



The Supplement

HEALTH AND WELLNESS INFORMATION TO SUPPLEMENT YOUR LIFE

SUPPLEMENT OF THE MONTH LITHIUM OROTATE

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The mineral lithium orotate is used by doctors to help stabilize and equilibrate mood swings and is therefore of particular interest to people with mood disorders. It is helpful in making the highs and lows of bipolar less dramatic, and for lifting depressive symptoms. It also works to stop mood swings and depressive lows, as long as it is taken regularly. The exact mechanism of action of lithium is not well understood; it is thought to regulate how the brain communicates messages within itself. As a prescription medication, it reduces chemicals in the body that cause excitation or mania.

THIS FOOD ROBS YOUR BRAIN POWER

Wheat and other glutinous grains are probably the worst starches to consume, in terms of metabolic impact versus micronutrient benefit, and many are heavy in toxins. Most people will need some starchy carbohydrates for optimal health; the optimal amount appears to be about 20 to 30 percent of your total caloric intake, or approximately 200 calories per day for the average person. The most important consideration is that your carbohydrate sources are as organic and unprocessed as possible, free of pesticides and chemical additives, and not genetically modified. Studies now demonstrate that your child's diet has a direct impact on his or her cognitive function, and that both quality and quantity of carbohydrates are important

SHOULDER PAIN FROM USING YOUR IPAD? DON'T USE IT ON YOUR LAP

Science Daily (Jan. 25, 2012) – The sudden popularity of tablet computers such as the Apple iPad® has not allowed for the development of guidelines to optimize users' comfort and well-being. "Compared to typical desktop computing scenarios, the use of media tablet computers is associated with high head and neck flexion postures, and there may be more of a concern for the development of neck and shoulder discomfort," said lead investigator Jack T. Dennerlein, PhD, of the Department of Environmental Health, Harvard School of Public Health, and Brigham and Women's Hospital.

In a new study published in *Work: A Journal of Prevention, Assessment, and Rehabilitation*, researchers from Harvard School of Public Health, Microsoft Corporation, and Brigham and Women's Hospital report that head and neck posture during tablet computer use can be improved by placing the tablet higher to avoid low gaze angles, and through the use of a case that provides optimal viewing angles

GENETICALLY MODIFIED FOODS ALREADY LINKED TO REDUCED FERTILITY

Genetically engineered (GE) corn- and soy have already been shown to reduce fertility in animals, and glyphosate, the active ingredient in Monsanto's weed killer Roundup, which is heavily used on GE crops, has also been shown to alter fertility.

For example, female rats fed GE (Roundup Ready) soy for 15 months showed significant changes in their uterus and reproductive cycle, compared to rats fed organic soy or those raised without soy. According to researchers, if women experience similar changes in the uterus lining and altered hormonal levels, it might increase the risk of retrograde menstruation, in which menstrual discharge travels backwards into your body rather than through your uterus. This can cause a disease known as endometriosis, which may lead to infertility.

The disorder can also produce pelvic and leg pain, gastrointestinal problems, chronic fatigue, and a wide variety of other symptoms. Genetically modified soybeans are called Roundup Ready.

They contain a bacterial gene that allows the plants to survive a normally deadly dose of Roundup herbicide. Although the spray doesn't kill the plant, its active ingredient, glyphosate, actually accumulates in the beans themselves, which are then consumed by livestock and humans. There is actually so much glyphosate in GE soybeans that when they were introduced, Europe had to increase their allowable residue levels 200-fold!

Although there are only a handful of studies on the safety of GE soybeans, there is considerable evidence that glyphosate—especially in conjunction with the other ingredients in Roundup—wreaks havoc with the endocrine and reproductive systems.

