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Dear Patients, Colleagues and Friends,

The popularity of food supplements has grown, but their labeling requirements remain lax. The industry has created the terminology Standard Process for herbs which almost guarantees their potency, but the quantities and qualities of various vitamin and mineral formulas is suspect.

Additionally, people are taking large dosages of these products while taking prescribed medications *which possess a danger*. Some of the more popular natural remedies create deleterious effects when combined with drugs for the same purpose. Here are a few examples:

- ◆ **St. John's Wort**, commonly used for depression, can alter drug metabolism and intensify or prolong the effects of some narcotic and anesthetic agents.
- ◆ **Anise, Feverfew** and **Dong Quai** have demonstrated an anticoagulation effect along with high dosages of Vitamin E, alfalfa and Coenzyme Q10.
- ◆ **Ginseng biloba**, touted to improve memory and increase blood circulation, may reduce platelets.
- ◆ **Evening primrose oil**, when taken by a patient already on epileptogenic agents, can actually increase seizures.

There are natural pills that have been proven effective, some of which I recommend. The newest, and I have prescribed it to lower cholesterol, is red yeast rice. Its ingredient monacolin K inhibits the production of cholesterol by reducing a key liver enzyme. It has been used in China since 800 A.D.

With as many as 72% of the US population with broadband access to the internet, I would like to mention, again, the very easy to fill-out and useful Harvard University website and health questionnaire www.myhealthstatus.Harvard.edu/. Only a few minutes of your time to answer the questions will give you a good idea what your general health status is and where you may need to improve.

I am happy to announce the return of massage therapy with the introduction of George Jackson - "Jackson" as he prefers to be called. After receiving his BA in Theology from Oakwood College and attending graduate school at Andrews University Theological Seminary in Michigan, he then completed formal training in massage therapy at the National Holistic Institute in Emeryville, California in 1993. He has extensive experience as a hands-on therapist and spiritual healer.

He has been an ordained pastor for 34 years and is currently a senior pastor of a congregation in Southwest Philadelphia. Jackson's enthusiasm for the art is contagious. *"Massage therapy immediately benefits patients physiologically and emotionally by positively impacting lives. It combines well with my spiritual training to produce fascinating and rewarding results."*

He has training in various types of massage therapy: acupressure, Shiatsu, aromatherapy, assisted stretches, lymphatic drainage, neuromuscular techniques which are similar to that what I perform, reflexology and Swedish massage.

I recommend Jackson's therapies as an adjunct to chiropractic neurological treatments and encourage you to contact him directly at his cell phone number 610-960-7733 as he will schedule and provide services separate from mine.

Hoping you are having a happy and healthy summer!

In Health,

Mark Saracino, DC, DACAN