



Choices Healthy Views

Doctors Choice

by Dr. Devin A. Mikles MD, MD(H), FACP

INFLUENZA: TO VACCINATE OR NOT TO VACCINATE, THAT IS THE QUESTION.

When it comes to a discussion on flu vaccines, there is likely to be heated exchange and controversy. Conventional authorities seem to always recommend in favor, regardless of any evidence that strays away from a view of perfect protection and safety, whereas those strictly opposed invariably red stamp even minor evidence that points to negative or limited outcomes. My opinion rests somewhat more in a middle path, and my bottom-line is always in favor of personal choice, and never mandated vaccination. I like to look at the straight facts, and let patients make their own choices.

So what do we know for sure? Here are a few things:

Effectiveness

- The current influenza vaccines only work 50% of the time in older individuals.
- The reductions in risk for influenza related to vaccination are due to preferential receipt of vaccine by relatively healthy seniors.
- The vaccines are not effective in immune suppressed or immune compromised patients.
- The flu vaccines are very effective in persons aged 14 to 59, but these persons are generally healthy.

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What's New at Choices

Please contact our office to request an email invitation to our new and improved patient portal.



CONNECT. COMMUNICATE. COLLABORATE.

Choices Foundation talks to begin on September 4, 2014 at 6:30 p.m. at the Sedona Public Library. Medical Director, Dr. Devin Mikles will be presenting Schizophrenia: A Functional Medicine Approach



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Recent Studies on Cold & Flu Supplements

by Peggi Cross, PhD

JUICE PLUS: In a double-blind, placebo controlled study of 529 nurses, 4 capsules of Juice Plus+® taken daily over 8 months reduced the moderate to severe symptoms of the cold by 20%.
Br J Nutr. 2011 Jan;105(1):118-22. PubMed Central PMCID: PMC3023145.

OLIGOSACCHARIDES: In a randomized, double-blind study of 427 persons undergoing undergraduate exams, 2.5 g per day Galactooligosaccharide supplementation for 8 weeks around the time of exams reduced the symptoms of gastrointestinal dysfunction and cold or flu associated with acute psychological distress.
Am J Clin Nutr. 2011 Jun;93(6):1305-11. PubMed PMID: 21525194.

GARLIC: A randomized, double-blind, placebo-controlled parallel intervention study recruited 120 healthy subjects (60 per group) to determine the effect of aged garlic extract supplementation (2.56 g/d) on immune cell proliferation and cold and flu symptoms. The group consuming the aged garlic extract appeared to have reduced severity as noted by a reduction in the number of symptoms reported (21% fewer, $p < 0.001$, z-test of proportions), a reduction in the number of days (61% fewer, $p < 0.001$, z-test) and incidences (58% fewer $p < 0.001$, z-test) where the subjects functioned sub-optimally and the number of work/school days missed due to illness (58% fewer, $p = 0.035$, z-test).
Clin Nutr. 2012 Jun;31(3):337-44. PubMed PMID: 22280901.

GREEN TEA: In a double-blind, placebo controlled study of healthy adults taking green tea capsules twice daily for 3 months resulted in 32.1% fewer subjects with symptoms ($P = 0.035$), 22.9% fewer overall illnesses of at least 2 days duration ($P = 0.092$), and 35.6% fewer symptom days ($P < 0.002$), compared to subjects taking placebo.
J Am Coll Nutr. 2007 Oct;26(5):445-52. PubMed PMID: 17914132.

IS IT A COLD OR THE FLU?

By Karen M. Johnson, FNP

How do you know if you have the flu or just the common cold? They are both respiratory illnesses but they are caused by different viruses. Both have similar flu-like symptoms which makes it difficult to tell the difference between them.

Flu usually comes on much more quickly than a cold and symptoms include: sudden fever of 38-40°C (100-104° F), muscle aches and pains, sweating, chills, suddenly feeling exhausted and needing to lie down, dry, chesty cough, and sneezing. Flu symptoms appear one to three days after infection and most people recover within a week, although you may feel tired for longer period of time. There can be complications of the flu, such as pneumonia, or other bacterial infections, or hospitalizations, and yearly there are several flu related deaths that occur.

A severe cold can also cause muscle aches and fever, but milder than the flu symptoms. People with colds are more likely to have a runny or stuffy nose, sneezing, sore throat, and generally the symptoms are not an intense sudden onset. Colds generally do not result in serious health problems, symptoms develop over one or two days and gradually get better after a few days. Some colds can last for up to two weeks, and is most contagious during the early stages when the person has a runny nose and sore throat.

