



# The Supplement

HEALTH AND WELLNESS INFORMATION TO SUPPLEMENT YOUR LIFE

## SUPPLEMENT OF THE MONTH OSCILLOCOCCINUM

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Also known as *Anas barbariae hepatitis* and *Cordis extractum 200 c*, Oscillococcinum is a homeopathic remedy used in the treatment of influenza. Oscillococcinum is made from extracts of duck heart and liver, which homeopaths believe to be reservoirs of the influenza virus. The remedy is prepared using 200 dilutions: The first mixture contains 1% of the duck extract, the second mixture contains 1% of the first mixture, the third mixture contains 1% of the second mixture, and so on until it has been diluted 200 times. Four clinical studies, including two which have been published in peer-reviewed journals, show that Oscillococcinum reduces the severity and duration of flu-like symptoms such as feeling run down, headache, body aches, chills and fever. Oscillococcinum has been used for more than 65 years. It is the first flu medicine recommended by pharmacists. It has a remarkable record of safety and can be recommended to patients over age 2 and those who are following other treatments or suffering from chronic conditions. Oscillococcinum will not cause drug interactions or side effects.

## THESE VILIFIED FOODS HELP BUILD HORMONES AND TAME YOUR APPETITE

CBS News recently ran a report questioning whether animal fat is as bad as 'conventional wisdom' would have you believe. The answer? It most certainly is not. The vilification of fats go back to the early 1950's, when Dr. Ancel Keys published an influential paper comparing fat intake and heart disease mortality in six countries. Americans, who ate the most fat had the highest heart disease mortality rate, while the Japanese, who ate the least amount of fat had the fewest heart disease deaths. However, this was a perfect case of statistical cherry-picking to support a position. Statistics were actually available for 22 countries, and when all 22 were analyzed and included, the link between fat consumption and heart disease was nonexistent.

## THE VITAMIN THAT IS BETTER THAN FLUORIDE

Studies have linked geographical variations in dental health and tooth loss to sun exposure. Dental caries has been shown to be inversely related to mean hours of sunlight per year, with people living in the sunny west having half as many cavities as those in the much less sunny northeast. As reported by the Vitamin D Council: "There were also several studies reported on vitamin D and dental caries in the 1920s and 1930s. May Mellanby and coworkers in Sheffield, England, did studies on the role of vitamin D on teeth in the 1920s. The first experiments were with dogs, where it was found that vitamin D stimulated the calcification of teeth. Subsequently, they studied the effect of vitamin D on dental caries in children, finding a beneficial effect. Additional studies were conducted on children in New York regarding dental caries with respect to season, artificial ultraviolet-B (UVB) irradiance, and oral intake of vitamin D with the finding that **it took 800 IU/day to prevent caries effectively.**"

Two proposed mechanisms causing this beneficial effect include: Vitamin D beneficially affects calcium metabolism, and Vitamin D, which is produced in your body in response to sunlight exposure, induces cathelicidin, an antimicrobial peptide, which attacks oral bacteria linked to dental caries.

## AGE-OLD REMEDIES USING WHITE TEA, WITCH HAZEL AND ROSE MAY BE BENEFICIAL, STUDY SUGGESTS

The research suggests a number of naturally-occurring substances may offer the hope of new treatments to block the progression of inflammation. It is credited with a major role in both the initiation and development of diseases ranging from cancer, diabetes and arthritis through to neuro-degenerative conditions and cardiovascular and pulmonary problems.

"For thousands of years people used natural remedies to try – and sometimes succeed – in curing their ailments and preserving their youth," Professor Declan Naughton, from the University's School of Life Sciences, said. "Now the latest research we have carried out suggests a number of naturally-occurring substances may offer the hope of new treatments to block the progression of inflammation."

Inflammation is credited with a major role in both the initiation and development of diseases ranging from cancer, diabetes and arthritis through to neuro-degenerative conditions and cardiovascular and pulmonary problems. It is also implicated in premature aging and early death. "Inflammation is a secret killer – helping arrest its development, or being able to stop it happening at all, would clearly be of benefit," Professor Naughton explained.

The new study builds on work undertaken by Professor Naughton and Kingston University PhD student Tamsyn Thring, along with the technical team from Neal's Yard. They tested 21 plant extracts for evidence of their efficiency in fighting cancer and also in the battle against aging. Of the 21 extracts, three – white tea, witch hazel and rose – showed considerable potential, with white tea displaying the most marked results. "Indeed it appeared that drinking a simple cup of white tea might well help reduce an individual's risk of cancer, rheumatoid arthritis or even just age-associated wrinkles," Professor Naughton said.

