

The Natural Pharmacy Newsletter

Wellspring Custom Pharmacy

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In The News

New Guidelines for the Treatment of Head lice!

Most families with school age children are familiar with *Pediculus humanus capitis*, the common head louse.

People of any age can be infested with lice, however young children are most likely due to their habits (sharing hats/brushes/pillows/stuffed animals). The American Academy of Pediatrics recently updated their guidelines for the treatment of Head lice and found:

- Screening for nits alone is not an accurate way of predicting which children will become infested, and screening for live lice has not been proven to have a significant effect on the incidence of head lice in a school community over time.
- Less than one third of children with nits developed lice infestations, and only about a third of those with a higher concentration of nits in a single area were likely to develop an active infestation.
- School exclusion of children with nits alone results in many children missing school unnecessarily. Several descriptive studies suggest that educating parents in diagnosing and managing head lice may be helpful.

- Among sampled elementary schools implementing a "zero-tolerance" program, one school reported students dismissed for infestation missed an **average of 20 days at school.**
- As for a child with an active head lice infestation, he or she has probably had the infestation for a month or more by the time it is discovered and therefore poses little risk to others. If he or she does not have a resulting health problem, that child should remain in class but be discouraged from close direct head contact with others.

Head lice have been well known pests for thousands of years and infestation is very common in children ranging from 3 to 12 years of age. In the late 1990's it was estimated that 6-12 million infestations occur each year in the United States, and recently treatment costs have been estimated at 1 billion per year. Lice do not spread disease and are not a sign of poor hygiene; however they can be extremely irritating! Their bites can cause inflammation and itching, and persistent scratching may lead to skin irritation and infection.

There are four vital steps to controlling an infestation:

- The use of a head louse treatment
- Nit removal using a comb

- Cleaning of the environment
- Daily head checks and nit removal until gone, then weekly checks in case of reinfestation.

Most of these are straightforward, however there are several different head lice shampoo treatments available to pick from. The over-the-counter treatments usually contain pyrethrin or permethrin, both of which are effective treatments. When you use these try to limit the contact as they can cause side effects:

- Use a basin or sink instead of the bath or shower
- Wear gloves
- Don't use on open cuts, scratches, or inflammation
- Never use on infants

These shampoos are effective at killing adult lice they don't kill the eggs, so it will be necessary to use a nit comb and retreat in several days. There are many different home remedies however most have unpredictable efficacy and some can be dangerous.

Remember it is important to contact the school and your children's friends so that they are not reinfested as quickly as you treat them!

Nutrients for Brain Function

Our brains are remarkable however they require a massive amount nutrition and support. An average size brain weighs 3 pounds and yet requires 20% of the body's oxygen and blood sugar when at rest! Also, there are other nutrients that the brain requires to function at optimal levels. The three most important nutrients are phosphatidylserine (PS), glycerophosphocholine (GPC), and acetyl-L-carnitine (ALC). These aid in brain function, repair, cognition, mood, and mental endurance.

PS is a type of fat that forms the membrane around cells and is part of several neurotransmitters. There have been many studies done that show supplementing PS can aid it mental performance, improve mood, enhance energy, and lower elevated blood cortisol levels.

GPC is a water based lipid that can be stored inside cells, and is able to cross into the brain. It has been shown to improve memory, focus, and maintain or restore brain function.

ALC is required for the brain to convert nutrients into energy. It acts by aiding in the transport of fatty acids into the mitochondria of the cells and regulating metabolic pathways.

While all three are helpful, it is they are taken together that the largest improvements are seen. They are well absorbed and can be purchased without a prescription.

For more information call our office today to schedule an appointment.

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“Always vote for principle, though you may vote alone, and you may cherish the sweetest reflection that your vote is never lost.”

John Quince Adams

A politician thinks of the next election; a statesman thinks of the next generation.
~James Freeman Clarke, *Sermon*

Final Thoughts

As we approach the election season we will be bombarded by ads from a variety of politicians. Commit to take the time to really learn about the candidates and most of all let your voice be heard-vote!

Brad

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