

# STEWART CHIROPRACTIC NEWS

*Taking charge of your health!*

**DR KEVIN L. STEWART D.C. ♥ ADVANCED BACK & SPORTS INJURY CLINIC**

**CHIROPRACTIC OFFICE HOURS** : Monday, Wednesday, Friday 9 AM - 5 PM  
Tuesday & Thursday 9 AM - 1 PM Saturday By Appointment (209) 368-0619  
400 E. KETTLEMAN LANE, SUITE 21, Lodi, CA



October 2004

## CANCER AND THE SUGAR



### CONNECTION

At this time of year, we turn our thoughts toward flu season and keeping away this potential holiday buster. At this time of winter and colder weather, I see many people who just can't seem to keep warm. I have also seen a correlation between the propensity to catch the flu and those who just can't seem to get warm enough.



I have already talked about the evils of the flu shot in previous newsletters. Especially at this time, with a severe shortage of the flu shot (which will probably be better for society in the long run.), it is a perfect time to explore how we can naturally stay healthy and avoid the flu altogether.

When your thyroid is under active and your potassium levels are low, your body has more difficulty maintaining a normal body temperature and creating heat. The ability to raise body temperature is a function of the immune system. Higher body temperatures increase metabolism and circulation, which in turn enable your body's defenses to fight off pathogenic bacteria and viruses such as colds, the flu, and other infections.



A lower than normal body temperature suppresses the immune system. In these cases, herbs such as Echinacea, golden seal, garlic, and grape seed extract which all augment the actions of the immune system generally don't work very well, if at all.

The most common reason body temperature is suppressed is an under

active thyroid. To evaluate your thyroid, use the basal temperature test given

below. If the test indicates your thyroid is under active, you can improve its performance in a matter of weeks with Iosol liquid found in many health food stores. It is possible that the thyroid is under active due to nerve impulse interference. In this case, a few trips to the chiropractor will be necessary to get your thyroid back in form.



### HYPOTHYROID SELF-TEST

1. Place an oral thermometer by your bed. Make sure to shake it down to at least 96 degrees Fahrenheit.
2. When you wake up the next morning, immediately place the thermometer in your armpit, and leave it there for 10 minutes before getting out of bed. Just relax and remain still during the test. *(Note: women in their menstrual years get the most accurate readings on the second or third day after menstrual flow starts.)*
3. Record the temperature. A reading between 97.2 and 98.2 F is considered normal; temperatures below 97.2 generally indicate you have low thyroid function.

If the thyroid's function is normal, then consider your potassium level. You can raise it by drinking more fruit and



vegetable juices (freshly made if you have a juicer) and cutting back on sodium intake. These steps will

improve other aspects of your health as well, and it may be all you need to do to get things back on track.

Finally, if your thyroid checks out normal, and raising your potassium levels didn't do the trick, try taking one capsule of cayenne pepper (capsaicin) three times per day. You may need to continue this for at least a week or two to give your body enough time to wipe out the infection.

I have treated individuals with colds, flu, and chronic infections whose thyroid tests were normal, but whose body temperature was below normal. None of the natural remedies for these types of problems seemed to improve the infections until I raised the body temperature with cayenne pepper.



**DR. KEVIN L. STEWART** takes pride in the 10 years he has offered skilled chiropractic care to his clients. His

commitment to his patients and their health keeps him abreast of the latest technologies as well as advances in patient care. In accordance with his commitment to patient comfort, satisfaction and convenience, Stewart Chiropractic is open 5 days a week and provides emergency care 24 hours a day, 7 days a week. In treatment programs, prescribed gentle adjustments, advanced techniques, modern diagnostic,

**and therapeutic equipment are  
combined to attain optimum  
patient care.**