Glyphosate throws off the delicate hormonal balance that governs the whole reproductive cycle. It interferes with aromatase, which produces estrogen, and it's also highly toxic to the placenta in pregnant women. In a 2009 French study, scientists discovered that glyphosate can kill the cells in the outer layer of the *human* placenta (the trophoblast membrane), which in turn can kill the placenta. A mere 1/500th the amount needed to kill weeds was able to kill these cells! The amount is so small, according to the study's authors, that the "residual levels to be expected, especially in food and feed derived from Roundup formulation-treated crops" could be enough to "cause cell damage and even [cell] death."

If the endocrine function of the placenta is destroyed, then ovarian and endometrial function may also suffer, and the end result could be a miscarriage.

It's important to remember that glyphosate can accumulate in your body, allowing its toxic effects to grow worse with repeated consumption of foods containing these Roundup Ready crops. Clearly, this may become a serious concern for the next generation, as most young children—girls and boys alike—growing up today are fed processed foods containing GE ingredients on a daily basis, year after year...

FOOD AS MEDICINE KALE

Kale can provide you with some special cholesterol-lowering benefits if you will cook it by steaming. The fiber-related components in kale do a better job of binding together with bile acids in your digestive tract when they've been steamed. When this binding process takes place, it's easier for bile acids to be excreted, and the result is a lowering of your cholesterol levels. Raw kale still has cholesterol-lowering ability—just not as much.

Kale's risk-lowering benefits for cancer have recently been extended to at least five different types of cancer. These types include cancer of the bladder, breast, colon, ovary, and prostate. Isothiocyanates (ITCs) made from glucosinolates in kale play a primary role in achieving these risk-lowering benefits.

Kale is now recognized as providing comprehensive support for the body's detoxification system. New research has shown that the ITCs made from kale's glucosinolates can help regulate detox at a genetic level.

Researchers can now identify over 45 different flavonoids in kale. With kaempferol and quercetin heading the list, kale's flavonoids combine both antioxidant and anti-inflammatory benefits in way that gives kale a leading dietary role with respect to avoidance of chronic inflammation and oxidative stress.

SUPER ENERGY KALE SOUP

This quick and easy version of potato kale soup has extra vegetables for more flavor and nutrition and takes little time to prepare.

Prep and Cook Time: Prep and cooking time: 40 minutes

Ingredients:

1 medium onion, chopped
 4 cloves garlic, chopped
 5 cups chicken or vegetable broth
 1 medium carrot, diced into 1/4-inch cubes (about 1 cup)
 1 cup diced celery
 2 red potatoes, diced into 1/2-inch cubes
 3 cups kale, rinsed, stems removed and chopped very fine
 2 tsp dried thyme
 2 tsp dried sage
 salt and pepper to taste



Directions:

Chop garlic and onions and let sit for 5 minutes to bring out their hidden health benefits.

Heat 1 TBS broth in a medium soup pot.

Healthy Sauté onion in broth over medium heat for about 5 minutes stirring frequently.

Add garlic and continue to sauté for another minute.

Add broth, carrots, and celery and bring to a boil on high heat.

Once it comes to a boil reduce heat to a simmer and continue to cook for another 5 minutes. Add potatoes and cook until tender, about 15 more minutes.

Add kale and rest of ingredients and cook another 5 minutes. If you want to simmer for a longer time for extra flavor and richness, you may need to add a little more broth.

Serves 4

YOGA EASES BACK PAIN IN LARGEST U.S. YOGA STUDY TO DATE

Science Daily (Oct. 24, 2011) — Yoga classes were linked to better back-related function and diminished symptoms from chronic low back pain in the largest U.S. randomized controlled trial of yoga to date, published by the Archives of Internal Medicine as an "Online First" article on October 24. But so were intensive stretching classes. "We found yoga classes more effective than a self-care book — but no more effective than stretching classes," said study leader Karen J. Sherman, PhD, MPH, a senior investigator at Group Health Research Institute. Back-related function was better and symptoms were diminished with yoga at 12 weeks; and clinically important benefits, including less use of pain medications, lasted at least six months for both yoga and stretching, with thorough follow-up of more than nine in 10 participants.

