



**WEBER CHIROPRACTIC OFFICE, S.C.**  
*Providing Choices in Complementary Health Care*  
Gentle Chiropractic Therapy – Acupuncture – Rehabilitation –  
Low Level Laser – Nutrition – Medical Weight Loss



## ***Vitamin D Deficiency Epidemic Cut Your Risk of Flu Almost 50%***

Hypovitaminosis D (deficiency) has been shown to be widespread in the United States, especially above the 35<sup>th</sup> parallel, which is anywhere above the southern border of Tennessee. It has been said to be the most common nutritional deficiency in the world, affecting 1.5 to 2 billion people. The health consequences of this deficiency can range from a depressed immune system with increased susceptibility to infections, flu, asthma, and cancer, especially breast, colon, prostate and pancreas. Other problems could occur in the liver and kidneys along with impaired glucose (sugar) metabolism that can contribute to both Type 1 & 2 diabetes. Malabsorption syndromes in the gut such as irritable bowel, Crohn's disease or leaky gut can prevent proper absorption of D. Widespread pain and impaired muscle function as seen in fibromyalgia can be another symptom.

The primary cause of the deficiency is lack of adequate sunshine exposure. Some medications that can also impair D blood levels include antiseizure, steroids, the antibiotic Rifampin and even the herb St. John's Wart.

The best way to test for Vitamin D levels is a blood test. We can order this test through the office. Current literature suggests that levels below 50 ng/ml are considered deficient and should be treated. The best way is through exposure to the sun for 20 minutes in just shorts and without sunscreen. Obviously this is impossible most of the year in this climate. The best alternative is supplementing your diet with additional Vitamin D. The best guideline is 1000 IU per 25 pounds of body weight and taken with a meal. Personally, I take 10,000 IU per day. The good news is that it is inexpensive. We have an excellent product from Thorne Labs for just \$12.00.

For more information about this subject, visit [www.grassrootshealth.net](http://www.grassrootshealth.net).

## ***Success In Treating Shingles***

Recently a 62 year old woman came into the office with shingles around the right side of her body in the middle rib area. She had already seen her medical doctor and was on an antiviral medication which is necessary in the management of shingles. She was also on narcotic pain medication. She was looking for additional ways to speed up the healing process. In the office she was treated with our Q1000 low level laser unit that has been programmed with specific laser light wavelengths to help deactivate the virus and promote healing. Within two weeks of treatment, which also included localized manipulation, she was able to sleep without any pain medication. This is in sharp contrast to two other patients who have had the pain of shingles for a year. The bottom line is treat shingles quickly with antiviral medication and complementary medicine for rapid results.

## ***Is Your BMI Too High?***

With the introduction of our electronic medical records, which conforms to national health care standards, your vital statistics (weight, height, BP, temperature, heart rate) are recorded. One further calculation from these stats is your body mass index or BMI. According to Blue Cross & Blue Shield standards, over weight is a BMI over 25.0 and obesity is a BMI over 30.0. We bring this to our patients' attention as a chronic health issue. We also continue to offer our very successful **Ideal Protein Health Rejuvenation and Weight Loss Program** which has helped many people get that stubborn BMI down where it should be and drastically improve their cholesterol and blood glucose levels. Many have been able to get off some of their medications. The program is straight forward and easy to follow with great results. Call the office for information or ask when you are visiting.

***Again, thank you for being our patient!  
We appreciate you and look forward to serving you.***

***David J. Weber, D.C., D.A.B.C.O.***

**289 Sinsinawa Ave**

**East Dubuque, IL 61025**

**(815) 747-6548**

**[www.weberchiro.net](http://www.weberchiro.net)**