFERRAL PROGRAM

Our practice has grown over the past year due to the confidence our patients have instilled in us by referring in their friends and loved ones. As a thank you, we are excited to announce the launch of our new referral program!

First, we have referral certificates for all our current patients to give to friends and loved ones, good for a free chiropractic scan and evaluation (valued at \$55).

Then, for every individual that you refer into our office that becomes a patient, you will receive a gift certificate for a free 30 minute massage! You can also upgrade this certificate to a 1 hour massage for \$30!

Diana, our licensed massage therapist, is certified in many techniques and will customize the massage to you specifically. Visit our website, [www.barron-chiropractic.com](http://www.barron-chiropractic.com), for more information on the different massage techniques and benefits.



NATIONAL  
*Massage Therapy*  
AWARENESS WEEK®

In honor of National Massage Therapy Awareness Week, October 24-30, Diana is extending the \$45 New Client Special through the month of October. A \$65 value, new clients save \$20 on a one hour massage!

Call Diana to schedule an appointment  
314-707-9046

## IMPORTANT DATES

### October

10/11-10/15- Patient appreciation week!  
10/16-10/17- Dr. B in Chicago for Nutrition Response Testing seminar  
10/30- Sponsorship booth at Maplewood Halloween 5K run.

### November

Closed 11/25-11/26- Happy Thanksgiving!



## FEED YOUR FACE: 5 BEST FOODS FOR HEALTHY SKIN

Want more radiantly healthy-looking skin? Feed it! Research has shown that eating more of these five foods can help us to a beautiful complexion from the inside out, without resorting to costly skincare products or formulas.

In general, eating lots of fresh fruits and vegetables, nuts, seeds, protein, and whole grains will result in healthier skin, but the nutrients and compounds found in these five foods are particularly helpful:

**Organic green tea** – All teas are rich in skin-loving antioxidants, but anti-inflammatory substances called catechins in green tea are thought to be especially beneficial. According to Dr. Ray Shahelian, a study of 2,200 adults showed that regular green-tea drinkers (one or more cups per day) were 20 to 30 percent less likely to develop basal or squamous cell skin cancer than non-green-tea drinkers. Drink up!

**Olive oil** – Despite all the hype about the supposed benefits of fat-free diets, it turns out that we need essential fatty acids for good health as well as for more elastic, dewy skin. Yes, certain kinds of fats are bad for us, so rather than using saturated or hydrogenated fats for cooking and eating, switch to extra-virgin organic olive oil: it is rich in healthy monounsaturated fats. “Good” fats strengthen our cell membranes, helping our skin to look nourished and radiant.

**Walnuts** — The omega-3 oils in walnuts (or in salmon, if you are a fish-eater) are vitally important for flexible, plump, younger-looking skin. Flaxseed oil is another great choice for Omega-3 oils, but be sure not to heat it; try it in salad dressings instead.

**Berries** – Pick a peck of berries to benefit from their powerful antioxidants. Blueberries, raspberries, blackberries, cranberries, acai berries—they’re all delicious, and they give our complexions a healthy boost with phytochemicals that protect skin cells.

**Dark leafy greens** – The vitamin A found in dark leafy greens like kale and spinach are great for clearing up acne and promoting skin repair. Vitamin-rich veggie alternatives include carrots and broccoli. And here is a sixth “best food:” drinking enough **WATER** is an all-important key to beautiful skin, since even mild dehydration can result in visible aging and dryness. Drinking alcohol, caffeine, and sodas can be dehydrating, so be sure to get plenty of pure water for healthier skin—not to mention healthier kidneys!

by Cait Johnson  
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## QUOTE OF THE MONTH

“He who has health, has hope. And he who has hope, has everything.”

Proverb