

# Happy Easter

**Newsletter**

**April, 2017**

## **Are you Experiencing Elbow Pain?**

Recently, I had a patient come into the office suffering from a continuous, deep throbbing ache in his elbow. The pain was unrelenting and the only relief he could find was in putting his arm over his head. Sound unusual? That same patient could only sleep in a recliner at night with the affected arm propped up with pillows. Pain medications offered only minor relief and ice would usually worsen the pain. Any ideas?

The patient was suffering from a pinched nerve. The nerve originated in his lower neck/upper back region. Sometimes it is accompanied by pain along the shoulder blade or numbness and tingling in the hand.

My job is to locate which nerve is involved and get the pressure off the nerve, which is basically what I do all day. This same patient was most likely suffering from a stiff neck or shoulder tightness a month prior but the symptoms and signs his body was sending were ignored.

Most elbow pain is due to an acute injury or repetitive stress to the ligaments and tendons. This could be due to your job, hobby, exercise or some other activity requiring the same arm motion over and over again. This type of condition is a form of tendonitis and is usually treated with massage, stretching exercises, cupping, ultra sound, cold laser, electro muscular stimulation, heat, and kinesio taping. Lastly, the elbow needs to be adjusted to insure it's in proper adjustment.

There are many causes of elbow pain, usually a combination of occurring events. The next time you visit our office, please make us aware of any elbow pain or stiffness you may be experiencing.

*Dr. Kelling*

***For God so loved the world, that he gave his only begotten Son, that whosoever believeth in Him should not Perish, but have everlasting life.***

*John 3:16*

# Are Your Household Cleaners Doing More Harm than Good?

With Spring in the air, many of us have started our Spring cleaning routines to “deep” clean our homes. This article discusses the harmful effects many of the common household cleaners found in our cabinets and some natural alternatives as well.

Cleaning ingredients vary in the type of health hazard they pose. Some cause acute, or immediate, hazards such as skin or respiratory irritation, watery eyes, or chemical burns, while others are associated with chronic, or long-term, effects such as cancer.

The most acutely dangerous cleaning products are corrosive drain cleaners, oven cleaners, and acidic toilet bowl cleaners, according to Philip Dickey of the Washington Toxics Coalition. Corrosive chemicals can cause severe burns on eyes, skin and, if ingested, on the throat and esophagus. Ingredients with high acute toxicity include chlorine bleach and ammonia, which produce fumes that are highly irritating to eyes, nose, throat and lungs, and should not be used by people with asthma or lung or heart problems. These two chemicals pose an added threat in that they can react with each other or other chemicals to form lung-damaging gases. Combining products that contain chlorine and ammonia or ammonia and lye (in some oven cleaners) produces chloramine gasses, while chlorine combined with acids (commonly used in toilet bowl cleaners) forms toxic chlorine gas.

Fragrances added to many cleaners, most notably laundry detergents and fabric softeners, may cause acute effects such as respiratory irritation, headache, sneezing, and watery eyes in sensitive individuals or allergy and asthma sufferers. The National Institute of Occupational Safety and Health has found that one-third of the substances used in the fragrance industry are toxic. But because the chemical formulas of fragrances are considered trade secrets, companies aren't required to list their ingredients but merely label them as containing "fragrance."

Other ingredients in cleaners may have low acute toxicity but contribute to long-term health effects, such as cancer or hormone disruption. Some all-purpose cleaners contain the sudsing agents diethanolamine (DEA) and triethanolamine (TEA). When these substances come into contact with nitrites, often present as undisclosed preservatives or contaminants, they react to form nitrosamines - carcinogens that readily penetrate the skin. 1,4-dioxane, another suspected carcinogen, may be present in cleaners made with ethoxylated alcohols. Butyl cellosolve (also known as ethylene glycol monobutyl ether), which may be neurotoxic (or cause damage to the brain and nervous system), is also present in some cleaners.

Chemicals that are so-called "hormone disruptors" can interfere with the body's natural chemical messages, either by blocking or mimicking the actions of hormones. Possible health effects include decreased sperm counts, increased rates of male birth defects such as cryptorchidism (undescended testicles) and hypospadias (where the urethra is on the underside of the penis), and increased rates of some kinds of cancers. The alkylphenol ethoxylates (APEs) used in some detergents and cleaners have been shown to mimic the hormone estrogen; one APE, p-nonylphenol, has caused estrogen-sensitive breast cancer cells to multiply in a test tube study.

