



# The Supplement

HEALTH AND WELLNESS INFORMATION TO SUPPLEMENT YOUR LIFE

## SUPPLEMENT OF THE MONTH TITANIUM DIOXIDE

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One ingredient frequently used in vitamin manufacturing is titanium dioxide, a nanoparticle powder made of fine titanium bits. It's best known as an ingredient in sunscreen, but it's also used in thousands of cosmetic products as well as nutritional products. If you take certain vitamins made by GNC or Centrum, you are eating titanium dioxide. This is an ingredient which no long-term safety testing on humans has ever been conducted. In fact, according to the Canadian Center for Occupational Health and Safety, titanium dioxide may be a human carcinogen. Titanium dioxide has recently been classified by the International Agency for Research on Cancer (IARC) as an IARC Group 2B carcinogen "possibly carcinogen to humans"...

### INTERESTING FACTS

The United States has the world's highest number of McDonald's restaurants per capita. Americans also die of obesity more often than any other nation, with more deaths than Mexico, Germany, Spain, Austria and Canada combined.

Norwegians drink 10.7 kilograms of coffee per person each year. They also lead the globe in anxiety disorders.

Americans consume the sixth-most spirits, the eighth-most beer and the 18th-most wine.

Did you know that the herring is the most widely eaten fish in the world.

Ketchup was sold in the 1830s as medicine.

Almonds are members of the peach family.

Carrots were first grown as a medicine.

## ACUPUNCTURE: TRADITIONAL CHINESE MEDICINE EFFECTIVELY TREATS INSOMNIA

Insomnia is a common condition in which people have difficulty either falling asleep or staying asleep. It is listed by the World Health Organization as a condition which has been shown to be treated effectively by acupuncture.

Some points are so useful in treating insomnia, including:

Heart 7 (Shen Men), on the wrist, which helps calm the heart and spirit

An Mian, an extra point translated as Peaceful Sleep, which is on the back of the head, where the head meets the neck

Yin Tang, another extra point which is between the eyebrows and promotes relaxation

Moxibustion, or the burning of an herb over points on the body, can also be useful. There is a point in the middle of the heel known as the insomnia point, where moxa cones can be burned. This helps bring a person into balance and helps sleep. Moxa is a Chinese herb, also called Ai Ye (*Artemisia argyi*). It is dried and processed into a fiber which can be rolled into cones, placed on the skin and burned until warmth is felt.

## ORGANIC MILK LINKED TO LOWER RATES OF ALLERGIES, ASTHMA AND ECZEMA

Young children who consume exclusively organic dairy products are significantly less likely to develop allergies, asthma or eczema by the age of two, according to a study conducted by researchers from the Louis Bolk Institute in the Netherlands and published in the British Journal of Nutrition. "This is the first example of a definite health impact of organic food consumption being published in a peer-reviewed journal," said Carlo Leifert of Newcastle University, who is leading a study into the connection between organic food consumption and health.

Researchers followed 2,500 pregnant women until their children were two years old, recording information on their health and their lifestyle and dietary habits. They found that the rate of allergies was 36 percent lower among children who drank or ate organic milk, cheese and yogurt and whose mothers had consumed these products while breastfeeding than among children and mothers who had eaten either only non-organic dairy products or a mix of organic and non-organic products. "There was a clear relationship between organic dairy use and less eczema," said researcher Machteld Huber. "The difference was significant but only for children exclusively eating organic dairy products." "We didn't find a relationship if they had [both] organic and conventional dairy products."

Researchers do not know whether the increased allergy risk from non-organic dairy is caused by extra toxic ingredients, such as antibiotics, by lower levels of key nutrients, such as omega-3 fatty acids, by some combination of the two, or by some other factor.

"Organic milk doesn't contain any pesticides, added hormones or antibiotics," said Stuart Martin of the Scottish Organic Milk Producers Association. "When an organic cow becomes sick our farmers are encouraged to treat it homeopathically first and only use antibiotics as a last resort. Meanwhile, the milk from that cow is removed from the milk stream and is not used at all."

## FOOD AS MEDICINE GARBANZO BEANS (CHICKPEAS)

Garbanzos (also called chickpeas) are a good source of cholesterol-lowering fiber, as are most other beans. In addition to lowering cholesterol, garbanzos' high fiber content prevents blood sugar levels from rising too rapidly after a meal, making these beans an especially good choice for individuals with diabetes, insulin resistance or hypoglycemia. When combined with whole grains such as rice, garbanzos provide virtually fat-free high quality protein. But this is far from all garbanzos have to offer. Garbanzos are an excellent source of the trace mineral, molybdenum, an integral component of the enzyme sulfite oxidase, which is responsible for detoxifying sulfites. Sulfites are a type of preservative commonly added to prepared foods like delicatessen salads and salad bars. Persons who are sensitive to sulfites in these foods may experience rapid heartbeat, headache or disorientation if sulfites are unwittingly consumed. If you have ever reacted to sulfites, it may be because your molybdenum stores are insufficient to detoxify them.

