

# The Schuylkill Health Letter

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Volume 2  
Issue 1

## Happy New Year!

It's that time of year again, time to make those New Year's Resolutions. If you're like most people (myself included), one of those resolutions involves losing weight and/or trying to live a healthier lifestyle.

There's a lot of information out there on how to accomplish these goals. However, it can often become overwhelming if you don't know where to start.

For a limited time, I am offering one-on-one counseling at a reduced rate. Not only that, but for the same price, you can invite a "buddy" to help share your goals (and the cost!). Going through the counseling with a partner is not only allowed, but encouraged.

Initial visit is approximately one hour and the cost is \$80. Follow ups are 20 minutes and the cost is \$40. The frequency and number of follow ups depend on what you feel is required to gain the knowledge and stay motivated to reach your goals. As an example, many people will come for the initial consultation, a follow up once a week for 2-3 weeks, and then once a month for a few months. Included with this is unlimited email support, just in case you have some questions along the way but don't quite need a follow up visit.

I do not recommend fad diets or diets that work based on "fooling" your body's physiology. I teach people how to eat in a way that promotes healthy weight loss, and even if you don't need to lose weight, I can show you how to maintain a healthy weight while maximizing nutritional intake.

Success is dependent upon your commitment to making a change, but I promise you that I will give you access to all of the knowledge and tools to reach your health related goals.

To get started, call 570-366-2613 to request an appointment for health counseling. Prior to the appointment, write down your typical meals, snacks and drinks over a five day period. Also, write down any specific questions you may have about diet and nutrition.

Happy New Year, and I look forward to helping your reach your health goals for 2011!

Buddy A. Touchinsky, D.C.

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## Eating Antibiotics



### Health Desk

about why antibiotics and hormones are harmful to animals and even whether organic farmers are hurting their animals by

not giving them antibiotics. Farmers who produce organic meat and dairy products often specify that they don't give their animals growth hormones or antibiotics. This often raises questions

not giving them antibiotics.

In this issue, we're going to focus mainly on the use of antibiotics and the possible health risks associated with factory farming methods. When antibiotics are used improperly, it can be detrimental to the health of both the animals and people eating the meat.

Most people are already familiar with some of the risks of taking antibiotics improperly. In the case of doctor-

*(Continued on page 2)*

# Safe Shoveling Tips



**Buddy A.  
Touchinsky, D.C.**

Don't let this snow break your back!

When I drive around around town in the winter, I see a virtual army of people digging out their cars, sidewalks, etc. Many do this in a safe manner, but I usually see a few putting themselves at risk for injury, especially low back pain. Whenever there is heavy snowfall, it's even more important than usual to be careful you don't hurt yourself.

First, don't feel like you have to get it all done at once. Go slow and steady or you'll fatigue your muscles very quickly. Do not try to clear it to the ground in one scoop. Start with the top several inches and work your way down to the bottom.

Second, as you're scooping the snow, try to drop it immediately in front of you instead of the side. This allows your spine

to stay in a neutral position where it's most stable. If you must move it to the side, be sure to turn with your feet and hip and not just the low back. Think of the way a baseball player or golfer swings. Upon completion of the swing, their hips and back are facing the same direction with very little twisting of the spine itself.

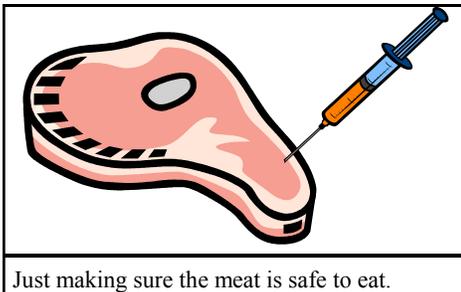
Third, try not to "throw" the snow if you can help it. The quick explosive movement needed to catapult the snow away from you causes increased pressure in the discs of your low back and can lead to injury. The more weight in the shovel, the higher this pressure can become. Work slow, steady and smooth.

Finally, just like with any activity, make sure you are dressed properly (including sunscreen and sunglasses to deal with the glare), stay hydrated and do not overexert yourself. Many of the deaths that occur due to these winter storms are from heart attacks. If you become light headed, experience chest pains or otherwise start to feel very ill, get help

immediately. Keeping a cell phone with you at all times can be very helpful should you find yourself in a difficult situation.

