



The Supplement

HEALTH AND WELLNESS INFORMATION TO SUPPLEMENT YOUR LIFE

SUPPLEMENT OF THE MONTH APIS MELLIFICA

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Apis mellifica is the latin name for the honeybee. The bee venom is diluted to make the homeopathic remedy "apis" that is indicated for allergies, anaphylaxis, or urticaria. In general, homeopaths work on the theory that "like cures like." In this case, taking a dilute form of honeybee venom may cure the symptoms associated with the bite of a bee or other insect.

Consider making apis a staple of your summer first aid kit. It is used to help soothe the pain and inflammation associated with insect stings, bee stings and spider bites. If the affected area has stinging or burning pains, itching, swelling, edema or is red, swollen or warm to touch those are specific symptoms that would indicate the need for apis.

Apis is very safe for children and adults. Look for a 6C to 30C potency homeopathic pellet and take approximately 3 pellets every few hours at initial onset of the bite. If the allergic reaction is of a more serious nature and symptoms such as shortness of breath or hives all over the body are present, taking apis may be an adjunctive treatment to emergency care.

Avoid drinking liquids half an hour before and after taking any homeopathic remedy. Avoid drinking coffee or consuming or using any mint products, including chewing gum, mouthwash or toothpaste. Caffeine and mint will act as an antidote to any homeopathic remedy.

SOOTHING SUNBURN

- Soak a piece of gauze or cotton in cold whole milk. Apply to the skin for 15-20 minutes then wash with water.
- Consume a diet high in bioflavonoids. The flavonoids found in red, purple and blue fruits and vegetables will help the body heal and deal with the toxins created by burned skin.

ACUPUNCTURE FOR STIMULATION OF LABOR

Acupuncture has many benefits during pregnancy. It can help with pains, ease worry or even help treat bowel problems during pregnancy. Acupuncture is also a natural and effective way to help induce labor naturally. Acupuncture has many points that are actually contraindicated in pregnancy because they can cause uterine contraction. These points can then be used to benefit a woman who may be overdue and wishes to help stimulate her labor process. Acupuncture can help to move energy and blood flow to help bring labor on. In some cases, the cervix may be dilating slowly or may have stopped dilating altogether. Acupuncture works well to help dilate the cervix which is needed in order for labor to take place. Large Intestine 4, which is located on the web of the hand between the thumb and index finger, along with Spleen 6, which is located three inches above the inner ankle, help to encourage cervical ripening when used together. Other points on the sacrum may be used. These points help to move and energy and blood stagnation in the uterus, which encourages labor. Acupuncture treatments are usually done while the woman is laying on her side and the treatment can last for 20-30 minutes. Acupuncture "tacks" may also be placed at points for the patient to use at home to continue to stimulate cervical dilation. Normally, one to three acupuncture treatments are recommended to help bring on labor. Labor can take place anywhere between 10-48 hours post treatment.

RHEUMATOID ARTHRITIS

Rheumatoid arthritis (RA) is an autoimmune disease that affects the joints causing pain and stiffness. The term "autoimmune" means that there are immune cells in the body that are attacking the joints for unknown reasons. The body is fighting its own joints! Joint pain is one of the most common symptoms of rheumatoid arthritis. It often goes along with warmth, redness, tenderness and swelling in the joints. These symptoms will usually occur symmetrically on both sides of the body. Another common symptom is stiffness, especially in the morning. All of these symptoms will vary depending on the severity of the disease. These symptoms mean that the joints are being attacked, and if left untreated, this can lead to deformity. That's why it's important to get a diagnosis as early as possible. Additional symptoms may occur that are not associated with the joints. When the immune system attacks the body, as it does in people with RA, symptoms can be felt throughout the entire body. Many people with RA may experience:

- Fatigue or tiredness
- Decreased quality of life
- Difficulty performing daily activities
- Occasional low-grade fever

People with RA might also have trouble performing activities they used to do like climbing stairs or carrying groceries. They may feel less able to participate socially, or feel that they have less energy and can feel sad or down.

RA is most common in adults age 40-60 years old. There is another form of RA known as juvenile RA that affects teens. The progression of the disease is often worse if the person has a positive RF (blood test), systemic symptoms other than the joints, male gender, a family history of RA or other autoimmune conditions, and with older age. Nobody really knows what can trigger RA to be expressed in an individual. Possible theories include viruses, certain genetic markers or hormonal influences.

