

Vitamin D in the Winter!

Does Vitamin D deserve all of the attention it has been getting? The answer is clear, YES! Vitamin D has been proven to be essential in a myriad of conditions both as effective treatments and as preventative therapies. To name a few, Vitamin D is essential for optimal bone health, helping to prevent osteoporosis and arthritis, reduces the risk of various cancers, enhances the immune system, and helps in regulating both blood pressure and blood sugar.

With so many benefits, it is easy to understand why Vitamin D is getting so much press, however

the difficulty New Englander's face is figuring out how to meet their bodies daily needs during the winter months when the best source of Vitamin D is not available to us.

UVB rays via the sunshine is by far the best source of Vitamin D, yet where Connecticut's latitude falls, there are no UVB rays present from November through early March. Therefore, New Englander's have zero access to our best source of this essential Vitamin for almost half of the year!

For proper functioning, a healthy human body utilizes around 3,000-5,000 international units of Vitamin D each day. So how can we meet these needs when Vitamin D production is not possible during the winter months?

Vitamin D supplementation is an effective alternative to UV exposure, provided that adequate doses are taken. Dosage differs per individual so it is important to visit your doctor in order to run blood work to

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Healthcare at UB Clinics:

At the UB clinics, we offer healthcare that is multidisciplinary and enhances competence, mutual respect, and collaboration across all complementary, alternative, and traditional healthcare disciplines. The interns and supervisors deliver effective care that is patient centered, focused on health creation and healing, and readily accessible.



Acupuncture to Prevent Winter Colds & the Flu

Winter will soon be upon us and along with the cold weather comes colds and influenza. Everyone is familiar with some symptoms of flu – headache, severe body aches, fever, cough, etc. Some people take vitamin C and other vitamins before and during the cold and flu season. Others take different herbal formulas to make the immune system stronger and therefore prevent them from get-

ting ill. There are people who use remedies passed to them from their grandmothers.

Everyone hopes that their method will help them to remain disease free during the Fall and Winter.

Acupuncture can also help. Acupuncture (and moxabustion) has been used for centuries to make the body less susceptible to those illnesses that arise from

what the ancient Chinese called "outside influences." Acupuncture is most effective as preventive medicine. Research has confirmed that acupuncture stimulates the body's immune system thus increasing your resistance to infection. The World Health Organization has developed a partial list which identifies some of the many conditions that acupuncture (continued page 2)

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“There are many vitamin, mineral, and herbal supplements available in our clinic dispensary and at your local health food store that are very effective in helping your immune system function optimally.”



Acupuncture for the Flu (Continued from page 1)

successfully treats. Respiratory illnesses like cold, influenza and bronchitis are all on that list.

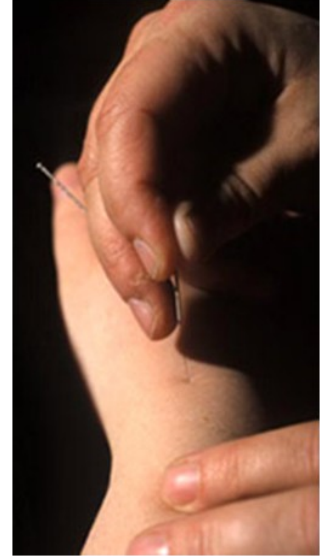
There are many other benefits to having regular acupuncture treatments. Acupuncture can help relieve the effects of chronic stress, help people sleep better, have less pain and feel healthier. It acts on a deeper level than simply taking care of symptoms.

If you would like to start on a series of acupuncture treat-

ments aimed at preventing winter illnesses, or if you just want to experience the deep relaxation that comes from an effective acupuncture treatment, call to make an appointment at the UB Clinics today!

To schedule an appointment, please call 203-576-4349

Submitted by Alexander Kuzminov, L.Ac., Clinical Assistant Faculty, UB Acupuncture Institute



Prevention and Natural Treatment of Colds and Flu

Chiropractic manipulation of the spine and external sinus massage may help induce lymphatic drainage and be beneficial in the treatment of lung and sinus congestion associated with colds and flu.

There are many vitamin, mineral, and herbal supplements available in our clinic dispensary and at your local health food store that are very effective in helping your immune system function optimally.

Here are some key players in your arsenal to help prevent you from getting sick.

Vitamin C complex is a powerful antioxidant and antiviral. Not to be confused with ascor-

bic acid which is a component of the whole complex and does not have the same effect on immunity.

