



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 P R E G N E N O L O N E

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Pregnenolone is a naturally occurring metabolite that is made in your body. It is often referred to as the 'mother steroid compound' because it is the basic raw material for all steroid hormones in the body. This includes cortisone, progesterone, estrogen, testosterone and DHEA. It is found in human nervous system tissues, including the adrenal glands, the skin, the retina of the eye, the brain, the testicles in males and the ovaries in women. Pregnenolone improves energy, vision, memory, clarity of thinking, wellbeing, and often sexual enjoyment or libido. Pregnenolone may be considered a good brain enhancer in those who are deficient. Studies in rodents show pregnenolone to be one of the most effective and powerful memory boosters. Pregnenolone may increase levels of acetylcholine in the hippocampus and other memory regions in the brain. Some women report lessening of hot flashes or premenstrual symptoms.

T H E S I N G L E G R E A T E S T D A I L Y E N E R G Y B O O S T E R S I N C E T H E D I S C O V E R Y O F C O F F E E

B12 is known as the "energy vitamin," and it is essential for many critical functions in your body, including energy production, supporting your immune system, and helping to regulate the formation of red blood cells. Recent studies from the US Framingham trial show that one in four adults in the US are deficient in this vitally important nutrient and nearly half of the population has suboptimal blood levels. Vitamin B12 is present only in animal sources of food. This deficiency can result in less than optimal nervous system function, a tendency toward nervousness, and even less-than-optimal eye health.

T R E A T I N G C A N I N E A R T H R I T I S W I T H T R A D I T I O N A L C H I N E S E M E D I C I N E

Just like humans, many dogs suffer from arthritis pain and inflammation as they age. Joints and bones naturally degenerate over time. Fortunately, arthritis can often be managed with the help of acupuncture, Traditional Chinese Medicine, supplements and nutrition. Study after study have shown that acupuncture and Chinese herbs are effective to relieve the pain and inflammation of arthritis in both humans and dogs. Canine acupuncture is also an effective treatment for hip and elbow dysplasia, ligament and tendon injuries, and many other ailments. Acupuncture helps to increase circulation to the muscles and joint capsules, providing more oxygen and slowing cell degeneration. It also relieves painful muscle spasms and releases endorphins to make your dog feel better. Most humans and dogs feel relaxed and pain free after an acupuncture session. Don't expect an instant one-treatment miracle, though. Acupuncture has a cumulative effect. Over time, the treatments build on one another, giving better results with each successive treatment.

DOES VITAMIN D-RICH FISH PREVENT AUTISM?

The vitamin D theory of autism predicts that eating vitamin D-rich, fatty ocean fish during pregnancy would improve the offspring's mental abilities—that is, as long as that fish did not contain a lot of mercury. Higher fish consumption during pregnancy was associated with better infant cognition, with the greatest effect for infants whose mothers consumed the most fish. Very recently in a *Lancet* article, Dr. Joseph Hibbeln and colleagues at the National Institutes of Health found low maternal seafood consumption was associated with infants with an increased-risk of lower verbal IQs and poor outcomes for social behaviors, fine motor skills, communication, and social development—outcomes eerily similar to autism. We don't know what in ocean fish helped, omega-3 or vitamin D, but this evidence from a completely different source could support the vitamin D theory of autism.

FOOD AS MEDICINE SALMON

Salmon is low in calories and saturated fat, yet high in protein, and a unique type of health-promoting fat, the omega-3 essential fatty acids. As their name implies, *essential fatty acids* are essential for human health but because they cannot be made by the body, they must be obtained from foods. Fish contain a type of essential fatty acid called the omega-3 fatty acids. Wild-caught cold water fish, like salmon, are higher in omega-3 fatty acids than warm water fish. In fact, the fat composition of salmon has recently been evaluated as superior not only because of its rich omega-3 content, but also because of its great ratio of omega-3s to omega-6s and its health-supportive balance of saturated, monounsaturated, and polyunsaturated fats. Each of these features in the fat composition of salmon helps reduce risk of unwanted inflammation and help maintain the integrity of our immune and circulatory systems. In addition to being an excellent source of omega-3s, salmon are an excellent source of selenium, a very good source of protein, niacin and vitamin B12, and a good source of phosphorus, magnesium and vitamin B6.

