



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 W I T H A N I A

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Withania somnifera, known as ashwagandha, is a shrub cultivated in India and North America whose roots have been used for thousands of years by Ayurvedic practitioners. Withania somnifera root contains flavonoids and many active ingredients of the withanolide class. Several studies over the past few years have looked into the role of withania somnifera in having anti-inflammatory, anti-tumor, anti-stress, antioxidant, mind-boosting, immune-enhancing, and rejuvenating properties. Historically, Withania somnifera root has also been noted to have sex-enhancing properties

H E A L T H F A C T S

- 25% of your bones are located in your feet.
- 35,000 people in the U.S. will die from the flu annually.
- 2 out of 3 adults in the United States have hemorrhoids.
- A man once sued his doctor because he survived his cancer longer than the doctor predicted.
- A person will burn 7 percent more calories if they walk on hard dirt compared to pavement.
- A sneeze can travel as fast as 100 miles per hour.
- 40% of all indigestion remedies sold in the world are bought by Americans.
- A fetus develops fingerprints at eighteen weeks.
- A hard working adult sweats up to 4 gallons per day.
- A toothbrush within 6 feet of a toilet can get airborne bacteria from flushing.
- A woman's sense of smell is most sensitive during ovulation.

A C U P U N C T U R E M A Y H E L P S O M E M E N W I T H I N F E R T I L I T Y P R O B L E M S

A study published in the July 2005 issue of the journal Fertility and Sterility found that acupuncture helped infertile men by apparently helping improve sperm quality in their semen. In the research project, 28 men received acupuncture in addition to traditional infertility treatments, while another 12 men received only the traditional treatments. All of the men were diagnosed with infertility of unknown origin. Acupuncture was associated with fewer structural defects in the sperm of men who received it, although it had no effect on other abnormalities, such as sperm immaturity or premature death. Previous studies have shown a link between acupuncture and improved sperm production and motility.

POMEGRANATE JUICE FIGHTS HEART DISEASE, STUDY SAYS

In China, the pomegranate fruit symbolized longevity. Now there is scientific evidence for the fruit's restorative powers. Scientists have tested the juice in mice and found that it combats hardening of the arteries (atherogenesis) and related diseases, such as heart attacks and strokes.

According to results published in the August 2006 issue of *Atherosclerosis*, subjects who drank 180 ml (6 oz.) of pomegranate juice per day for three months experienced a reduced risk for atherosclerosis, a condition that leads to arterial wall thickening and hardening.

Scientists have long known about health benefits of pomegranates. The latest studies are showing that the juice limits the genetic tendency toward hardening of the arteries.

"We have established that polyphenols [antioxidant chemicals] and other natural compounds contained in the pomegranate juice may retard atherogenesis," said Claudio Napoli, a professor of medicine and clinical pathology at the University of Naples, Italy. "The protective effects of pomegranate juice were higher than previously assumed."

Pomegranate juice is remarkably rich in antioxidants, such as soluble polyphenols, tannins, and anthocyanins, which scavenge free radicals and help prevent DNA damage that can lead to a number of serious health conditions.

The antioxidant level in pomegranate juice was found to be higher than that in other natural juices, but are still found in blueberry, cranberry, and orange juices, as well as red wine and black tea.

Studies support that polyphenols from red wine can reduce LDL ("bad" cholesterol). Black tea consumption also reverses endothelial dysfunction (damage to the linings of the arteries) in patients with chronic heart disease.

There have been some intriguing studies indicating that green tea can be extremely effective in the fight against high cholesterol. Specifically, the beverage reduces "bad" cholesterol and boosts "good" cholesterol, improving an individual's overall cholesterol profile.

In addition, green tea appears to lower overall cholesterol levels, helping to reduce one's risk of developing heart disease. Similarly, green tea enhances cardiovascular health by improving the consistency of platelets in the blood.

Researchers have also found that green tea appears to protect against oxygen-induced damage to bad cholesterol. Drinking green tea also seems to enhance cardiovascular health by improving the consistency of platelets in the blood.

FOOD AS MEDICINE ORANGES

Juicy and sweet and renowned for its concentration of vitamin C, oranges make the perfect snack and add a special tang to many recipes; it is no wonder that they are one of the most popular fruits in the world. Oranges are generally available from winter through summer with seasonal variations depending on the variety. Oranges are round citrus fruits with finely-textured skins that are, of course, orange in color just like their pulpy flesh; the skin can vary in thickness from very thin to very thick. Oranges usually range from approximately two to three inches in diameter.

In recent research studies, the healing properties of oranges have been associated with a wide variety of phytonutrient compounds. These phytonutrients include *citrus flavanones* (types of flavonoids that include the molecules *hesperetin* and *naringenin*), *anthocyanins*, *hydroxycinnamic acids*, and a variety of *polyphenols*. When these phytonutrients are studied in combination with oranges' vitamin C, the significant antioxidant properties of this fruit are understandable. But it is yet another *flavanone* in oranges, the *herperidin* molecule, which has been singled out in phytonutrient research on oranges. Arguably, the most important *flavanone* in oranges, *herperidin* has been shown to lower high blood pressure as well as cholesterol in animal studies, and to have strong anti-inflammatory properties. Importantly, most of this phytonutrient is found in the peel and inner white pulp of the orange, rather than in its liquid orange center, so this beneficial compound is too often removed by the processing of oranges into juice.

