



# 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 S E L E N I U M**

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Selenium is a trace element that is essential in small amounts, but like all essential elements, it is toxic at high levels. Humans and animals require selenium for the function of a number of selenium-dependent enzymes, also known as selenoproteins. One important role of the selenoproteins is in thyroid health. Selenium actually works in combination with iodine in order to synthesize thyroid hormones. Iodine provides the building block for T4 production and selenium actually helps convert the T4 hormone to the active form of thyroid, T3. Selenium is also an important mineral for cancer prevention, allergies, cardiovascular disease, arthritis or other inflammatory conditions, cataracts and macular degeneration, and viral illness. The best source of selenium is Brazil nuts. Six nuts provide between 300-500 mcg, which is approximately the optimal daily intake. Shrimp, salmon, crab meat and halibut also contain some selenium, but only around 30-40 mcg per three ounce serving. Brown rice and walnuts are also good sources of selenium. Most Americans get somewhere around 100 mcg per day in their diets. Selenium is easily absorbed in the upper GI tract and some evidence states that plant sources may be more readily absorbed than animal sources.

### **S P R I N G   A L L E R G I E S : A   C O M M O N   O C C U R R E N C E**

- 55% of the U.S. population tests positive to one or more allergens
  - Allergies rank 5th of the leading chronic diseases in the U.S
- The ragweed pollen season has increased by four weeks in the last 10 to 15 years, likely as a result of global warming.

### **C A N   A C U P U N C T U R E   H E L P   W I T H   W E I G H T   L O S S ?**

Acupuncture for weight loss is becoming increasingly popular as more people discover its advantages over conventional methods. For weight reduction, it is similar to hypnosis. The conscious mind is encouraged to become relaxed which allows energy to flow freely. Acupuncture practitioners believe that inserting the needles in certain points encourages the body to release endorphins. Endorphins are the body's feel good chemicals that promote happiness and a calm state of mind. It's believed that these chemicals help lower insulin levels. Less insulin means less fat storage. Acupuncture practitioners also believe the careful placement of needles helps to reduce food cravings, decreases the appetite, and speeds up the metabolism. The effects of acupuncture vary with each person. However, weight can be kept off indefinitely when a proper diet and exercise program are followed. A practitioner may recommend certain guidelines that should be followed to encourage continued weight reduction success. Treatments may need to be repeated for an extended period of time in order to maintain the initial results.

## COLORECTAL CANCER AWARENESS

Colorectal cancer is cancer of the colon or rectum. It is equally common in men and women. An estimated 142,579 people will be diagnosed in 2010, and an estimated 51,370 people will die from the disease. With recommended screening, this cancer can be prevented (by removing polyps before they become cancerous) or detected early, when it can be more easily and successfully treated.

### At Risk

- Men and women age 50 and older
- People who use tobacco, are obese or are sedentary
- People with a personal or family history of colorectal cancer or benign (not cancerous) colorectal polyps
- People with a personal or family history of inflammatory bowel disease, such as long standing ulcerative colitis or Crohn's disease
- People with a family history of inherited colorectal cancer

### Risk Reduction

- Be physically active and exercise regularly.
- Maintain a healthy weight.
- Eat a high-fiber diet rich in fruits, vegetables, nuts, beans and whole grains.
- Consume calcium-rich foods like low-fat or skim milk.
- Limit red meat consumption and avoid processed meats.
- Don't smoke.
- Don't drink alcohol excessively.

### Early Detection

If you are at average risk for colorectal cancer, start having regular screening at age 50. If you are at greater risk, you may need to begin regular screening at an earlier age. The best time to get screened is before any symptoms appear.

### Symptoms

*Early stages of colorectal cancer do not usually have symptoms. Advanced disease may cause:*

- Rectal bleeding or blood in or on the stool
- Change in bowel habits or stools that are narrower than usual
- Stomach discomfort (bloating, fullness or cramps)
- Diarrhea, constipation or feeling that the bowel does not empty completely
- Weight loss for no apparent reason
- Constant fatigue
- Vomiting

## FOOD AS MEDICINE: MANGOES

The mango originated in Southeast Asia where it has been grown for over 4,000 years. Over the years mango groves have spread to many parts of the tropical and sub-tropical world, where the climate allows the mango to grow best. Today there are over 1,000 different varieties of mangoes throughout the world. Mango is rich in Vitamin C and Vitamin A. Vitamin C content is more in raw mango as compared to that in ripe mango. It also has traces of Vitamin E, Vitamin B and Vitamin K. Ripe mangoes hold the highest levels of beta carotene. These antioxidant carotenoids are known for their protective power against certain cancers. Mangoes also supply ample potassium, making them ideal for hypertensive patients or anyone looking to replenish energy after physical activity. Mangoes are high in antioxidants, low in carbohydrates, although they are about 15% sugar. Mangoes are high in fiber as well. Being high in iron, mango is said to be very good for pregnant women as well as for people suffering from anemia. Mango is believed to be effective in relieving clogged pores of the skin.

