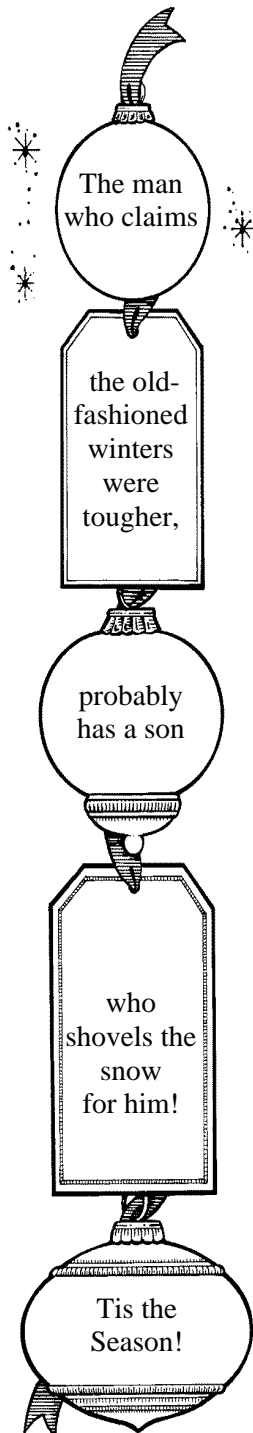


Chiropractic Connection

www.caledoniafamilychiropractic.com



Most Sinus Infections Not Helped by Antibiotics or Topical Steroids Reference upon request

A study published in the December 5, 2007 issue of the Journal of the American Medical Association (JAMA), and reported on in a December 4, 2007 article from CNN, noted that treating routine sinus infections with antibiotics or topical steroids does not help. The study, conducted at the Department of Medicine, University of Southampton, Southampton, England, looked at the effectiveness of antibiotics and steroid sprays used in the treatment of sinus infections.

The researchers randomly assigned 240 adults with sinus infections to receive one of four treatments. The treatments given were either antibiotics (amoxicillin), steroid spray, both amoxicillin and

steroids, or a placebo, (fake medicine). The results showed that there was no statistical improvement for the groups using the antibiotics, steroids or both, over the group that got only the placebo treatment.

The CNN article noted that in 2001 the American College of Physicians issued guidelines advising against using antibiotics for most sinus infections in otherwise healthy people. They also noted that about 21 million Americans are diagnosed with sinus infections each year, and this ailment is one of the most common reasons for doctor visits in adults.

Based on these results, lead author Dr. Ian Williamson of the

(Continued on page 4)

New Beginnings by Dr. Minal Gandhi

Many people that come to our center come because they want to *begin* expressing a higher level of health and life. Yet there are just as many who come because they wish to see an *end* to certain things (pain, illness, disease, etc.).

The Chiropractic adjustment re-connects your physical body with the **Life Force** that runs, regulates, and heals. As this Life Force is progressively

expressed at higher levels, the signs of diminished health disappear. The real reason you get better is because you *begin* expressing your **Life Force!**

I would like to suggest that you begin experiencing life the way you want in 2008. Take some time over the next week and identify exactly what you would like to see as far as your health, relationships, career, finances

(Continued on page 2)

New Beginnings ...



(Continued from page 1)

and any other areas you find meaningful. Write these down and read them every day for the next few months to see what happens.

Remember, you are working to experience the life you wish to have, and regaining your health is the very **FIRST** step in the process. Why do you want and need your health? So that you have what it takes to live fully in all of the other areas of your life! Make the time to move yourself in the direction you wish to go.

Chiropractic re-connects your Life Force allowing expression of Health and Life at a HIGHER level, So YOU can *begin* living the life of your dreams!



Honey Beats Drugs For Nighttime Cough In Youngsters

Archives of Pediatrics and Adolescent Medicine – December 2007;161:1140-6. archpedi.ama-assn.org

An increasing amount of recent research has highlighted several health benefits of honey. Now a new study shows another possible advantage of this ancient elixir: It seems that a spoonful of honey taken at bedtime may quell children's coughs and assist sleep.

The study's findings are published in the Archives of Pediatrics and Adolescent Medicine. Results demonstrated that honey was more effective than the active cough syrup

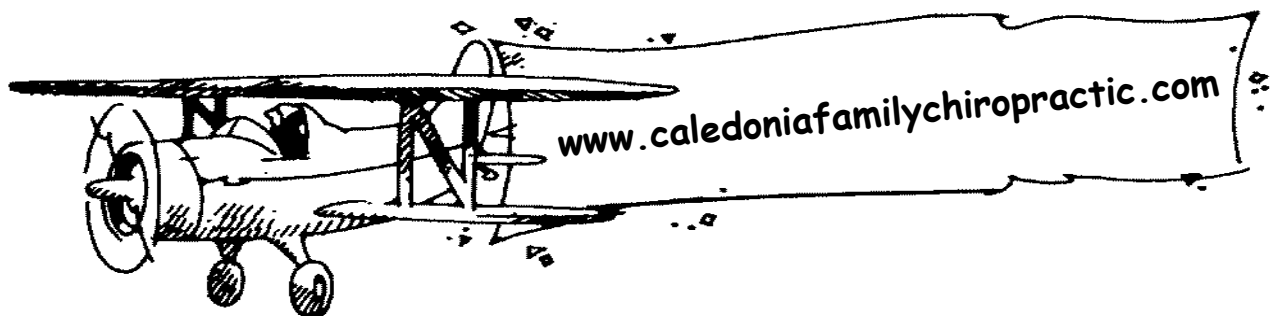
ingredient dextromethorphan.

