



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 P R O B I O T I C S

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The term "probiotics" refers to dietary supplements or foods that contain beneficial, or "good," bacteria that are similar to those normally found in your body. These microorganisms provide some of the same health benefits that the bacteria already existing in your body do — such as assisting with digestion and helping protect against harmful bacteria. In addition to supplements, probiotics can be found in such foods as yogurt, fermented and unfermented milk, and miso. Research has shown that probiotics help treat diarrhea, especially following treatment with certain antibiotics, prevent and treat vaginal yeast infections and urinary tract infections, treat irritable bowel syndrome (IBS), reduce bladder cancer recurrence, shorten the duration of intestinal infections, prevent and treat inflammation following colon surgery, and prevent eczema in children.

T O P 5 H E A L T H C R I M E S

Health Crime #1: Are you eating sugar and processed foods? Sugar decreases the function of your immune system almost immediately, and as you likely know, a strong immune system is a crucial key to keeping you healthy. Be aware that sugar is present in foods you may not suspect, like ketchup and fruit juice.

Health Crime #2: Do you fail to get enough rest each night? Just like it becomes harder for you to get your daily tasks done when you're tired, if your body is overly fatigued, your immune system could be functioning less-than-optimally.

Health Crime #3: Is stress running your life? We all face some stress every day, but excess stress could have serious adverse effects on your immune system.

Health Crime #4: Do you forget to exercise on a regular basis? A comprehensive exercise program is one of the BEST strategies to improve your immune response. When you exercise, you increase your circulation and your blood flow throughout your body.

Health Crime #5: Are you failing to look after your digestive tract? Scientific research shows 80% of your immune system actually lives right in your digestive tract.

D E - S T R E S S T H I S W I N T E R W I T H A C U P U N C T U R E

While optimal health and well-being in the winter season calls for rest, energy conservation and the revitalization of body and spirit, your holiday activities may have a different agenda.

Stress, frustration and unresolved anger can cause a disruption in the flow of qi or energy through the body. These energetic imbalances can throw off the immune system or cause symptoms of pain, sleep disturbances, mood changes, abnormal digestion, headaches, and menstrual irregularities, and, over time, more serious illnesses can develop.

Acupuncture treatments can correct these imbalances and directly effect the way you manage stress.

Numerous studies have demonstrated the substantial benefits of acupuncture in the treatment of stress. A 2008 study published in *Anesthesia & Analgesia* found that acupuncture point alleviated preoperative anxiety in children while a 2003 study conducted at Yale University showed that ear acupuncture significantly lowered the stress level of the mothers of children that were scheduled for surgery. A German study published in *Circulation* found that acupuncture significantly lowers both systolic and diastolic blood pressure. The extent of the blood pressure reductions by acupuncture treatments was comparable to those seen with antihypertensive medication or aggressive lifestyle changes, including radical salt restrictions. Another study from the University of New Mexico measured the affects of acupuncture on 73 men and women with post-traumatic stress disorder (PTSD). The researchers found the acupuncture treatments to be as helpful as the standard treatment of cognitive behavioral therapy.

GAMMARETROVIRUS THOUGHT TO BE IMPORTANT CAUSE OF CHRONIC FATIGUE

Earlier this month, a study published in the journal *Science* answered a question that medical scientists had been asking since 2006, when they learned of a novel virus found in prostate tumors called xenotropic murine leukemia virus-related virus, or XMRV: Was it a human infection?

The new study provided overwhelming evidence that XMRV is a human gammaretrovirus – the third human retrovirus (after H.I.V. and human lymphotropic viruses, which cause leukemia and lymphoma). Infection is permanent and, yes, it can spread from person to person (though it is not yet known how the virus is transmitted).

That would have been news enough, but there was more. XMRV had been discovered in people suffering from chronic fatigue syndrome, a malady whose very existence has been a subject of debate for 25 years. For sufferers of this disease, the news has offered enormous hope. Being seriously ill for years, even decades, is nightmarish enough, but patients are also the targets of ridicule and hostility that stem from the perception that it is all in their heads. In the study, 67 percent of the 101 patients with the disease were found to have XMRV in their cells.

