



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 L - T H E A N I N E

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L-theanine is one of the ingredients of green tea. This amino acid is known to have calming properties. R-glutamylethylamide is the full name of the chemical. Research has shown theanine to calm the brain by producing alpha waves. Aside from its calming effects, theanine may also lower blood pressure.

G O O D P O S T U R E C A N L E A D T O A S T R O N G B A C K L A T E R I N L I F E

Experts say that poor posture, including slouching, rounding the shoulders, or holding the head too far forward, can lead to serious back discomfort later on. Posture relates to the position in which the spine, which consists of a series of stacked bones, and flexible separating pads called disks, sits. There are many different reasons for poor posture, but a slouched posture is almost always a telltale sign for future back problems.

R E L I E V E T R I G E M I N A L N E U R A L G I A W I T H A C U P U N C T U R E

A recent study in the journal *Medical Acupuncture* demonstrated a significant beneficial effect when acupuncture treatments were administered to patients who were suffering from Trigeminal Neuralgia (TN). Trigeminal Neuralgia (TN) manifests as a severe stabbing or electric shock-like pain along the path of the trigeminal nerve. The discomfort is usually felt on only one side of the face, generally in the area of the cheek, eye, and lower portion of the face. The mechanism of pain production is not fully understood, but studies suggest that TN is often associated with demyelination of trigeminal sensory fibers.

All 7 female participants and 4 of the 5 men in the study responded favorably to acupuncture. Five of the patients were even able to discontinue their medications following complete remission of the TN. One of these 5 participants required only 2 acupuncture treatments to reach complete remission, while the others required from 3 to 9 treatments to get this result.

Acupuncture has been recognized by the National Institutes of Health as a scientific therapeutic modality with an effective pain-relieving ability. The beauty of acupuncture treatments is that they are virtually devoid of side effects, non-invasive and extremely safe. It is postulated that the insertion of acupuncture needles causes enhanced blood flow to the affected area. With multiple acupuncture treatments, the cumulative effect may actually lead to nerve repair in the case of the demyelinated trigeminal sensory fibers mentioned in the first paragraph.

THE FIVE FOODS FOR BEATING DEPRESSION

Fish oils: Contain omega-3 fatty acids. Research has shown that depressed people often lack a fatty acid known as EPA. Participants in a 2002 study featured in the *Archives of General Psychiatry* took just a gram of fish oil each day and noticed a 50-percent decrease in symptoms such as anxiety, sleep disorders, unexplained feelings of sadness, suicidal thoughts, and decreased sex drive. Omega-3 fatty acids can also lower cholesterol and improve cardiovascular health. Get omega-3s through **walnuts**, flaxseed and oily fish like salmon or tuna.

Brown Rice: Contains vitamins B1 and B3, and folic acid. Brown rice is also a low-glycemic food, which means it releases glucose into the bloodstream gradually, preventing sugar lows and mood swings. Brown rice also provides many of the trace minerals we need to function properly, as well as being a high-fiber food that can keep the digestive system healthy and lower cholesterol. Instant varieties of rice do not offer these benefits. Any time you see "instant" on a food label, avoid it.

Brewer's Yeast: Contains vitamins B1, B2 and B3. Brewer's yeast should be avoided if you do not tolerate yeast well, but if you do, mix a thimbleful into any smoothie for your daily dose. This superfood packs a wide assortment of vitamins and minerals in a small package, including 16 amino acids and 14 minerals. Amino acids are vital for the nervous system, which makes brewer's yeast a no-brainer for treating depression.

Whole-grain oats: Contain folic acid, pantothenic acid and vitamins B6 and B1. Oats help lower cholesterol, are soothing to the digestive tract and help avoid the blood sugar crash-and-burn that can lead to crabbiness and mood swings. Other whole grains such as kamut, spelt and quinoa are also excellent choices for delivering brain-boosting nutrients and avoiding the pitfalls of refined grains such as white flour.

Cabbage: Contains vitamin C and folic acid. Cabbage protects against stress, infection and heart disease, as well as many types of cancers, according to the American Association for Cancer Research. There are numerous ways to get cabbage into your diet; toss it in a salad instead of lettuce, use cabbage in place of lettuce wraps, stir fry it in your favorite Asian dish, make some classic cabbage soup or juice it. To avoid gas after eating cabbage, add a few fennel, caraway or cumin seeds before cooking. Cabbage is also a good source of blood-sugar-stabilizing fiber, and the raw juice of cabbage is a known cure for stomach ulcers.

