

## back pain. Can you make some recommendations?



**Ogi Ressel, DC, says:** You should be congratulated for wanting to get into an exercise program. Many people forget that the body is a dynamic organism that does best when it's moving. The couch and the remote are enemies.

At the same time, however, there seems to be an unspoken rule that anyone suffering with low back pain need only to exercise it "out" and all will be well. Many people have the idea that having back pain is caused by a lack of exercise, or that back pain suddenly descends from the heavens to plague us mortals and is just a fact of life. Not true! While the incidence of back pain is very common, people need to remember that back pain has a reason for being. Your body is trying to tell you that something is wrong—and that you need to do something.

There are many "treatments" out there that deal with this issue. The plethora of treatments for pain is astounding! And yet, with all this vast supply of help, back pain is still a huge issue. Why is this? Because people aren't correcting the cause of the problem. A good analogy would be having a fire in your living room. You then have a choice: either put out the fire or turn off the fire alarm. Which makes more sense?

So when I say that exercise may not be your answer, I am serious. Before attempting an exercise regimen, please see your chiropractor to discuss what may be causing your pain. You may need to be placed on a schedule of care that is designed to correct the underlying problem, and then your exercise regimen will be of great benefit—not the other way around.

## Echinacea for Colds

**My doctor tells me to take echinacea for colds. But what kind should I take, and for how long?**



**Keith Stelling, MNIMH, Dip-Phyto (Eng), says:** The "which species of echinacea?" controversy has been raging for years.

Uri Lloyd, the first echinacea product manufacturer in America, used the roots of *E. angustifolia*, but Christopher Hobbs, one of the most respected authorities in the United States, says, "After reviewing the world's literature and using several different species myself for many years, I feel that *E. angustifolia* and *E. purpurea* are equally beneficial."

Another well-known American authority, Stephen Foster, author of *Echinacea Exalted*, says *E. pallida* isn't considered as good as the other two

species of echinacea. However, he says that until a great deal more clearly defined research is conducted, any conclusions on *E. pallida* are subjective generalities at best.

Echinacea can be taken as a one- or two-dose immune booster. If you feel a cold coming on, it's a good idea to start as soon as possible with a dropperful three times daily. This should be combined with fresh lemon juice and ginger and continued for a few days after the cold symptoms disappear to prevent relapse. As an immune booster, the same dosage can be taken for 10 days.

I believe the echinacea works best in clinical practice if used in cycles. Although the research seems to indicate that the body doesn't become accustomed to the stimulation of the immune system by echinacea, it seems to me that since everything else in the natural world moves in cycles, so should treatments for the body.

Hobbs has what he calls a "protective" dose of one dropperful two to three times daily (or two capsules three to four times daily, or two tablets two times daily) for 10 days on, four days off for up to three cycles for adults. The maximum dose for children ages six and under is 10 drops. Ages seven to 10, 20 drops maximum. Ages 11 to 13, 30 drops maximum. Ages 14 to 16, a dropperful. The duration of treatment for children and adults is the same. ■

## Meet our Experts



A past-president of the Canadian Complementary Medical Association, Dr. Malthouse is a teacher of homeopathy and practises classical homeopathy at a busy medical clinic in Victoria, BC. Phone: 250-383-0454.



Founding editor of the *Canadian Journal of Herbalism* and member of the Canadian Second Expert Advisor Committee on Herbs and Botanical Preparations, Keith Stelling was recently awarded life membership in the College of Practitioners of Phytotherapy (Eng). He is presently completing a book on herbal medicine.



Ogi Ressel, DC, is a researcher, writer, lecturer, husband, father, and chiropractor in Burlington. He is the author of *Kids First: Health With No Interference. How to Raise a Healthy Child Outside the Medical Model* (New Century, 2000). Phone 905-335-3901. Web site: <patientfirstchiro.com>.



Simone Gabbay is a registered nutritional consultant in Toronto with more than 20 years of experience in nutrition and natural healing. She is the author of *Nourishing the Body Temple* (ARE Press, 1999), the nutrition columnist for *Venture Inward Magazine* and a frequent magazine contributor.

### Do You Have a Question?

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