



Healing Times

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Common Health Myths – Busted!

Some remedies and hazards are more pseudo than science. Here are three instances where we can separate fact from fiction.

Myth #1: Hydrogen Peroxide is good for cleaning wounds. You know that fizzing that happens when the liquid touches your wound? It's the sound of the chemical attacking germs, yes, and also your own cells. A study in *The Journal of Trauma* found that hydrogen peroxide inhibits fibroblasts – a type of cell involved in tissue formation – thereby slowing the healing process. They recommend washing your cuts gently with soap and water instead.

Myth #2: If your mucus turns green, your infection is bacterial – and you need antibiotics. This adage is partially true: When you have an infection, your body sends white blood cells called neutrophils to fight the germs, and when an enzyme in the neutrophils mixes with the healthy cells in your nose, your mucus changes color. The falsehood is that you need antibiotics. The infection in your body is not necessarily bacterial; it could be viral – in which case, no amount of antibiotics will help.

Myth #3: Jet hand dryers are more sanitary than paper towels. Molecular biologist Keith Redway, of the University of Westminster, has done a series of experiments that found that jet dryers actually increase the amount of bacteria on users' hands because the air inside the machines is far from sterile. The driers make the restroom dirtier, too, spewing germs more than six feet. Redway says paper towels are more sanitary.

(Dr. Suzanne's note: Using paper towels can be a dilemma for those of us who worry about all those trees and all that waste. Perhaps we could adopt my 12 year old son's philosophy which is to wash his hands and then drip dry, or possibly flick the water on an innocent bystander.)

EYLC Announcements

August Calendar/Vacation

Please note that our Charlottesville office will be closed on August 22nd, 24th & 26th.

Our good friend and colleague Dr. JoAnne K. Towne will be covering our regular Tuesday, Thursday and Saturday hours in C'ville and Wednesday and Friday in Afton that week while we take a family vacation.

Thank you and welcome Dr. JoAnne!

Please also note our shortened hours on Tuesday, August 2nd & Thursday August 4th starting one half hour later at 10AM and Saturday, August 6th: 10-11:30. Thanks!

Avenue to Wellness: The Intuitive Mind

Intuition is one of our most overlooked and underrated tools to support one's personal path to wellness and self-understanding. Come join Polly Williams in learning how your body expresses intuition as well what the term medical intuition is all about.

Friday, August 19th from 12:30-1:30.

Fee- \$20.00

Private intuitive mini-readings will be available after the workshop.

15 minutes- \$20.00.

Call Polly at 804-339-2188 to register, or to schedule a reading.

Feldenkrais Classes

Marsha Robertson, OTR/L teaches Awareness Through Movement® Tuesdays from 12:30–1:30PM. *Feldenkrais* is a gentle and effective way to become more in touch with your body and how it moves.

Classes are \$12. Drop-ins are welcome. Please call Marsha at 434-970-1066 or email her at marshaerobertson@cs.com to register, or for more information.

Your first class is free!

Yoga Classes

Sara O'Hare, certified Alexander teacher and yoga instructor, teaches one hour of gentle yoga on Tuesdays and Fridays at 1:45PM. Commit to six week sessions at \$10/class, or you're welcome to drop-in for \$12/class. Please bring a mat for lying on the floor (extra mats are available). Call Sara at 434-984-3503 for more information and/or to register. Drop-ins are welcome. ***Your first class is free!***

Introduction to Life-Changing Healthcare

FREE 30-minute class for the curious in our C'ville office: 6:30PM on Monday, August 15th; please RSVP by noon on the 15th.

During class, Dr. Brian describes Reorganizational Healing, Network Spinal Analysis, Somato Respiratory Integration, answers questions, & provides a demonstration of a Network Spinal Analysis Entrainment.

All participants also receive a coupon for 50% off their first visit. This class is a perfect opportunity to learn how a healthy spine can help you have a healthy, vibrant life.

Additional Services at EYLC

***Somato-Respiratory Integration* with Brian Dickert, DC**

Dr. Brian is available by appointment for private Somato Respiratory Integration sessions. Designed by Dr. Donald Epstein, SRI helps the individual experience their body more fully, and instantly shift their state of consciousness to one that supports trust for the body-mind and healing process, as well as promote increased peace and ease.

Call or e-mail Dr. Brian at 434-971-5433 or drbrian@eylc.com.

***Feldenkrais & Anat Baniel Method for Children* with Marsha Robertson, OTR/L**

Overcome painful habits and movement limitations by accessing the brain's connection with the muscles and nerves by combining

movement and touch with focused attention to create the conditions for learning.

