



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 E L A T O N I N

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Melatonin is a hormone secreted by the pineal gland in the brain that helps regulate other hormones and maintains the body's circadian rhythm. The circadian rhythm is an internal 24-hour time-keeping system that plays a critical role in determining when we fall asleep and when we wake up. Darkness stimulates the production of melatonin while light suppresses its activity. Exposure to excessive light in the evening or too little light during the day can disrupt the body's normal melatonin cycles. For example, jet lag, shift work, and poor vision can disrupt melatonin cycles. In addition, some experts claim that exposure to low-frequency electromagnetic fields (common in household appliances) may disrupt normal cycles and production of melatonin. Melatonin also helps control the timing and release of female reproductive hormones. It helps determine when menstruation begins, the frequency and duration of menstrual cycles, and when menstruation ends (menopause). In addition to its hormonal actions, melatonin has strong antioxidant effects. Preliminary evidence suggests that it may help strengthen the immune system. Studies suggest that melatonin supplements may help induce sleep in people with disrupted circadian rhythms. Melatonin has been shown to stimulate cells called osteoblasts that promote bone growth. Clinical studies have found that melatonin may be useful in depression, especially associated with postmenopausal depression and anxiety. Several controlled studies in patients with high blood pressure report small reductions in blood pressure when taking melatonin by mouth (orally) or inhaled through the nose (intrasally).

E A R A C U P U N C T U R E E A S E S B A C K P A I N I N P R E G N A N T W O M E N

The September issue of the *American Journal of Obstetrics & Gynecology* contains a report that illustrates the effectiveness of ear acupuncture in alleviating lower back and pelvic pain in pregnant women. The study revealed that among 159 women who were given the acupuncture treatment, all reported reduction in overall pain and functional improvement in mobility.

Three groups of women were included in the study; one group receiving real acupuncture, the second group receiving acupuncture in "sham" points, and the third group receiving nothing but self-care. Eighty-one percent of the women in the legitimate acupuncture group experienced a 30 percent or greater reduction in pain while only 59 percent in the phony acupuncture group experienced such results. Of the group receiving no treatment, 47 percent indicated reduction in pain.

After only one week, 37 percent of the women receiving genuine acupuncture treatment were pain free compared to 22 percent in the fake group and only 9 percent in the self-care control group. Those who received veritable acupuncture treatment also experienced a significant improvement in mobility and function compared to the other two groups.

Though not all women remained free of pain in the weeks following the study, researchers indicate that longer-term treatments may produce more sustained relief. Further study is also needed to verify characteristically why some women respond more favorably than others to acupuncture treatment.

WHAT CAUSES HIGH TRIGLYCERIDES? WHICH FOODS WILL LOWER THEM?

Triglycerides (TGs) are a very common chemical form of fat and are found in plant foods, animal foods, and in our bodies as well. "High triglycerides" is a term that refers to elevation of this form of fat form in our bloodstream. A more technical term for high triglycerides is hypertriglyceridemia.

There are many different causes of high triglycerides, but diet alone does not seem to be one of them. The reason is simple: our bodies depend on eating to keep our blood triglycerides at a healthy level. After a meal, over 90% of the TGs in our bloodstream are supposed to come from food. However, when we practice poor eating habits and develop health problems along the way, these health problems, together with our low-quality diet, are enough to make our blood TG levels excessive. Obesity, insulin resistance, excessive intake of alcohol, poorly controlled type 2 diabetes, hypothyroid disease, and kidney disease all place us at risk of high triglycerides-especially when accompanied by a low-quality diet. Other factors that can increase our risk include medication use, insufficient exercise, and a growing list of genetic problems that prevent our metabolism from effectively handling TGs.

When coupled with lifestyle changes that address some of the larger health problems described above, dietary changes can lower high triglycerides by as much as 20%. These dietary changes include: reduction of calories, if excessive, reduction of total fat, if excessive reduction of saturated fat if excessive, and replacement of some saturated fats with monounsaturated and polyunsaturated fats, increase of omega-3 fatty acid intake to 4 grams daily, reduced alcohol intake, if excessive, weight loss diet, if weight loss is needed.

