

In Good Hands

A Free Monthly Newsletter For The Friends and Patients of: Dr. Thomas Cristello

The easiest thing in the world to be is you. The most difficult thing to be is what other people want you to be. Don't let them put you in that position.- Leo Buscaglia

"Who Else Wants To Get Busted By An Undercover Holiday Elf?" Plus: It's Everywhere And It Can Make You Sick... Or Can it?

New York- Here's an interesting fact: If you are driving and see an elf – you better slow down. Why?

The Orange County Sheriff's Office (in Florida) has hatched a new plan to stop speeders. Unlike anything you have probably seen before...

Here's how it works: a sheriff's officer... standing on the side of the road... **DRESSED AS AN ELF...** clocks cars using a radar gun... and then... radios ahead to a motorcycle deputy to stop the speeders and give them a ticket.

Did it work? I'd say so. More than 150 tickets were written in just over two hours. But, some people thought the "elf disguise" just wasn't right, and complained about using a holiday icon to trick speeders.

In response to complaints, Ken Wyne of the Orange County Sheriff's Office said, **"We didn't choose a nativity scene. We chose an elf. An elf is known for their impish behavior. If you're going to speed in Orange County, you never know who's going to be on the street corner."**

Who else wants to see the Easter Bunny arresting muggers? Now that's something they should have on pay-per-view!

All kidding aside, many have the wrong attitude about this elf speeding sting operation. And here's why...

They think they are being tricked into getting a ticket. When the truth is: If you speed... and only slow down when you actually see a police officer... you are eventually going to get caught. It's plain and simple odds. And that's if you don't hurt yourself or someone else in the process.

The only way to never, ever get caught speeding is to always be prepared... and... simply...

Don't Speed!

And the same holds true when it comes to your health and not getting sick this winter. How?

The Police Are Not The Only Ones Lurking Everywhere In Disguise...

Everyone knows the common cold is passed from person to person via a sneeze, handshake... or... similar contact. But did you know the virus that infects people with the common cold (the rhino virus) is lurking... in the shadows... just about EVERYWHERE?

It's true. Check out the results of this very interesting study as reported in the October 11, 2006 issue of the New York Times:

"Researchers asked 15 volunteers with colds to stay in hotel rooms and behave largely as any guest would. They were asked to stay awake for five hours before going to bed and to spend two more hours in the room the following morning. They were asked to wash their hands only after using the bathroom.

The next day, the researchers, led by Dr. Owen Hendley of the University of Virginia Health System, swabbed various objects in the room and sampled them for rhinovirus. About a third of the objects tested positive, including remote controls, pens and door handles.

How did the researchers know that the germs could be passed on to other people?

Some months after their first hotel stay, six of the volunteers were asked to spend another night there. But before they went into their rooms, the researchers took mucous samples from their first colds, spread them around and allowed them to dry.

When the subjects checked out the next day,



their hands were swabbed and rhinovirus was detected, said the researchers, who presented their findings at a recent Interscience Conference on Antimicrobial Agents and Chemotherapy.

The virus is usually spread from the hand to the nose or eye, but the volunteers were immune because they had caught it before.

Seems like those pesky germs can be sneakier than a police officer dressed like an elf. Doesn't it?

But here's something really important. Notice how the germs were EVERYWHERE? No matter how you look at it... you are going to come into contact with them. (Just like you are going to get caught speeding if you do it – and you didn't think there was going to be a link here, did you?)

The researchers said the volunteers didn't get sick because they were already immune to them. But, if you really think about it – there must be other factors, too. After all, if everyone is constantly in contact with a myriad of germs... all day... everyday... we cannot possibly be immune to all of them. Can we?

No, we can't. Truth be told: if the biggest factor that causes people to get sick was the exposure to germs... clearly...

There Would Be No One Healthy Enough To Read This Newsletter Right Now!

We'd all be dead by now!

No one can say for sure, but, your immune system defends you from a very high percentage of all the germs and diseases you come in contact with.

If you think about it, it's amazing. Some statistics say the average adult gets sick from the common cold once or twice a year. That means, with all the constant exposure to germs, your immune system is probably battling somewhere in the high .900's. If you were playing professional baseball...

You'd Be Breaking ALL the Records!!!

But that's not all. There are also ways you can help keep your immune system strong so you can fight off even more of those nasty germs. Just like you can eliminate speeding tickets by not speeding! (Yes – that's the second link!)

And here's link #3: Just like you cannot wait to see a police officer to slow down – you cannot wait to become exposed (or start feeling sick) to start boosting your immune system. Once the police officer clocks you with radar – you're done. Once the germs take hold in a weak immune system... it is a much more difficult battle.

