



The Supplement

HEALTH AND WELLNESS INFORMATION TO SUPPLEMENT YOUR LIFE

S U P P L E M E N T O F T H E M O N T H V I T A M I N K

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Vitamin K is not a single chemical substance but rather a family of chemically related substances that go by the general name of "vitamin K." Over the past 20 years, no vitamin family has undergone a greater change in terms of our scientific understanding of its chemistry and function. In the past, members of the vitamin K family have traditionally been referred to as vitamin K1, vitamin K2, and vitamin K3. This terminology is largely being replaced by a different set of terms to describe what has now been determined to be a more complicated set of vitamin K compounds.

All types of vitamin K fall into a large chemical category of substances called naphthoquinones. Within this naphthoquinone category, there are two basic types of vitamin K. The first type, called phyloquinones, is made by plants. The second basic type, called menaquinones, is made by bacteria. (The only exception to this rule involves a special group of bacteria, called cyanobacteria, which make phyloquinones instead of menaquinones.) Contrary to some previous scientific assumptions, we get most of our dietary vitamin K in the form of phyloquinones from plant foods. In fact, up to 90% of our dietary vitamin K comes in this form, and within that 90%, over half comes from vegetables-especially green leafy vegetables. Many different types of bacteria in our intestines can make vitamin K in the form of menaquinones. While this synthesis of vitamin K in our digestive tract can contribute to our vitamin K requirements, this contribution is less than previously thought. Excellent sources of vitamin K include: spinach, Brussels sprouts, Swiss chard, green beans, asparagus, broccoli, kale and mustard greens. Very good sources include green peas and carrots.

A C U P U N C T U R E F O R G O U T

Gout is a rheumatic disease, characterized by acute attacks of arthritis, usually in the great toe of the foot.. Men are affected more than woman. 90% of gout sufferers are men over thirty years. In 2002, World Health Organization published *Acupuncture: Review and Analysis of Reports on Controlled Clinical Trials*. In this book, World Health Organization supported using acupuncture and cupping for the treatment of gout. The reviewed trial stated that: " Plum-blossom needling together with cupping has been recommended for treating gouty arthritis".

Bed rest is helpful in the treatment of an acute attack. Hot and cold compressors may be helpful for some patients. Avoiding excess alcohol consumption, restriction of high purine foods like meat, kidney, sardines and liver, and avoiding drugs which increase blood uric acid such as diuretics are recommended.

Eating more fresh vegetables and fruits and whole grain foods is recommended. Cherries are recommended for gout sufferers as some studies show that eating cherries may help in decreasing the uric acid level. Eating vitamin C-enriched foods such as oranges and guava is helpful. Drinking plenty of pure water is a helpful way to excrete uric acid.

Relaxation techniques and hypnotherapy are helpful in decreasing pain. Yoga and breathing exercises help restore body balance.

Acupuncture and cupping therapy are recommended therapies to decrease and eliminate pain.

HUNDREDS OF CHEMICALS FOUND IN NEWBORNS

The umbilical cord is the lifeline of infants; it brings nutrients and oxygen to the baby. These days, it also brings hundreds of poisons. Recently, the Environmental Working Group tested the umbilical cord blood of ten American minority infants, and found a total of 232 known poisons in their blood.

The study found BPA, a petrochemical found in baby bottles, water bottles, and computer equipment. BPA is an environmental estrogen connected to birth defects, sexual dysfunction, hormonal problems, and diminished intellectual capability. BPA was found in nine out of ten of the blood samples.

Perfluorobutanoic acid was found; it's a member of the PFC chemical family and is common in non-stick cookware and water-resistant coatings. The most studied PFCs are linked to cancer, birth defects, and infertility. Substances banned in the 70's were found in the blood headed to these infants. These substances, PCBs, cause damage to the immune system and disrupt the endocrine system. Synthetic fragrances from perfumes and detergents were found. Nine out of ten of the umbilical cords contained chemical components from rocket fuel, which interfere with brain development and the thyroid. A fire retardant was found that interferes with the thyroid's function and may disrupt the production of T-cells - and our bodies use T-cells to fight disease. Lead and mercury were also found.

The Environmental Working Group conducted a similar study in 2005 which focused on the industrial poisons found in the umbilical cord blood of American infants, but not necessarily of minorities. The 2005 study found 287 known poisons in their blood, and due to the expense of the testing, only 400 chemicals were tested for. There are over 80,000 industrial chemicals currently in use, and the vast majority have never had any safety testing.

FOOD AS MEDICINE GREEN BEANS

Commonly referred to as string beans, the string that once was their trademark can seldom be found in modern varieties. Although these bright green and crunchy beans are available at your local market throughout the year, they are in season from summer through early fall when they are at their best and the least expensive.

Green beans are picked while still immature and the inner bean is just beginning to form. They are one of only a few varieties of beans that are eaten fresh. Although green beans vary in size they average about four inches in length. They are usually deep emerald green in color and come to a slight point at either end. They contain tiny seeds within their thin pods.

Green beans, while quite low in calories (just 43.75 calories in a whole cup), are loaded with enough nutrients to not only power up the Jolly Green Giant, but to put a big smile on his face. Green beans are an excellent source of vitamin C, vitamin K and manganese. Plus green beans are very good source of vitamin A (notably through their concentration of carotenoids including beta-carotene), dietary fiber, potassium, folate, and iron. And, green beans are a good source of magnesium, thiamin, riboflavin, copper, calcium, phosphorus, protein, omega-3 fatty acids and niacin.

