



Living Well Newsletter

JUNE'S EDITION

5 Benefits of MASSAGE THERAPY



1. REDUCE STRESS

The longterm effects of stress can take emotional and physical tolls. Massage therapy may relieve stress and conditions associated with it, such as tension headaches.

2. GET BETTER SLEEP

Research indicates massage can improve sleep in those with lower back pain, fibromyalgia, insomnia, pain and other health conditions.

3. BOOST MENTAL HEALTH AND WELLNESS

Research suggests that symptoms of stress, anxiety and depression (all associated with mental health) may be directly affected with massage therapy.

4. MANAGE PAIN

Pain can negatively affect a person's quality of life and impede recovery from illness or injury. Research shows massage can help low-back pain, headaches, Carpal Tunnel Syndrome and more.

5. INCREASE RANGE OF MOTION

Elite and recreational athletes alike can benefit from massage therapy. Massage can help reduce muscle tension, improve exercise performance and prevent injuries.

Schedule your Massage Today!

Live Well Chiropractic ♦ www.live-well-chiro.com

1634 Quaker Valley Road, New Paris, Pa 15554 ♦ 624-0606



On behalf of all the fathers of our office I would like to thank again our partners, the wonderful mothers who make our job easier and hope you all had a wonderful Mother's Day. This month I want to wish all the fathers a Happy Father's Day! The sacrifice, hard

work and strife that a father gives can never be repaid but can also never measure up to the reward of being called Dad.

SPRING CLEANING UPDATE

Congratulations and thank you to everyone who helped us make our annual Spring Clean drive a huge success. Again we were overwhelmed and surprised with the amount of your gracious donations.



Everyone's graciousness and willing to give always humbles me and I am amazed at how people will always find a way to give to help others out.

The Claysburg Church of God receives all the clothing we collect and they organize a clothing give away in August that is free to anyone. Last year, they help hundreds of families with their clothing needs and your donations go a long way to help them in their efforts.

Live Well will also be making a matching monetary donation to Your Safe Haven. YSH helps local people who are victims of domestic violence, sexual assault, and other crimes such as DUI, burglary, etc. They assist thousands of families in Bedford County by providing essentials materials to those who are displaced or have to leave their home.



Thanks again for participating in our drive and we hope those closets will stay clear for a little while!

Government Changes Recommendations on Heart Disease and Cholesterol

Two studies recently published in the *Expert Review of Clinical Pharmacology* have drawn new attention to the fact that, far from being the miracle cure that was promised 20 years ago, statins actually carry serious side effects -- and rather than reducing the risk of cardiovascular disease, **they actually increase it!** The studies came in the same month that **U.S. government's top nutrition advisory panel decided to drop its warning about dietary cholesterol.**



Statins function by inhibiting an enzyme necessary for the production of cholesterol in the body, and there is no doubt that they do indeed lower blood levels of cholesterol. Due to their striking short-term effects, statins were immediately and widely embraced by the medical establishment, and their use has ballooned ever since, with the threshold for their use continually dropping. In July 2014, the United Kingdom's National Health Service issued new guidelines for statin prescription that would lead to nearly 40 percent of the country's adults being on the drugs.

There's just one problem: Lowering cholesterol isn't necessarily a good thing.

It's because statins deplete coenzyme Q10, which the mitochondria in your body need in order to produce ATP, which your body uses for energy. A lack of ATP leads to cellular fatigue and degeneration. Because the heart is such a high-energy muscle (as it must pump at all times), the effects are felt there more strongly than in other muscles. In addition, statins also deplete a protein known as heme A, which transports both iron and oxygen to the heart. This further cuts off the heart's energy supply.



The researchers note that statins also prevent the body from synthesizing vitamin K2, a vitamin that protects the arteries from forming the plaques that lead to heart disease. Finally, they block selenoproteins including glutathione peroxidase, which protects the tissue of muscles (including the heart) from oxidation damage caused by free radicals.

FDA Issues Recommendation Against "an Aspirin a Day"



If you never have had any cardiovascular problems, the Food and Drug Administration (FDA) says you should not take aspirin to avoid a heart attack or stroke. In a recommendation issued in 2014, the FDA says scientists have not proven aspirin therapy has any benefit for people without cardiovascular problems. This group includes those with risk factors such as a family history of heart disease.

