



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 D H E A

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DHEA (dehydroepiandrosterone) is an endogenous hormone (made in the human body) secreted by the adrenal gland. DHEA serves as precursor to male and female sex hormones (androgens and estrogens).

DHEA levels in the body begin to decrease after age 30, and are reported to be low in some people with anorexia, end-stage kidney disease, type 2 diabetes (non-insulin dependent diabetes), AIDS, adrenal insufficiency, and in the critically ill.

DHEA levels may also be depleted by a number of drugs, including insulin, corticosteroids, opiates, and danazol.

There is sufficient evidence supporting the use of DHEA in the treatment of adrenal insufficiency, depression, induction of labor, and systemic lupus erythematosus.

S H A M P O O S A N D C O N D I T I O N E R S A R E F R E Q U E N T C A U S E S O F C O M M O N S K I N P R O B L E M

Considerably more people than previously believed are allergic to the most common fragrance ingredient used in shampoos, conditioners and soap. In a study, over 5 percent of those who underwent patch testing were allergic to the air oxidized form of the fragrance ingredient linalool.

Linalool is found in 60 to 80 percent of perfumed hygiene products, soap and household cleaning agents that can be bought in the supermarket, so it can be difficult for people who are allergic to avoid these products.

In the study, oxidized linalool was added at patch testing for more than 3,000 patients who wanted to find out what was causing their eczema. Between 5 percent and 7 percent proved to be allergic.

W H A T A R E T H E D I F F E R E N T S T Y L E S O F A C U P U N C T U R E ?

Traditional Chinese Acupuncture (TCM)

Traditional Chinese Medicine (TCM) is the most common form of acupuncture studied and practiced in the United States.

Japanese Style Acupuncture

Japanese style acupuncture takes a more subtle route than TCM. Fewer and thinner needles are used with less stimulation.

Korean Hand Acupuncture

Points in the hand correspond to areas of the body and to certain disharmonies.

Auricular Acupuncture

Points in the ear correspond to areas of the body and to certain disharmonies. This system is commonly used for pain control and drug, alcohol, and nicotine addictions.

THE CASE FOR HEALTHY BOWELS: THE VITAL CONNECTION BETWEEN YOUR GUT AND YOUR HEALTH

How healthy are your bowels?

Does that sound silly? It shouldn't. In fact, improving and maintaining the condition of your bowels is serious business.

Chances are you have digestive issues. And you're not alone. According to recent studies conducted by the Dannon Company in 2007, nearly 90 percent of Americans deal with occasional problems with digestion.¹ Seventy percent of women say digestive concerns negatively impact their lives *every single day*.

Digestive concerns aren't a fun topic of conversation. In fact, many people have trouble talking to their own doctor about their concerns. Others suffer in silent embarrassment, worry and discomfort over the rumbling and gurgling – the cramps, bloating and gas. The constipation. Or diarrhea.

The fact is that if your digestive tract isn't operating efficiently, you have more to worry about than just your colon. When you carry around too few friendly bacteria and an overabundance of the bad stuff, your body doesn't make use of all the nutrients you're feeding it.

Your healthy diet won't matter, nor will the nutritional supplements you take. If your digestive system isn't operating efficiently, you aren't getting the full benefit of your good nutritional habits. Not only is your health at risk, but you're throwing money away on high-quality food and nutritional supplements that your body can't make use of.

The good news?

Improving the health of your digestive system is often a simple, straightforward process of achieving the right balance of good and bad gut bacteria. It's a matter of moving the right bacteria, in the right amounts, into permanent residence in your digestive tract.

There are various ways to get the job done, some of which will be discussed later on in this report.

Three very positive changes occur when your good-to-bad intestinal bacteria ratio is brought into balance:

Your digestive symptoms diminish or disappear, leaving you comfortable and free to enjoy every day to the fullest.

Your body begins to use all the good food and nutritional supplements you feed it.

Your immune system de-stresses and is better equipped to fight off disease, contributing to a longer and healthier life.

FOOD AS MEDICINE IS GRASS-FED BEEF BETTER?

Roughage-including pasture grasses or dried forages such as hay-are the most natural foods for cows and other ruminant animals. From a health standpoint, there's no question that cows do better on these natural foods than on grain-based feeds. For example, too much grain-feeding can cause excess formation of gas in the digestive tract of the cow and pose serious health risk. Not surprisingly, when cows are given the opportunity to follow a diet composed of their natural foodstuffs, the beef they provide as food is healthier as well. Grass-fed beef has been shown to contain more zinc and vitamin B12 than grain-fed beef, less total fat than grain-fed beef, and greater amounts of omega-3 fatty acids and CLA (conjugated linoleic acid), even though the amount of these last two nutrients is still quite small. The differences in grass-fed and grain-fed beef are greatest when ample grazing time is allowed for the cows, and when the pasture land used for grazing provides high-quality forages and grasses.