If you are generally healthy and fit your symptoms can be managed without seeing your Provider. However, whether it's a cold or flu, get medical help if: you have a chronic condition (such as asthma, diabetes or heart disease), or you have a very high fever as well as an unusually severe headache or abdominal or chest pain. There are antiviral medications that will help shorten the length and intensity of the flu. There are also rapid test that your Provider can do in the office to diagnose flu. I recommend calling your Providers office and request to be seen at the onset of symptoms as early intervention makes a big difference in recovery.

You can help stop the spread of the flu or common cold by; sneezing or coughing into a tissue, throwing the tissue away, and washing your hands often. Frequent use of an antimicrobial hand gel is another good idea.

Natural Medicine Store Favorites

by Brian Whitney *

Cold and Flu season seems to begin the moment children begin school in late summer, early autumn. *So what do the providers and staff at Choices rely on for protection?...*

Esberitox®



Why use Esberitox?

- Over 30 studies support its use.
- Esberitox has been the top-selling remedy in Europe for over 70 years, and is clinically tested. It doesn't interfere with commonly prescribed medications, and can be used by your entire family.
- Exclusive formula. Only Esberitox combines two types of Echinacea with two additional immune-enhancing herbs, baptisia and thuja. This gives Esberitox a broader spectrum of activity than Echinacea alone.. The powerful combination promotes the body's resistive functions by stimulating the production and activity of critical immune cells.
- Fast and effective.
- One randomized, double-blind, placebo controlled, multi-center study involving 263 adults, found that improvement was noticeable after only two days of supplementation - three days earlier than the placebo group.
- Esberitox is perfect for the whole family. Safety and tolerability of Esberitox has been established for those as young as two years of age.
- Esberitox is conveniently packaged for life on the go. It comes in delicious, chewable tablets that make immune-system support easy and enjoyable.

ImmunotiX 500™

ImmunotiX 500™ delivers 500 mg of whole glucan particle per capsule, providing beta 1,3/1,6 Glucan. Beta 1,3/1,6 glucan is a unique complex carbohydrate purified from *Saccharomyces cerevisiae* (baker's yeast). It is natural, non-genetically modified (non-GMO), hypoallergenic, patented, and generally recognized as safe (GRAS). Taken orally, ImmunotiX 500 primes and mobilizes the cells that support the body's first-line immune response.



Beta-glucan has been recognized for its support of immune system activity for centuries; and yeast-derived beta-glucan has become the subject of over 800 scientific studies to date. Purified yeast-derived beta glucan from *S cerevisiae* is considered the most effective source. Purity of the product is vital, since protein contaminants can cause untoward immune reactions. ImmunotiX is refined to remove impurities, including proteins and fats that can interfere with effectiveness.

This product is very well tolerated and very effective!

These statements have not been evaluated by the Food and Drug Administration (FDA). These products are not meant to diagnose, treat or cure any disease or medical condition. Please consult your doctor before starting any exercise or nutritional supplement program or before using these or any product during pregnancy or if you have a serious medical condition.

Alternative Care Treatments

To Manage the Body's Waters - Mucous - Phlegm Dietary Changes & Herbs Are A Must

by Beverly Coleman, MPH, L.Ac

Complementary Health Practices Available at Choices

- Acupuncture
- Botanical Medicine
- Chiropractic
- Cold Laser Therapy
- Homeopathy
- Intravenous Infusions
- Mind/Body Medicine
- Neural Therapy (NT)
- Neuromuscular Therapy
- Nutritional Therapy/Counseling
- Relaxation, Visualization
- Stress Management
- Traditional Chinese Herbal Medicine
- Ultraviolet Blood Irradiations and Ozone Therapy

To understand how phlegm is created in the human body, we must begin with water. 60-75% of the body is water. Close your eyes a moment and imagine that each of the trillions specialized cells in your body is miraculously puffed up and floating in your body's sea of salt water.

Your waters act as a moisturizing and cooling system especially in the lungs and skin. Your waters carry thicker (mucous) lubricants from glands to your joints and spinal cord. Your waters provide a river of arterial blood to carry your food nutrients throughout your body

Enzymes and hormones "hitch rides" on your body's waterways and stop off at various "stations" where they regulate critical functions like the digestion of your foods and body clocks. And your waters are constantly bathing trillions of cells in your body to remove and dump toxic waste from your life.