Many people don't realize how severe this illness can be. It is marked by memory and cognition problems, and physical collapse after any mental or physical exertion. The various co-infections that occur only make matters worse. Many patients are bedridden. And recovery is rare. A significant number of patients have been ill for more than two decades.

It is estimated that more than a million Americans are seriously ill with the disease. (Not everyone infected with XMRV will necessarily get chronic fatigue syndrome – in the same way that not all of the 1.1 million Americans infected with HIV will get AIDS.)

FOOD AS MEDICINE HEALTHY EATING WITH THE SEASONS

In a research study conducted in 1997 by the Ministry of Agriculture, Fisheries and Food in London, England, significant differences were found in the nutrient content of pasteurized milk in summer versus winter. Iodine was higher in the winter; beta-carotene was higher in the summer. The Ministry discovered that these differences in milk composition were primarily due to differences in the diets of the cows. With more salt-preserved foods in winter and more fresh plants in the summer, cows ended up producing nutritionally different milks during the two seasons. Similarly, researchers in Japan found three-fold differences in the vitamin C content of spinach harvested in summer versus winter.

In spring, focus on tender, leafy vegetables that represent the fresh new growth of this season. The greening that occurs in springtime should be represented by greens on your plate, including Swiss chard, spinach, Romaine lettuce, fresh parsley, and basil.

In summer, stick with light, cooling foods in the tradition of traditional Chinese medicine. These foods include fruits like strawberries, apple, pear, and plum; vegetables like summer squash, broccoli, cauliflower, and corn; and spices and seasonings like peppermint and cilantro.

In fall, turn toward the more warming, autumn harvest foods, including carrot, sweet potato, onions, and garlic. Also emphasize the more warming spices and seasonings including ginger, peppercorns, and mustard seeds.

In winter, turn even more exclusively toward warming foods. Remember the principle that foods taking longer to grow are generally more warming than foods that grow quickly. All of the animal foods fall into the warming category including fish, chicken, beef, lamb, and venison. So do most of the root vegetables, including carrot, potato, onions and garlic. Eggs also fit in here, as do corn and nuts.

CINNAMON AND HONEY THE MIRACLE CURE

HEART DISEASES:

Make a paste of honey and cinnamon powder, apply on bread, instead of jelly and jam, and eat it regularly for breakfast. It reduces the cholesterol in the arteries and saves the patient from heart attack. Also those who have already had an attack, if they do this process daily, they are kept miles away from the next attack. Regular use of the above process relieves loss of breath and strengthens the heart beat. In America and Canada, various nursing homes have treated patients successfully and have found that as you age, the arteries and veins lose their flexibility and get clogged; honey and cinnamon revitalize the arteries and veins.

RECIPE OF THE MONTH CILANTRO PESTO WITH PUMPKIN SEEDS

If you want to enhance the flavor of chicken or fish as well as add extra vitamins K, A and C to your meal, try this pesto that can be prepared in a matter of minutes. It's also a great addition to fish tacos; top tacos with pesto and avocado for a taste treat. Enjoy!

Prep and Cook Time: 10 minutes

Ingredients:

2 cups chopped fresh cilantro
 1 cup chopped fresh parsley
 3 scallion, chopped
 4 cloves garlic, coarsely chopped
 1 tsp ground cumin
 2 or 3 canned jalapenos, depending on desired heat
 1/2 cup coarsely chopped pumpkin seeds
 2 TBS water
 1 TBS fresh lemon juice
 2 TBS extra virgin olive oil
 salt and white pepper to taste

Directions:

Chop garlic and let sit for 5 minutes to enhance its health-promoting properties while you prepare the rest of the ingredients.