As part of the analysis, 105 youngsters with nighttime cold-related coughs were given buckwheat honey, honey-flavored dextromethorphan or no treatment at bedtime.

Honey proved to be more effective than the other interventions.



CHECK IT OUT!!! Our new website is up and flying!



WINTER WORD SEARCH

- Snowman
- Holly
- Snowflake
- Vacation
- Holiday
- Turkey
- Pudding
- Visitors
- Skating
- Decorations
- Icicles
- Snowshoes
- Mittens
- Toboggan
- Shovel
- Salt
- Cookies
- Boots
- Cold
- Snowball

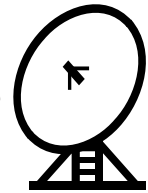
E K A L F W O N S D F C O L D
M N S X Y L S G A B I M A E E
V A C N C H O L L Y D Y P C C
Q T O D O D D G T E L E I B O
A U O V O W G N I T A K S K R
C R E C K E M B V O K R M L A
O L T O I L V A C U M U P O T
L P T R E C C S N E T T I M I
L U I A S A R B E Q B M L C O
A D A T T O B O G G A N I F N
B D V I S I T O R S R C E R S
W I O C B M E T H O L I D A Y
O N L I A E Q S X E Z Y U D Z
N G D C L D I J S T T A P E R
S N O W S H O E S M Y D A S T

Answers posted on the office bulletin board.

A patient brings her husband in to see Dr. Aldridge. She tells Dr. Jim that her husband thinks he's a satellite dish.

Dr. Jim says, "Ma'am, I'm not a psychologist."

The woman says, "I know, Doc, I just want you to adjust him so we can get HBO."



Take a Break from "Busyness"...

Balance booster Patricia Katz offers these guidelines to fit pause time into your busy life. **Micro-pauses** take seconds. Simply stop whatever you're doing. Take a deep breath. Exhale slowly and move on. **Mini-pauses** take minutes. Coffee breaks are mini-pauses, but too often we don't bother. Bathroom breaks are, too, so drink more water and take that break. Stretch. Change your focus.

Maxi-pauses take hours. Play hooky for an afternoon. Visit the museum. Browse around a bookstore. Go sailing. Dance. Do whatever it is that recharges you.

Macro-pauses take days—maybe many. Go on a vacation. Disconnect from voice mail, e-mail and colleagues. Consider a sabbatical.

Patricia Katz is a speaker, author and consultant on sanity saving strategies for a speed crazed world.

Most Sinus Infections Not Helped by Antibiotics or Topical Steroids...

(Continued from page 1)

University of Southampton in England, commented that these findings should cause a, "reconsideration of antibiotic use for acute sinusitis. The current view that antibiotics are effective can now be challenged, particularly for the routine cases which physicians treat." In their JAMA study they concluded, "Neither an antibiotic nor a topical steroid alone or in combination was effective as a treatment for acute sinusitis in the primary care setting."

Our Intent:

*To enhance quality of life by empowering
one with the living principles of a
connected and balanced nervous system.*

Our Mission:

*Promote, protect
and restore health
in our community*

As the Saying Goes...

"too many irons in the fire"? The allusion is to the blacksmith who generally keeps several pieces of iron in the fire—in order to always have one ready for his anvil. But if he has too many in the fire at the same time he can't watch them all and attend to them all when they need attention.

To **"hit it off"** originally meant to "strike the scent"—as in hunting. So, two people who find they have something in common "hit the scent"—and are off!

The phrase **"fit as a fiddle"** originally was "fit as a fiddler" and referred to the stamina of fiddlers—who could play for a dance all night long without ever getting tired.

What is the reason we say that something is as

difficult as **"for a camel to pass through the eye of a needle"**? The expression comes from the Bible. "The needle's eye" was a name given to a small gateway built in the Wall of Jerusalem for the use of pedestrians. A small camel could actually work its way through this gate—if it kneeled down and struggled hard—but it would be very difficult.

In medieval days a "tally" was used to register attendance in colleges and churches. The "tally" was a stick of wood and attendance was indicated by a "nick" or notch on it. The student or worshipper who arrived in time had his attendance "nicked"—and so arrived **"in the nick of time."**

Events Calendar

Dr. Aldridge at Manitoba Office

Thursday, January 24—

Friday, February 1, 2008

Office Hours with Dr. Gandhi

January 23...8am-6pm

January 24...7am-12 noon

January 25...Closed

January 28...8am-7pm

January 29...8am-6pm

January 30...8am-6pm

January 31...7am-5pm

February 1...Closed

Family Day

Monday, February 18, 2008

CLOSED

Good Friday

Friday, March 21, 2008

CLOSED

Easter Monday

Monday, March 24, 2008

CLOSED

Dr. Aldridge at Manitoba Office

Thursday, March 27— Friday, April 4, 2008

and so the saying goes!