1 0 - M I N U T E O R A N G E T R E A T

Try this tangy dessert tonight!

Prep and Cook Time: 10 minutes

Ingredients:

1/2 tsp grated lemon rind*

1/2 TBS fresh lemon juice

2 TBS honey

2-1/2 TBS low-fat yogurt

2 medium oranges

Optional: Top with orange zest

Directions:

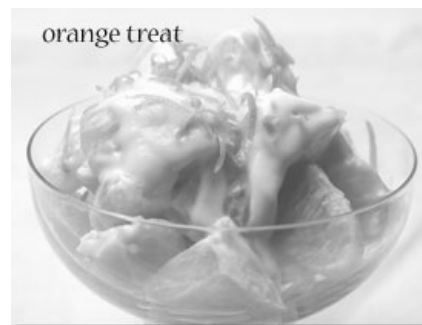
In a small bowl, whisk lemon rind, lemon juice and honey until the honey is incorporated.

Add yogurt and whisk thoroughly.

Peel and separate the individual sections of the orange. Be sure to remove the membrane covering from each section. Cut the sections into thirds crosswise. Place in 2 dessert bowls.

Spoon sauce over the oranges.

*Use an organic lemon for zest, if possible. **Serves 2**



T O D A Y ' S F A S H I O N C A N B E T O M O R R O W ' S P A I N

Looking your best might not always be the best thing for you. Today's society is extremely fashion and style conscious. Unfortunately, clothing designers and stylists aim to please by creating unique looks that might not always be practical or even comfortable.

The look of the season shows runway models in high platform heels. Models have perfected the runway "walk," but the popular looks and accessories are frequently impractical and could create leg, back, and spine or neck problems. "Sometimes I see a woman walking down the street with high heels and a two-ton bag, and I want to stop her and make her aware of what she is doing to her body," said ACA president Dr. Richard Brassard.

Women generally wear high heels to complement an outfit, not for comfort, but some might not realize that these shoes can cause serious discomfort in the feet and can also exacerbate back pain. High heels alter the balanced position of a person's body. When a woman wears high heels, a new dynamic equilibrium occurs. Dr. Brassard compared the musculoskeletal system to a mobile, hanging in dynamic equilibrium, each part balancing the other. If one part becomes 'fixed,' the whole system will compensate with a movement or restriction. Essentially, wearing high heels for any length of time increases the normal forward curve of the back and causes the pelvis to tip forward. This alters the normal configuration of the pelvis and spine necessary for the body to maintain a center of gravity.

"The legs are the foundation of the musculoskeletal system, and a person standing flat-footed or bare-footed would be completely balanced," said Dr. Brassard. "While standing, the hamstrings are taut and both parts of the pelvis are stabilized so that the support is normal. By bringing the heel up, you encourage the shortness of the hamstring muscles."

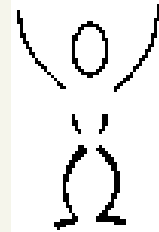
Another unhealthy fashion statement is the use of heavy purses, backpacks and handbags. Women and men tend to carry too many items in one bag, or briefcase, and are often not aware of the potential health risks associated with toting an excessive amount of "stuff." Carrying a bag with detectable weight-more than 10 percent of your body weight-can cause improper balance. When hiked over one shoulder, it interferes with the natural movement of the upper and lower body. "The person carrying the bag will hike one shoulder to subconsciously guard against the weight, holding the other shoulder immobile," said Dr. Brassard. "This results in the unnatural counterbalance movement of one shoulder and little control over the movements of the arms and legs. Even worse, the spine curves toward the shoulder."

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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BROOKFIELD 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 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.

July brings future changes at IFWC. Dr. Kim Saxe will be joining the practice in July. Her practice focus is on cancer and Lyme's disease. She will be accepting new patients of all ages, and will be seeing patients on Tuesday's.

Starting August 1st, Dr. Nickels, Dr. Simon, and Dr. Saxe will be considered out of network providers. As insurance companies tighten up their practice policies due to the healthcare reform, we have "decided" to make appropriate changes moving forward.

We will accept and bill your insurance if you have out of network benefits. If you don't, we do offer a reduced cash rate at time of service. WEA, WPS, Medicare, Medicaid, and all other state insurances will continue to not be accepted by Dr. Nickels, Dr. Simon, and Dr. Saxe, and will remain a fee for service. We will continue to work very hard to make the monies you spend out of pocket for office visits, testing, supplements, etc. reimbursable to you from your insurance company. This decision doesn't come lightly. Our commitment is to our patients and our ability to provide the most comprehensive healthcare within our own medical model. We are continually looking for what is best for our patients and the clinic as a whole. If you have any questions about this transition, please don't hesitate to call.

Tune in to 95.7FM to hear commercials for Integrative Family Wellness Center. Also, they will be featuring the clinic on their website www.957fm.com/pages/expert.html?feed=322491&article=4901243
Dr. Nickels will be on the morning show with "Murphy and Meg in the morning" **Tuesday July 11th 2010** from 7:00am-8:00am for their "ask the expert" segment.