

Inside Fresno- January Column

Inside Health (Because that's Where it Comes From) Matthew K. Norton D.C.

Seeking Real Solutions and Wellness Options

Question: I have been struggling with depression for several years now. My husband has an ongoing lowback pain condition since he injured it at work last May. Our daughter continues to get frequent ear infections, which cause her to miss school. I'm feeling stressed and frustrated because I feel like our quality of life has been steadily declining!

We keep going to see our medical doctor looking for answers but end up with the same results. We get our antidepressant, anti-inflammatory, and antibiotic prescriptions refilled, which temporarily relieve our symptoms, but are accompanied by warnings of possible dangerous side effects. However, we never really seem to be getting healthier and our flare-ups are becoming more severe.

I feel like we're only putting patches on a sinking ship. Instead, how can we truly make our ship more seaworthy? What other options are available that would be safer, and might provide a real solution to allow our family to get our health and vitality back?

Answer: You are not alone in your health challenges, your concern for greater treatment safety, or your quest to explore more harmonious options to restore your family's well being.

A scholarly six-part article by three M.D.'s and two Ph.D.'s entitled "Modern Health Care System is the Leading Cause of Death" killing over 700,000 people per year is recommended reading at www.mercola.com. It is increasingly critical that you become informed about your healthcare choices to be at your best and avoid becoming a statistic.

The World Health Organization declared depression to be the fourth leading cause of disease worldwide, causing more debility than heart attacks or stroke. It affects over 20 million Americans.

A ten-month research study by Duke University medical psychology professor James Blumenthal, reported in HealthDay News last

month, revealed that 30-minute aerobic workouts 3-5x/wk. outperformed Zoloft (a leading antidepressant) in easing symptoms (a 50 % reduction). There are no side effects and exercise provides many other valuable benefits.

Regular consumption of fish or cod liver oil, minimizing sugar and grain consumption, and daily bright light exposure also serve to reduce depressive tendencies.

A study of 2800 patients with lowback pain reported in last month's Journal of Manipulative and Physiological Therapeutics showed chiropractic to be 16% less expensive than traditional medical care while being more effective in reducing pain and disability and receiving a higher overall satisfaction rate. This approach gets to the spinal/nervous system cause of the problem.

Ear infections are the second most common reason for children's doctor visits behind the common cold, accounting for 30 million a year. The bulk of scientific studies have concluded that antibiotics are rarely effective or appropriate. They are dangerous because of their creation of "smart" highly resistant bacteria.

They typically clear up within a few days without medication. Food allergies have been considered their major cause. Avoiding pasteurized milk, sugar, and juices will stop most of them. A few drops of breast milk in the ear (even from a friend) every few hours will usually allow them to resolve within a day or two. Eardrops made of olive oil with fresh garlic also work well.

There is a time and place for surgery and medication. However, it should not be our primary strategy. It is important to learn the basic actions that support your innate well being and minimize your need for crisis intervention.

You have an awesome opportunity on Sunday January 29th from 10-6 at the LaRyan Event Center (4277 N. West at Ashlan) to meet a broad range of non-traditional health care providers and learn about their products and services. You can find answers for the chronic pain, illness, and stress you struggle with and explore strategies for optimal wellness and performance. Call Joanne at 222-6212 for information.

