



of the Week...

Boosting Your Immunity-Naturally

Here's where common sense reigns. First, decrease or eliminate sugar, junk food and alcohol. A healthy diet rich in fruits and vegetables makes sense when combined with proper vitamin and mineral supplementation. We also recommend pro-biotics and anti-oxidants to boost immunity. Drink plenty of clean water to remain hydrated and get sufficient sleep every night to prevent getting worn down. And, regular chiropractic care is a must!

America's #5 Most Popular Drug

The #5 most popular prescribed drug in 2009 according to Forbes Magazine (May, 2010):

Azithromycin (antibiotic)-Over 53 million prescriptions. The most common brand names for this drug is z-max and zithromax.

We present this information for you if you find that you MUST take medication. Now you can be aware of the do's and don'ts:

While this drug is supposed to be prescribed only for severe bacterial infections, based on the number of prescriptions written, it is clearly prescribed for infections below the intended threshold.

The most common symptoms or negative effects associated with the use of this drug include diarrhea, nausea, vomiting, or abdominal pain. It is recommended that you

contact the prescribing doctor immediately if you experience any of the following more serious side effects:

- Hearing loss
- Eye problems
- Slurred speech
- Muscle weakness

And, it is advised that you seek immediate emergency attention if you experience the following while taking this drug:

- Severe dizziness
- Fainting
- Fast or irregular heartbeat
- Bloody stools

Allergic reactions, heart problems and the fact that this drug also passes directly into breast milk are all causes for additional concern.

The Bottom Line...The Bottom Line...The Bottom Line...

Before using this drug, inform your doctor or pharmacist of all prescription and nonprescription and herbal products you may use (shouldn't they already know?) especially: live bacteria vaccines, aluminum/magnesium-containing antacids, digoxin, lovastatin, nelfinavir & warfarin. Seems that a much smarter approach would be to take the appropriate health producing lifestyle changes that would result in a strong immune system including diet, nutrition and chiropractic!

This issue of the HealthTip of the Week is brought to you as a public service by...

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