

Chit-O-Gram

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Foot Loose and Fancy Free!

Hello, my name is Joyce. I am a Registered Nurse who has worked in the emergency room for the past 30 years. As you can imagine I am constantly on my feet.

One year ago, I was diagnosed with Plantar Fasciitis and Tendonitis in my right foot. In layman's terms, this means severe inflammation in the heel and arch. It felt like a red-hot poker with an electrical shock while walking and sitting. Even when lying down the burning sensation was tremendous. Due to the pain, I altered my stride and this adversely affected the tendons in my knee.

Due to my high sugar, I could not receive any steroid injections. Neither could I take anti-inflammatory medications due to high blood pressure. The only medical recommendation was to buy a "good pair of shoes". I followed this advice and it helped some but not much.

I was introduced to chitosan oligosaccharide 6 months ago. Within two months, I began to walk and feel better. Now, I hardly notice my feet even while working a 12-hour shift!

Joyce Glenn, North Carolina

Did You Know!...

that **Chitosan Oligosaccharide** is a Functional Food derived from the shells of shellfish. A functional food must have a minimum of two (2) of the following five (5) functions: fortification of immunity, the prevention of aging, the prevention of illness, and the recovery from illness and aid in controlling biorhythm. Research indicates that Chitosan Oligosaccharide contains all five (5) functions making it a Super Functional Food.

Straight Answers About Antibiotics

WebMD Sponsor: Humana

People consume about 235 million doses of antibiotics annually, according to the Centers for Disease Control and Prevention (CDC) in Atlanta. The CDC estimates that 20 percent to 50 percent of these are unnecessary.

Here's what you need to know so you can use antibiotics wisely:

Q. What germs do antibiotics kill?

A. Antibiotics are designed to kill bacteria. They can be an effective treatment for bacterial infections, including a sinus infection, strep throat, ear infection, or bacterial pneumonia. A doctor must prescribe most antibiotics.

Q. Should I take an antibiotic to treat a cold?

A. No. Viruses, not bacteria, cause colds. It is important not to take antibiotics for a viral infection because the antibiotics will attack any existing bacteria in your body. (Your body normally hosts bacteria, even when you are well.)

If you take an antibiotic when you have a viral infection, some of the bacteria will be killed, but some can survive. Any surviving bacteria learn to adapt to resist the antibiotics. The result is so-called "super germs". These germs can lead to more serious illnesses in the future that require stronger medications.

THREE CONVENIENT SIZES:

- 100 MG (30 CAPSULES / 3GRAMS)
- 250 MG (30 CAPSULES / 7.5 GRAMS)
- 500 MG (60 CAPSULES / 30 GRAMS)

(SEE YOUR DEALER FOR DETAILS)

Severe Acute Respiratory Syndrome (SARS)

What is SARS?

Severe acute respiratory syndrome (SARS) is a newly emerging respiratory illness that has infected thousands of people in Asia, North America, and Europe. Hundreds of people have died. Information about this illness changes almost daily as more is learned about the cause, symptoms, tests, treatment, risk of dying, and possible long-term effects.

So far, experts believe that SARS is caused by a new type of corona virus, a family of viruses that often cause mild to moderate upper respiratory illness in humans. It is spread through close personal contact, but experts say it may be spread in other ways that are not yet known. Most cases of SARS in the United States have occurred in people who traveled to areas with an outbreak, mainly Asia.

The initial symptoms of SARS are a fever of more than 100.4°F (38°C), headache, and body aches. After 2 to 7 days, a dry cough and breathing difficulty may develop.

For now, frequent hand washing with soap and water or alcohol hand sanitizers offers the best protection against the disease. People who live in areas with a SARS outbreak also should try to avoid large public gatherings. The Centers for Disease Control and Prevention (CDC) does not recommend wearing facemasks in public to prevent infection.

Various antiviral medications have been tried to treat SARS, but no medication is known to cure the illness. The risk of death varies depending on a person's age, with the greatest risk in those older than 65.

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Q. How do I know if I have a cold or a sinus infection?

A. Symptoms of a cold include a sore throat, runny nose, congestion, sneezing, nighttime coughing, and possibly a headache. Symptoms of a sinus infection (which may follow a cold) are more severe. You could have a fever return several days into the cold. You could also have a cough and thick congestion that lasts more than a week.

Q. What are the most important things to remember when taking an antibiotic?

A. Take all of an antibiotic exactly as prescribed. If you stop taking it because you feel better, you could leave behind future super germs. Antibiotics do not have to do all the work--you can help avoid passing germs on to others by washing your hands often.

Do You Need Antibiotics?

Antibiotics should only be used to treat bacterial infections. Here is a quick look at the types of infections antibiotics can and cannot help.

TREATABLE:	NOT TREATABLE:
* Sinus Infection	* Cold
* Strep Throat	* Sore Throat
* Bacterial Pneumonia	* Bronchitis (usually viral)

For you, your family and your pets!