Spurred on by their laboratory findings, the team members decided to take the work further to see if they could replicate the results in human skin cells, looking more closely at the anti-inflammatory and anti-oxidant activity of the three extracts.

Using human skin cells as their model, the researchers added three different concentrations of white tea (freeze dried powder), witch hazel (dried herb) and rose extract (in a medicinal tincture form) to see what effect the mixtures might have on suppressing rogue enzymes and oxidants which play a key role in helping inflammation develop, as well as aging the skin. "As the largest organ in the body, the skin provides a barrier against UV radiation, chemicals, microbes and physical pollutants," Ms Thring said. "Challenges like this can contribute to both inflammation and skin aging.

"We also know that when inflammation starts – be it a simple cut to a finger or in an arthritic joint – the body starts producing a compound called interleukin 8, which helps the process along. We began wondering if there was a way we could switch that signal off, thereby blocking the inflammation's progress."

Even though the team's previous research had intimated there might be some promising results ahead, the experts were astonished to see just how good the various concentrations of the three extracts were at doing the job.

## FOOD AS MEDICINE SARDINES

Sardines are rich in numerous nutrients that have been found to support cardiovascular health. They are one of the most concentrated sources of the omega-3 fatty acids EPA and DHA, which have been found to lower triglycerides and cholesterol levels; one serving (3.25 ounce can) of sardines actually contains over 50% of the daily value for these important nutrients. Sardines are an excellent source of vitamin B12, second only to calf's liver as the World's Healthiest Food most concentrated in this nutrient. Vitamin B12 promotes cardiovascular well-being since it is intricately tied to keeping levels of homocysteine in balance; homocysteine can damage artery walls, with elevated levels being a risk factor for atherosclerosis. Sardines are not only a rich source of bone-building vitamin D, a nutrient not so readily available in the diet and one that is most often associated with fortified dairy products. Vitamin D plays an essential role in bone health since it helps to increase the absorption of calcium. Sardines are also a very good source of phosphorus, a mineral that is important to strengthening the bone matrix. Additionally, as high levels of homocysteine are related to osteoporosis, sardines' vitamin B12 rounds out their repertoire of nutrients that support bone health. Sardines are rich in protein, which provides us with amino acids. Our bodies use amino acids to create new proteins, which serve as the basis for most of the body's cells and structures. Proteins form the basis of muscles and connective tissues, antibodies that keep our immune system strong, and transport proteins that deliver oxygen and nutrients throughout our bodies.

## CLINIC NEWS

Integrative Family Wellness center has been serving patients and their families for the past 3 years. It has been with patient satisfaction, loyalty, and support that we were able to expand our facility as well as the services we provide. The clinic started out in 2008 with Dr. Nickels, ND, LAc, Dr. English, Dc, and Chandra Houser Massage Therapist, WCMT, NCTMB, AMTA. Now we have 8 practitioners, and are still growing. Dr. Kim Saxe, ND joined the clinic in 2009 and has brought another component of treatment for chronic disease and Lyme Disease. She has studied extensively with world-renowned Dr. Klinghardt, MD, PhD and no physicians in the Midwest are doing his work at this time, including the Autonomic Response Testing. Because of Dr. Saxe's commitment to her patients and others, the clinic hosts an ongoing support group for Lyme disease that is facilitated by patients (usually the 1st wed of the month). All support group dates will be published in our monthly newsletter. If you would like to receive the free monthly newsletter, you can sign up on our website at [www.ifwcenter.com](http://www.ifwcenter.com)

Dr. Bozena Simon, MD joined the clinic in 2009. She is a Board Certified Internist practicing traditional internal medicine since 1995. She started applying complementary therapies into traditional care since 2002 and converted her practice into an integrative medicine model in 2004. She graduated from the University of Arizona Fellowship Program in Integrative Medicine directed by Dr. Andrew Weil.

Cherri Schleicher, FNPC., APNP., AHN-BC is a Nurse Practitioner and joined the clinic in 2009. She graduated from Alverno College with a Bachelors of Nursing degree and UW-Oshkosh with a Masters in Nursing, Family Nurse Practitioner. As a Nurse Practitioner, she provides individualized care to patients focusing on health concerns and the effects both on the individual as well as the family. Her focus is on wellness and incorporating holistic/alternative therapies as well as traditional therapies to promote optimal health and well being. She cares for infants to adults and enjoys doing personalized infant assessments and safety in the home. She also has her herbal certificate and is a certified stress management instructor.