FOOD AS MEDICINE MAPLE SYRUP

When you want to satisfy your sweet tooth, don't forget to consider using maple syrup which contains fewer calories and a higher concentration of minerals than honey. It is available throughout the year in your local supermarket. Maple syrup is one of the many wonders of the world. This viscous amber liquid with its characteristic earthy sweet taste is made from the sap of the sugar, black or red maple tree. The process of creating maple syrup begins with tapping (piercing) the tree, which allows the sap to run out freely. The sap is clear and almost tasteless and very low in sugar content when it is first tapped. It is then boiled to evaporate the water producing syrup with the characteristic flavor and color of maple syrup and sugar content of 60%.

Maple syrup, as an excellent source of manganese and a good source of zinc, can also be sweet for your health.

FOODS THAT CAN HELP PREVENT ACNE

Acne is a condition that affects the majority of adolescents. While some people find that their skin problems resolve as they enter into adulthood, acne still continues to affect many: 40% to 54% of those over 25 are estimated to have facial acne to some extent, with it continuing into middle age for an estimated 12% of women and 3% of men.

Acne is a problem that most research suggests to be hormonally related. Shifts in one particular family of hormones, the androgen family, seem especially important in the development of acne.

There are no foods that cause acne and, unfortunately, no foods that can cure it. For a long time, researchers claimed that there was no link whatsoever between diet and acne, yet recent studies lend some support that there may be a potential connection.

Another fascinating new area connecting diet to acne involves excess consumption of refined carbohydrates. We already know that too many processed carbs lead to insulin-regulating problems and overproduction of insulin-like growth factor (IGF-1). What we've recently learned is that too much IGF-1 can also cause production of too many keratinocytes. Since overproduction of this skin cell type is one factor clearly associated with the risk of acne, there may be an important connection here - and one more reason to watch your processed carbs. Again, skin health may not just be related to dietary factors, but they may play a role. Other things that can positively affect skin health include good circulation (again, another reason to support the importance of exercise) and routine cleansing. Additionally, keeping stress to a minimum may also be important since research has suggested that acne severity may be exacerbated during times of high stress.

RECIPE OF THE MONTH MINISTRONE SURPRISE

Prep and Cook Time: prep time: 20 minutes; cooking time 45 minutes
Ingredients:

5 cups chicken or vegetable broth
1 medium onion, chopped fine
6 medium sized cloves garlic, chopped
1 stalk celery, diced (to yield about 1/2 cup)
2 medium sized carrots, peeled and diced into 1/4-inch pieces (to yield about 1 cup)
1-1/2 cups finely chopped kale
1/2 cup diced portabello mushrooms, black gills cut out and discarded
1 15 oz can diced tomatoes
1 TBS dried Italian herbs
1 15 oz can navy beans, drained
salt and black pepper to taste

Directions:

Heat 1 TBS broth in medium soup pot. Healthy Sauté onion in broth over medium heat for 5 minutes stirring frequently. Add garlic and continue to sauté for another minute.

Add broth and rest of ingredients except beans and salt and pepper. Bring to a boil on high heat, reduce heat to low and continue cooking, uncovered for 45 minutes or until vegetables are tender.

Add beans, cook for another couple minutes, season with salt and pepper, and serve.

Serves 6



CHIROPRACTIC IS HEALTH CARE, NOT DISEASE CARE

Chiropractors have, for the past 112 years, treated sickness and infirmity without the use of drugs and with the goal of avoiding surgical removal or repair of any of the body's organs or structures. Chiropractic's message is that the proactive care of one's body and wise lifestyle choices are necessary to achieve health. Chiropractors have held and maintained this view, even before it became fashionable and long before evidence made it clear that the drug and surgery model of "health care" is really nothing more than "disease care", waiting for disease to occur and then treating the effects.

