

Healthy Living

Brought to you by Maple Meadows Chiropractic

Winter 2009

Swine flu – There are worse things

I couldn't help it. It was my turn to pick the topic for our newsletter. The urge to add my 2 cents about H1N1, the notorious swine flu, overwhelmed me! Usually, I avoid the mainstream news; but, not a day goes by without this topic rearing its porky head.

Maybe the conspiracy theorists are right... "It's just a ruse to keep people's attention off of the _____ (insert favorite topic, for example *economy, war on terror, Olympics, farm land, blue berry cannons, etc*).

We get questions like, "Are you worried about the swine flu doc?", "Do you think I should get the vaccine?", and "If there is a vaccine shortage, what are we supposed to do?". Yikes!

My usual response is, "It's your health, so you should do some research and be informed". Gee, what a lame answer. Ok, so here it is... my actual opinion on the Swine Flu.

I think that it is important to take all health risks seriously, but also to keep things in perspective. Just how bad is this new flu? And how likely will I get it?

For perspective, here are a few things worse than H1N1:

#1 Getting the regular flu. Yup, getting the regular, same old, boring flu is more dangerous than the swine flu. There is substantial evidence that the mortality rate

from the H1N1 flu is actually much smaller than the seasonal flu. According to the US Center for Disease control 3,900 people have died from H1N1 in the United States, however, referring



to their own numbers, the seasonal flu kills 36,000 Americans per year. Sounds like a mild flu season to me.

#2 Taking Aspirin or other over-the-counter anti-inflammatory medication. According to the *American Journal of Medicine*, "... at least 16,500 NSAID-related deaths occur each year among arthritis patients alone." So, for every person the CDC claims was killed by H1N1 swine flu this year, common anti-inflammatories like Aspirin have killed four. Wow!

#3 Smoking. Yes I know, "that's a no-brainer", but we are trying to keep things in perspective. Over 400,000 Americans die each year from smoking. That's more than

10 times the number killed by the swine flu this year. Enough said on that topic.

#4 Forgetting you need to be in the right hand lane on the new Pitt River bridge when trying to get to the Mary Hill Bypass. You are 10 times more likely to die in a car accident this year than be killed by the swine flu. The number is probably much higher trying to traverse the maze of new roads through Maple Ridge and Pitt Meadows. I won't even mention the traffic circles.

So the bottom line is this... the swine flu just isn't that scary. Do you need to get the vaccine? If, like me, you are healthy, rarely get sick and don't work in a situation where it might be hazardous to be ill (such as a hospital), then you can probably skip it.

Instead, boost your immune system: get extra Vitamin D and zinc, eat your super foods and get your spine checked regularly.

A healthy spine equals a healthy nervous system and since the nerves control the organs of your immune system, we want them at their best. The link between spinal subluxation and immune system dysfunction has been recently documented in the *Journal of Vertebral Subluxation*.

A compromised immune system can make you more susceptible to the flu, so don't miss your chiropractic checkups!

