



Healthwatch

by Steven Bailey N.D.

The body focuses the immune system to a specific area or injury through the inflammatory process. Inflammation is characterized by the classic dolor, rubor, calor and tumor which are Latin for pain, redness, heat and swelling respectively.

In order for inflammation to arise, an initiating condition must precede. The initiating condition may be in the form of an obstruction, as in blood clots, bone fragments, foreign bodies, etc., or may be comprised of an agent or agents harmful to health and life processes. These agents may include drugs, environmental particles (metals, dust, asbestos, etc.), systemic poisons, micro-organisms or parasites.

The inflammatory process normally has five stages: (1) incubation, (2) aggravation, (3) destruction, (4) abatement, and (5) reconstruction. The stages are as follows:

(1) Incubation: a pre-inflammatory stage in which the initiating condition(s) interferes with the normal function of an area, or endangers the health and/or life of the person.

(2) Aggravation: the cellular and humoral (antibodies, immunoglobulins) assault on the offending condition or agent(s), accompanied by pain, swelling, redness, and increased temperature.

(3) Destruction: the breakdown and destruction of tissues and cells which accompanies the aggravation stage of inflammation.

(4) Abatement: a period of lessening of symptoms indicating a successful immune response.

(5) Reconstruction: the rebuilding stage of tissues and cells involved in the inflammatory condition.

The four signs of inflammation represent important aspects of the natural immune process. Dolor (pain) is important as it makes us sensitive to the area and can act to inform us as to the severity and progress of an inflammatory condition. In traumatic pain we are less likely to use the affected part which reduces the chances of contamination and secondary infection, or of repeating a traumatic act which might further injure the inflamed area. Internal pain symptoms often force us to seek the rest and professional help that the condition requires. Rubor (redness) is reflective of the irritation and damage accompanying the cellular and humoral battle occurring at the site of inflammation. Calor (heat) is reflective of the chemical activity occurring at the inflammatory site. Slightly elevated temperatures increase the activity of White Blood Cells (WBCs) and highly elevated temperatures may serve to destroy heat sensitive micro-organisms. Tumor (swelling) results from the increase of fluid in the tissues of inflammation. Swelling acts to splint the region, and the extra fluid becomes an environment of increased white blood cells, thus enhancing the active part of the immune response.

When we take drugs to decrease the tumor (cortisone, prednisone), or decrease the temperature (aspirin), we are restricting the freedom of the immune system to optimally restore normal health. While we may choose to use these drugs to lessen the symptoms of inflammation, we must remember that the absence of symptoms does not necessarily constitute a removal of the offending agent(s). To address part of this concern antibiotics are often given with anti-inflammatory drugs to combat the micro-organisms present.

While the exact mechanism of action for such drugs as aspirin, cortisone, prednisone, and other anti-inflammatory drugs is now known, the use of these drugs results in a decrease in white blood cell populations and a decrease in the cellular and humoral activity of the immune system. With fewer WBC's in the region and a decreased cellular activity in these cells the inflammatory process is significantly reduced. There are conditions that warrant the use of anti-inflammatory drugs, situations in which the aggravation and destruction components of inflammation become threatening to the health and life of the individual. Hodgkins disease and leukemia respond well to these substances in early treatment and the drugs often help provide a remission of the condition, although the cancer cells generally become resistant to the benefits of these drugs with time.

With the growing numbers of antibiotic resistant organisms and immune system diseases, we must question the interference of the natural immune functions that occur with anti-inflammatory drugs. While there are unquestionable benefits obtained with the use of these substances, we must consider the risks as well as benefits with each and every use of these drugs.



A Dessert for Special Guests

A homemade cheesecake is a special dessert. And, every cheesecake can be about as special and diverse as the company you make them for.

Among the many variations on the classic cheesecake recipe, we offer one that features the healthy combination of raisins and carrots in this suggestion for Carrot 'N Raisin Cheesecake.

With cream cheese in the recipe, you can be assured of a creamy, rich consistency.

Let your friends know they're special by serving them the best of your cheesecake collection.

Carrot 'N Raisin Cheesecake

- 1 cup graham cracker crumbs
- 3 tablespoons sugar
- 1/2 teaspoon cinnamon
- 3 tablespoons margarine, melted
- 3 8-oz. pkgs. cream cheese
- 1/2 cup sugar
- 1/2 cup flour
- 4 eggs
- 1/4 cup orange juice
- 1 cup finely shredded carrot
- 1/4 cup raisins
- 1/2 teaspoon ground nutmeg
- 1/4 teaspoon ground ginger
- 2 tablespoons orange juice
- Dash of salt
- 2 1/2 cups sifted powdered sugar
- 1/4 cup raisins

Combine 2 1/2 packages softened cream cheese, sugar and 1/4 cup flour, mixing at medium speed on electric mixer until well blended. Add eggs, one at a time, mixing well after each addition. Blend in orange juice and combined carrot, raisins, remaining flour and spices. Pour over crust. Bake at 450 deg., 10 minutes. Reduce oven temperature to 250 deg; continue baking 55 minutes. Loosen cake from rim of pan. Cool before removing rim of pan.

Combine remaining cream cheese, juice and salt, mixing until well blended. Gradually add sugar, mixing well after each addition. Pour over cheesecake. Top with raisins.



Open-Faced Hamburger Makes Meal

Hamburgers, served plain or fancy, are a hearty meal for any occasion. Balboa Party Burgers is practically a meal in itself.

To serve six, begin with two pounds of ground beef shaped into oval patties. Then broil, topping the burgers with shredded sharp natural cheddar cheese.

These patties are served on toasted rye bread slices, open faced and topped with a mixture of real mayonnaise, sour cream, onion and parsley. With a tossed green salad, you'll have an easy-to-make, dressed up meal that will satisfy hungry appetites.

Balboa Party Burgers

- 1/2 cup real mayonnaise
- 1/2 cup sour cream
- 1/2 cup finely chopped onion
- 2 tablespoons chopped parsley
- 2 lbs. ground beef
- Salt and pepper
- 1 cup (4 ozs.) shredded sharp natural cheddar cheese
- 6 rye bread slices, toasted
- Soft margarine
- Lettuce
- 2 large tomatoes, sliced

Combine mayonnaise, sour cream, onion and parsley; mix well.

Shape meat into six oval patties. Broil on both sides to desired doneness. Season with salt and pepper. Top patties with sauce and cheese; broil until cheese is melted. Spread toast with margarine; top with lettuce, tomato and patties. 6 servings.



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