Marsha is a guild certified *Feldenkrais Practitioner* and an *Anat Baniel Method for Children Practitioner*.

Call or email Marsha at 434-970-1066 or marshaerobertson@cs.com for information or to schedule. You can also check out Marsha's website: www.centralvirginiafeldenkrais.com

***Intuitive Spiritual Coaching* with Polly Williams**

Polly Williams is an Intuitive Spiritual Coach, and focuses her work on the journey, messages and lessons of the soul.

For more information and to schedule an appointment, call Polly at 804-339-2188, or williamspolly@hotmail.com.

***Energy Restructure* with Jolly Stickley**

Jolly Stickley is the founder and developer of Energy Restructure.

To experience Jolly's unique work, and amazing natural intuitive gift for helping people heal old emotional wounds and release stored memories, call Jolly at 540-255-3519, or email jstickley8@gmail.com to make an appointment.

Chiropractic, with a Twist

by Alyssa Giacobbe

Plagued by mysterious pain since high school, our writer finds relief in Network Spinal Analysis.

It was a week after I got my license. One wrong turn (me), one speeding car (the other guy), and bam -- I'd landed in the hospital with two hip fractures, a bruised kidney, and a broken pelvis. I was sentenced to crutches for five months and endured my high school years with the nickname Alyssa Andretti. About a year later, I began experiencing a pain on the left side of my abdomen. It wasn't in my stomach, it was too high to have anything to do with my ovaries, and a battery of tests ruled out intestinal disorders. Having found nothing amiss, doctors concluded I was plain old constipated. "Eat more fiber," they said. And

that was that.

Sixteen years later, the pain remained -- sometimes sharp, sometimes dull. I gave up trying to erase it long ago and instead learned to live with it. Back in high school, no one thought to consider that the discomfort might be related to my accident. But recently, I visited a naturopath who raised this possibility. So I began considering new ways to treat that old injury.

On the advice of a friend, I ended up at the Newton, Massachusetts, office of Julie Burke, a chiropractor who has practiced a technique called network spinal analysis (NSA) for nearly two decades. Founded in the early 1980s by chiropractor Donald Epstein and used by more than 400 chiropractors across the United States, NSA employs precise, gentle adjustments (no heavy cracking) to reduce tension on the nerve tissues caused by both physical and mental stresses.

Easing this tension allows the nervous system to function optimally and opens the "respiratory wave," the natural movement of the spinal bones that should occur with each breath. The resulting increase in energy and breathing capacity, say proponents, helps sustain all-around good health.

While Epstein developed NSA for use by chiropractors, there's debate over whether it's a chiropractic method or a separate healing discipline. (NSA isn't recognized as an approved chiropractic technique by some state boards, and some insurance companies don't reimburse for treatment.)

While traditional forms of chiropractic rely on standard manual adjustments, practitioners of NSA use a different technique. "A chiropractic degree is required to study and practice NSA, but NSA must be seen as a different discipline," says Robert Cooperstein, director of technique and research at Palmer College of Chiropractic. Different or not, I'd heard enough good reports that I was eager to give it a try.

Subtle but Powerful

Having never been to a chiropractor of any kind, I had no idea what to expect from my first appointment. Before we began treatment, Burke used a computer-generated analysis to examine my posture and range of motion.

The results were fascinating -- and alarming.

In normal position, my shoulders and neck were pushed forward from spending many hours working on a computer. The resulting "interference" on the nervous system might be affecting my digestion, causing my abdominal discomfort. What's more, my back displayed early signs of osteoporosis.

"But I'm only 31!" I said. "It's very common," Burke replied. "Few of us have perfect posture, and early signs of osteoporosis can begin in your late twenties." But as she explained it, just as having tires aligned on a car prevents wear, correcting posture imbalances now will help prevent long-term degeneration -- not to mention ease my immediate pain.

After this assessment, Burke guided me to a cot, where I lay face down, fully clothed, as she pressed her hands to my spine and observed my breathing. Adjustments came every few minutes and felt like fingers snapping ever so gently along the surface of my back. At points, the change was profound: My breathing opened up, as if I could transport air from the lowest depths of my abdomen to the top of my head. This is the sort of change Burke looks for. "Once I see a patient start to breathe more freely," she says, "I know I'm on the right track." At the end of a session, which can last from 15 minutes to half an hour, I felt revived.

For the first month, I saw Burke two to three times a week. Most days I shared the room with other patients, standard in NSA. At first, I could feel the effects while in the office, but they seemed to fade when I returned to my everyday life. One morning after a major adjustment, however, I awoke to find my entire right side stiff; I called the office in a mild panic and was told it might indicate that my body had begun using muscles differently -- a good sign. I spent most of the day lying on my back, but when I got up later that day, I felt more energetic than I had in a long time.

