



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 M A G N E S I U M

INSIDE THIS ISSUE:	
Supplement Of The Month	1
Disease Of The Month	2
Food As Medicine	2
Recipe Of The Month	3
Clinic News	4

Magnesium is the fourth most abundant mineral in the body and is essential to good health. Approximately 50% of total body magnesium is found in bone. The other half is found predominantly inside cells of body tissues and organs. Only 1% of magnesium is found in blood, but the body works very hard to keep blood levels of magnesium constant. Magnesium is needed for more than 300 biochemical reactions in the body. It helps maintain normal muscle and nerve function, keeps heart rhythm steady, supports a healthy immune system, and keeps bones strong. Magnesium also helps regulate blood sugar levels, promotes normal blood pressure, and is known to be involved in energy metabolism and protein synthesis. There is an increased interest in the role of magnesium in preventing and managing disorders such as hypertension, cardiovascular disease, and diabetes. Dietary magnesium is absorbed in the small intestines. Magnesium is excreted through the kidneys. Green vegetables such as spinach are good sources of magnesium because the center of the chlorophyll molecule (which gives green vegetables their color) contains magnesium. Some legumes (beans and peas), nuts and seeds, and whole, unrefined grains are also good sources of magnesium.

S I M P L E S T R A T E G I E S F O R S T O P P I N G H O T F L A S H E S N A T U R A L L Y

Overweight women who experience hot flashes may be able to avoid the problem by losing weight. In a new study, researchers re-analyzed data from a study that included about 150 overweight and obese menopausal women who were experiencing urinary incontinence as well as troublesome hot flashes. Roughly two-thirds of the women were assigned to an intensive program designed to help them lose up to 9 percent of their body weight. According to CNN: *"Six months later, the women who participated in the weight-loss program were more than twice as likely as the women in the control group to have experienced an improvement in their hot flash symptoms. For each 11 pounds that a woman lost, she was roughly one-third more likely ... to experience a decline in the severity or frequency of hot flashes."*

I R A Q I D O C T O R S U S E A C U P U N C T U R E D U R I N G D R U G S H O R T A G E

Iraqi doctors faced with a shortage of anesthetic drugs in a capital city hit by years of conflict have successfully used acupuncture to treat mothers during caesarean section births. In a letter published in the British Journal, Acupuncture in Medicine, Dr. Zcherky, the senior anesthesiologist at the Red Crescent Hospital for Gynecology & Obstetrics in Baghdad, discusses 200 cases where, due to drug shortages, the hospital used acupuncture in lieu of oxytocin after cesarean births. The results showed that in 45 percent of the women, womb contraction was deemed to be enough not to need any oxytocin, and a further 30 percent of women needed two units of the drug.

THE FORGOTTEN VITAMIN?

Danish scientist, Dr. Henrik Dam, discovered vitamin K in 1929. The 'K' is for 'koagulation' – essential for blood clotting. This vitamin helps you build strong bones and keep them healthy, boosts your vascular (arteries and veins) system, promotes your healthy heart, helps you fight against premature aging, and enhances your memory function. This vitamin is fat-soluble, which means that dietary fat is necessary for efficient absorption. So, if your diet does not contain adequate amounts of dietary fat, your absorption of this nutrient could be impacted.

There are three main forms of vitamin K...

K1 – phylloquinone, aka phytonadione

K2 – menaquinone

K3 – menadione synthetic variant

Vitamin K3 is a synthetic variant of the vitamin which I don't recommend for human consumption... this is the one you and your family need to avoid at all costs. Green leafy vegetables – including lettuce, broccoli, and spinach contain vitamin K1. And it makes up about 90 percent of the vitamin K in the Western-style diet.

The vitamin K which is most recommended is vitamin K2 – natural, non-toxic, and made in your body. Vitamin K2 includes several menaquinones, such as MK-4 found in meats, MK-7, MK-8, and MK-9 found in fermented food products like cheese and natto.

One of the best natural sources of vitamin K2 comes from an ancient Japanese food called natto. Natto is a fermented soybean food which contains nattokinase, a powerful beneficial enzyme rich in vitamin K2, and comes loaded with a healthy bacteria called *Bacillus subtilis* that may also serve as a probiotic*

FOOD AS MEDICINE OLIVES

Olives are harvested in September but available year round to make a zesty addition to salads, meat and poultry dishes and, of course, pizza. Olives cannot be eaten right off of the tree; they require special processing to reduce their intrinsic bitterness. These processing methods vary with the olive variety, region where they are cultivated and the desired taste, texture and color. Some olives are picked green and unripe, while others are allowed to fully ripen on the tree to a black color. Yet, not all of the black olives available begin with a black color. Some processing methods expose unripe green olives to the air, and the subsequent oxidation turns them a dark color. In addition to the original color of the olive, the color is affected by fermentation and/or curing in oil, water, brine or salt. Olives are concentrated in monounsaturated fats and a good source of vitamin E. Because monounsaturated fats are less easily damaged than polyunsaturated fats, it's good to have some in our cells' outer membranes and other cell structures that contain fats, such as the membranes that surround the cell's DNA and each of its energy-producing mitochondria. The stability of monounsaturated fats translates into a protective effect on the cell that, especially when combined with the antioxidant protection offered by vitamin E, can lower the risk of damage and inflammation. In addition to vitamin E, olives contain a variety of beneficial active phytonutrient compounds including *polyphenols* and *flavonoids*, which also appear to have significant anti-inflammatory properties.

FASCINATING MOSQUITO FACTS

Mosquitoes do not feed on blood – they actually feed on plant nectars. Females use blood to nourish their eggs prior to laying, imbibing about 5 millionths of a liter per "feeding."

Mosquitoes are attracted by carbon dioxide, lactic acid and other body chemicals, as well as your body heat, and can sense these from 25-35 meters.