At the same time, people taking aspirin every day face serious risks. These risks include developing dangerous bleeding into the stomach or brain. A lack of substantial evidence showing aspirin's heart disease prevention, coupled with its internal bleeding side effects, makes a person wonder if aspirin is safe or even effective at all. Are aspirin's astronomical sales (\$1.27 billion yearly) driven by misleading advertising and placebo-deceived minds?



Millions of Americans are on the watch for "bad cholesterol," but what they don't know is that cholesterol is itself a natural byproduct of the liver and an essential element for good health. In fact, every cell in the body has cholesterol in its outer layer.

Nevertheless, a number of doctors and other primary care providers – who you would think should know better – still say that it is all evil, all the time, and that you must adhere to a low-fat diet because that's better for your overall health.

However, it is a fact that avoiding fats is toxic to your health, while consuming many of the food additives that commonly replace naturally-occurring fats (trans fats,

refined sugars, processed grains) are the primary agents behind chronic inflammation.

Rather than being a cause of plaque buildup in the circulatory system, cholesterol can actually serve as a healing agent that the body sends to places that have been damaged by inflammation. In other words, if you have too much cholesterol buildup in your arteries, your *real* problem is too much inflammation rather than too much cholesterol. And that's important, because to mitigate it requires a completely different approach.



It's the inflammation in the vessels that starts the lesion then the body sends the cholesterol like a scab to cover over it to protect the blood system and the vessel wall from further damage.

Scientists have found that cholesterol is particularly important in the brain, which contains more of the substance than any other organ. Cholesterol is required for messages to get passed along from one brain cell to another. So, when it comes to your food choices, don't worry if it raises your cholesterol levels; focus instead on whether it is reducing your inflammation.

OFFICE NEWS

UPCOMING OFFICE CLOSINGS

The office will be closed
July 3rd and July 4th
for the holiday.



HAPPY ANNIVERSARY



July will be our 3rd Anniversary and we are planning a special party. Help us celebrate an amazing year with prizes, discounts and a few secret surprises.

RESTAURANT SALE

eat2live

BISTRO

**Saturday, June 24th
9am - 12pm**

EVERYTHING MUST GO!

Equipment, plates, flatware, pans, touch screen computers, tables,

**Help us make room
for our expansion!**

Dr. Jason's

Tip of the Month

TECH FREE ZONE

According to new research by the British Chiropractic Association, over half of us are watching TV in bed before dozing off. Many more use other electronic gadgets in bed, and those of us that do, are spending up to four hours staring at these screens! Many feel this can help them get to sleep, but there are other issues involved that should be considered.

What many of us may not have thought of is that this common habit can wreak havoc on the structure of our bodies. More hours spent hunched over small screens or sitting in uncomfortable positions can lead to poor sleep, bad backs and necks and other spinal problems.

If you need to use a gadget while you're in bed, make sure your back is supported with a pillow and that the device or the TV is at your eye level. And it's not just about your spinal health—research shows that turning off the TV can better support optimal sleep. The bright lights from the screens of our gadgets can stimulate our brain, negatively affecting our sleep quality.

Get the sleep you need and protect your mind and body by making your bedroom a tech-free zone! Then give us a call and schedule an appointment with us to protect your spine and maintain your health.

VERSUS CACAO COCOA

10% OFF

CACAO
A Superfood

- Raw
- No additives
- Provides essential vitamins
- Provides essential minerals

• ORAC (antioxidant) value for raw powder **95,500***

Effects on Health

- May promote heart health
- May provide mood support
- May improve brain function
- May help the look of the skin

COCOA
A Not-So-Superfood

- Processed
- Contains additives
- Stripped of most nutrients

• ORAC (antioxidant) value for roasted powder **26,000***

Effects on Health

- Few health benefits



Healthy Cholesterol Support

15% Off

UBIQUINOL – The New CoQ10

There are a few supplements I consider highly beneficial for nearly all adults. One of these is Coenzyme Q10 (CoQ10). If under 25 your body is capable of converting CoQ10 to the active form ubiquinol. However, if older, your body becomes more and more challenged to make this conversion. Ubiquinol is highly absorbed and utilized by the body. It's used by the mitochondria ("power plants") of cells to produce energy. CoQ10 is found in highest amounts in cells of organs that require large amounts of energy, such as the heart.

If you or anyone you know is taking a statin drug, it is absolutely essential to start taking a ubiquinol. Statin drugs work to lower your cholesterol and also reduces the amount of CoQ10 in your body.