## CINNAMON AND HONEY ... THE MIRACLE CURE WEIGHT LOSS

Daily in the morning one half hour before breakfast on an empty stomach and at night before sleeping, drink honey and cinnamon powder boiled in one cup of water. If taken regularly, it reduces the weight of even the most obese person. Also, drinking this mixture regularly does not allow the fat to accumulate in the body even though the person may eat a high calorie diet.

## RECIPE OF THE MONTH GARLIC DIP WITH CRUDITES

For a great appetizer before dinner or as a snack any time of the day, try this quick and easy-to-make dip that goes with any type of fresh cut vegetables (such as carrots, celery, cucumbers, or bell peppers). Garlic not only tastes great but provides you with extra health benefits from its sulfur-containing compounds.

**Prep and Cook Time:** 5 minutes

**Ingredients:**

2 cups cooked or canned garbanzo beans

1 TBS fresh lemon juice

3 cloves garlic, chopped

1/4 cup chicken or vegetable broth

3 TBS extra virgin olive oil

Sea salt and pepper to taste

**Directions:**

Combine all ingredients in a blender and blend until smooth.

Serve with sliced carrots, cucumbers, celery and/or sliced red bell peppers, or any raw vegetable of your choice.

**Serves 8**



## CHIROPRACTIC CARE NATURALLY TREATS COLIC

Colic is defined as inconsolable crying in an infant for as least three hours a day, at least three days a week, for at least three weeks. A colicky baby typically presents with a loud piercing cry, flexed legs, tensed abdominal muscles, and clenched fingers. It typically starts around three weeks of age and lasts until around three months but sometimes lasts for as long as six months. Approximately 10-20% of babies are affected by colic. Doctors diagnose colic based on the previously mentioned "Rule of 3" and after ruling out diseases that may make a baby cry uncontrollably. Parents of infants with colic report significantly higher stress levels than parents whose babies don't have colic. The stress and frustration of trying to soothe a colicky baby may interfere with mother-baby bonding and can increase the risk of postpartum depression. In addition, colicky babies are more likely to be victims of child abuse and shaken baby syndrome.

Despite the research done on colic there is no known cause, which can make treatment difficult. Chiropractic care has shown some of the best results, with 94% of colicky babies demonstrating improvement with chiropractic adjustments.

Research on chiropractic care and colic has shown significant benefits over other treatments such as dietary changes, medication, and infant positioning. A randomized clinical trial published in 1999 in the *Journal of Manipulative and Physiological Therapeutics* found that "Spinal manipulation is effective in relieving infantile colic". For this study the researchers randomly assigned infants diagnosed with colic into two groups. One group received chiropractic care for two weeks and the other group was given the anti-gas medication dimethicone for two weeks. The babies in the chiropractic group showed a 67% decrease in crying while the babies on medication showed a 38% decrease in crying.

Another study with 316 children also showed significant improvement in colic in response to chiropractic care. This prospective study used diaries from mothers of colicky babies to track the amount of crying. The three month long study showed a "satisfactory result of spinal manipulative therapy in 94% of the cases". The improvements occurred after an average of only three adjustments within two weeks.

Chiropractic care is a conservative, gentle, and very successful option for treating infants with colic. Chiropractic adjustments for infants are specific, gentle, and safe.

## STUDY SAYS DRINKING SODA CAUSES OBESITY

Regular soda consumption significantly increases a person's risk of obesity, according to a study conducted by researchers from the University of California-Los Angeles (UCLA). "We drink soda like water," said Harold Goldstein of the Center for Public Health Advocacy, which also took part in the study. "But unlike water, soda serves up a whopping 17 teaspoons of sugar in every 20-ounce serving.

"Researchers interviewed 40,000 adults on their beverage consumption habits, finding that adults who drank one sugary beverage per day were 27 percent more likely to be classified as overweight than those who drank sugary beverages less frequently. Drinking one soda per day involves the consumption of 39 pounds of sugar per year. According to the San Jose Mercury News, 15.5 percent of adults, 56 percent of teenagers, and 41 percent of children under the age of 12 in Santa Cruz County, Calif., consume one soda per day.

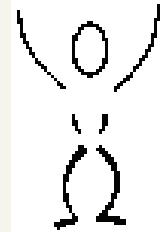
Health advocates are acting on levels from the local to national to limit the damage done by soda and other sugary beverages. On the city, state and national levels, there are also campaigns to impose a tax on soda. And the federal Women, Infants and Children (WIC) food assistance program recently banned the use of its funds to purchase juice for infants." By feeding infants breast milk and water only, there is less opportunity to develop an early taste for sweetened beverages," said WIC's Santa Cruz County program director, Cathy Cavanaugh.

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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HEALTH HAPPENINGS**

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UPCOMING FREE SEMINARS STARTING IN  
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**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

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Become a fan and get updates on clinic events and participate in online discussions.

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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