Best wishes to those who had birthdays from October through December 2009

C. Abbey	D. Davison	A. Halas	D. Locke	N. Nelson	K. Simpson
H. Adams	J. Daykin	K. Hamer	G. Louie	J. Nordal	L. Simpson
C. Ambesi	N. Daykin	K. Hamilton	K. Lourens	S. O'Reilly	M. Simpson
E. Andreolli	G. De Boer	P. Hamming	G. Lovitt	M. Odne	M. Simpson
D. Bakstad	T. Deacon	C. Hanlon	B. Macdonald	M. Oldridge	J. Smith
D. Baptista	K. Deeley	G. Harmsen	K. MacDonald	E. Otsig	L. Smith
B. Bates	S. Dejersey	K. Harmsen	L. Mackenzie	A. Pagtakhan	R. Smith
C. Bateson	E. Dekarli	S. Harmston	R. Mackenzie	J. Palahicky	S. Smith
K. Bateson	C. Delainey	S. Harris	T. Mackenzie	M. Palahicky	S. Smith
D. Beaton	D. Delainey	D. Harrison	C. Mackinnon	J. Pan	J. Solway
C. Begg	N. Demeule	C. Harty	R. Mahlmann	M. Pan	A. Soquilla
L. Begg	F. Deptford	B. Haywood	C. Malacko	M. Parker	L. Sousa
S. Bell	R. Desrochers	H. Haywood	O. Malacko	D. Partridge	P. Southam
V. Bennett	W. DeWaal	T. Haywood	S. Malacko	M. Partridge	M. Spooner
I. Bilobrova	G. Dezura	M. Healy	S. Malone	K. Pastorek	N. Spracklin
S. Bishop	B. Dickie	D. Henderson	S. Maracle	T. Peacock	V. Spurrell
T. Black Hughes	G. Dickson	S. Heyden - Green	T. Martin	J. Pedersen	H. Stanger
M. Boser	K. Dickson	H. Hirniak	C. Martins	S. Perczyk	T. Staples
M. Bozic	M. Dodd	D. Hodgkins	D. Martins	B. Phelps	K. Stark
M. Brain	M. Doherty	A. Hollingshead	L. Maxwell	M. Picard	R. Stec
R. Brain	R. Downie	G. Howells	G. McCarron	B. Pickering	A. Steele
J. Briggs	K. Drake	S. Hutchinson	K. McCarter	F. Pincince	S. Steele
C. Brisbin	L. Dumaresq	C. Jacobs	G. McClement	J. Pink	K. Stephens
D. Brisbin	R. Dumoulin	J. Jaggard	C. McCorkindale	J. Plamondon	N. Stephenson
K. Brochu	C. Duncan	G. Jones	A. Mccuaig	R. Plitt	T. Stepputat
T. Brotzel	K. Dupre	K. Jones	T. McCuaig	J. Polack	A. Sterling
D. Brown	G. Durant	M. Jones	G. McDonald	B. Poole	B. Sterling
G. Bruinsma	S. Dussault	S. Jones	M. Mcdonald	C. Potter	E. Sterling
B. Brusic	D. East	T. Jude	M. McGill	C. Price	D. Stevenson
E. Buecker	D. Evans	Z. Kalmykova	C. McGillvray	W. Pruner	J. Stewart
J. Buerk	S. Exley	G. Kanouse	B. Mcintosh	K. Rake	M. Stone
B. Bujak	K. Farquhar	S. Keizer	S. McKee	S. Ralston	K. Stroup
T. Burns	G. Faurot	R. Keller	W. McKenna	D. Rear	L. Stuart
L. Buss	H. Fikerle	T. Kellock	B. Mcleod	K. Reining	S. Sullivan
D. Calam	G. Finnson	B. Kelly	C. McLeod	R. Reining	P. Summers
C. Caldwell	V. Finnson	C. Kelly	D. Mcleod	H. Richards	M. Super
T. Camozzi	R. Fisher	M. Kelly	K. McManus	B. Rickman	J. Sweet
J. Campbell	S. Fitzmaurice	M. Kempa	E. Meier	K. Rickman	J. Talkio
L. Campbell	T. Flett	M. Kim	K. Mengerlinghausen	I. Rilcoff	K. Talkio
M. Campbell	J. Flockstra	S. Kinnear	M. Mengerlinghausen	T. Rilcoff	J. Taylor
R. Campbell	J. Fonseca Jr	L. Kirby	E. Mercier	S. Roberts	K. Teng
R. Chaulk	M. Foord	S. Kishore	B. Middleton	D. Robertson	N. Teng
K. Chernenkoff	T. Fowle	N. Knoll	H. Mikulik	H. Robertson	M. Thompson
J. Chikowski	D. Francilia	S. Kowalski	J. Mikulik	S. Ross	S. Thompson
R. Christiansen	M. Franklin	C. Kozar	J. Millar	T. Ross	T. Thompson
C. Clark	D. Fraser	J. Kramer	T. Miyashita	L. Rutherford	J. Tomkins
N. Clark	W. Gabriel	S. Kroeker	B. Mochinski	D. Rutquist	C. Tones
K. Clarke	R. Galer	V. Kwiatkowski	G. Moeller	H. Salmons	J. Treverton
P. Coe	C. Garrett	A. Ladd	C. Moen	K. Sammet	C. Valentic
R. Comeault	R. Garrett	K. Lake	D. Moen	M. Scarlett	S. Van Altena
G. Conway	P. George	P. Lamour	C. Moore	K. Schmidt	C. Van den Hoven
I. Cooper	B. Gillespie	J. Lang	J. Moore	J. Schumacher	J. Van Pelt
A. Cooshek	J. Gillespie	L. Lang	S. Morgan	L. Schuurmans	L. Victor
N. Corrigan	J. Good	B. Lapierre	J. Moriarity	G. Scott	M. Wahlers
J. Cote	S. Grace	T. Lee-Chin	J. Morris	P. Scott	B. Walker
R. Craiggs	T. Grace	D. Lepke	S. Morris	S. Scott	C. Walker
R. Cridland	J. Graham	S. Lepke	D. Morrison	T. Scott	D. Warner
E. Crowther	C. Grant	T. Lerand	K. Morrison	R. Selzer	A. Watson
N. Csillag	A. Greaves	L. Lige	N. Muc	M. Shannon	L. Webb
A. Cummings	D. Green	C. Little	C. Nelson	A. Shaw	N. Webb
T. D'Adamo	V. Gressel	A. Liva	J. Nelson	P. Shiratti	G. Westby
J. Darlington	D. Groseclose				
S. Davies	M. Hague				



O. Westby
L. Whalen
T. Whiting
K. Wiens
S. Wight
R. Wilcox
S. Wilcox
C. Wiley
T. Williams
S. Williamson
T. Willton
J. Wilson
D. Wock
J. Wong
L. Wood
M. Wood
S. Wouters
J. Wray
S. Wyant
I. Yamashita
N. Young
R. Young
S. Young
J. Zaharia
B. Zubick

Testimonials



I recently noticed through my visits that my digestive system has gotten a million times better! And that's not even why I started coming.
T.S.