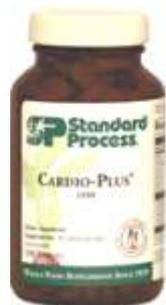
The aging process produces free radicals which cause damage to tissues and DNA. This limits the free radical production and counters the aging process.

Ubiquinol supplements can help you in many different ways:

- **Help you produce more energy for your cells**
 - * Ignite your body's engine by jump-starting energy production in your cells
- **Boost your heart health**
 - * Help strengthen your overall cardiovascular system
 - * Help maintain and balance the critical energy level needed in your body's most vital muscle...your heart
- **Help you reduce the signs of normal aging**
 - * Help you potentially feel more alert and responsive by keeping blood levels high in CoQ10, help you maintain your vitality
- **Help you maintain blood pressure levels**
 - * Promote healthy blood circulation in your body
 - * Maintaining proper levels of CoQ10 can help maintain normal blood pressure levels
- **Provide a boost to your immune system**
 - * Help support your immune system by providing a defense against free radicals
- **Support your nervous system**
 - * Promotes an active brain, one of the most active organs that require uninterrupted energy.



CARDIO PLUS



The cardiovascular system is responsible for carrying oxygen, hydrogen, and carbon (in the form of simple sugars) to cells, for use as the basic fuel of the body. It also transports a wide array of other nutrients, enzymes, and immune cells that are crucial for a healthy body. For it to function properly the heart muscle must be strong and blood vessels must be clear, unobstructed, and properly dilated to allow proper transportation of blood. It is crucial the vessels carrying blood to the rest of the body are healthy as well to allow proper nutrients to reach those tissues.

Cardio Plus combines multiple nutrients that are essential for heart health. It includes B6 to help maintain healthy blood pressure and circulation, choline which is crucial to maintain healthy homocysteine levels which has been shown to maintain proper blood vessel dilation, and CoEnzyme Q10 which is crucial to prevent oxidation of the lipoproteins that carry cholesterol and protects the cells walls of the blood vessels from damage that causes plaquing.

KRILL OIL - My #1 Favorite Supplement

Krill Oil is my most recommended method to obtain your essential omega-3 oils with DHA and EPA. It is also packed with ingredients not found even in high-quality fish oil -- protective antioxidants and phospholipids to provide you with a 3-pronged approach to preventing and fighting disease.



Krill is a special fish that is only found in the Arctic which is the cleanest water on Earth and has no mercury unlike other fish products. This unique combination of ingredients found nowhere else in nature has been proven to provide healthy support to many organs and systems including the heart, brain, nervous system, liver, joints and immune system. Krill is a must for fighting the effects of age-related deterioration.

We offer the best fish oil known for its purity and potency. The benefits of taking Krill oil are numerous:

- A healthy heart
- Support for concentration, memory & learning
- Blood sugar health
- Healthy joints, with an increase in joint comfort
- Fighting signs of aging
- Healthy brain and nervous system function and development
- Protection for cell membranes
- Regulates Cholesterol and other blood lipid health
- Healthy liver function
- Relief of normal PMS symptoms
- Bolstering your immune system
- Healthy mood support
- Optimal skin health
- Improved quality of life when compared with fish oil

THE IMPORTANCE OF MAGNESIUM

Magnesium is vitally important for biological function and optimal health. It's the fourth most abundant mineral in your body and more than 300 different enzymes rely on magnesium for proper function.

If you're lacking in cellular magnesium, it can lead to the deterioration of your cellular metabolic function, which in turn can snowball into more serious health problems including migraine headaches, anxiety and depression (magnesium acts as a catalyst for mood-regulating neurotransmitters like serotonin), fibromyalgia, cardiovascular disease, sudden cardiac death, and even death from all causes.

Magnesium also plays a role in your body's detoxification processes and is therefore important for minimizing damage from toxic exposures. Perhaps most importantly, magnesium is vital for the optimization of your mitochondria, and this has enormous potential to influence your health, especially the prevention of cancer, but also for general energy and athletic performance.



A century ago, people got an estimated 500 milligrams (mg) of magnesium from their diet, courtesy of the nutrient-rich soil in which the food was grown. Today, estimates suggest we're only getting 150 to 300 mg a day from our food.

Organic unprocessed foods tend to be your best bet, but since the magnesium content of your food depends on the richness of magnesium in the soil in which the plant was grown, even organics are no guarantee you're getting high magnesium content.

Most soils have become severely depleted of nutrients, and for this reason, some magnesium experts believe virtually everyone needs to take supplemental magnesium. The recommended daily allowance (RDA) is around 310 to 420 mg per day although some researchers believe we may need as much as 600 to 900 mg/day for optimal health.

