**LYME DISEASE:** Lyme disease is a bacteria caused by bacterium called spirochete. Certain ticks frequently found on deer harbor the bacteria in their stomachs. Studies have found that in some areas up to 50 % of ticks carry the disease. Lyme disease is spread by these ticks that bite the skin of a deer and then attach themselves to a human.

We are more prone to Lyme disease in the Northeastern United States because of the growing deer tick population and milder winters. Minnesota, New England and Wisconsin are among the more heavily populated areas with Lyme carrying ticks. Lyme disease is not contagious from one person to another. Lyme occurs more frequently in children ages 5-14 and adults ages 40-50.

Lyme disease affects different areas of the body in varying degrees as it progresses. The site where the tick bites the body is where the bacteria enter through the skin. Days to weeks later, as the bacteria spread in the skin away from the initial tick bite, the infection causes an expanding reddish rash that is often associated with "flu-like" symptoms. Later, it can produce abnormalities in the joints, heart, and nervous system.

Lyme disease is medically described in three phases as: (1) early localized disease with skin inflammation; (2) early disseminated disease with heart and nervous system involvement, including palsies and meningitis; (3) late disease featuring motor and sensory nerve damage and brain inflammation as well as arthritis.

**SYMPTOMS INCLUDE;** fever, fatigue, flu like symptoms, weight gain/loss.

**HEAD/NECK;** headaches, jaw pain, dental pain, twitching of facial muscles, stiff neck, sore throat.

**EYES;** double vision, increased floating spots, change in color vision, decreased hearing, buzzing or ringing in the ears, hallucinations.

**GASTROINTESTINAL/GENITO URINARY;** upset stomach, recurrent vomiting, diarrhea/constipation, I BS, testicular or pelvic pain, decreased libido, unexplained menstrual irregularity.

**MUSCULOSKELETAL;** bone/joint pain, carpal tunnel syndrome, tennis elbow, muscle pain or cramps, sore soles.

**RESPIRATORY/CIRCULATORY;** shortness of breath, cough, chest pain, heart failure, vascular abnormalities.

**PSYCHOSOCIAL;** mood swings, irritability, over emotional, crying, depression, bi polar, panic attacks, anxiety, obsessive compulsive disorder.

**MENTAL**; dementia, memory loss, going to the wrong place, disorientation, confusion, difficulty concentrating or reading, dementia.

**NERVOUS SYSTEM;** burning, stabbing, fainting, dizzy, increased motion sickness, pinpricks, numbing, tingling, abnormal smell taste or touch, muscle weakness, atrophy, speech difficulty, word searching, tremors, seizures, insomnia, narcolepsy, apnea.

Lyme titer and ELISA are common blood tests used to determine whether someone has been infected with Lyme disease. The problem is that these tests are not considered 100% accurate, and in many cases are false or found inconclusive. Fortunately there are other tests available. If you are experiencing several of the above symptoms, you may want to try alternative muscle testing for Lyme disease. Dr. Resch is highly trained in CRA muscle testing, please mention your symptoms and interest in testing for Lyme disease during your next adjustment.

**ELECTROLYSIS NOW OFFERED AT OUR OFFICE**

Great news!! We now have a licensed and board certified Electrologist at our office. In addition to massage therapy, Katheryn Resch, LE, LMT is now taking new patients for permanent hair removal.

**WHAT IS ELECTROLYSIS?**

Electrolysis is the only permanent hair removal method approved by the FDA. It is safe and effective for men, women and teens. Unlike laser which only targets pigmented hair, electrolysis is suitable for all skin and hair types.

**HOW DOES IT WORK?**

Using state of the art equipment, a fine sterile probe is inserted into the hair follicle, and a small amount of electric current is applied. This process targets the germanitive cells that nourish hair which are located near the bottom half of the hair follicle. By destroying these cells, it eliminates the hair’s ability to regenerate and regrow. It therefore creates permanent hair removal.

**CONSULTATION:**

Prior to your treatment, your Electrologist will do a consultation. She will gather a health history and provide a detailed explanation of how electrolysis works, and what to expect. Because hair grows in stages, electrolysis is not a “one time quick fix.” It takes several treatments spaced out between 12-18 months in order for hair to be completely removed.