It has let me get back to most normal activities including hard work.

M.G.



My hip was very painful before coming here. Now, I am regaining my mobility, this discomfort is almost gone & I'm feeling so much better.
C.D.



Great!! I can bend over and put my shoes on...
Pain is Good now!

B.D.



Maple Meadows
CHIROPRACTIC

MONDAY 2:30 pm - 7:30 pm
 TUESDAY 7:30 am - 7:30 pm
 WEDNESDAY 7:30 am - 7:30 pm
 THURSDAY 7:30 am - 7:30 pm
 FRIDAY 7:30 am - 12 noon

Our clinic prides itself on thorough care, effective communication, and excellent results. The goal of our clinic is to support each individual in achieving his or her optimum health. This is accomplished by educating our practice members and having them take a more active role in their health.

Dr. Matt Boser and Dr. Crystal Boser

New Families Welcome!

- wellness care
- back or leg pain
- neck pain / headaches
- shoulder / arm pain
- sports injuries
- maintenance care
- WCB / ICBC

Making a Difference for Special Children

At a recent conference we attended, we learned about a special non-profit Chiropractic Center for kids with serious health issues. In February we will be participating in their "Have a Heart" Campaign to help raise money for the program, so we thought we would share some information about the center...

"The majority of children who come to the Children's Center have run the gamut of traditional medicine. Their families are burdened with debts totaling hundreds of thousands of dollars. Parents have lost their jobs, and most have lost hope. As the children improve with each adjustment, restoring their health through their own recuperative powers, parents see miracles happen that help their children reach meaningful lives.

Babies hold their heads up for the first time, sleep through the night, stop seizing, eat without pain, a child feeds himself, learns to move independently, speaks clearly without a stutter, runs and plays like a normal child without asthma or chronic ear infections.

The chiropractic premise is that sub-lux-ations are due to stress, trauma and poisons within the body causing function to diminish.

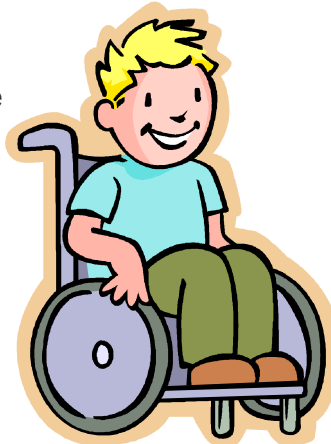
Consistent well-being helps children face the necessary challenges in their lives. We see the life force return to the children's eyes as their health is restored.

Since its beginning, Chiropractic has been based on the scientific fact that the nervous system controls the function of every cell, tissue, organ, and system of your body. While the brain is protected by the skull, the spinal cord is more vulnerable, covered by 24 moving vertebrae. When these bones lose their normal motion or position, they can irritate the nervous system. This disrupts the function of the tissues or organs these nerves control, and this is called Vertebral Subluxation Complex.

At the Children's Chiropractic Center, hope has been restored with happier, healthier drug free lifestyles."

More information is available on the Oklahaven website.

<http://www.chiropractic4kids.com/index.html>



Chewy Chocolate Gingerbread Cookies

Makes 2 dozen

- 1 cup of good dark chocolate chips
- 1 ½ cups plus 1 tablespoon all-purpose flour
- 1 ¼ teaspoons ground ginger or candied ginger
- 1 teaspoon ground cinnamon
- ¼ teaspoon ground cloves
- ¼ teaspoon ground nutmeg
- 1 tablespoon cocoa powder
- ½ cup unsulfured molasses
- 1 teaspoon baking soda
- ¼ cup granulated sugar
- 8 tablespoons (1 stick) unsalted butter
- 1 tablespoon freshly grated ginger
- ½ cup dark-brown sugar, packed



1. Line two baking sheets with parchment. Chop chocolate into 1/4-inch chunks; set aside. In a medium bowl, sift together flour, ground ginger, cinnamon, cloves, nutmeg, and cocoa.
2. In the bowl of an electric mixer, (fitted with the paddle attachment), beat butter and grated ginger until whitened, about 4 minutes. Add brown sugar; beat until combined. Add molasses; beat until combined.
3. In a small bowl, dissolve baking soda in 1 1/2 teaspoons boiling water. Beat half of flour mixture into butter mixture. Beat in baking-soda mixture, then remaining half of flour mixture. Mix in chocolate; turn out onto a piece of plastic wrap. Pat dough out to about 1 inch thick; seal with wrap; refrigerate until firm, about 2 hours.
4. Heat oven to 325°. Roll dough into 1 1/2- inch balls; place 2 inches apart on baking sheets. Refrigerate 20 minutes. Roll in granulated sugar. Bake until the surfaces crack slightly, 10 to 12 minutes. Let cool 5 minutes; transfer to a wire rack to cool completely. Yum Yum Yum!!