



The Supplement

HEALTH AND WELLNESS INFORMATION TO SUPPLEMENT YOUR LIFE

SUPPLEMENT OF THE MONTH LEMON BALM

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Melissa officinalis, commonly called Lemon Balm, is a perennial plant whose leaves resemble mint. *Melissa* grows up to 1 meter with branched stems that are upright and square. The whole plant has fine hairs and a lemony scent when crushed. The flowers are yellow-white to rose colored or even bluish.

The use of *Melissa* is indicated in restlessness, anxiety, insomnia, hypertension, palpitations, headache and excitability to help calm the nervous system. It is quite gentle and its effects are long-lasting. For this reason it is also a useful treatment for children with hyperactivity. *Melissa* can also be used to treat psychological problems such as depression and anxiety, naturally elevating the spirits. *Melissa* brings joy and lightness to the heart. In the digestive system *Melissa* works as a soothing tonic help with colic, poor digestion and gas, especially when it is related to nervousness or anxiety. In the summertime it may be especially useful to help cool the body. It is known as a diaphoretic, or sweat inducer, and it does this by mildly dilating peripheral blood vessels to vent heat. *Melissa* has anti-viral action and can be a useful addition to cold and flu teas. It has anti-viral action against Herpes Simplex, both 1 and 2, when applied to the skin.

People with thyroid conditions may need to stay away from *Melissa*, as it can cause changes to thyroid function in those with known thyroid disorders.

FACTS ABOUT THE SOLSTICE

- Sol + stice derives from a combination of Latin words meaning "sun" + "to stand still." As the days lengthen, the sun rises higher and higher until it seems to stand still in the sky.
- The summer solstice results in the longest day and the shortest night of the year when the Earth's axis is at its maximum tilt or incline towards the Sun
 - In the northern hemisphere, summer solstice begins on June 21, 2011 at 2:16 P.M. (Central)

ACUPUNCTURE FOR LAZY EYE

In kids 3 to 7 years old, acupuncture plus glasses helped vision improve compared with just glasses alone, said study co-author Dr. Dennis Shun-Chiu Lam, who chairs the Department of Ophthalmology and Visual Sciences at the Chinese University of Hong Kong. Amblyopia, or lazy eye, is when vision in one eye is worse than the other. About two to three in 100 people have lazy eye, according to the American Academy of Ophthalmology. (It's not the same as "wandering eye," or strabismus – when the eyes point in two different directions – although people often use "lazy eye" to describe both.) At the beginning of the study, all of the kids' vision in the bad eye was about the same, around 20/63. The kids who got acupuncture as well as glasses had about 20/32 vision in their bad eye, on average. This is compared to about 20/40 vision in kids that only wore the glasses. The difference between 20/32 and 20/40 is about the equivalent of being able to read about one line further down on the eye chart, said Dr. Marc Lustig, an assistant professor in department of ophthalmology at the New York University Medical Center. In another study 43 participants received five acupuncture treatments a week, while the other 45 had their good eye patched for two hours a day (a standard treatment strategy for amblyopia). After 15 weeks, lazy eye was resolved in 41.5 percent of eyes in the acupuncture group (compared with 16.7 percent of eyes in the patching group).

BENEFITS OF EATING ORGANIC FOODS

Disease prevention begins with a diet that is nutritious and health promoting. Choosing foods that are organic is one way to minimize chemical exposure and ensure that foods contain vitamins and minerals. The health and environmental



EWG'S SHOPPER'S GUIDE TO PESTICIDES™

DIRTY DOZEN™ <i>Buy These Organic</i>		CLEAN 15™ <i>Lowest in Pesticides</i>	
WORST	1 Celery	BEST	1 Onions
	2 Peaches		2 Avocado
	3 Strawberries		3 Sweet Corn
	4 Apples		4 Pineapple
	5 Blueberries		5 Mangos
	6 Nectarines		6 Sweet Peas
	7 Bell Peppers		7 Asparagus
	8 Spinach		8 Kiwi
	9 Cherries		9 Cabbage
	10 Kale/Collard Greens		10 Eggplant
	11 Potatoes		11 Cantaloupe
	12 Grapes (Imported)		12 Watermelon
			13 Grapefruit
			14 Sweet Potato
			15 Honeydew Melon