A month into treatment, a computer re-evaluation revealed that my alignment had improved drastically: My upper back was less rounded, and the curves in my lower back were closer to normal. Had I not seen these improvements with my own eyes, I might not be convinced. But the proof is there, and so is an ever-increasing awareness. I find I stand straighter, and though I still have a tendency to

slouch, I'm more aware of how the slouching affects my breathing. Generally, I feel emotionally lighter -- happier, I guess -- and people notice.

Best of all, bouts of my abdominal pain have dropped to a mere twice a week. And when the pain does show up at all, it's much less intense. "Hippocrates declared, 'Look to the spine for the cause of disease,' " Burke said. That guy was onto something.

Alyssa Giacobbe is a writer for Boston Magazine
Originally published in *Whole Living Body + Soul*

[Note: The claim that "NSA isn't recognized as an approved Chiropractic technique by some state boards" which appears in the article is incorrect as Network Spinal Analysis is recognized and legally practiced in all 50 states, and any insurance policy that covers chiropractic care will cover NSA.]

Summer Laughs



"Let me guess -- first child?"



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"It's hard to compete in a global economy
when you're not allowed to cross the street."

August 2011

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
July 31 Bones for Life 2-5PM	August 1 C'ville 8-Noon & 3-6	2 C'ville 10-Noon & 4-7 Feldenkrais class 12:30 Yoga class 1:45 Afton by appt.	3 C'ville 8-Noon & 3-6 Afton by appt.	4 C'ville 10-Noon & 4-7	5 C'ville 8-Noon & 3-6 Yoga class 1:45 Afton by appt.	6 C'ville 10-11:30
7	8 C'ville 8-Noon & 3-6 Life-Changing Health Care 6:30PM	9 C'ville 10-Noon & 4-7 Feldenkrais class 12:30 Yoga class 1:45 Afton by appt.	10 C'ville 8-Noon & 3-6 Afton by appt.	11 C'ville 10-Noon & 4-7	12 C'ville 8-Noon & 3-6 Yoga class 1:45 Afton by appt.	13 C'ville 10-1
14	15 C'ville 8-Noon & 3-6	16 C'ville 9:30-Noon & 4-7 Feldenkrais class 12:30 Yoga class 1:45 Afton by appt.	17 C'ville 8-Noon & 3-6 Afton by appt.	18 C'ville 9:30-Noon & 4-7	19 C'ville 8-Noon & 3-6 Yoga class 1:45 Afton by appt.	20 C'ville 10-1
21	22 Both Offices Closed	23 C'ville 9:30-Noon & 4-7 Feldenkrais class 12:30 Yoga class 1:45 Afton Closed	24 C'ville Closed Afton by appt.	25 C'ville 9:30-Noon & 4-7	26 C'ville Closed Yoga class 1:45 Afton by appt.	27 C'ville 10-1
28	29 C'ville 8-Noon & 3-6	30 C'ville 9:30-Noon & 4-7 Feldenkrais class 12:30 Yoga class 1:45 Afton by appt.	Sept. 1 C'ville 8-Noon & 3-6 Afton by appt.	2 C'ville 9:30-Noon & 4-7	3 C'ville 8-Noon & 3-6 Yoga class 1:45 Afton by appt.	4 C'ville 10-1

~Two refreshing and delicious recipes to help you keep cool in the August heat!

Lemon Tomato Salad

2 tomatoes, chopped
1/2 cucumber, peeled, halved, seeded and chopped into half moons
1/2 avocado, pitted, peeled and cubed
2 thin slices of red onion separated into rings
Juice of 1 lemon
1 TBSP olive oil
Salt to taste

In a serving bowl, combine the tomatoes, lemon juice, oil and salt. Add the cucumber, avocado, red onion and stir. Serve immediately. Serves 2-4.

Ginger Lemonade

1/2 cup peeled and chopped fresh ginger root
2 whole lemons, peeled and chopped, seeds removed
2/3 cup sweetener of your choice
1 cup water
2 liters sparkling water
Mint leaves for garnish

Combine the ginger root, chopped lemons, sweetener and water in a blender and puree until well macerated. Pour the concentrate through a sieve into a small glass or pitcher. To serve, pour 3 TBSP of concentrate into each glass. Add ice cubes, sparkling water, stir and garnish with fresh mint. Serve immediately.



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M. Suzanne Wilson, D.C.
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Please Note:

Please double check our August calendar for special office hours the first two weeks of August. From August 22nd-27th Dr. JoAnne Towne will be covering our practice while we are on vacation.

Thanks!