Unfortunately, there is no requirement that certified organic beef be grass-fed, and so organic is not a guideline you can follow to obtain grass-fed beef. However, organic is still a guideline you can use to judge most other aspects of beef quality, and for this reason, the ideal beef for your diet is both certified organic and grass-fed. Since there are no large-scale organic, grass-fed beef producers in the United States, smaller scale local farms are going to be your best bet here. Many Internet sites also make organic, grass-fed beef available via shipment either from other states or other countries. As consumers become aware of organic, grass-feeding as a more natural approach to beef production and a more nutritious approach as well, we expect to see more widespread availability of this higher-quality beef.

RECIPE OF THE MONTH MARINATED BEETS

The beautiful color of beets also reflects its rich concentration of phytonutrient antioxidants, which help protect against the damage to cellular structures and DNA that can be caused by free radicals. They are also rich in folate and one serving of this recipe contains only 57 calories. Enjoy!

Prep and Cook Time: 20 - 35 min depending on marinating time

Ingredients:

4 medium beets, about 3" in diameter

1 TBS extra virgin olive oil

1 TBS balsamic vinegar

1 TBS fresh minced chives

salt and cracked black pepper to taste

Directions:

Fill the bottom of a steamer with 2 inches of water.

While the water is coming to a boil, wash beets, leaving 2 inches of tap root and 1 inch of the stem on the beets. Cut beets into quarters. Do not peel.

Steam covered for 15 minutes. Beets are cooked when you can easily insert a fork on the tip of a knife into the beet. Although some of their colorful phytonutrients are lost to the steaming water, there is plenty of color and nutrients left in the beets.

Peel beets by setting them on a cutting board and rubbing skin off with a paper towel. Wearing kitchen gloves will help prevent staining your hands.

Transfer to a bowl. It is best to toss the beets with the remaining ingredients while they are still hot.

Let them marinate for at least 15 minutes for fuller flavor.

Serves 4



SCOLIOSIS AND CURVATURES

Before the age of 10, young children seldom complain of a backache. When they do, it's usually for a day or so, and then the problem is not mentioned again. Often times, a vertebra can remain out of alignment (subluxated) and the child's pliable spine adapts to the situation. "As a tree is bent, so shall it grow!" is an old adage that can certainly be applied to the spine. Spinal misalignments in a young spine can develop curvatures which create spinal problems in adult life. A curvature is an abnormal spinal contour. Scoliosis is a type of curvature that has an abnormal side to side bend.

The process of scoliosis development goes as follows:

First, the spine does not develop its normal front to back arches, and this causes unusual weight to be carried on the spinal discs.

Second, the center of certain discs shifts to one side, and the vertebra tip to the other side, just like a teeter totter. This misalignment, called a subluxation, causes the spine to tip to one side. To compensate for this bend, the spine then tips to the other side at another level and the result is scoliosis.

Chiropractic care has often proven to be the most effective means of curvature control and correction.

Dr. Fred H. Barge, in his book "Scoliosis" states, "From the time children are very young, the swingy swing, play pens and walkers, are encouraging children to walk too soon. Exercises in school such as sit-ups, and bending over touching the toes are destructive to the proper development of normal spinal contours. The enforced sitting in school all day also contributes to improper development of normal spinal curves. All of these things can lead to the development of curvatures and scoliosis. If the problem is detected early in a young child, it can often be straightened. Regular chiropractic examination, especially after a severe fall or sports activity, can detect spinal subluxations. Chiropractic spinal adjustment can correct these misalignments and return the spine to its proper position."

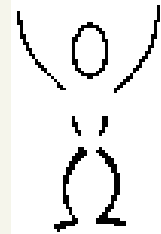
There certainly can be other causes of curvature. Hereditary development, a short leg, pelvic (hip) distortions, certain diseases, all can contribute to curvature development; but early detection and chiropractic care may prevent further curvature. Surgery and bracing are rarely sometimes necessary, but control and reduction through chiropractic care should be a primary consideration in all cases of scoliosis.

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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**CLINIC NEWS
HEALTH HAPPENINGS**

PRESENTATIONS

Presentations are held at the Brookfield Clinic at 6:30pm

Please call to reserve your seat today!

Back Health

Tuesday Sept 15th

Dr. Angie English, DC

Stress Management

Tuesday Sept 22nd

Cherri Schleicher, FNPC, APNP

**“THE MONDAY NIGHT
CLUB”**

These presentations are held at the Cedarburg Clinic at 6:30pm

Please call the clinic for more information

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” **August 25th** 2009 from 7:30am-8:00am for their “ask the expert” segment.

Tune in to 97.3FM to hear commercials for Integrative Family Wellness Center. Also, they will be featuring the clinic on their website <http://www.973thebrew.com/pages/expert.html?feed=322491&article=4901243>

Dr. Nickels will be on the morning show with “Connie and Fish” **August 24th** 2009 from 7:00am-7:30am for their “wellness expert” segment.

Monthly presentations will resume for fall/winter in September. See the above schedule of topics, or call the clinic for more information.

Dr. English’s fall/winter patient schedule will resume September 1st. She will be seeing patients every Saturday, no Fridays.



Dr. Nickels welcomed a health baby boy July 22nd at 9:43 am.

Bronson Valentine Nickels weighed 8lbs 4oz, both mom and baby are doing well.