ENVIRONMENTAL WORKING GROUP
www.foodnews.org

benefits to choosing organic foods are numerous. The overall impact to the earth and the environment is lower when plants and animals are raised organically. Organic farmers use less energy, less water resources, and NO pesticides. Organic farmers rarely have to burn their fields, because their soil stays rich in content, moisture and nutrients due to careful management of land and using only natural organic matter to cultivate and grow their crops. Each month dozens of new pesticides, cleaners, fertilizers show up in local supermarkets and stores. Organic farmers, live cleanly, free of pesticides and toxins.

HOW TO SWITCH TO ORGANIC FOODS

- Don't feel that you must buy organic everything. Even switching to a few organic regulars makes a difference. See the Environmental Working Groups Guide to the "Dirty Dozen." The Dirty Dozen are the top twelve fruits and vegetables known to have high amounts of pesticides and herbicides. It is best to buy these products organic. The "Clean 15" are the fruits and vegetables that have the lowest pesticide levels and are usually safe to buy non organic.

- Make the change to organic versions of things that you use daily or that are household staples.

- Take it slowly. Pick up one or two organic items every time

you shop. Try different brands, and once a week, buy something new to try.

- There's an organic version of almost every food you can think of. All supermarkets stock organic goods, although local shops or farmers' markets often have a better quality selection and are locally sourced. Try to visit a farmers market or two this summer!
- Shop around. Organic foods are sometimes more expensive than non-organic, but the more people buy them, the more prices will come down.
- Make sure to eat organic meat and dairy. This is because toxins and hormones are stored in fat. Organic fish does not exist, look for wild and avoid farm raised fish products.

FOOD AS MEDICINE: GREEN PEAS

Peas contain a unique assortment of health-protective phytonutrients. One of these phytonutrients—a polyphenol called coumestrol—has recently come to the forefront of research with respect to stomach cancer protection. A Mexico City-based study has shown that daily consumption of green peas along with other legumes lowers risk of stomach cancer (gastric cancer), especially when daily coumestrol intake from these legumes is approximately 2 milligrams or higher. Since one cup of green peas contains at least 10 milligrams of coumestrol, it's not difficult for us to obtain this remarkable health benefit.

The unique phytonutrients in green peas also provide us with key antioxidant and anti-inflammatory benefits. Included in these phytonutrients are some recently-discovered green pea phytonutrients called saponins. Due to their almost exclusive appearance in peas, these phytonutrients actually contain the scientific word for peas (*Pisum*) in their names: pisumsaponins I and II, and pisomosides A and B. When coupled with other phytonutrients in green peas - including phenolic acids like ferulic and caffeic acid, and flavanols like catechin and epicatechin - the combined impact on our health may be far-reaching. For example, some researchers have now speculated that the association between green pea and legume intake and lowered risk of type 2 diabetes may be connected not only with the relatively low glycemic index of green peas (about 45-50) and their strong fiber and protein content, but also with this unusual combination of antioxidant and anti-inflammatory phytonutrients.

Green peas are a good source of vitamin K, manganese, vitamin C, vitamin B1, folate, and vitamin A. They are a low calorie, high fiber and high protein food.

Pea shoots are an easy plant to grow in a garden or pot. Begin with dried peas from the market. Cover the peas below a light layer of potting soil and place the container near a sunny window. Water as often as the soil looks dry. Once the shoots are an inch or so high, snip the leaves and add to salads.

PEA SALAD WITH RADISHES AND FETA CHEESE

2 teaspoons cumin seeds
2 tablespoons fresh lime juice
2 teaspoons honey
1/4 cup extra-virgin olive oil
3 tablespoons chopped fresh dill
4 cups fresh shelled peas (from about 4 pounds peas in pods) or 1 pound frozen petite peas
1 bunch radishes, trimmed, halved, thinly sliced
1 cup crumbled feta cheese (about 4 ounces)
3 cups fresh pea tendrils, coarsely chopped, or pea sprouts* (optional)

Heat small skillet over medium heat. Add cumin seeds and toast until aromatic and slightly darker, about 2 minutes. Cool; grind finely in spice mill. Whisk lime juice, honey, and cumin in small bowl. Gradually whisk in oil; stir in dill. Season dressing with salt and pepper. *DO AHEAD Can be made 1 day ahead. Cover and chill. Bring to room temperature.*

Cook peas in pot of boiling salted water until almost tender, about 5 minutes for fresh (or about 2 minutes for frozen). Drain; rinse under cold water, then drain well. Transfer to large bowl. Add radishes, feta, and dressing; toss. Season with salt and pepper. If using pea tendrils or sprouts, divide among bowls. Divide salad among bowls. Serve.



