



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 A R N I C A M O N T A N A

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

Arnica is a perennial plant indigenous to Central Europe and can be found in woods and mountain pastures. It has analgesic, anti-inflammatory properties and can be used externally only, except in homeopathic preparations. Arnica is used externally in the form of creams, salves, tinctures or gels to treat soft tissue trauma, injury, bruises, hematoma, sprain, strain, sore muscles from overexertion, and edema associated with tissue injury or fracture. It is specific to treat muscle soreness that has a bruised sensation. Clinical studies have proven arnica to be as effective as ibuprofen in treating osteoarthritis. According to herbalists, it is indicated for "bruised, sore, lacerated and contused muscular structures." A quick application of arnica on a just acquired bruise will reduce or eliminate the black and blue color that usually follows a trauma or injury. Arnica can be especially useful if taken orally in a homeopathic preparation before a surgery or other potentially traumatic procedure. A homeopathic dosage of Arnica would be 3 to 4 pellets under the tongue and allowed to dissolve. Repeat as necessary every 15 minutes if needed for the first three days. One warning would be to not overuse the injured body part right away. While the pain may be gone the injury will still take some time to heal.

C A N T S L E E P ?

Insomnia affects over 65 million Americans, one recent poll reported that approximately 35% of Americans over 18 wake up in the middle of the night at least three times per week. This type of insomnia: Middle-of-the-night insomnia, also known as nocturnal awakenings, is many times caused by physical pain, stress, anxiety, noise, and recurring dreams. One study reports that GERD is

VETERANS WITH TRAUMATIC BRAIN INJURY HELPED BY ACUPUNCTURE

Returning veterans are being diagnosed with traumatic brain injury in alarming numbers secondary to post-traumatic stress disorder and chronic pain. Traumatic brain injury is defined as a non-degenerative, non-congenital insult to the brain from an external mechanical force, leading to possible concussion, skull fractures, internal hemorrhage or other internal injuries. This might result in permanent or temporary impairment of cognitive, physical and psychosocial functions with an associated diminished or altered state of consciousness. Veterans are at high risk for traumatic brain injury and blast-related concussions because of the frequent exposure to improvised explosive devices, suicide bombers, land mines, mortar rounds and rocket-propelled grenades. These types of injuries account for more than 65 percent of combat injuries, and of these vets, 60 percent have symptoms of traumatic brain injury. Symptoms can be mild to severe. Mild symptoms include headaches, dizziness and fatigue, lack of concentration, irritability, sleep problems, balance issues and ringing in the ears. More severe symptoms include being easily confused, forgetful and troubled with constant and intense headaches. Difficulty with speech and difficulty with decision-making also are common symptoms that can require ongoing rehabilitation. One case study included a veteran who came to the acupuncture clinic for treatment of severe headaches and sleeplessness. After his series of treatments, he reported a decrease in his headaches, better sleep and relaxation, and an ability to cope better with his chronic pain. The patient was also taught to do several of the acupuncture points himself to do at home to help diminish his headaches before they get too severe.

HEART HEALTH

- **Eat fruits and vegetables:** Eating twice as many vegetables in your diet may help your heart health. The fiber in vegetables helps to bind excessive lipids to elimination. Green vegetables are also a good source of many B- vitamins, calcium and minerals. Fruits are equally important, but remember that they do have a high sugar content and lower fiber. This means that they are a fast carbohydrate and if not used rapidly for fuel will be converted to triglyceride. Grains are fast carbohydrates as well and reducing your intake may have favorable effects on lipid values.
- **Stock up on omega 3's:** Fish oils have very beneficial effects on the heart and overall cardiovascular system. They are responsible for cell membrane fluidity, moderating the inflammation response, and help to maintain blood vessel integrity. They are also very helpful in high doses for lowering lipid levels. Consuming fatty fish such as salmon, herring and sardines are also great sources of omega-3 oils and protein. HDL levels can also be raised with high doses of EPA and DHA. Here's a quick primer on how to read a supplement label for EPA and DHA content:

SUPER EPA/DHA FISH OIL

Supplement Facts

Servings size 2 Softgels
Servings per container 30

	Amount Per Serving	% Daily Values
Calories	20	
Calories from Fat	20	
Total Fat	2 g	3%
Saturated Fat	0	0%
Polysaturated Fat	1.6 g	†
Monounsaturated Fat	0	†
Fish Oil Concentrate	2,126 mg	†
Omega-3 Fatty Acids	1,260 mg	†
EPA (Eicosapentaenoic Acid)	800 mg	†
DHA (Docosahexaenoic Acid)	400 mg	†

* Percent Daily Values are based on a 2,000 calorie diet.
† Daily Value not established.