In March 2011, we welcomed the addition of Susan Rohr, BSN, RN. Susan is a certified Ondamed Practitioner. The Ondamed is the most recent cutting edge technology in Energy Medicine today. The Ondamed is a biofeedback device that is able to locate and repair sites of silent inflammation.

This summer we added Holistic Counseling and Reiki to our wide array of clinical services and therapies, as we welcomed Di (Diane) Philippi, MA, LPC to the clinic. She is a Licensed Professional Counselor specializing in non-medication solutions for anxiety. Di is also an experienced EFT practitioner, EMDR practitioner, and Reiki Master Teacher. She now offers 45-minute Reiki treatments on Wednesdays only. Reiki is a form of energy work, a natural healing technique for stress reduction and deep relaxation, which also promotes balance and healing of the body, mind, spirit and emotions. In January 2012, Di's new "Less Stress Now" CD set will be available for purchase at the clinic. This set includes some of Di's most powerful relaxation and anxiety-reduction tools. Guided relaxation activities and step-by-step instructions make it easy for you to integrate highly effective stress reduction techniques into your day-to-day life.

Dr. Janice Alexander, RN, MD opened up her availability in August 2011, and is now seeing patients at Integrative Family Wellness center on Fridays. She is Board Certified in both OB/GYN and Family Practice. She has practiced medicine for 32 years in both specialties and has incorporated integrative medicine into her practice in order to provide the best practices for disease prevention and wellness promotion. Dr. Alexander believes in "whole person care". Her goal is to provide a beautiful healing environment that offers additional therapies that are integrated into your personal plan of healthcare.

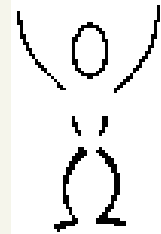
We added our newest Chiropractor to the Brookfield clinic, Dr. Bess Romagna, DC, in November 2011. Dr. Romagna graduated from Northwestern Health Sciences University in Bloomington Minnesota, and is originally from the Brookfield area. She will be seeing patients on Tuesdays and Thursdays, and every other Saturday. Using a variety of chiropractic techniques, Dr. Romagna works all areas of the body to help patients feel their best. She shares the holistic philosophy that so many of our patients value, and she is passionate about working with families, individuals, children and women during pregnancy. Dr. Romagna will be assisting Dr. English with patient care throughout the remainder of her pregnancy and covering during her maternity leave in January and February of 2012. All of our current chiropractic patients are welcome to see Dr. Romagna since Dr. English is unable to see as many patients as she enters her 3rd trimester of pregnancy. Starting immediately, Dr. Romagna will be taking on all new chiropractic patients until Dr. English returns from maternity leave. Feel free to view Dr. Romagna's full bio on our website ([www.ifwcenter.com](http://www.ifwcenter.com)), or stop into the clinic to meet her in person. We have no doubt that Dr. Romagna will be an asset to Integrative Family Wellness Center and our expanding clientele of chiropractic patients!

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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**ONGOING SPECIALS! UNLIMITED  
ACUPUNCTURE FOR \$250 PER MONTH**

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

**WELLNESS SEMINARS**

**"The Weight Loss Cure"**

**Dr. Michele Nickels**

**Thursday Jan. 12th at 6:00pm**

As a result of Dr. Kim Saxe's, ND additional training in Lyme and chronic infections, her follow up office visits for this patient base will be extended to 1 hour to provide the best and most appropriate care.

**"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. This gives potential new patients the opportunity to ask questions and have them answered by our experts in health and wellness. The on call line is open all day and night to leave messages.

**Call 262-439-8403** Messages will be returned within 24hours

**Massage Specials with Chandra - this January Only!**

Call Integrative Family Wellness Center at #262-754-4910 x3 to Schedule in January!

**FREE** 30 minute Far Infrared Sauna Session (a \$20 value) with every 90 Minute Massage (a \$125 value) **ONLY \$100\***Add Hot Stone Massage OR Essential Oils for an additional \$10 charge (save \$45)

\*(No Gift Certificate is redeemable or available for purchase for this January Special!)

\*Must be available for 120 minute service and will be responsible for 24 hour cancellation.

**FREE** 30 Minute Far Infrared Sauna Session (a \$20 value) with every 60 Minute Massage \*Add Hot Stone Massage OR Essential Oils for an additional \$10 charge **\$75** (save \$20)

\*(No Gift Certificate is redeemable or available for purchase for this January Special)

\*\*Must be available for 90 minute service and will be responsible for 24 hour cancellation.

**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 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. 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.