

Journeys in Health

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Drs. Jessica and Phil Szalowski

Upcoming Events:

Spinal Care Classes

Tuesday 4/6 and Tuesday 4/20
at 6:30 pm

Asthma and Allergies

Specialty Class

Tuesday 4/13
6:30 pm

(please call ahead to reserve a
spot as these classes fill up
quickly)

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Life is not merely to be
alive, but to be well.

– Marcu Valerius Martial

Are YOU Getting Enough?

Omega 3 oils have been getting more attention lately- with good reason. There are a couple different essential fatty acids that are referred to as omega 3's and some are plant-based while others are animal-based. These are *essential* fatty acids, meaning that our bodies **require** them for proper cell function. It also means our bodies cannot make them and therefore must be consumed in our diet. Most of us get sufficient amounts of plant-based omega 3's through our diet, but the Western diet is severely deficient in the animal-based omega 3 fatty acids EPA and DHA. These were traditionally consumed through eating wild game and wild fish, but now that our meat is almost entirely grain-fed and our fish farmed these are no longer sufficient sources. Even eating large amounts of wild-caught fish can be a poor option; although you may get sufficient amounts of DHA and EPA if you eat enough, you are also ingesting mercury and many other pollutants that you want to avoid.



Although the fact that EPA and DHA omega 3's are essential to proper cell function in general should be enough to convince you of the importance of supplementing your diet, there are many other benefits to consider. The EPA and DHA found in quality fish oil is pertinent for nerve function and brain development (why baby foods are fortified with DHA), so it is important for anyone with neurological conditions to be sure they are getting appropriate amounts of these supportive nutrients. This group may include children with developmental, learning and behavioral problems, adults with depression or seniors with Alzheimer's. Fish oils are beneficial for skin, heart, eye and digestive health. They are also known to have an anti-inflammatory effect.



When you are choosing a fish oil to add EPA and DHA omega 3's to your diet, it is important to be sure that you are getting a high quality product. Otherwise, you may be facing the same contamination problem as when eating a lot of fish. You want to make sure the source used is pure (preferably wild caught herring, sardines and anchovies from unpolluted cold waters) and that is further distilled for purification. We have a brand that we use and trust here in the office called Innate Choice, but there are other brands out there that are also very reputable. If you have any questions about fish oil that you have purchased elsewhere, bring in the bottle and we can check it out.

Comments?
Questions?

Just hit reply and ask the doctors
a question to be answered in the
next newsletter.

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Give Yourself a Boost!



As spring approaches, many dread the impending symptoms of allergies. What are allergies anyway? An allergy is really an over-reaction of an *impaired* immune system to an otherwise harmless stimulus. That's why not everyone is affected by the same things- the problem isn't

the grass or the goldenrod, it's your immune system's reaction to it. So although many things can trigger an allergic response, such as pollen, grasses, mold, certain foods and even pets, the best thing you can do to minimize or prevent allergies is to *strengthen* the immune system rather than just treating the symptoms when they arrive.

There are so many ways in which the immune system can be boosted, but here are a few ideas to get you started. First and foremost is making sure that you are eating a pure and well-balanced diet with plenty of whole foods such as fruits and vegetables and low in sugar and dairy. Dairy tends to have a congesting effect and sugar can also cause an inflammatory response, so both of these things will work against you. Supplementing with DHA/EPA omega 3's helps to decrease the allergic and inflammatory response. Other things you can add to your diet include: vitamins C and D, probiotics, garlic (a natural antimicrobial/antiseptic) and echinacea. Regular exercise is extremely beneficial for your overall health and stimulates the immune system. Using a neti pot, nasal irrigation can help to flush out irritants from the nasal passages and air purifiers can decrease airborne allergens in your home or office. Of course, getting regular chiropractic adjustments helps by making sure that your nervous system (which in turn controls the immune system) is operating at its fullest potential!

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