So what can you start doing right now to boost your immune system and decrease the likelihood of catching a cold? According to a study reported by the Health science Institute: *USCC researchers recruited 547*

healthy adults between the ages of 20 and 70 (the average age was 48). The group was evenly divided between men and women. Subjects were evaluated five times over a period of a year, reporting on any cold symptoms during that period and giving researchers details of their physical activities.

After assessing the data, the USCC team found that subjects who had a moderate to high level of physical activity experienced 25% fewer colds than those whose daily activities were relatively low. During autumn months that number jumped to 32% fewer upper respiratory infections. In general, these benefits were slightly more pronounced among the men.

This study also revealed two additional details about exercise and immunity.

Researchers found that the benefits of reduced risk of colds can be attained with moderate physical activity each day, such as a 30-minute walk or even just mowing the lawn. But extremely high levels of physical activity may actually have a negative effect on the immune system and could increase the risk of catching a cold. Running a marathon, for instance, can deplete immune system defenses, leaving a runner vulnerable to colds and other illnesses in the week following a marathon race.

Quick summary: moderate daily exercise seems to boost the immune system while strenuous exercise may decrease your germ fighting capabilities.

What else can you do? It only makes sense to eat right, get plenty of sleep and reduce stress and see your Chiropractor for routine check-ups. All of these play a major role in your body's ability to fight off the constant on-slaught of foreign invaders. Remember: Germs are everywhere. Unless you live in a bubble – you are not going to eliminate them. Or even effectively cut down contact with them. Instead – take measures now to make your body strong.

And don't forget, if you ever have any questions or concerns about your health, talk to us. Contact us with your, questions. We're here to help, and don't enjoy anything more than participating in your lifelong good health.

Welcome New Patients!

Here are the new patients that became members of our practice family this last month! We'd like to welcome you publicly, and wish you all the best!

Michael G.

Barbara M.

John B.

Nancy L.

Estelle S.

Cheryl G.

William N.

Inspirational Story Of The Month
(Names And Details Have Been Changed To Protect Privacy.)

"Can You Really Teach An Old Dog New Tricks?"

You've heard it over and over...

It's impossible to teach an old dog new tricks. Well, if you believe that, I've got news for ya...

It All Depends On The Dog!

And if you like amazing success stories... you're gonna love this...

Here's the story: Imagine you are the principal of a school. And you are not just any principal of any school – you are the principal of an elementary school in... of all places... Kenya. It's a poor village and your classes are small. Your school only has the bare necessities to learn.

As you are in your office one day – an old man limps up to you – tells you he's 86 years old – and wants to enroll in third grade!

What do you do?

Well, this actually happened to Jane Obinchi – the head mistress of an elementary school in a poor village just outside of El Doret in Western Kenya.

The 86-year-old man was Kimani Nganga Maruge. And the first time he came to register for third grade, Obinchi brushed him off, thought he was joking and told him to come back later figuring she would never see him again. How wrong she was...

You see, in 2003, Kenya's government had just passed a law providing free universal education for primary school, the equivalent of grades K-8. Maruge heard about it and decided to take full advantage...

"We thought he was lost. Maybe he was looking for somebody or something. Or maybe wanted to find out about something. That was the last thing on our mind — he wanted to come to school." says Obinchi.

Obinchi didn't just turn Maruge away once... she did so several times over the next few months. But Maruge kept coming back. And coming back. And coming back...

Until, on the first day of the new semester in January, 2004... he was admitted to the third grade class.

We found him in school in shorts, and a pullover and a shirt of the same color as the school uniform," says Obinchi.

Two years later, he hasn't missed a day of class. He walks to school every day, limping because he is missing a toe on his left foot. He lost it, he says, when he was tortured by colonialists during Kenya's war for independence in 1952.

Maruge's determination comes from his desire to make a better life for his family. He says that those with educations are always the most successful.

"There are those who have pride in themselves," he says, "and those who don't like to work. But look at me! I do the hard work."

And, somehow, Maruge got himself a sweat shirt and shorts that match the colors of the school uniform. Colors that he is proud to wear.

Now Maruge is proud he is learning to read the Bible and speak a little English. He reads the Bible with his son, James, every Sunday. Because of his brave actions, a whole new world has opened up to him.

Can you imagine, for one moment, the courage it takes to walk into a school and sign up for third grade as an 80 something year old?

At a time when most people give up if they get put on hold too long while trying to buy some luxury item... complain if they are asked to stay at work for even 5 minutes of overtime... professional athletes making tens of millions of dollars (in some cases more) can't even show up for pre-season in shape... and that's if they even show up at all...

Maruge's character and resolve seem almost unthinkable.

There is an old quote that goes something like this:

"I used to complain about my shoes until I saw a man without feet."

Maybe it should go something like this:

"I used to complain about my life until I read about the 86-year old third grader with nine toes!"