Natural treatment is aimed at asking the question: Why is the body attacking itself? How can we change immune function to stop the attack? What environmental factors could be influencing immune function? Natural treatments will be tailored to the individual. One particular well studied remedy includes zinc sulfate. A dosage of 50 mg three times a day significantly reduced morning stiffness, joint swelling and other subjective factors in a double blind study. There were several other studies that showed mixed results with zinc, thus the importance of tailoring treatment to the individual.

FOOD AS MEDICINE: ARUGULA

Arugula, also known as salad rocket, is a nutritious leafy green vegetable of Mediterranean origin. It belongs to the brassicaceae family like mustard greens, cauliflower, and kale. Arugula has a bitter and spicy flavor profile. It has many vital phytochemicals, anti-oxidants, vitamins, and minerals. Rocket salad is rich source of certain phytochemicals such as indoles, thiocyanates, sulforaphane and iso-thiocyanates. Together they have been found to counter carcinogenic effects of estrogen and thus help benefit against prostate, breast, cervical, colon, ovarian cancers by virtue of their cancer cell growth inhibition, cytotoxic effects on cancer cells. Rocket is very good source of folates. 100 g of fresh greens contain 97 mcg or 24% of folic acid. When given around conception period it helps prevent neural tube defects in the newborns. Like kale, salad rocket is an excellent source of vitamin A. 100 g fresh leaves contain 1424 mcg of beta carotene and 2373 IU of vitamin A. Beta carotenes converts into vitamin A in the body. Studies found that vitamin A and flavonoid compounds in green leafy vegetables help protect from skin, lung and oral cavity cancers. This vegetable also rich in B-complex group of vitamins such as thiamin, riboflavin, niacin, vitamin B-6 (pyridoxine), and pantothenic acid. Fresh rocket leaves contain good levels of vitamin C. Vitamin C is a powerful, natural anti-oxidant. Foods rich in vitamin C help with immunity and scavenge harmful, pro-inflammatory free radicals from the body. Salad rocket is one of the excellent vegetable sources for vitamin-K; 100 g provides about 90% of recommended intake. Vitamin K has potential role bone health by promoting osteotropic (bone formation and strengthening) activity. Adequate vitamin-K levels in the diet help limit neuronal damage in the brain; thus, has established role in the treatment of patients suffering from Alzheimer's disease. Arugula is high in minerals especially copper and iron. In addition it has small amounts of some other essential minerals and electrolytes such as calcium, iron, potassium, manganese and phosphorus.

FLANK STEAK AND ROASTED PEPPER ROLL-UPS

Serves 10 to 12 for an appetizer or hors d'oeuvres

Ingredients

1/4 cup extra virgin olive oil
 2 tablespoons balsamic vinegar
 1/4 teaspoon salt
 1/4 teaspoon pepper
 1 (3/4- to 1-pound) flank steak
 1 small bunch arugula, stemmed removed
 3 to 4 roasted red peppers, cut into 1-inch long, 1/2-inch wide strips



Method

Whisk together oil, vinegar, salt and pepper in a wide, shallow dish. Add steak, turn to coat, cover and refrigerate for 2 to 4 hours, turning a few times to evenly distribute marinade.

Preheat broiler. Broil steak on a baking sheet for 8 minutes on each side. Remove from oven and set aside to let sit for 30 minutes. Slice steak as thinly as you can slice without shredding it. Working with one at a time, arrange an arugula leaf alongside each slice of steak. Fold the red pepper in half lengthwise, then place it about one-third of the way from the bottom of the steak and arugula. Roll up from that end and secure with a toothpick. Transfer to a serving platter as done.

Nutrition

Per serving (about 2oz/56g-wt.): 100 calories (70 from fat), 7g total fat, 1.5g saturated fat, 10mg cholesterol, 70mg sodium, 2g total carbohydrate (0g dietary fiber, 1g sugar), 7g protein

CORE STABILITY AND CHIROPRACTIC

If you're following the trends in exercise and fitness, you've probably heard the phrase "core strength" or "core stability." Chiropractors are very familiar with the importance of core training and often will give patients special exercises to do. The terms "core strength" or "core stability" refer to the muscles of your stomach and back and their ability to support your spine and keep your body stable and balanced. The lumbar core muscles lie deep within the trunk of the body. They generally attach to the spine, pelvis and muscles that support the shoulder blade (scapula).