Early signs of magnesium deficiency include "Charlie horses" (the muscle spasm that occurs when you stretch your legs), headaches/migraines, loss of appetite, nausea and vomiting, fatigue or weakness. More chronic magnesium deficiency can lead to far more serious symptoms such as abnormal heart rhythms and coronary spasms, seizures, numbness and tingling, and personality changes.

The best way to maintain healthy magnesium levels is to make sure you're eating plenty of dark-green leafy vegetables. Juicing your greens is an excellent way to increase your magnesium, along with many other important plant-based nutrients. If you eat well but still exhibit deficiency signs, you may want to consider taking a supplement as well.



A.C. ESSENTIAL OILS

~ Authentically Crafted ~

SAMPLES AVAILABLE
TO TRY!!!

CALMING ESSENCE: *When the day is too active and your mind is too stressed, you don't need to feel tired, just able to cope, use this blend to help get you through. To Use: Apply to temples, behind ears, and at base of neck then inhale the essence from your hands.*

Orange: *known to be uplifting and good for people who put a lot of pressure on themselves. Can also soothe nerves, anxiety, and help with depression*

Grapefruit: *helpful with headaches and anxiousness. Can also help with low self-esteem and good for digestive aid.*

Petitgrain: *helpful in digestive aid and also anxiousness. This ingredient is also refreshing and balancing.*

Lavender: *soothing for insomnia and nervous tension. Is also known to ease headaches and helpful for active minds and fears.*

Roman Chamomile: *reduced aches and pains, also helpful for fevers. Great for kids who are overwhelmed.*

Vetiver: *anti-inflammatory and helpful for muscle cramps and aching muscles.*

Rosewood: *provide an overall balance and also uplifting to people who are burdened.*



REASONS TO LOVE COCONUT OIL

Few foods, with exception of eggs, have had their reputations so completely demolished in the 20th century as coconut oil. Even as late as the 1990s, this edible oil, which is extracted from the kernels or flesh of matured coconuts, continued to be demonized in the media as a great contributor to heart disease due to its significant saturated fat content. Fortunately, modern society is beginning to understand saturated fat presented in coconut oil is, contrary to popular belief, actually highly beneficial.

Coconut oil is mostly comprised of medium-chain triglycerides (MCTs) which are metabolized extremely quickly and rarely stored in the body as fat. Due to its concentrations of MCTs, long-term consumption of coconut oil has actually been linked to **weight loss**, not weight gain.

Almost 50% of the MCTs found in coconut oil is lauric acid, a 12-carbon saturated fatty acid that our bodies convert into monolaurin. Monolaurin is one of the natural world's greatest antivirals, antibacterials and antifungals.

It is a well-known fact that inadequate amounts of our brain's main fuel supply, glucose, is the leading cause of cognitive disorders, such as Alzheimer's disease and dementia. Coconut oil can help prevent these diseases due to the high concentrations of ketone bodies in its MCTs, which function as an alternative fuel source. In Alzheimer's disease, the neurons in certain areas of the brain are unable to take in glucose due to insulin resistance and slowly die off... If these cells had access to ketone bodies, they could potentially stay alive and continue to function.



AVAILABLE
IN THE MARKET

**EAT
THIS**



**NOT
THAT**

for Longer Life

You've probably heard that "eating right" can go a long way toward keeping you healthy. A new study, published in the Journal of the American Medical Association, reports that eating the right foods in the right amounts, your risk of dying from heart disease, stroke and type 2 diabetes — among the most common killers in the U.S. — could be cut nearly in half.



That's pretty impressive, but what does "eat the right foods" even mean? There's a "substantial body of evidence" showing that "suboptimal" diets are undeniably culpable in causing the development of these illnesses, collectively known as cardiometabolic diseases (CMD), for several reasons.

Protein is necessary for good health, but your body can only use so much. Most people eat twice as much meat as they need. Most meat sold in the U.S. comes from animals raised in concentrated animal feeding operations. Organic pastured meats have a better nutritional profile overall with far lower risk of pesticide contamination.

To improve your health and advance your life, add optimal amounts of omega-3 fats, as well as nuts, seeds, fruits and vegetables to your diet. At the same time, eliminate sodas, as well as processed meats and meats from CAFOs.