First look at serving size. Two capsules will contain the listed nutritional value. Total fish oil is 2126 mg. EPA is 800mg and DHA is 400mg. Other omega-3's are more than half at 1260 mg. In this example, you would need to take approximately 8 capsules to get ~5g of EPA/DHA, considered a good dose for cardiovascular disease. For cardiovascular disease especially, look for supplements higher in EPA and DHA with less other omega-3.

- **Normalize vitamin D:** vitamin D is essential for numerous functions in the body including heart health. Vitamin D has been shown to decrease cholesterol and prevent vascular diseases. Research has also shown that vitamin D can lower blood pressure. An analysis of vitamin D metabolism in 2006 has further suggested that vitamin D may be directly involved in cholesterol reduction. This analysis looked at the pharmacologic activity of certain cholesterol-lowering drugs called statin drugs. It may turn out that these statin drugs act in the body by binding onto vitamin D receptors on cell membranes and mimicking the activity of vitamin D.
- **Check thyroid health:** Thyroid plays an important role in cholesterol. Maintaining a properly functioning thyroid is one of the most important ways to correct excessive cholesterol. Studies have shown an increased risk of heart failure in patients with subclinical hyperthyroidism.
- **Exercise:** HDL, or the "good" cholesterol is mainly increased by exercise. Green tea has also been shown to increase HDL levels. Other ways to increase HDL include weight loss, high dose fish oils, and smoking cessation.
- **Maintain blood glucose:** one of the most important factors in controlling cholesterol and reducing cardiovascular risk is to maintain good blood sugar. Fasting blood sugars should be no greater than 100 and after eating they should not go much higher after eating. One way to see what may be causing large fluctuations in blood sugar is to monitor your levels using a home device. You can then pinpoint problem foods that cause blood sugar spikes and refrain from their consumption.

FOOD AS MEDICINE: GRASS FED BISON

In hunter-gatherer times, more than 10,000 years ago, grain consumption was perhaps incidental at best. The Omega 6 to Omega 3 ratio in those times was closer to 2:1 or 1:1. Our bodies haven't changed all that much in the last 10,000 years. But unfortunately our eating habits as a society, especially in the last 40 years or so, have changed dramatically.

High Omega 6 to Omega 3 ratios can be directly linked to excessive consumption of grains and an ever expanding range of derivative products. When compared to grain-fed bison, grass-fed bison is considerably higher in beta-carotene and conjugated linoleic acid (CLA), both being practically non-existent in grain fed animals. Beta-carotene is used in the body to make Vitamin A, a powerful anti-oxidant linked to preventing cancer and cardio-vascular disease. It can also give grass-fed bison fat a slightly yellow color; something that the grain-driven part of the bison industry will sometimes erroneously play up as a negative factor. Grain-fed bison has white fat, much like you see in most, if not all, supermarket beef; a fat whose health benefits are compromised by high Omega 6 content. In preliminary studies CLA, a fatty acid, has been linked to reducing the risk of cancer, diabetes and obesity.

CLASSIC BISON CHILI

3 1/2 cups dry kidney beans, soaked overnight in 2 quarts of water
 1 tsp salt
 2 tbsp olive oil
 2 cups chopped onion
 1 large sweet red pepper, diced
 1 cup diced celery
 2 lbs ground bison
 1 tbsp minced garlic
 2 x 28 ounce cans of diced tomatoes
 2 x 14 ounce cans of tomato sauce
 2 small cans of tomato paste
 6 tbsp chili powder
 2 tsp ground cumin seed
 1 1/2 tsp oregano
 1 tsp ground coriander seed
 1/4 to 1/2 tsp cayenne pepper (more if you like it hotter)



Drain the kidney beans that have been soaking overnight. Put them in a large pot with enough water so that the water level is one inch above the beans. Add 1 tsp salt. Bring to a boil over high heat, stirring occasionally. Reduce heat, continue to stir very occasionally, and cook them until they are tender firm, about 30 to 40 minutes. Drain the cooked kidney beans and set them aside. While kidney beans are cooking prepare the onion, garlic, red pepper and celery. Set the prepared vegetables aside in one medium sized bowl. In a small bowl combine the chili powder, ground cumin seed, oregano, ground coriander seed, and cayenne pepper. Set the bowl of spices aside. Put 2 tbsp cooking oil in a heavy bottomed 12-quart stock pot. Over medium to medium-high heat sauté the prepared vegetables for about 3 minutes, or until the onion is just beginning to soften. Add the set aside spices to the stock pot. Stir and cook for about a minute or until the spices begin to color and become aromatic. Immediately add the bison meat. Break up any bison meat that clumps, and continue to stir and cook for 10 minutes. Add the diced tomatoes, tomato sauce, and tomato paste. Bring mixture to a boil and then reduce heat immediately. Simmer and cook for 30 minutes, stirring occasionally. Add cooked kidney beans and continue to cook for an additional 15 minutes or until desired tenderness in beans is reached. Flavor improves if refrigerated overnight and reheated the following day. This chili also freezes well.