Blend all ingredients in a food processor or blender. Add olive oil a little at a time at end. You want the pesto to be blended yet not smooth. It is best with a little texture. Serve at room temperature. Do not heat it.



PREPARATION FOR OUTDOOR WINTER ACTIVITIES PREVENTS INJURY

When snow, ice and frigid weather blast into town, watch out, says the American Chiropractic Association (ACA). Winter recreational activities and chores can pose problems for the outdoor enthusiast whose body is not in condition. Winter sports like skating, skiing and sledding can cause painful muscle spasms, strains or tears if you're not in shape. Even shoveling snow the wrong way, clambering awkwardly over snow banks, slipping on sidewalks and wearing the wrong kinds of clothing can all pose the potential for spasms, strains and sprains.

Simply walking outside in the freezing weather without layers of warm clothing can intensify older joint problems and cause a great deal of pain. As muscles and blood vessels contract to conserve the body's heat, the blood supply to extremities is reduced. This lowers the functional capacity of many muscles, particularly among the physically unfit. Preparation for an outdoor winter activity, including conditioning the areas of the body that are most vulnerable, can help avoid injury and costly health care bills.

Follow these tips to help you fight back the winter weather: The ACA suggests the following tips for snow shoveling:

Skiing - do 10 to 15 squats. Stand with your legs shoulder width apart, knees aligned over your feet. Slowly lower your buttocks as you bend your knees over your feet. Stand up straight again.

Skating - do several lunges. Take a moderately advanced step with one foot. Let your back knee come down to the floor while keeping your shoulders in position over your hips. Repeat the process with your other foot.

Sledding/tobogganing - do knee-to-chest stretches to fight compression injuries caused by repetitive bouncing over the snow. Either sitting or lying on your back, pull your knees to your chest and hold for up to 30 seconds.

Don't forget cool-down stretching for all of these sports - At the bottom of the sledding hill, for instance, before trudging back up, do some more knees-to-chest stretches, or repetitive squatting movements to restore flexibility.

Layer clothing to keep your muscles warm and flexible.

Shoveling can strain "de-conditioned" muscles between your shoulders, in your upper back, lower back, buttocks and legs. So, do some warm-up stretching before you grab that shovel.

When you do shovel, push the snow straight ahead. Don't try to throw it. Walk it to the snow bank. Avoid sudden twisting and turning motions.

Bend your knees to lift when shoveling. Let the muscles of your legs and arms do the work, not your back.

Take frequent rest breaks to take the strain off your muscles. A fatigued body asks for injury.

Stop if you feel chest pain, or get really tired or have shortness of breath. You may need immediate professional help.

After any of these activities, if you are sore, apply an ice bag to the affected area for 20 minutes, then take it off for a couple of hours. Repeat a couple of times each day over the next day or two.

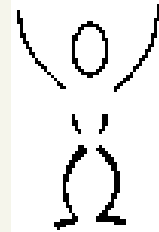
If you continue to feel soreness, pain or strain after following these tips, it may be time to visit a doctor of chiropractic.

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**

Give The Gift Of Health!

Saturday December 12th from 9am-1pm

Vendors will be on hand to sell gift certificates and merchandise:

Acupuncture trial packages-\$60 for 3 treatments-a \$225 value!

FREE foot scans

\$50 off orthotics

Natural Escape, LLC

Massage Therapy & Therapeutic Bodywork Wellness

L'Bri

Lia Sophia

Neys big sky organic meats



Minute Massages While You Wait!

Every Tuesday and Thursday from 1pm-5pm

We are offering \$1 a minute massage while you wait for your appointment

**IFWC will be closed Dec. 24th and 25th for
Christmas and Dec. 31st and Jan. 1st for
New Years**

**Wellness Clinics
October 2009-March 2010**

By Appointment Only

Natural flu injection

\$25 per injection

Available during clinic hours

Cholesterol and blood pressure screenings

\$25

Every Tuesday, Wednesday and Friday from
8am-9am

Vitamin B12 injection

\$15 per injection

Available during clinic hours