ANOTHER PHARMACEUTICAL DRUG CAUSES HEART ATTACKS

Diabetes is such a cash cow for pharmaceutical companies that they are willing to trade it for heart attacks and the medical community seems to be okay with that. According to a report released by the Senate Finance Committee in February, the diabetes drug Avandia is linked with tens of thousands of heart attacks, and drug maker GlaxoSmithKline knew of the risks for years but worked to keep them from the public. FDA scientists estimated in July 2007 that Avandia was associated with approximately 83,000 heart attacks since the drug came to market. On November 14, 2007, the FDA added a black box warning to the diabetes medication Avandia, citing the risk of heart failure or heart attack to patients with underlying heart disease, or are at a high heart attack risk.

HOW SAFE IS CHIROPRACTIC FOR MY CHILD?

Chiropractic is one of the safest forms of health care. A baby's spine is very supple during the first few months of life and there are Chiropractic techniques that apply only a slight pressure to make spinal adjustments. Under normal circumstances, chiropractic adjustments are painless and will not hurt your child. In Chiropractic do not use drugs which sometimes cause more harmful side effects than the progression of many diseases. Drugs can also create the potential for addiction, even in young children. In Chiropractic we do not perform any invasive procedures (such as surgery) which sometimes can have irreversible adverse effects. These are some of the reasons why malpractice insurance rates for chiropractors are only a fraction of what other physicians pay and why more than 30 million Americans choose chiropractic care for their children and themselves. In a literature research study conducted by the International Chiropractic Pediatric Association (ICPA) the risk of injury as a result of chiropractic adjustments was shown to be extremely low for adults and even smaller for the pediatric patient. In reviewing 31 years of medical literature the ICPA found only one questionable report of injury to a child following chiropractic care of a child. This ICPA concluded "the potential risk to children is so low it can not be accurately estimated".

SOUTHWESTERN SALMON & BLACK BEANS

Try this amazing flavor blend that combines the sweetness of the salmon, richness of black beans, and the zestiness of the topping. At the same time you will enjoy 123% of the Daily Value (DV) for vitamin D, 108% DV for omega-3 fatty acids and 90% DV for selenium.

Prep and Cook Time: 30 minutes

Ingredients:

- 1-1/2 lb salmon cut into 4 pieces, skin and bones removed
- 1 small sized onion, minced
- 1 small sized red bell pepper, diced 1/4 inch
- 4 medium cloves garlic pressed
- 1 TBS + 1/2 cup chicken or vegetable broth
- 15 oz can black beans, drained
- 1½ TBS red chili powder
- about 2 cups shredded romaine lettuce, outer leaves discarded
- 1 medium avocado, cut into cubes

Sauce:

- 2 TBS fresh chopped cilantro
- 1 TBS fresh chopped mint
- 1 TBS fresh chopped basil
- 3 TBS fresh lemon juice
- 3 TBS olive oil
- 1 TBS chopped pumpkin seeds
- salt and pepper to taste

Directions:

Season salmon with a little salt and pepper. Set aside while you chop and sauté vegetables.

Mince onions and press garlic and let sit for at least 5 minutes to enhance their hidden health benefits.

Heat 1 TBS broth in a 10-12 inch stainless steel skillet. When broth begins to steam add onion, bell pepper and garlic and Healthy Sauté on medium heat for about 5 minutes stirring frequently.

Add 1/2 cup broth, drained beans, and red chili powder. Cook for another 10 minutes. Season with salt and pepper to taste.

While beans are cooking, preheat broiler. Place a stainless steel or cast iron skillet large enough for salmon under the heat to get hot. This takes about 10 minutes.

In a bowl mix together cilantro, mint, basil, lemon juice, olive oil, pumpkin seeds, salt and pepper.

Place salmon in the hot pan and return to broiler about 5 inches from the heat source for best results. Broil salmon for about 7 minutes for medium doneness. Serve salmon, beans, lettuce and avocado together on a plate. Top salmon and lettuce with cilantro topping.

Serves 4

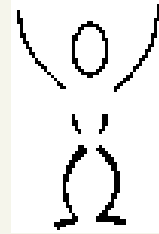


THE SUPPLEMENT



“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 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.

Our lecture series is over for the summer. Stay tuned for new topics and presenters for our fall lecture series starting in September 2010!



**INTEGRATIVE FAMILY
WELLNESS CENTER**

We are now on facebook!

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 June 8th 2010** from 7:00am-8:00am for their “ask the expert” segment.