Healthy nuts and seeds, specifically tree nuts (peanuts have the name, but are actually legumes, and not one I recommend) and seeds are a great snack and contains healthy fats, fiber, protein, antioxidants and minerals and, as such, is great for your heart and may even help control your weight.

Eating raw seeds, such as pumpkin seeds and sunflower seeds, with their high level of good fats and oils, vitamins, minerals and antioxidants, helps boost your immune system, fights free radicals and may help improve insulin levels, as well as benefit your heart and immune system.

While there's no "silver bullet" in regard to foods that will eliminate your risk of developing these or any other disease the way the food system is set up needs to change. For people who feel overwhelmed by the prospect of changing their eating habits, choose one area to improve and nail it down before moving on to another.

Far from being Trash, that Seed is a Treasure!

When you slice into an avocado, you inevitably bump up against its pit. Prying out the spherical seed and tossing it in the trash is probably the most thought you give to it. But what if we told you that the pit is not only edible but also the most nutritious part of the fruit? It's time to stop throwing away the seed and instead start incorporating it into your smoothie.

For centuries in South America, the avocado pit has been used as a folk remedy for illness, and modern science has begun to find evidence of its health benefits. One study discovered that greater than 70% of the avocado's antioxidant content can be found in the seed. Other research suggests that consuming avocado seeds may lower cholesterol and mitigate hypertension, inflammation and diabetes. The seeds also possess antimicrobial properties.

So, how do you get at them? The seed is no harder to slice through than, say, the rind of an acorn squash. Give the seed a good whack with a sharp knife (tap the knife with a mallet if you need extra power), and it should split in half. Then, it's easy to cut the seed into smaller pieces. You can add it whole to a high powered blender or even grate the seed into a powder form.

On its own, the seed has a bitter taste, but any fruit or natural sweetener you put in your smoothie should easily cancel it out. You'll be pleasantly surprised by how it thickens the drink.



ADD AVOCADO FLESH AND PIT TO A
SMOOTHIE FOR A NUTRITION BOOST

RESEARCHING CHIROPRACTIC

There seems to be no end to the conditions that respond to chiropractic care; physical as well as psychological conditions.

That is because chiropractic does not “treat” a particular condition. Chiropractic care “treats” or more accurately “corrects” a serious interference to brain, nervous system and energy function known as the subluxation.

No matter what condition you or a loved one may have, you will always function better when free from subluxations. Chiropractors are uniquely trained to locate and correct subluxations.

Reduction in Cardiovascular Risk Factors: A 30-year-old male patient who had vertebral subluxations, high cholesterol, high blood triglycerides and gout in the left ankle as well as secondary low back pain presented for chiropractic care. Blood analysis revealed high uric acid in the blood – a sign of gout.



Chiropractic adjustments were administered over a 10-week period to reduce vertebral and lower extremity subluxations and the chiropractor recommended lifestyle interventions such as dietary changes, nutritional supplementation and an exercise regimen.

There was an overall reduction in the patient's subluxations in addition to marked improvement in serum cholesterol and lipid panels.

Chronic Sinusitis, Constipation and Throat Pain in a Nine-Year-Old: A nine-year-old girl suffering from chronic sinus inflammation, constipation and sore throat was brought in for chiropractic care by her mother. The mother said that the problems kept returning even though she was on numerous antibiotics. The child was sick at least once every two months and had problems falling asleep due to her complaints.



The girl had 12 chiropractic visits over a three-month period. Her constipation had cleared up, she had regular bowel movements and she was no longer taking antibiotics. She was also able to sleep through the night and reported less nasal congestion.

*Enjoy Fresh Cherries
and Berries in a
Tasty Summer Salad*

QUINOA ALMOND BERRY SALAD

- 3/4 cup dry quinoa
- 1 pint strawberries, sliced
- 8 oz. fresh blueberries
- 8 oz. fresh blackberries
- 1 cup cherries, pitted and sliced
- 1/4 cup pure maple syrup
- 2 tsp balsamic vinegar
- 2 Tbsp fresh lime juice
- Couple pinches of sea salt
- 1/2 cup almonds, chopped



Cook quinoa according to package directions, cool then fluff with fork. Mix maple syrup, balsamic, lime juice, and salt. Combine quinoa, fruit and dressing, mix well.