And just in case you're wondering – nothing in this story was ever meant to imply Maruge was an "old dog."

We love helping our patients and their friends and relatives through their tough times and getting them feeling better! We are here to help you stay feeling better and looking younger! Don't be a stranger. Call us, and we will assist you in putting together a customized maintenance plan. It's not a luxury anymore! With our low monthly payment plan, it's less expensive to maintain your good health! You really can afford Chiropractic care! Don't wait until you can no longer move!

Did You Know?...

Most Of Us Get Headaches At One Time Or Another. They Could Be Stress-Related, Diet-Related Or Hangover-Related. Whatever The Cause, Headaches Are A Real Pain And Not Only In The Neck.

Headaches in the USA. Migraine statistics in America are quite startling: Twenty-eight million Americans suffer from migraines. Of these people, 4.5 million have more than one attack per month. A quarter of the female population is affected and about eight in every hundred men.

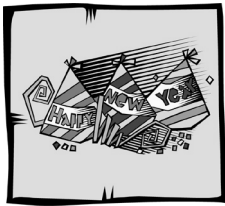
Rebound headaches. One can get a headache from taking too many headache medications too often. This is called a rebound headache. It will not go away until the person stops taking the headache medication entirely. Overdosing on painkillers can damage your liver or your kidneys.

Migraines hereditary. Most children who get migraines, have at least one close family member who suffers from migraines too. If a child has one parent who suffers from migraines, they have a 50% chance of getting them too, if both are sufferers, this rises to 75%.

Headaches mostly harmless. While most headaches are uncomfortable and sometimes disabling, they are mostly not dangerous.

Lifestyle the cure. Lifestyle plays an important part in preventing headaches. If you don't smoke, don't drink excessively, get regular sleep, eat a healthy diet and get daily exercise, you are unlikely to suffer from headaches frequently, unless you have a medical problem.

Tip of The Month... "10 Tips To Make Your New Year's Resolution A Reality"



You have to admit. You've made New Year's Resolutions in the past – had all of the best intentions – and then – FAILED MISERABLY. If you have, you are going to love these 10 tips to help make this year's New Year's Resolutions a reality. But first, here's some interesting New Year's Resolution statistics:

✓63% of people are keeping their resolutions after two months.

✓67% of people make three or more resolutions.

✓Top four resolutions: Increase exercise , Be more conscientious about work or school , Develop better eating habits, and Stop smoking, drinking, or using drugs (including caffeine)

✓People make more resolutions to start a new habit than to break an old one.

Now, for the 10 Tips...

1. **Don't have unrealistic expectations:** Most people want to go from 0-200 overnight. While miracles do happen – you again count on them. The quickest way to fail is to make your goal unattainable. For instance, trying to never eat sweets again is probably not feasible. Strive for a goal that is attainable.
2. **Think ahead:** Resolutions shouldn't be made on a whim at the stroke of midnight New Year's Eve! Last minute plans are often dominated by whatever emotions you are having at the moment. Not reality.
3. **Make a detour map:** Know in advance how you are going to deal with momentary setbacks. Write out possible scenarios and the action steps you will take to rectify them. This could include calling on a friend for help, or practicing positive thinking and self-talk.
4. **Write out the positives and negatives:** It is reported Benjamin Franklin used to do this. Make a list of all the good and all the bad possibilities for staying on your course of action. If you have a good goal – the good always considerably outweighs the bad or sacrifice to achieve it. Keep the list close and visible for motivation.
5. **Be careful who you tell:** One of the biggest mistakes is telling nay-sayers all your positive aspirations. Some people an instantly throw a wet blanket over any situation. Make sure you are selective with who you share your goals and dreams. Make sure they are supportive.
6. **Reward Yourself:** Write out small mile markers. When you reach them, reward yourself. Do something you love. Relax a little. This does NOT mean if you are dieting to go to an all you can eat buffet and spend all night there. It's usually best to have a reward that has nothing to do with what you are giving up – if you are giving something up.
7. **Monitor your progress:** Keep track of each small success you make toward reaching your larger goal. Short-term goals are easier to keep, and small accomplishments will help keep you motivated.
8. **Don't be too hard on yourself:** One day at a time. Do whatever you have to do to reach your short-term goal today. And then move on to tomorrow. Life is not easy. If you slip – don't sulk. Look ahead and continue.
9. **Don't quit:** Experts say it takes about 21 days for a new activity, such as exercising, to become a habit, and 6 months for it to become part of your personality.
10. **Don't quit:** No one ever said life was going to be a walk in the park. Winners win for a reason. Because they keep going – no matter what. If things get tough and you want to quit – think about what your life will be like if you do. Break out that pro and con list.

Remember, we're always here, using the miracle of Chiropractic to help your body heal and maintain the health you deserve.