Women, and people drinking beer, have been shown to be more attractive to mosquitoes. So if you're a woman drinking a beer, watch out.

Blonds seem to be more attractive to mosquitoes than brunettes.

In one study, a full moon increased mosquito activity 500 percent.

If you turn on a light at night you will have noticed that it is magnet for bugs. What most people are not aware of is that if you use a newer LED bulb it will NOT attract bugs. This is because most LED bulbs do not emit wavelengths in the UV spectrum like incandescents or fluorescents do.

O L I V E T A P E N A D E

Olive tapenade is delicious, easy to make and can be used as a dip, sandwich spread or topping for fish and poultry. Make a batch to keep in the refrigerator for enhancing your meals throughout the week.

Prep and Cook Time: 15 minutes

Ingredients:

8 oz kalamata olives, pitted and minced

3 garlic cloves, minced

2 TBS capers, rinsed and drained

2 TBS minced fresh Italian parsley

2 tsp minced lemon peel

Freshly ground pepper to taste

3 TBS extra virgin olive oil

1 minced anchovy filled (optional)

Directions:

In a small bowl, combine olives, garlic, capers, parsley, anchovy, lemon peel, and black pepper.

Add extra virgin olive oil and mix thoroughly.

Makes 1/2 cup



T R A U M A T I C B I R T H S Y N D R O M E

Dr. G. Gutmann, a German medical researcher, discovered that over 80% of the infants he examined shortly after birth were suffering from injury to the cervical spine, the neck, causing all types of health problems.

Traumatic Birth Syndrome is not a new condition. A researcher by the name of Duncan, measured the amount of force it would take to severely injure a baby's neck during delivery. He found that 90 pounds of force was enough to cause still birth, while less than that would cause the spinal joints to sprain. Duncan commented, "this is not what most obstetricians would consider a great force."

Dr. Abraham Towbin, from Harvard Medical School and the Department of Pathology, presented research at the Eighteenth Annual Meeting of the American Academy For Cerebral Palsy. In his research, he found that "the birth process, even under optimal conditions, is potentially a traumatic, crippling event for the fetus."

"Spinal cord and brain stem injuries occur often during the process of birth but frequently escape diagnosis." Dr. Towbin continues, "death may occur during delivery or, with respiratory function depressed, a short period after birth. Infants who survive the initial effects, may be left with severe nervous system defects."

The neck is an area of the body where you can not afford to have an injury remain uncorrected. Since injuries here can affect the brain stem, all the vital functions of the body are inhibited. This can occur whether there are symptoms or not.

This is precisely the point. When the neck is injured, the entire body is affected. Similarly, when there is an injury to another part of the spine, the organs and systems supplied by those nerves become dysfunctional. These spinal injuries, called the vertebral subluxation complex, can alter the course of a person's life if they are not immediately corrected.

Traumatic Birth Syndrome, whether it causes symptoms immediately or just diminishes human potential over the course of a lifetime, must be dealt with and dealt with immediately.

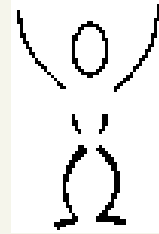
All children should be examined by a Chiropractor immediately after birth. Take this critical step to ensure that your children are as healthy as they are designed to be.

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!



CEDARBURG
WOMEN'S HEALTH
CENTER

W62 N225 Washington Avenue
Cedarburg, WI 53012
262-376-1150
www.drnickels.com

INTEGRATIVE
FAMILY WELLNESS
CENTER

16535 W. Bluemound Rd. Suite 222
Brookfield, WI 53005
262-754-4910
www.ifwcenter.com

WHAT WOULD YOU LIKE TO LEARN ABOUT?
E-MAIL ME YOUR TOPICS OF INTEREST!
M N I C K E L S N M D @ G M A I L . C O M

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 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.

Dr. Kim Saxe joined the practice in July. Dr. Saxe attended Naturopathic medical school at National College of Naturopathic Medicine in Portland, OR and received her undergraduate degree from University of Wisconsin, Madison. She has been practicing as a naturopathic physician in private practice since 2002. For her first several years of practice she had focused on all primary care issues including digestive health, endocrine dysfunction, neurotransmitter imbalances causing conditions such as depression and anxiety, acute and chronic infections. Additionally, she has a background in environmental medicine such as toxic metal detoxification. In more recent years her practice has evolved into a specialty in the treatment of chronic Lyme disease, chronic infections and other neurotoxin-related disorders such as chronic fatigue, fibromyalgia, arthritis, multiple sclerosis, ALS and many other manifestations of these underlying illnesses. As a naturopathic physician, Dr. Saxe focuses on natural options to address these illnesses such as diet, lifestyle modification, homeopathy, botanical medicine and nutritional therapies to rebuild the body and remove toxins from the body to create an optimal environment for the body to heal. Her goal with the individual patient is to address the underlying imbalances that led to the manifestation of illness as it presents in each individual. Dr. Saxe is a member of: American Association of Naturopathic Physicians, Wisconsin Naturopathic Physicians Association, and Oncology Association of Naturopathic Physicians. She is accepting new patients of all ages, and see's patients on Monday's and Tuesday's.

Tune in to 95.7FM to hear commercials for Integrative Family Wellness Center.

Dr. Nickels will be on the morning show with “Murphy and Meg in the morning” **Tuesday august 17th 2010** from 7:00am-8:00am for their “ask the expert” segment.

Due to the overwhelming response from patients regarding our insurance coverage change, we have decided to credential with insurance companies to continue our in-network coverage. We do insist that all patients call their insurance company to verify their insurance coverage.

The office will be closed Monday September 6th in observance of Labor Day.

Our lecture series will begin in September. Keep your eye out for upcoming topics!