Following these simple tips will allow you to get the job done safely and reduce the risk of an injury that can stay with you beyond the time it takes all this snow to melt!

If you do find yourself with back pain from all the shoveling, and you're in the Orwigsburg or surrounding areas of Schuylkill County, give us a call at 570-366-2613. We'll be happy to get you feeling good again. Check out my website for more information at [www.bmfchiro.com](http://www.bmfchiro.com).



Just making sure the meat is safe to eat.

*("Antibiotics" continued from page 1)*

prescribed antibiotics, you have to take the entire dose or the bacteria could get stronger, and future infections cannot be treated with the same drug.

So in order to understand why antibiotics are such a big deal, you need to look at how they are used in farming. Many larger meat producers use factory farming methods. Simply put, they want to produce the largest amount of meat in the shortest amount of time. In order to do that, they put animals in confinement pens so they can fit more in an area.

As a result, the animals can't really move and grow naturally. With high doses of antibiotics, the animals put on weight at a faster pace. Disease spreads quickly because they're (sometimes literally) right on top of each other. Therefore,

the factory farm argues that it becomes necessary to use antibiotics to prevent disease.

Now, anyone who has taken a fourth grade health class knows that antibiotics should only be used to combat bacterial disease, not prevent it. Antibiotics are also ineffective against viruses, which is why you should not take antibiotics for colds or other viral infections.

Because the animals receive an almost constant dose of antibiotics, the bacteria have more of a chance to build a resistance. But that's only bad for the animals, and they're going to be killed for food anyway, right?

Wrong. Well, they are going to be killed for food, but there *is* a health risk for humans in all of this. Those antibiotic-resistant bacteria don't die with the animal. They're still in the meat, and they can spread through eating or handling the meat, water runoff from farms or even through the air.

In February of last year, CBS News reported that a University of Iowa study found MRSA (a type of drug-resistant bacteria) in 70% of the pigs and 64% of the workers tested in farms throughout

Iowa and Illinois.

In many cases, the antibiotics given to animals are the same ones that are used to treat human illness. In fact, the Union of Concerned Scientists reported in 2001 that over 84% of the antibiotics used in the United States in 2001 went to animals. That number has held steady between 70% and 80% since then as well.

So, are you eating antibiotics? Possibly, but they most likely aren't coming from meat. The meat only contains drug-resistant bacteria. Vegetables, on the other hand, do contain antibiotics because of being treated with animal manure or even absorbing water runoff from farms that use antibiotics on their livestock.

While the factory farms argue that it's "necessary" for them to use antibiotics to prevent disease, it probably should be noted that the University of Iowa study found no instances of MRSA in farms that didn't use antibiotics. That's 0%.

# Event Info

**January 18**

**Awakenings**

7 p.m.

Details Online!



.....  
**Interested in a  
 special event or  
 program?**  
 .....

To request a special  
 program at our site or  
 yours, contact:

**Beth Fligge**

**570-366-2620**

**bethfligge@yahoo.com**

For information on pain relief, pain prevention and healthy eating, subscribe to Dr. Touchinsky's blog at: [www.drtouchinsky.com](http://www.drtouchinsky.com)



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## Quick ~ Healthy ~ Delicious



### Tempeh BBQ Sandwiches

- |                              |                        |
|------------------------------|------------------------|
| • 1 cup BBQ sauce            | • 1 8oz pack tempeh    |
| • 1 Tablespoon vegetable oil | • 1 chopped red pepper |
| • 1 chopped green pepper     | • 1 chopped onion      |

• Pour the barbeque sauce into a medium bowl. Crumble the tempeh into the sauce, and let it marinate a little, about 10 minutes.

• Heat oil in a skillet over medium heat. Add the red and green peppers, and the onion. Cook, stirring frequently until tender. Stir in the tempeh and barbeque sauce, and heat through. Spoon the tempeh mixture onto kaiser rolls, and serve.

Source: [www.allrecipes.com](http://www.allrecipes.com)

### More Information

Looking for more recipes? You can find them online at:

**[www.healthyhabitsnaturalmarket.com](http://www.healthyhabitsnaturalmarket.com)**

Also, be sure to check out our free educational videos and health research.