

ASHBY ADVISOR

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Now that you have settled into the New Year let's help you focus on your health and wellness.

Get checked out before you get too far into this year's fitness workout. Let me see how balanced you are and point out potential problem areas before you start a workout routine or go to the next level. Just give Andrea a call or email for an appointment.

You may have noticed a new face around the clinic, I would like to encourage you to take a moment and meet Chris Bouguyon, MMQ. He is leasing a space from me for his Medical Qigong Clinic, here is a link to his website.... www.simplyaware.com/medical-qigong-clinic.html.

What is Qigong? Qi = Life Energy + Gong = work, effort or cultivation.
Simply Qigong = Life energy Cultivation.

I've known Chris for many years and have referred numerous patients/clients to him. Chris is offering 25% off your initial consultation, if you mention this newsletter. Please contact Fayne @214-476-1719 to schedule an appointment or ask questions.

Here is a quirky finding reported in detail from the "The People's Pharmacy". Some people have reported severe itching and hives after stopping Zyrtec or Xyzal for allergies. There was nothing in the literature for years, except anecdotal reports on some blogs. Finally in December 2016, the journal "Drug Safety Case Reports" noted that long term anti-histamine use can occupy a receptor site that could lead to itching when histamine increases. Zyrtec is an anti-histamine. So it isn't all in people's head with these reports.

You can report any adverse event to any medication through the MEDWATCH portal to the FDA (<http://www.fda.gov/Safety/MedWatch>). The more reports they get, the more likely they will issue a warning or add it to the label of a specific drug.

An interesting study by Senna and Machaly on managing chronic low back pain found that twice a month manipulation over a nine month period yielded the best overall pain management outcomes. Their reasoning is that minor issues may be getting addressed before they become worse.

Quote: "I may not have gone where I intended to go, but I think I have ended up where I needed to be."...Douglas Adams