## MANGO AND AVOCADO SALAD WITH BLACK BEANS AND LIME VINAIGRETTE

### Serves 6

#### Ingredients

2 ripe but firm avocados, halved, peeled and cubed  
 3 tablespoons lime juice, divided  
 2 ripe but firm mangoes, peeled and cubed  
 1 jalapeño, stemmed, seeded and finely chopped  
 Sea salt and freshly ground black pepper  
 1 teaspoon grated lime zest  
 1/4 teaspoon sugar  
 2 tablespoons chopped cilantro, plus more for garnish  
 3 tablespoons olive oil  
 1 (15-ounce) can no-salt-added black beans, rinsed and drained



#### Method

Gently toss avocado with 1 tablespoon of the lime juice in a medium bowl. Add mango, jalapeño and salt and gently toss to combine. Set aside. Whisk together remaining 2 tablespoons lime juice, zest, sugar and cilantro in a large bowl. Whisk in oil until thoroughly combined to make a thick vinaigrette then season with salt and pepper. Add black beans and avocado mixture and toss gently. Add black beans and avocado mixture and toss gently. Spoon salad onto plates, garnish with cilantro and serve immediately.

#### Nutrition

Per serving (about 7oz/204g-wt.): 240 calories (130 from fat), 15g total fat, 2g saturated fat, 0mg cholesterol, 210mg sodium, 27g total carbohydrate (8g dietary fiber, 11g sugar), 5g protein

## CHIROPRACTIC CARE IS THE PREFERRED TREATMENT FOR LOW BACK PAIN

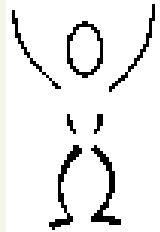
Mechanical low back pain is one of the most common patient complaints expressed to emergency physicians in the United States accounting for more than 6 million cases annually. The most common causes are age-related degenerative disc and facet processes and muscle- or ligament-related injuries. Acute pain in the lower back that does not extend to the leg is most commonly caused by a sprain or muscle tear, usually occurring within 24 hours of heavy lifting or overuse of the back muscles. The pain is usually localized, and there may be muscle spasms or soreness when the doctor touches the area. The patient usually feels better when resting. Patients with acute mechanical low back pain enjoy significant improvement with chiropractic care, but little to no improvement with the usual care they receive from a family physician. Published in the December 2010 edition of The Spine Journal, the study found that after 16 weeks of care, patients referred to medical doctors saw almost no improvement in their disability scores, were likely to still be taking pain drugs and saw no benefit with added physical therapy - and yet were unlikely to be referred to a doctor of chiropractic. Researchers found that "treatment including CSMT [chiropractic spinal manipulative therapy] is associated with significantly greater improvement in condition-specific functioning" than usual care provided by a family physician.

**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!



**CEDARBURG WOMEN'S HEALTH CENTER**

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**PLEASE SEND ANY EMAIL CORRESPONDENCE TO:**  
contact@ifwcenter.com  
(Please note that Dr. Nickels personal email will no longer be in use)

**ONGOING SPECIALS!**

**UNLIMITED CHIROPRACTIC FOR \$150 PER MONTH**

**UNLIMITED ACUPUNCTURE FOR \$150 PER MONTH**

Tune in to 95.7FM to hear commercials for Integrative Family Wellness Center. Dr. Nickels will be on the morning show with “Murphy and Meg in the Morning” **March 15th** from 7:00am-8:00am for their “Ask the Expert” segment.

Every Wednesday at 8:15 am one of the providers from IFWC will be “The Guest” on AM 920, the WOLF. We will be spotlighting health topics and clinic happenings.

**Wellness Seminars**

Thursday March 10th 6:30pm: **“Strengthen Your Immunity”**

Dr. Kelly Simms

Monday March 21st, 6:30pm: **“Spinal Care and Nervous System Health”**

Dr. Andrea Lange

Wednesday March 30th, 6:30pm, **“Introduction to Chronic Lyme Disease”**

Dr. Kim Saxe

**Expanded Hours:** Monday: 9am-6pm, Tuesday-Thursday: 8am-6pm, Friday: 8am-3pm  
We have a **new phone system!** Please listen to the prompts to direct you to your call.  
We will not be accepting insurance for any weight loss. Insurance companies have made reimbursement for any type of weight loss very complicated. All weight loss programs will be a cash service.

**Wisconsin Association of Naturopathic Physicians Association (WNPA) Promotion!**

We are asking for donations to support the association. In return, you will receive a percentage off of your total supplement purchase. Supplement discounts will be as follows:

- \$25—>5% off all supplements
- \$50—>10% off all supplements
- \$75—> 15% off all supplements
- \$100—> 20% off all supplements

**“On Call With The Doctors”**

Starting this month, providers at IFWC will take your phone calls at no charge. This gives you the opportunity to ask health related questions and have them answered by our experts in health and wellness. **Calls will be taken every Tuesday and Wednesday from 5:30pm-6:30pm. 262-439-8403**  
See Website for the “On Call” schedule.

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.