The lumbar core muscles stabilize the mid back and neck to create a firm foundation for co-ordinated movement of the legs and arms. Two muscles in particular have been shown to be weak in those who have or have had low back pain: The transverse abdominus (TA) -The deepest of the abdominal muscles, this lies under the obliques (muscles of your waist). It acts like a weight belt, wrapping around your spine for protection and stability. The multifidus muscles (MF) are small muscles close in to the spine. You can't contract these muscles directly, they respond to movement and action of the TA. They also atrophy in a first episode of back pain. These muscles are deep in your low back and stomach. You can't readily feel them from the skin. Because good balance and overall muscular strength are involved in most sports, core stability is helpful for all athletes. However, there are some sports where good core stability is especially important. These include sports where you need very good balance, contact or collision sports, such as:

- Downhill-mountain biking
- Skiing or snowboarding
- Hockey, football or rugby
- Gymnastics

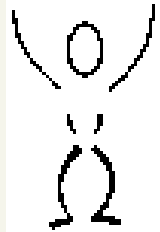
Core stability is also needed in everyday tasks. Core strength will help prevent injury when you are lugging those heavy shopping bags or doing the ironing. Chiropractic treatment and core-muscle training is such a powerful combination to beat back pain. Don't loose out by only using one or the other!

BROOKFIELD CLINIC NEWS AND HEALTH HAPPENINGS



“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!



CEDARBURG WOMEN'S HEALTH CENTER
W62 N225 Washington Avenue
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INTEGRATIVE FAMILY WELLNESS CENTER
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Brookfield, WI 53005
262-754-4910
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**ONGOING SPECIALS!
UNLIMITED ACUPUNCTURE
FOR \$250 PER MONTH**

Wellness Seminars
Will resume in September.
Have a safe and happy summer!

Clinic Hours:
Monday: 9am-6pm
Tuesday-Thursday: 8am-6pm
Friday: 8am-3pm

Summer Office Closures
Saturday Sept. 3
Monday Sept. 5

Tune in to 95.7FM to hear commercials for Integrative Family Wellness Center. Our Providers will be on the morning show with **“Murphy and Meg In The Morning” every 2nd and 4th Tuesday** from 8:15-8:45am for their “Doctor On Call” segment.

**Lyme Support Group at IFWC!
August 17th at 6PM**

Every 2nd and 4th Tuesday at 7:15 am one of the providers from IFWC will be **“The Guest” on AM 920, the WOLF**. They will be spotlighting health topics and clinic happenings!

**Integrative Family Wellness Center Welcomes Di Philippi, MA, LPC
Holistic Counselor / Licensed Professional Counselor
Wellness Counseling Milwaukee LLC**

We're excited to add Holistic Counseling to our wide array of clinical services and therapies. Di Philippi shares in our mission to help you achieve and maintain optimal physical and emotional health and wellness. She is also committed to providing the most effective counseling treatments, integrating the latest & best of western science along with powerful complementary therapies. She is an experienced energy worker, Reiki Master Teacher, EFT practitioner, and EMDR practitioner. Di Philippi specializes in helping you get to the root cause of anxiety and worries in natural, holistic ways...without medication.

**Wisconsin Association of Naturopathic Physicians
Association (WNPA) Promotion!**

We are asking for donations to support the association. In return, you will receive a percentage off of your total supplement purchase. Supplement discounts will be as follows:

- \$25—>5% off all supplements
- \$50—>10% off all supplements
- \$75—> 15% off all supplements
- \$100—> 20% off all supplements

“On Call With The Doctors”

Wondering if a new health concern could be addressed by integrative medical treatment? Have a friend who is interested in natural health, but wants to see what its all about first? Providers at IFWC will take phone calls for any health related concern at no charge. This gives potential new patients the opportunity to ask questions and have them answered by our experts in health and wellness.

The on call line is open all day and night to leave messages.

Call 262-439-8403

Messages will be returned within 24 hours

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 evaluations 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.