



July 2007

Wholistic Health Services Newsletter

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Dear Randy,

Feel free to send this newsletter to your friends. Better yet have them sign up to receive it in their inbox.

Alternatives to Gatorade

Pass the salt please.



Now that the warm weather is here, many of us are working and playing outdoors. In the heat and humidity you can work up good sweat. As you may know sweat is composed of mainly water and salt and these need to be replaced often.

When exercising, water requirements increase dramatically.

Approximately 1/2 to one quart of fluids per hour (2-4 cups) is required to replace the sweat lost during moderate physical activity. In hot weather, the liquid requirement during exercise is higher, depending upon temperature and level of play/work. Some will do fine with just increasing water consumption others are not so lucky.

Symptoms of salt depletion are:

- Fatigue
- Orthostatic dizziness (i.e. getting up too fast)
- Nausea
- Vomiting
- Muscle cramps

If you suffer from the any of the above you may benefit from increasing your salt and potassium intake. This can be from food sources or salt and potassium tablets(6-15 salt tablets and approximately1/4 that amount as potassium. Yes, you can take Gatorade, but why buy the water and other junk that it contains? Add a little glucose to your water or drink some juice along with your salt and potassium tablets and you'll be good to go. Sea salt dissolved in water also works.

Thought you'd like to know that only water, salt and potassium of the below listed ingrediants are important for health.

Gatorade ingredients:water, sucrose syrup, glucose-fructose syrup, citric acid, natural and artificial flavors, salt, sodium citrate, monopotassium phosphate, ester gum, sucrose acetate isobutyrate, red 40, blue 1

We have salt and potassium tablets at the office if you can't find them easily.

[For more infomation on salt click here.....](#)

Referrals

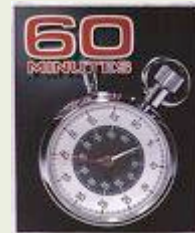


We often get asked if we are taking on new patients and the answer is YES. People get well, and then only come in for maintainence and that leaves room for more new patients. I figure if a doctor is not seeing new patients he/she either is slowing the practice down or is not getting his patients well.

Politics, Medicare, USA Bankruptcy?

"Dirty little secret everyone in Washington knows" -

Recently "60 Minutes" ran a story of concern for everyone who is or hopes to receive Medicare benefits in the future.



David Walker is an accountant, the nation's top accountant to be exact. He is the Comptroller General of the United States.

A few points covered in the article are:

- We suffer from a fiscal cancer
- Our health care problem is much more significant than Social Security
- Prescription drug bill was fiscally irresponsible
- The system is unsustainable.
- Democrats and Republicans both know the future is bleak and won't do anything about it.

[Click here to read the complete article....Now!](#)

Ice Cream and Brain Freeze



The terms "*brain freeze*" and "*ice cream headache*", refer to the same painful headache many people get when quickly eating something cold. The pain is caused by the rapid cooling of the roof of the mouth, which is close to the sphenopalatine nerve, a section of an extensive bundle of nerves running from the face up into the brain.

When this nerve gets cold, it fires off a danger signal that the entire head is about to become chilled and warns the vascular system to start pumping more blood to the brain to keep it warm. Vessels open up and the sudden in-rush of warm blood causes a painful sensation, which lasts anywhere from 30 seconds to 2 minutes. By that time the body has rewarmed the sphenopalatine nerve and the blood flow to the brain reduces to normal levels, stopping the pain.

The source of the pain has been described as being similar to that resulting from sticking hands chilled in winter into a bucket of warm water. The sudden increase in blood flow and associated expansion causes pain.

One third of all people are statistically susceptible to brain freezes. They are more often caused by eating ice cream than drinking an iced beverage because ice cream is colder than ice. Also, they are much more common when the weather is warm than when it's cold, suggesting that it's the rate or amount of temperature change that's important.

Brain freezes are called "referred pain" because the pain occurs in a location (the brain) that's different than the location of the stimulus (the roof of the mouth.)

The quickest way to relieve a brain freeze is to take a drink of warm water and hold it against the roof of your mouth. Since they are over so quickly anyway and it's unlikely that you're going to be holding a cup of hot water in one hand at the same time that you are holding an ice cream cone in the other, the next best thing to do is press your tongue against the roof of your mouth to rewarm the nerve.

Prevention is simple: eat and drink very cold foods slowly.

Enjoy the summer while you can and please get some sun! The vitamin D is very good for you.

Be Well,

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