The type of yoga used in the trial, called viniyoga, adapts the principles of yoga for each individual and physical condition, with modifications for people with physical limitations. The yoga classes also used breathing exercises, with a deep relaxation at the end.

The stretching classes used 15 different stretching exercises, including stretches of the hamstrings and hip flexors and rotators. Each was held for a minute and repeated once, for a total of 52 minutes of stretching. Strengthening exercises were also included.

"We expected back pain to ease more with yoga than with stretching, so our findings surprised us," Dr. Sherman said. "The most straightforward interpretation of our findings would be that yoga's benefits on back function and symptoms were largely physical, due to the stretching and strengthening of muscles."

But the stretching classes included a lot more stretching than in most such classes, with each stretch held for a relatively long time. "People may have actually begun to relax more in the stretching classes than they would in a typical exercise class," she added. "In retrospect, we realized that these stretching classes were a bit more like yoga than a more typical exercise program would be." So the trial might have compared rather similar programs with each other.

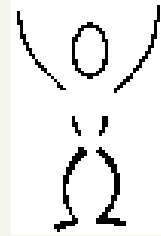
"Our results suggest that both yoga and stretching can be good, safe options for people who are willing to try physical activity to relieve their moderate low back pain," Dr. Sherman concluded. "But it's important for the classes to be therapeutically oriented, geared for beginners, and taught by instructors who can modify postures for participants' individual physical limitations."

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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**P L E A S E S E N D A N Y E M A I L C O R R E S P O N D E N C E T O :
c o n t a c t @ i f w c e n t e r . c o m**

February & March Special!
A 30 minute far-infrared sauna therapy session is only \$10 (a \$25 value) and when you purchase 5 sessions; receive the 6th session free!

Susan Rohr's rates will be increasing by 5% starting January 1st 2012.
60 Minute Treatment: \$123.90
90 Minute Treatment: \$185.85
120 Minute Treatment: \$247.80
Smoking Cessation: \$210.00
Smoking Cessation Repeat: \$0.00

**O N G O I N G S P E C I A L !
U N L I M I T E D A C U P U N C T U R E
F O R \$ 2 5 0 P E R M O N T H**

WELLNESS SEMINARS

“Common Mistakes that Actually Increase Anxiety “
Explore the most common misconceptions about stress and anxiety. Identify those things you may be doing to “relax”...that could actually be making problems worse.
Di Philippi, MA, LPC
Monday 2/13 at 6pm
Call the Brookfield clinic to reserve your seat today!

Starting in March, Dr. Kim Saxe and Susan Rohr will be hosting a Q&A regarding Lyme disease and related illnesses at the Brookfield clinic every 4th Wednesday of every other month at 6pm.

WNPA sponsored Midwest Regional Lyme Conference Registration priority will be for health care providers until Feb 15, then the conference will be opened to a larger audience. Be sure you register by Feb 15 to reserve a space. www.wisconsin-nd.org to register.

“On Call With The Doctors”

Wondering if a new health concern could be addressed by integrative medical treatment?
Providers at IFWC will take phone calls for any health related concern at no charge.
The on call line is open all day and night to leave messages.
Call 262-439-8403 Messages will be returned within 24hours

INSURANCE UPDATES

Starting January 1st, 2012, all appointment charges for weight loss and all weight loss programs charges will not be submitted to insurance. We will offer a time of service fee which may only be utilized at the time of service.
Both chiropractors and Dr. Alexander, MD are the only practitioners in the office that accept Medicare.
Starting June 1st 2012, Dr. Nickels will only be billing Humana and United Health Care insurance for office visits. Patients with another insurance will be offered a time of service fee which may only be utilized at the time of service. For more information, please contact the clinic.

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 credit card on file 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. We also have a late patient policy that if you are running more than 10 minutes late, we ask that you call the clinic to reschedule your appointment and you will be charged the cancellation fee as above.