## Environmental

After bubbly cleaning liquids disappear down our drains, they are treated along with sewage and other waste water at municipal treatment plants, then discharged into nearby waterways. Most ingredients in chemical cleaners break down into harmless substances during treatment or soon afterward. Others, however, do not, threatening water quality or fish and other wildlife. In a May 2002 study of contaminants in stream water samples across the country, the U.S. Geological Survey found persistent detergent metabolites in 69% of streams tested. Sixty-six percent contained disinfectants.

Another famous water pollutant is phosphates, water-softening mineral additives that were once widely used in laundry detergents and other cleaners. When phosphates enter waterways, they act as a fertilizer, spawning overgrowth of algae. This overabundance of aquatic plant life eventually depletes the water's oxygen supply, killing off fish and other organisms. Although many states have banned phosphates from laundry detergents and some other cleaners, they are still used in automatic dishwasher detergents.

## The Solutions

A few safe, simple ingredients like soap, water, baking soda, vinegar, lemon juice and borax, aided by a little elbow grease and a coarse sponge for scrubbing, can take care of most household cleaning needs. And they can save you lots of money wasted on unnecessary, specialized cleaners!

However, when you need the convenience or the added power of pre-made, commercial cleaners, or for the basics like laundry and dishwashing detergents, here are some shopping guidelines to help you choose products with the lowest impact on your health and the environment:

1. Although most cleaners don't list ingredients, you can learn something about a product's hazards by reading its label. Most labels bear a signal word, such as Danger, Warning or Caution, that provides some indication of a product's toxicity. Products labeled Danger or Poison are typically most hazardous; those bearing a Warning label are moderately hazardous, and formulas with a Caution label are considered slightly toxic. If you find them, choose products that are nontoxic enough that they require none of the signal words above on their label. Beside the signal word is usually a phrase that describes the nature of the hazard, such as "may cause skin irritation," "flammable," "vapors harmful," or "may cause burns on contact." Look for instructions on how to use the product, which may help you avoid injury. Some labels do list active ingredients, which may assist you in detecting caustic or irritating ingredients you may wish to avoid, such as ammonia or sodium hypochlorite. A few manufacturers voluntarily list all ingredients.

2. When gauging ecological claims, look for specifics. For example, "biodegradable in 3 to 5 days" holds a lot more meaning than "biodegradable," as most substances will eventually break down if given enough time and the right ecological conditions. And claims like "no solvents," "no phosphates," or "plant-based" are more meaningful than vague terms like "ecologically-friendly" or "natural."

3. When ingredients are listed, choose products made with plant-based, instead of petroleum-based, ingredients.

## What to Look out For

Avoid cleaners marked "Danger" or "Poison" on the label, and look out for other tell-tale hazard warnings, such as "corrosive" or "may cause burns."

Avoid products that list active ingredients of chlorine or ammonia, which can cause respiratory and skin irritation and will create toxic fumes if accidentally mixed together.

Protect water quality and aquatic life by refusing to purchase detergents containing phosphates, which may cause algal blooms, or alkylphenol ethoxylates, including nonylphenol and octylphenol. Unfortunately, these ingredients are rarely, if ever, disclosed on labels; however, the brands recommended in this report are, to the best of our knowledge, phosphate- and APE-free.

Beware of unregulated "greenwash" claims on labels! Terms such as "natural" and "eco-friendly" shouldn't be equated with safety unless they're backed up with specific ingredient information, such as "solvent-free," "no petroleum-based ingredients," "no phosphates," etc. "Non-toxic" has no official definition, so unless a third party has verified this claim, it is not considered meaningful. And don't believe "organic" ingredients in cleaning and other chemical products are any safer than other substances. Although "organic" in the grocery store refers to foods grown without synthetic pesticides, in chemistry it refers to chemicals that are carbon-based, including some VOCs (volatile organic compounds) that release harmful fumes and may cause brain damage or cancer. Additionally, watch out for products labeled organic. Household cleaning products aren't regulated by the Organic Foods Production Act, but some of their ingredients, such as plant oils, can be labeled "certified organic." For more info, see [ecolabels.org](http://ecolabels.org).



## FDA Ban on Antibacterial Soap Ingredient

We've all heard it before: you need to wash your hands with soap and water to prevent the spread of germs. So, it would seem logical that washing your hands with antibacterial—germ-killing—soap would do a better job. It turns out that this is not only false, but those antibacterial soaps (and hand sanitizers, sponges and other antibacterial products) could be downright dangerous. Here is why.



In September, 2016, the FDA banned one of the main ingredients in antibacterial soaps; **triclosan**.