HOW TO BOOST YOUR CHILDREN'S IMMUNITY WITH CHIROPRACTIC CARE

After the winter cold and flu season, spring and summer can bring their own host of infections and allergies. To rejuvenate and prepare children's immune system, consider chiropractic care.

Chiropractic manipulation reduces interference to the nervous system and unleashes the healing power of the body. For a child, this interference can be caused by damage to the spine by such events as birth, falls and injuries, sports injuries, heavy backpacks, and postural strain from sitting in a chair at school all day. If these small cumulative traumas and postural strains are left uncorrected, they can have far-reaching effects on a child's health.

According to the International Chiropractic Pediatric Association (ICPA), more and more parents are bringing their children to chiropractors for colds, sore throats, ear infections, fevers, colic, asthma, tonsillitis, allergies, bed-wetting, ADD/ADHD, as well as for overall wellness care. Since the nervous system directs the immune system and chiropractic care improves the function of the nervous system, the immune system can become more powerful. The positive effect on the nervous system is the key in chiropractic care. The nervous system is the master system of the body and, under the guidance of the innate intelligence of the brain, runs all the other systems such as immunity, respiratory, cardiac, and digestion.

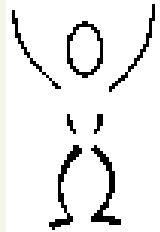
In the pediatric patient it is very important to note that this system also controls their growth, their development and their ability to process information coming in through their senses. Pediatric chiropractic care is a non-invasive, gentle treatment, which helps the child's body achieve a state of true health. Many parents today are seeking health care options which support their children's own natural ability to be healthy and to express their fullest potential.

BROOKFIELD CLINIC NEWS AND HEALTH HAPPENINGS



“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 CHIROPRACTIC FOR \$150 PER MONTH

UNLIMITED ACUPUNCTURE FOR \$150 PER MONTH

<p>Every Wednesday at 8:15 am one of the Practitioners from IFWC will be</p> <p>“The Guest” on AM 920, The WOLF</p> <p>We will be spotlighting health topics and clinic happenings!</p>	<p>Wellness Seminars</p> <p>Will resume in September— have a safe and happy summer!</p> <hr/> <p>Tune in to 95.7FM to hear commercials for Integrative Family Wellness Center.</p> <p>Dr. Nickels will be on the morning show with “Murphy and Meg in the Morning” <i>June 14 and June 28th</i> from 8:15- 8:45am for their “Ask the Expert” segment.</p>	<p>Clinic Hours:</p> <p>Monday: 9am-6pm Tuesday-Thursday: 8am-6pm Friday: 8am-3pm</p> <p>Summer Office Closures</p> <p>Saturday July 2 Monday July 4 Saturday September 3 Monday September 5</p>
<p>Wisconsin Association of Naturopathic Physicians Association (WNPA) Promotion!</p> <p>We are asking for donations to support the association. In return, you will receive a percentage off of your total supplement purchase.</p> <p>Supplement discounts will be as follows:</p> <p>\$25—>5% off all supplements \$50—>10% off all supplements \$75—> 15% off all supplements \$100—> 20% off all supplements</p>	<p>“On Call With The Doctors”</p> <p>Wondering if a new health concern could be addressed by integrative medicine? Practitioners at IFWC will return your calls and answer questions at no charge. This gives potential new patients the opportunity to ask questions and have them answered by our experts in health and wellness.</p> <p>The “On Call” line is open all day and night to leave messages.</p> <p>Call 262-439-8403</p> <p>Messages will be returned within 24 hours</p>	

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.