

Healthy Lifestyle Updates

I receive an increasingly large stack of journals and periodicals every month on medical, alternative, and natural health care issues. Here are some health facts I found this month that I thought would be of interest.

- **Pesticides:** Unless you're choosing organic produce, the sad fact is that you're constantly exposed to them. If you don't buy organic, be aware of how much pesticide residue is in your foods. To be safest, eat a variety of fruits and vegetables so you aren't exposed to the same pesticides over and over. Strawberries (by far the worst), cherries, apples, cantaloupe, apricots, grapes and berries top the list with highest pesticide concentration. Avocados, corn, onions, cauliflower, and sweet potatoes bananas, kiwis and plums are safer. There are several organic farms in our area, one that actually delivers, that provide excellent produce weekly. Contact me for more information.
- **Skin Cancer:** A recent study found that applying a topical antioxidant (silymarin) significantly helped reduce the incidence of UV-B related skin tumors in mice. Although this is a new finding, it's probably a good idea to look for sunscreens that contain antioxidants.
- **Rub-on pain relievers** such as Mineral Ice, Tiger Balm, Ben Gay and others do help to prevent your body from feeling pain, but contrary to their claims, not because of "deep penetration." They act as an irritant to the skin, like rubbing the skin after you bump your elbow. They provide only minor and short-lasting relief. Don't let these remedies take the place of proper treatment, like ice for a muscle strain, or you could prolong the injury.

Yours in health,

Dr. Rick

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