Here's what is known about triclosan:

It's a **endocrine disruptor** that interferes with thyroid, testosterone and estrogen regulation and has been linked to issues like "early puberty, poor sperm quality, infertility, obesity and cancer."

It has been shown to damage brain development during fetal development in rats.

It almost certainly disrupts the microbiome in our guts.

Because of its presence in surface, ground, and drinking water, and in wastewater plants, it's likely contributing antibiotic resistance, a grave public health concern.

A CDC study found triclosan present in the urine of nearly 75% of people tested. Other studies have found it in human urine, blood and breast milk.

Many think of dandelion as nothing more than a pesky weed. However, that hasn't always been the case. In fact, gardeners in the past used to actually weed out grass, which they considered a weed, to make room for this medicinal flower. This may seem surprising at first, but less so when you consider that the dandelion is probably more nutritious than most of the vegetables in your garden.

Dandelion is considered a bitter herb that is chock full of vitamins A, B, C, and D and contains minerals such as iron, potassium, and zinc. In fact, it even contains more protein, almost as much iron, and four times the vitamin A content found in spinach! It also has more vitamin C than tomatoes! How's that for a common weed? But that's just the beginning.

At one time, the dandelion was an essential herb that all natural healers kept as part of their medicinal arsenal. Now, many believe that it was so effective because it acted more as a multivitamin in a time when the concept of vitamins was completely foreign. However, in addition to its vitamin content, the dandelion contains powerful phytochemicals that have profound cleansing and healing effects on the body.

Historically the root and leaves have been used to treat liver problems. Native Americans boiled the dandelion in water and also used it to treat a variety of issues from kidney disease, swelling, skin problems, heartburn, and upset stomach. In Chinese medicine, it has been used to treat conditions such as stomach problems and appendicitis. In Europe, it was used for more common ailments such as for fever, boils, diabetes, and diarrhea.

Today, dandelion is commonly used as a diuretic that improves the function of the pancreas, spleen, stomach, and kidneys without depleting potassium from the body. The leaves are also helpful in stimulating the appetite and helping with digestion. But true herbalists know that medicinally the most powerful part of the dandelion is the root, and its true power lies in helping to detoxify the liver. This is because dandelion is one of the strongest herbal lipotropics known. That is to say, it flushes fat deposits from the liver, thereby helping to relieve chronic liver congestion.



**NATURE'S 11 MOST POWERFUL ANTIBIOTICS** FitLife.tv

Your first line of defense against any illness or infection is your own immune system! These foods will super-boost your body's ability to fight any nasty bugs that come your way and will help keep you on top of your game all year long.

- APPLE CIDER VINEGAR
- GARLIC
- GINGER
- HORSERADISH ROOT
- ONION
- HABANERO PEPPERS
- OREGANO OIL
- TURMERIC
- ECHINACEA (HERB)
- RAW HONEY
- COLLOIDAL SILVER

Conventionally Grown	Organically Grown	Genetically Modified
4-digit code	5-digits starting with # 9	5-digits starting with # 8
Ex: Conventionally grown banana: 4011	Ex: Organically grown banana: 94011	Ex: GM banana: 84011

**Dr. K's Tea Time**

**"Success is liking yourself, liking what you do, and liking how you do it."**  
*Maya Angelou*

**"Impossible is just a big word thrown around by small men who find it easier to live in a world they've been given than to explore the power they have to change it."**  
*David Beckham*

**"Kindness is the language which the deaf can hear and the blind can see."**  
*Mark Twain*

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**Lisa-Insurance/Billing Krystle-Front Desk**

**Dawn, Voncelle, Hilary and Cheryl  
Massage Therapists**



**Did you know???**

Parsley is a powerful natural diuretic. It is packed with vitamins A and C and contains more beta-carotene than a large carrot. You would have to eat 2 oranges to get as much vitamin C as in a cup of minced parsley. The same serving has more calcium than a cup of milk and 20 times as much iron as a serving of liver.



Call now to schedule your  
Reflexology appointment:

30 minutes \$30

60 minutes \$60



**ALMOND BUTTER OAT BALLS**

*These easy no-bake healthy almond butter oat balls are a great snack, dessert or breakfast on the go.*

**INGREDIENTS:**

- 1 c almond butter
- 2 Tbsp coconut oil
- 1 c old-fashioned oats
- 1/2 c shredded coconut
- 2 Tsp honey
- 3 Tbsp chocolate chips (optional)

**DIRECTIONS:**

1. Melt almond butter and coconut oil to soften.
2. Mix in oats, coconut, honey and chocolate chips.
3. Shape into 1-inch balls and refrigerate.

