

Hi All,

Welcome to November. Are you going to finish this year with Zest or apathy? Are you going out like a lion or a lamb? As my yogi friend Silvia likes to say “are you going to go through the motions or practice like your hair is on fire?”

It is not too late, grab the bull by the horns and do those things you have wanted to do; say those things you have wanted to say and be that person you have wanted to be! Share your love, generosity and positive outlook with someone who needs it. It is the month of Thanksgiving so please remember what that really means.

“Thanks” – Focus on all of the things you have to be grateful for (not the things that are bad) and if you can’t come up with anything – KEEP THINKING until you do. We all have things to be grateful for, sometimes we just have to open our eyes to see things differently than we have in the past.

“Giving” – Share your gratitude and love with others – your loved ones, friends, acquaintances and even those you don’t know. Make someone’s day for absolutely no reason.

Get that holiday spirit early.

Be that beacon of light that helps guide others out of a funk and into grace. Have peace in your hearts, in your homes & in your actions.

Try this little experiment. When you next interact with someone, go into it with the assumption that it will go well, that the other person is a good person and even if you want different things, the outcome will be positive for everyone.

Walk around with a smile on your face – like ripples in a pond, others will start to smile as well.

Hug more, give people the benefit of the doubt, be grateful and be present but if you don’t do these things on your 1st, 2nd or even 3rd try, be forgiving. Love yourself and Forgive yourself and next time you will do it differently.

Remember, these are not selfless acts for others. By doing these things you will create positive change in others while doing the same for yourself.

BE MORE, LOVE MORE, LIVE MORE.

Let Stern Chiropractic help guide you and your family to an EXTRAORDINARY LIFE of Love, Joy, Health and Happiness in 2009.

Note: During the months of November and December, Stern Chiropractic will be collecting non-perishable food for the Vernon Township Food Pantry. You can drop your food donations off at our office. Be thankful for what you have, help those in need.

I hope you have enjoyed our newsletter. If you know someone this may help, please share it. This smallest act of sharing can have profound effects for generations to come.

Children Who Get Flu Vaccine Have Three Times Risk Of Hospitalization For Flu

ScienceDaily (May 20, 2009) — The inactivated flu vaccine does not appear to be effective in preventing influenza-related hospitalizations in children, especially the ones with asthma. In fact, children who get the flu vaccine are more at risk for hospitalization than their peers who do not get the vaccine, according to new research that will be presented on May 19, at the 105th International Conference of the American Thoracic Society in San Diego.



Flu vaccine (trivalent inactivated flu vaccine—TIV) has unknown effects on asthmatics.

"The concerns that vaccination maybe associated with asthma exacerbations have been disproved with multiple studies in the past, but the vaccine's effectiveness has not been well-established," said Avni Joshi, M.D., of the Mayo Clinic in Rochester, MN.

"This study was aimed at evaluating the effectiveness of the TIV in children overall, as well as the children with asthma, to prevent influenza-related hospitalization."

The CDC's Advisory Committee on Immunization Practices (ACIP) and the American Academy of Pediatrics (AAP) recommend annual influenza vaccination for all children aged six months to 18 years. The National Asthma Education and Prevention Program (3rd revision) also recommends annual flu vaccination of asthmatic children older than six months.

In order to determine whether the vaccine was effective in reducing the number of hospitalizations that all children, and especially the ones with asthma, faced over eight consecutive flu seasons, the researchers conducted a cohort study of 263 children who were evaluated at the Mayo Clinic in Minnesota from six months to 18 years of age, each of whom had had laboratory-confirmed influenza between 1996 to 2006. The investigators determined who had and had not received the flu vaccine, their asthma status and who did and did not require hospitalization. Records were reviewed for each subject with influenza-related illness for flu vaccination preceding the illness and hospitalization during that illness.

They found that children who had received the flu vaccine had three times the risk of hospitalization, as compared to children who had not received the vaccine. In asthmatic children, there was a significantly higher risk of hospitalization in subjects who received the TIV, as compared to those who did not ($p= 0.006$). But no other measured factors—such as insurance plans or severity of asthma—appeared to affect risk of hospitalization.

"While these findings do raise questions about the efficacy of the vaccine, they do not in fact implicate it as a cause of hospitalizations," said Dr. Joshi. "More studies are needed to assess not only the immunogenicity, but also the efficacy of different influenza vaccines in asthmatic subjects."

Adapted from materials provided by American Thoracic Society, via EurekAlert!, a service of AAAS.