**IS IT PAINFUL?**

Your skin is cleansed prior to treatment. Most people describe electrolysis as a stinging, tingling or hot feeling that lasts only a few seconds. It is normal for your skin to get puffy or pink. This is a histamine response and should go away within one hour.

Your board certified Electrologist follows Wisconsin state codes and uses proper sanitation guidelines. All probes are sterile and disposable, and tweezers are sterilized after each use.

**POST TREATMENT:**

It is ok to ice the area, cleanse it with a non-abrasive cleanser, or apply toner after having electrolysis. Because the follicle remains open for 24 hours, it is not recommended to go swimming within the 24 hour post treatment time frame. Avoid hot tubs or going in the sun, along with tanning beds. Do not apply topical creams, lotions, powders, moisturizers or makeup to the areas that were treated and most important, and do not touch the area for 24 hours post treatment.

**CALL TODAY TO SCHEDULE YOUR FREE CONSULTATION: 920-465-0101**

**ASPARTAME:**

The artifical sweetner aspartame, which is sold as brand names Equal and Nutrasweet, is widely used in soft drinks, sugar free gum, and thousands of other products. Shortly after it was first approved for such use decades ago, there was some talk that it might be related to an increase in brain tumors, at least in rats at high doses. But since a number of other studies did not find this risk, despite being either small or funding by its manufacturer, it was approved for use. Now a fairly large study of 1800 rats found a connection to cancer again.

The FDA allows up to 50 mg per kilogram of body weight per day as an acceptable intake. That is equal to about 20 cans of diet soda for a normal weight person. The researchers in the new study gave seven groups of rats drinking water with either no aspartame or between 4mg and 5000 mg per kilogram of body weight of aspartame. Even at the low dose end, there were more cancers, particularly lymphomas and leukemias, in that group than in the group with no aspartame in the water.

The most noteworthy thing of this study however, was that cancers increased in proportion to the amount of the sweetener added to the water. That dose response relationship and the size of the study give this study a fair amount of power according to researchers. Other experts are still not convinced, but we would rather you avoid strange chemicals in your beverages. Dr. Resch would certainly rather err on the side of caution and recommends you drink purified water or perhaps tea. Limited amounts of pure fruit juices as well as vegetable juices can be healthy alternatives to soda.

**CHIROPRACTIC FOR YOUR TOTAL HEALTH**

Chiropractic care is amazingly effective for musculoskeletal conditions like back pain, neck pain or headaches. Chiropractic doctors however, believe that care of the spine has far more extensive benefits for overall health and often encourage their patients to continue periodic chiropractic care long after their original painful condition has been relieved. So is there real justification for such maintenance health care? The answer is yes; there is substantial body of research supporting this. Historically a recurring pattern has emerged. Patients who come in for back pain or headache get adjusted for a few weeks and typically report that some other health problem , seemingly unrelated, has improved like asthma or psoriasis.

The explanation for such health improvements is that the spine houses the spinal cord, which is the communcation highway between the body and the brain. From the spinal cord, at each bone or vertebrae of the spine, nerves branch off that serve virtually everything else in the body. Research has shown that even the slightest pressure on nerves badly distorts the impulses the nerve is carrying. So any problem with the joint between any two vertebrae of the spine can affect the spinal cord at that level or the nerve bundles leaving the spine at that level. This in turn can affect any organ or part of the body served by that nerve bundle or by the spinal cord.

Three separate studies showed improvements in immunity function. In one, adjustments to the lumbar spine produced a statistically significant increase in respiratory burst indicating stimulation of the immune system. Sham adjustments to control subjects had no such response. In the second study, after chiropractic adjustment to the thoracic spine two types of white blood cells increased significantly compared to the initial value, and were higher than the response of those in a control group getting sham adjustments. A third study confirmed the second, that a thoracic spine adjustment increased white cell levels, and raised tumor necrosis factor and substance P levels, all of which indicate enhanced immunity function. Again subjects getting sham adjustments did not show such changes. Three studies also showed stress levels reduced.

While we certainly admit that more research in this area is needed, this review shows that regular chiropractic care benefits all people of all ages. If you haven’t had your spine checked for a while, now is the time.

Call today to schedule your adjustment 920-465-0101

As always, thank you for trusting us with your health care needs.