INTESTINAL GAS AND HOW TO INCREASE THE DIGESTIBILITY OF BEANS

Legumes, like garbanzo beans, cause intestinal gas because humans cannot digest the oligosaccharides (sugars) found in beans. These sugars are consumed by bacteria in the large intestine, which form gas. The gas-forming compounds can be reduced by draining off the water used to soak the dried beans and replacing it with fresh water before cooking. For canned garbanzo beans, drain off the liquid in the can and rinse with fresh water before using. There is anecdotal evidence that cooking beans with kombu (a type of sea vegetable) and plenty of spices can improve the digestibility of beans. Adding kombu to your beans will also increase their nutritional value by adding trace minerals to your dish. Cumin, fennel and ginger are among the spices that are especially effective in preventing the formation of gas, but any of your favorite aromatic spices will help by inhibiting bacteria and stimulating digestion.

RECIPE OF THE MONTH FENNEL GREEN BEANS

Try this creative combination of fennel and green beans for a tasty addition to your Healthiest Way of Eating. And it only takes minutes to prepare!

Prep and Cook Time: 12 minutes

Ingredients:

3 cups thin green beans
 ½ cup sliced fennel bulb
 ½ medium onion, sliced
 1 fresh tomato, seeds and excess pulp removed, chopped
 2 TBS fresh lemon juice
 1 TBS extra virgin olive oil
 salt and cracked black pepper to taste

Directions:

Slice onion and let sit for 5-10 minutes to bring out its health-promoting properties.

Bring water to a boil in a steamer with a tight fitting lid.

Cut ends off beans and cut into 1-2 inch pieces. Slice fennel and onion.

Steam beans and onion together for about 3 minutes, and add fennel. Steam for another 2 minutes. Drain well and pat with paper towel so any excess water does not dilute taste.

Toss with rest of ingredients.

Serves 2



NATURAL OPTIONS FOR TURNING BRECH BABIES

About 4.5% of single baby pregnancies result in a breech (head up instead of head down) presentation. Breech presentations result in an increased number of Caesarean sections and an increase in perinatal mortality. Rarely are women who have breech babies allowed to attempt a vaginal birth. Because a C-section is a major abdominal surgery with associated risks and recovery time it is important to attempt to get the baby into a proper vertex (head down) position. An external cephalic version (an obstetrician manually attempting to turn the baby from the outside) is often attempted but can be very uncomfortable and poses its own risks. There are three other popular and effective alternatives available that do not carry the same risks and are much more comfortable.

The Webster Technique is a chiropractic technique that is helpful in allowing babies to get into a proper position. Many people know of it as a "breech turning technique" but it really is about balancing the joints and ligaments of the pelvis to allow the uterus, and therefore the baby, to be in a proper position. A chiropractor who is certified in the Webster Technique will evaluate the woman's sacrum for a subluxation (misalignment) and adjust as necessary. Next, the chiropractor will gently release any tension being held in the round ligaments of the uterus with a gentle pressure at any tight areas. The technique is very gentle and usually very comfortable.

Acupuncture is another option to use to help turn breech babies. Small, thin needles are placed in specific areas to facilitate the turning of the baby. Acupuncture treatments for turning breech babies are typically started between weeks 32 and 34 of pregnancy. Studies have shown that acupuncture alone has about a 70% success rate in turning a breech baby.

Moxibustion is a third option and is often used in conjunction with acupuncture. Moxibustion is a traditional Chinese medicine practice which involves the use of burning a mugwort stick near a specific place on the pregnant woman's little toe. The moxibustion stimulation of this point (Bladder 67) helps to relax the uterine wall and increase fetal activity. Studies have shown it to have a success rate between 69% and 85%. Patients are often given these sticks to continue the treatment at home multiple times per day.

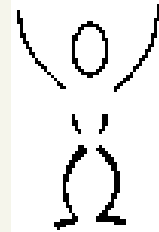
Other conservative and gentle options for turning a breech baby include pelvic tilts, placing a cold compress (such as a cold bag of peas) at the top of the stomach (fetuses are sensitive to cold too), and swimming.

THE SUPPLEMENT



“The Supplement” is an educational tool provided to our patients to help them achieve overall health and wellness.

Because when you're well...
Everyone wins!



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**BROOKFIELD CLINIC NEWS AND
HEALTH HAPPENINGS**

Due to the high demand for appointments, we are **strictly** enforcing our cancellation policy. This policy is enforced for any appointment at the Brookfield and Cedarburg location. All appointments must be cancelled at least 24 hours in advance. We **will** add a \$50 charge to your account for missed appointments or those cancelled less than 24 hours in advance. Appointments for initial evaluation are scheduled for one hour and a charge of \$100 will be billed if this type of appointment is missed or cancelled too late as above.

<p>Starting April 1st 2010, IFWC will be open Monday's.</p>	<p>Wednesday April 21st Weight Loss Cure Dr. Michele Nickels 6:30pm Please call the Brookfield clinic to reserve your</p>	<p>Thursday April 22nd Stress and Adrenal Fatigue Dr. Michele Nickels 6:30pm Please call the Brookfield clinic to reserve your seat!</p>	<p>We are now on facebook!</p>
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Tune in to 95.7FM to hear commercials for Integrative Family Wellness Center. Also, they will be featuring the clinic on their website www.957fm.com/pages/expert.html?feed=322491&article=4901243
Dr. Nickels will be on the morning show with “Murphy and Meg in the morning” **Tuesday April 13th 2010** from 7:00am-8:00am for their “ask the expert” segment.