Toss in almonds.



healthy bites

COCONUT CHICKEN with PINEAPPLE-STRAWBERRY SALSA

- 1/4 cup plus 1/3 cup coconut milk, divided
- 4 scallions, white and green parts separated and thinly sliced, divided
- 1/4 tsp sea salt
- 1/4 tsp freshly ground pepper
- 2 boneless skinless chicken breasts, cut in half lengthwise
- 2 cups pineapple, diced small
- 8oz strawberries, rough chopped
- Blackberries
- Mixed salad greens, sliced thinly
- Toasted unsweetened coconut and toasted sliced almonds, *optional*



Combine 1/4 cup coconut milk with the white parts of the scallions, salt, and pepper. Add chicken; let marinate at room temp uncovered for 30 min or cover and refrigerate overnight. Combine remaining 1/3 cup coconut milk with green parts of scallions. Stir in pineapple and strawberries. Set aside or cover and refrigerate until ready to use. Grill chicken and slice thin. Top greens with chicken, salsa, blackberries, toasted coconut and almonds.

Get Some Sun...

it may just
Save Your Life!

☀ Sunlight profoundly lessens the risk of breast, prostate, colon and other major cancers

☀ Sunlight dramatically reduces the risk of osteoporosis and hip fractures

☀ Sunlight and vitamin D aids in relieving depression, chronic pain and lower back pain

☀ Sunlight and vitamin D helps control heart disease, blood pressure and multiple sclerosis and increase muscle strength

**“FOOD YOU EAT
CAN BE EITHER
THE SAFEST
&
MOST POWERFUL
FORM OF MEDICINE
or
THE SLOWEST
FORM OF POISON.”**

Ann Wigmore

ADVANCEMENTS in ALZHEIMER'S DISEASE DETECTION and RISK ASSESSMENT



Preclinical signs of Alzheimer's disease may be evident as early as 20 years before the disease actually sets in, allowing for much earlier intervention. By the time your memory begins to noticeably deteriorate, about 40-50 percent of your brain cells have already been damaged or destroyed.

Estimates suggest Alzheimer's diagnoses may triple by 2050, reaching nearly 14 million in the US. Long before clear signs of Alzheimer's develop, brain proteins called lysosomal proteins can be detected in a patient's blood.

While there's no pharmaceutical cure, you do have a significant degree of control over the situation if you make the appropriate diet and lifestyle corrections. So getting a 20-year early warning could likely make a tremendous difference, provided patients are given accurate diet and lifestyle instructions.

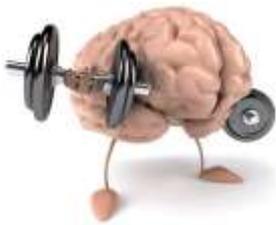
Two key instructions are:

- 1) *Avoid processed foods of all kinds, as they contain a number of ingredients harmful to your brain, including refined sugar, processed fructose, grains (particularly gluten), genetically engineered (GE) ingredients, and pesticides*
- 2) *Optimize your gut flora by avoiding processed foods (sugar, GE ingredients, pesticides and various food additives all discourage healthy bacteria in your gut), antibiotics and antibacterial products, fluoridated and chlorinated water, and by regularly eating traditionally fermented and cultured foods, along with a high quality probiotic if needed*



Lifestyle strategies that promote neurogenesis and regrowth of brain cells include the following:

- **Exercise:** In one year-long study, individuals who engaged in exercise were actually growing and expanding the brain's memory center one to two percent per year, where typically they would have continued to decline in size



- Reducing overall calorie consumption
- Reducing carbohydrate consumption
- Increasing healthy fat consumption. Coconut oil is ideal, as it contains 66 percent medium-chain triglycerides (MCT)—a primary source of ketone bodies, which is the preferred fuel for your brain.

SHINGLES VACCINES

transforms vaccinated people into "carriers" who spread infectious disease

Shingles, also known as "herpes zoster," will affect roughly 1 out of every 3 American adults during their lifetime. Estimates suggest that there are upwards of one million cases of shingles each year in the United States. The disease is caused by dormant varicella zoster virus — the same virus that causes chicken pox. It is fairly well known that a history of having had chicken pox puts you at risk of developing shingles in your elder years.



But, did you know that the shingles vaccine could raise the risk of someone else getting chicken pox?

Approximately 50% of skin samples within ten minutes of the inoculation, tested positive for VZV.

In the saliva samples, none initially tested positive for VZV. However, during the first week, 21 of the 36 participants tested positive. On day 14, VZV was detected in samples from 11 participants, and at day 21, it was detected in 10 samples.

According to the research team, the presence of VZV DNA in saliva for up to 28 days after vaccination suggests that there is a potential for people who have recently received the shot to **transmit VZV to other people**.