Chiropractic takes a preventive approach to health care: eliminate the cause of disease. Chiropractors have always maintained that interfering with the transmission of the electro-chemical signals that connect your brain, the master control system for the human organism, to every organ and cell in your body has a detrimental effect on health. This system is so delicate and of such vital importance that the body has designed the most elaborate set of protection, armor if you will, to protect it.

The skull is a protective vault that houses and protects the most sensitive of systems: the eyes, the mouth, the ears and most importantly, the brain. The next critical organ in your body, the spinal cord, is guarded by your spine. This masterpiece of engineering is 24 vertebrae, each one a unique bone, that serves not only as the axis of your musculoskeletal system, giving you the unique ability to walk upright, but also has a unique set of nerves that run through it to every other system of the body through individual holes called foramen.

What travels through the spine and the foramen that protect them is the very essence of your being. From your brain, your spinal cord and the millions of nerves that branch out from it are the core from which your body functions. Before you came into the world, you formed a brain and a spinal cord and developed a body around it. And so it is today that the brain regulates the rest of your body through this delicate system of nerves protected by your spine.

Chiropractors maintain the proper position of these delicate joints and the precious cargo which they protect, your nerve system. Pressure on the root nerves that leave the spine through the foramen to control and regulate all of the other organ systems of the body can affect millions of nerve fibers. Pressure on the brain stem, where it leaves the skull and enters the spine can also affect millions of nerve fibers. Interfering with these nerve fibers can have disastrous affects on your health. Chiropractors detect and correct the cause of this interference, allowing your body to self regulate, adapt and heal. The care and maintenance of the spine and nervous system is a necessary component of any natural approach to health and wellness.

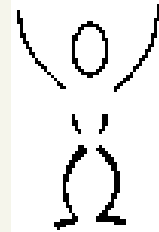
Today, chiropractors embrace and support the growing body of evidence that health is a result of - a fully functioning nerve system, consuming natural, nutrient rich food, clean pure water, proper exercise, natural sleep and emotional/spiritual well being. A healthy spine allows your body to adapt, regulate and fully realize the benefits of all of these other natural methods of avoiding disease and achieving health.

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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**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 evaluation 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.

The Wisconsin Chiropractic Association has a weekend seminar available for practitioners on vaccination choices. The first 4 hours are open to the general public on Feb 27th. It will be held at the Ramada Plaza Milwaukee Airport hotel. Early registration is only \$27/person or \$40/person if registering the week of. Info can be found in the brochure:
http://www.wisconsinchiropractic.com/brochures/2010/Vaccination%20Brochure_120709.pdf

<p>Wellness Seminars Wednesday February 10th Gluten Sensitivities Dr. Bozena Simon 6:30pm Please call the Brookfield clinic to reserve your seat today!</p>	<p>Wellness Seminars Wednesday February 24th The Weight Loss Cure Dr. Michele Nickels 6:30pm Please call the Brookfield clinic to reserve your seat today!</p>	<p>New Clinic Offerings! Cherri Schleicher is now providing newborn and infant home visits. If you are having a baby or if you know of someone that is, Cherri is the person to contact! Please call the Brookfield clinic for more information today!</p>	<p>Starting Feb. 1st 2010, Dr. Alexander and Dr. Nickels will be in network for Humana Choice Care. Please verify your insurance coverage prior to your appointment.</p>
<p>Every Tuesday and Thursday from 1pm-5pm We are offering \$1 a minute massage while you wait for your appointment</p>	<p>Wellness Clinics (Brookfield Only) October 2009-March 2010 By Appointment Only</p>		<p>Starting March 1st 2010, IFWC will be closed Monday's. Dr. English will be seeing patients Tuesday-Friday.</p>
<p>Natural flu injection \$25 per injection Available during clinic hours</p>	<p>Cholesterol and blood pressure screenings \$25 Every Tuesday, Wednesday and Friday from 8am-9am</p>	<p>Vitamin B12 injection \$15 per injection Available during clinic hours</p>	<p>We are now on facebook!</p>