



**SOUTHERN
SPINAL
CARE**



Issue 10, September 2011

Spinal Care Boosts Immunity

When a group of students received spinal manipulative care during exam time, their immune system was boosted compared to the students in the control group.

Researchers measured the secretory immunoglobulin A (sIgA) levels before and after treatment using salivary samples. High levels of sIgA have been shown to decrease the incidence of acquiring an upper respiratory tract infection (URTI).

They concluded that spinal care on both healthy and hospitalised patients may provide an URTI preventative and protective effect.

Low Vitamin D & Flu Deaths

Researchers discovered influenza death rates go up as Vitamin D producing UV light goes down. The influenza death rates were found to be 20-600 times greater during the months when the sunshine vitamin D cannot be made in the skin. Is it a coincidence?

Data collected from the past 100 years was used by researchers at Oslo University Hospital in Norway (*Juzeniene 2010, Int J Infect Dis*) and concluded that, "...it appears that a low Vitamin D status may play a significant (controlling) role in most influenzas.....and act in a protective manner." It can affect brain function and Vitamin D could be between you and cancer.

Miracle Mineral Fights Off Common Cold

Zinc can officially help fight the common cold. Taking zinc within 24 hours of developing a cold reduced both the duration of illness and severity of symptom.

Also it appears that zinc when used preventively, with supplementation for at least five months, was found to reduce the incidence of colds in children as well as cutting their antibiotic use and time off school.

However the benefits did come at a cost of adverse events, with bad taste and nausea being more than twice as common in those taking zinc compared with placebo. "This review strengthens the evidence for zinc as a treatment for the common cold.," said the study's lead researcher.

After 7 days of a cold, people taking zinc tablets, were 55% more likely to have cleared their cold than those taking placebo. On average, zinc reduced the duration of symptoms by about a day, as well as significantly reducing scores on the symptom severity scale.

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Dr Terry Notaras is a Doctor of Chiropractic and Doctor of Osteopathy. He is registered as a Chiropractor and Osteopath with the Chiropractic Board of Australia and is a member of the Chiropractors Association of Australia. Dr Notaras is also an Associate Member of the Australasian College of Chiropractors.

Dr Terry Notaras has lived in the local area for 39 years and has been in private practice for 26 years. He has served on the Executive Committees of the Chiropractors Association of Australia.

Dr Notaras has looked after the health of some of the world's best professional Golf Tour. He has also looked after the Olympic Cycling Squad as well as many other elite athletes. This background allows the technique used at Southern Spinal Care to be the latest and the most effective in the world.

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