If we dump too much garbage, wastes and toxins in once clear, healthy waters of our oceans, lakes and streams these bodies of water thicken and become polluted with "gook" and slime. So it is with the sea and rivers in the human body. When we overload ourselves with foods that are difficult to digest, inappropriate or allergenic, the undigested food particles begin to thicken our body mucous and waters thus forming PHLEGM that ultimately slows down body processes and clogs up lungs, bowels and circulation. Even though the body will attempt to discharge accumulations of phlegm (a cloudy or yellowish, thick slime) especially through the nose, mouth, genitals, urine and the skin, it often builds up faster than the body can eliminate it. This progression toward illness (i.e., clogged arteries, chronic vaginal discharges, respiratory difficulties, lymphatic congestion and nodules, skin problems, etc.) cannot be reversed by bio-medical pharmaceuticals. YOU must personally participate in reversing this progression through the informed and "[Safe Use of Herbs](#)" (my book which is available at Choices' Store) and gradual changes in your lifestyle. I will be happy to assist you with the correct herb selection for your wellness needs. Please contact me at 928.204.9233.

Medical Grade Compression Stockings for Primary Prevention and Treatment of Varicose Veins

By: Robert Wolyn, MD

Leg discomfort affects approximately one out of every five working men and women and costs US corporations more than 2 million lost workdays a year. Venous Insufficiency is caused by a series of disorders in the veins including but not limited to the valves failure to function properly.

According to the Journal of Occupational and Environmental Medicine, medical compression stockings have been proven more effective at reducing aches and pains in the legs by gently applying pressure to the stretched vein walls, allowing the valves to operate properly and return blood to the heart.

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PREVENTION “The Best Medicine”

by Bonnie Elkhair, FNP

No one wants to be sick. When managing colds or flu, prevention is still the “best medicine.” Preventing the spread of cold and flu viruses is essential in maintaining wellness as individuals, families, and communities. While the Center for Disease Control recommends annual vaccines to prevent influenza infections, many patients aren’t able to receive those vaccines, due to personal, medical, or logistical reasons.

Hands down, hand washing remains the number one way to prevent infection. Since most cold and flu viruses are spread by direct contact with contaminated surfaces, frequent hand washing with soap and water is necessary. Use of alcohol based hand sanitizers is popular and convenient, and should be used only during times of lack of access to traditional soap and water. Sanitized hands should be washed with soap and water as soon as that access does become available.

Covering a cough or sneeze is another important way to prevent spread of infection. Since germs and viruses cling to our bare hands, we muffle our coughs and sneezes with tissue. When a tissue isn’t available, then we cough or sneeze into the inside of our elbows. Another important way to prevent spread of flu and cold viruses is to avoid touching your face. Our eyes, noses, and mouths provide portals of entry for flu and cold viruses when contaminated hands touch those surfaces.

Exercising regularly will also help prevent infection from cold or flu viruses. Aerobic exercise speeds up the heart rate, enabling the heart to pump larger amounts of blood to the vital organs, and also heats up the body, causing you to sweat. Aerobic exercise also speeds up the respiratory rate, improving transfer of oxygen from the lungs to the blood stream. These events help increase the body’s natural virus-killing cells.

Attention to proper nutrition will also help prevent cold and flu symptoms. Stay well hydrated, since dehydration inhibits immune function. Phytonutrients, the natural chemicals found in plant foods, boost the immune system, so eat a variety of colors of vegetables every day, dark green, red, yellow, to maintain strong cells. Supplementation with phytonutrient vitamins is sometimes needed. Avoid processed, fatty and sugary foods as they decrease immune function. Probiotics are recommended, for proper digestion and nutrient absorption, and to stimulate white blood cells.

Don’t smoke cigarettes, and avoid exposure to second hand smoke. Smokers get more colds than nonsmokers, and their colds are more severe and prolonged. Both first and second hand smoke zaps the immune system by drying out nasal passages, and paralyzing cilia, the tiny delicate hairs that use wavy movements to sweep cold and flu viruses from our nasal passages.

Cold and flu symptoms can be treated if recognized early, but even with treatment, influenza illness can be profound. With sudden onset of fever 101 degrees or higher, chills, muscle and body aches, fatigue, malaise, headache, dry cough, sore throat, and nasal congestion, flu illness can present a serious threat to our health and productivity. Rapid recognition of flu infection is essential, as the appropriate antiviral treatments achieve most optimal outcome when initiated during early illness. If you do develop flu like symptoms, call our clinic immediately.



Medical Grade Compression Stockings for Primary Prevention and Treatment of Varicose Veins

(Continued from page 4)

Approximately 25 million people in the United States suffer from this condition. Venous reflux, often the underlying cause of varicose veins, frequently forces people to dramatically change their lifestyles. Heavy, tired or aching legs, leg swelling, pain, skin discolorations and venous leg ulcers can be reduced by the appropriate use of medical grade compression stockings ordered by a healthcare provider.