CHIROPRACTIC MEDICINE FOR HYPERTENSION

Chiropractic adjustments can help relieve pressure and congestion within the nervous system. Along with many other health issues, chiropractic care has shown to consistently achieve remarkable results in helping to stabilize blood pressure. Subluxation can be one cause of nervous system movement out of balance and towards sympathetic (fight or flight) dominance. This process increases stress hormone secretion, inflammatory processes, and blood vessel tone. For many individuals this results in higher blood pressure. Chiropractic adjustments remove subluxation and restore harmony to the nervous system allowing the body to stabilize and heal appropriately. A special chiropractic adjustment to the upper cervical region can significantly lower high blood pressure, a placebo-controlled study performed at the University of Chicago suggests. "This procedure has the effect of not one, but two blood-pressure medications given in combination," study leader George Bakris, MD, tells WebMD. "And it seems to be adverse-event free. We saw no side effects and no problems," adds Bakris, director of the University of Chicago hypertension center. Compared to the sham-treated patients, those who got the real procedure saw an average of 14 mm Hg greater drop in systolic blood pressure (the top number in a blood pressure count), and an average of 8 mm Hg greater drop in diastolic blood pressure (the bottom blood pressure number). This was a greater effect than 2 powerful blood pressure medications given in combination.

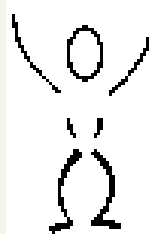
BROOKFIELD CLINIC NEWS AND HEALTH HAPPENINGS



"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!



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(Please note that Dr. Nickels personal email will no longer be in use)

NEW YEAR SPECIALS!
UNLIMITED CHIROPRACTIC FOR \$150 PER MONTH
UNLIMITED ACUPUNCTURE FOR \$150 PER MONTH

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

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" **February 15 2011** from 7:15am-8:00am for their "Ask the Expert" segment.

"On Call With The Doctors"

Starting in March, providers at IFWC will take your phone calls at no charge. This gives you the opportunity to ask health related questions and have them answered by our experts in health and wellness. Calls will be taken between 5:30pm-6:30pm.

See schedule below:

- Dr. Lange-The 2nd Monday of the month**
- Dr. Simon-The 1st Tuesday of the month**
- Dr. English-The 2nd Tuesday of the month**
- Cherri Schleicher-The 3rd Tuesday of the month**
- Dr. Simms-The 1st Wednesday of the month**
- Dr. Nickels-The 2nd Wednesday of the month**
- Dr. Saxe-The 3rd Wednesday of the month**

Other News

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

We have a **new phone system!** Please be patient with the system as we transition and listen to the prompts to direct you to your call.

Beginning in January, we will not be accepting insurance for any weight loss. Insurance companies have made reimbursement for any type of weight loss very complicated. All weight loss programs will be a cash service.

We would like to welcome our newest practitioner, **DR. ANDREA M. LANGE, DC.**

She is welcoming new patients as well as accommodating all established patients. She will be seeing patients on:

Mondays: 9am-6pm, Tuesdays: 8am-noon, Thursdays: Noon-6pm

Dr. Andrea M. Lange, DC was born and raised in Franklin, WI and after graduating high school she attended Texas A&M University where she graduated with an Animal Science degree. After A&M, she and her husband moved to Dallas, TX where she attended Parker College of Chiropractic. The time she spent there resulted in some of the most challenging, fun, and enlightening experiences of her life; she was able to truly tap into the essence of chiropractic and the divinity of herself! Her passion has become so deep to serve people this way! She is excited to facilitate others in seeing the incredible healing power of themselves....mind, body, and spirit. Dr. Lange is excited to share this journey of LIFE with you and she looks forward to serving you!

Wellness Seminars

"The Weight Loss Cure"

Dr. Michele Nickels

**Wednesday Feb. 16th
6:30pm**

Call the Brookfield clinic to reserve your seat today!

Wellness Seminars

"Healthy Pregnancy, Healthy Childbirth"

Dr. Andrea Lange

**Monday Feb. 21st
6:30pm**

Call the Brookfield clinic to reserve your seat today!

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.