Zinc is an antiviral and present in over 200 bodily functions. Adequate tissue levels are necessary for proper immune function and decreased levels increase your chances of getting sick.

Probiotics, such as *Lactobacilli* and *Bifidobacterium* shorten the duration of colds and the flu and increases the cells within the immune system.

Raw garlic is a powerful antiviral, antibacterial, and antiparasitic. You can add it to your food.

Elderberry tea or syrup is first line treatment for colds and the flu used in Europe.

References:

1. *The Real Truth About Vitamins and Anti-oxidants* by Judith DeCava, CNC, LNC
2. *The Wonder of Probiotics* by John R. Taylor, ND and Deborah Mitchell
3. *Garlic Therapy* by Tadashi Watanabe, D.Sc.
4. *Encyclopedia of Nutritional Supplements* by Michael T. Murray, ND

Article By Jeffrey Massarone,
Chiropractic Intern

Dental X-Ray Examinations

Dental x-ray images, also called dental radiographs, are an essential part of a comprehensive dental exam. An x-ray examination will provide your dentist with important information about your oral health, that can't be seen with the naked eye. Dental radiographs show underlying bone structure, roots of teeth, any un-erupted teeth, as well as the contact areas, where teeth touch one another. An x-ray examination may reveal decay between the teeth, infections of the bone, abscesses or cysts, and any developmental abnormalities.

Dental x-ray examinations involve very low doses of radiation, which means the risk of harmful effects is extremely small. By limiting the x-ray beam, only a small part of the body is exposed to radiation during a dental x-ray examination (an area about the size of the film). To keep your exposure to x-rays low, patients will

wear a lead apron and thyroid shield, since x-rays can't penetrate the lead. Currently, many dental offices are transitioning to digital radiography. This reduces patient exposure to radiation by as much as 80 percent.

The schedule for dental radiographs varies on an individual basis, according to your age, risk for disease, and signs and symptoms of disease. The American Academy of Oral and Maxillofacial Radiology, the American Dental Association Council on Scientific Affairs, and the U.S. Food and Drug Administration have developed regulations to ensure the proper, safe and effective use of x-rays in dentistry. By following these recommendations, dentists can obtain important diagnostic information to effectively treat patients while dental problems are at an early stage, thereby saving the patient time, money, and unnecessary discomfort.

For further information or to set up a dental hygiene appointment, contact the Fones School of Dental Hygiene at 203-576-4137.

Reference:

The use of dental radiographs: Update and recommendations. *Journal of the American Dental Association (JADA)* [serial online]. September 2006;137(9):1304-1312. Available from: Dentistry & Oral Sciences Source, Ipswich, MA. Accessed September 13, 2011.

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“Dental x-ray examinations involve very low doses of radiation, which means the risk of harmful effects is extremely small.”



Vitamin D (continued)

investigate your individual level and thus be advised an effective dosage.

The form that is best utilized in the body is Vitamin D3, called cholecalciferol. And don't forget to team your supplement up with the needed co-factors, magnesium, vitamin K, vitamin A, zinc and boron, in order for

proper absorption and utilization of Vitamin D!

For more information about Naturopathic medicine and all our services, call 203-576-4349



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UB Clinics Dispensary Center

The UB Clinics Dispensary Center provides the community with a dispensary that stocks both over-the-counter and prescription-only natural medicines. The items available include vitamins, herbs, homeopathic remedies, and nutraceutical products (natural formulations).

We sell all products stocked in our inventory to clinic patients, and can provide them with a mail order service. We only sell over-the-counter products to the general public and provide a limited amount of information on these products, while encouraging their use under the supervision of a student clinician and physician on staff in the Naturopathic clinic.

In order to purchase items that are prescription-only, persons seen as a patient in the clinic must have a dispensary prescription card completely filled out and signed by the prescribing clinician.

All UB students, faculty and staff receive a 20% discount on most purchases.

**UB Clinics Contact
Information:**

The Health Sciences Center reception staff can be reached at 203-576-4349.

Fones Dental Hygiene reception can be reached at 203-576-4137.

The dispensary can be reached at 203-576-4298.

Hours and Fee information for all clinics may be found at:
www.ubclinics.com OR
[www.bridgeport.edu/
pages/4410.asp](http://www.bridgeport.edu/pages/4410.asp)