Risk factors for venous disorders include: heredity, age above 40, pregnancy, obesity, prolonged sitting or standing, long distance travel, sedentary lifestyle, use of hormone medication and/ or infectious disease.

Since 2012, Mountain Heart Vein Clinics have assisted over 800 patients with medical grade compression stocking therapy, which has been proven to reduce symptoms of Venous Insufficiency including leg discomfort, pain and swelling.

Robert Wolyn, MD is an interventional cardiologist and vein specialist at Mountain Heart Health Services. To schedule a free vein screening in Sedona at Choices Integrative Healthcare of Sedona to determine if compression stockings are right for you, please call (928) 226-6400.

Recipe of the Month: Almost Grandma's Chicken Noodle Soup

Contributed with permission by Jan's Recipe book (www.jansrecipebook.com)

Ingredients:

- 1 gallon water
- 1 whole parsnip diced
- 2 large zucchinis slices then halved
- 1 ½ lbs. boneless skinless chicken breasts
- 2 Tbs. extra virgin olive oil
- 7 green onions diced
- 1 ½ cups sliced carrots
- 1 (16 oz) bag brown rice pasta spirals
- 3 Tbs. powdered vegetable broth
- 2 Tbs. dried parsley



Cut chicken into bite size pieces, lightly salt and pepper. Put the extra virgin olive oil in a large skillet and brown the chicken.

While the chicken is browning put the water into a large pot and bring to a boil. Add the dices parsnip, zucchini, carrots and green onions to the pot and bring to a boil. Add the cooked chicken, powdered vegetable broth, parsley and brown rice pasta to the pot and bring to a boil and then simmer for 15 minutes or until pasta is cooked. Stir pot occasionally.

Remove from burner and cover with lid until ready to serve. Serves 4 - 6

INFLUENZA: TO VACCINATE OR NOT TO VACCINATE, THAT IS THE QUESTION (*continued from page 1*)



Mercury

Thimerosal is a mercury-based preservative that has been used for decades in the United States in multi-dose vials (vials containing more than one dose) of flu vaccines to prevent growth of bacteria & fungi, that can contaminate them. Flu vaccine that is produced in multi-dose vials, and contains thimerosal. Single-dose units are made without thimerosal.

Other possible components of flu vaccines

- Aluminum: A neurotoxin linked to Alzheimer's disease and other cognitive diseases.
- Formaldehyde: A carcinogen.
- Antibiotics: Various forms include neomycin, streptomycin, and gentamicin.
- Triton X-100: A detergent that should *not* be injected into the human bloodstream.

Allergy

Both gelatin and egg proteins are contained in flu vaccines in quantities sufficient to induce rare instances of severe, immediate-type hypersensitivity reactions

These are but a few facts about flu vaccine. There are many others. In order to make an informed decision, it takes a lot of study and research. We would refer you to some more comprehensive sources for information we hope will make it easier to understand this complex issue.

<http://vaxtruth.org/2011/08/vaccine-ingredients/>

<http://www.cdc.gov/vaccines/parents/vaccine-decision/ingredients.html>

<http://vaxtruth.org/>

<http://www.cdc.gov/vaccines/schedules/downloads/adult/adult-schedule-contraindications.pdf>

Govaert TE, Thijs CN, Masurel NN, Sprenger MW, Dinant GJ, Knottnerus JA. The Efficacy of Influenza Vaccination in Elderly Individuals: A Randomized Double-blind Placebo-Controlled Trial. *JAMA*.1994;272(21):1661-1665. doi:10.1001/jama.1994.03520210045030.

Jackson AL, et al. Evidence of bias in estimates of influenza vaccine effectiveness in seniors *Int. J. Epidemiol.* (April 2006) 35 (2): 337-344 first published online December 20, 2005doi:10.1093/ije/dyi274

Mazza JJ, Yale SH, Arrowood JR, Reynolds CE, Glurich I, Chyou PH, Linneman JG, Reed KD. Efficacy of the influenza vaccine in patients with malignant lymphoma. *Clin Med Res.* 2005 Nov;3(4):214-20. PubMed PMID: 16303886; PubMed Central PMCID: PMC1288406.

Offit PA, Jew RK. Addressing parents' concerns: do vaccines contain harmful preservatives, adjuvants, additives, or residuals? *Pediatrics.* 2003 Dec;112(6 Pt 1):1394-7. PubMed PMID: 14654615.