FOOD AS MEDICINE THYME

Thyme has an incredible range of healing properties. The essential oil, thymol, is distilled from its leaves and has many great benefits. Its antiseptic and antibacterial properties make it excellent for relieving a sore throat, inflamed tonsils, coughs, colds, allergic rhinitis, hay fever, a stuffy nose, aches and pains, backache, poor digestion, heartburn, colic, burping, flatulence and even bloating. The expectorant and antispasmodic properties are especially useful for helping alleviate asthma, bronchitis, whooping cough and chest infections. Poor circulation, ringworm, athlete's foot, insomnia, inflammatory and fungal conditions and even scabies and lice can all be relieved with thyme. Fresh thyme added to your food or taken as a tea assists in the digestion of fatty foods within the body. Thyme aromatherapy oil is rich in the volatile components: thymol, geraniol and borneol. When Thyme oil is applied topically (always mixed in a carrier oil like almond oil), it shows antispasmodic, tension reducing, antibacterial and carminative actions. Thyme contains a variety of flavonoids, including apigenin, thymonin and luteolin, which increase thyme's antioxidant capacity. Thyme is rich in manganese. Thyme is a wonderful insect repellent, so inter-planting some shrubs in your garden can help keep the insect population down. Thyme helps to increase brain function and is considered to be a valuable anti-ageing herb. It has been researched extensively, and has been found to protect the heart, brain and kidney cell membranes. It causes DHA (an omega-3 fatty acid) to increase and research highlights the value of including thyme in the diet for all age groups - including the elderly for brain function and for children with attention deficit disorders.

CHIROPRACTIC BRINGS BETTER BIRTH OUTCOMES

Chiropractic during pregnancy is an important part of prenatal care. Unfortunately, not enough women know of the benefits of chiropractic care both for themselves and their unborn baby. A woman's body undergoes an amazing amount of changes during pregnancy. As her baby grows her musculoskeletal system must adjust accordingly to accommodate the growing uterus and prepare for delivery. Chiropractic care helps her body to stay aligned as these changes occur and also helps to keep the nervous system functioning at its optimal level.

Many pregnant women experience low back pain, hip pain, and pubic symphysis. These discomforts are the result of the stresses put on the body by the rapid growth of the baby and the changes the body must undergo to accommodate those adjustments. As her belly gets bigger, the woman's center of gravity changes. The growth is so quick that it is often difficult for the low back and pelvis to adjust to this change. This causes stress in those areas, resulting in misalignments, (or subluxations as they are called by chiropractors) which then causes pain and dysfunction. If a woman's low back and pelvis was out of alignment before her pregnancy it is even harder for her back and pelvis to adjust. When the pelvis is subluxated (misaligned) it affects the uterus and the position of the growing baby.

The uterus is connected to the pelvis by ligaments: the broad ligament, the uterosacral ligaments, and the round ligaments. Like a hot air balloon tethered to the ground, these ligaments work to keep the uterus in the proper place in the pelvis and allow support as the uterus grows to accommodate the growing baby. If the pelvis is subluxated, these ligaments can become torqued. When the ligaments are affected, they directly affect the position of the uterus which can result in the baby not being in an optimal position. This type of situation may result in a breech baby or a transverse (sideways) baby.

The goal of the chiropractor is to correct the subluxations in the pelvis to help balance the uterus and allow the baby to get into a better position. Chiropractic adjustments for a pregnant woman are specific, gentle, and safe. Some chiropractors are certified in the Webster Technique which is a technique that is used to relieve intrauterine constraint caused by imbalance in the pelvis and the pelvic ligaments. Webster certified chiropractors adjust the pelvis and also feel for and relieve tension in the round ligaments.

Besides increasing a pregnant woman's comfort level, an aligned pelvis can result in a quicker, safer, and easier birth. When a baby is in breech or transverse position a cesarean section is almost always performed. Because they are so common many people forget that a c-section is a major abdominal surgery and can be risky. Helping the baby to get into a proper head-down position by balancing the pelvis and ligaments helps to avoid c-sections due to baby positioning. Other variations in baby position such as a tilted head or a "sunny side up" baby (face up during delivery) can also be caused by pelvic imbalance and may result in a more difficult, painful, and longer labor and delivery.

WHAT IS AROMATHERAPY? CINDY DADIAN, RN, CCAP

It is the use of essential oils for therapeutic purpose. Essential oils are the distillates from aromatic plants and have been used for medicinal purposes for thousands of years. Cindy selected Clinical Aromatherapy as a way to combine her love of gardening with the medicinal quality of plant life.

Cindy Dadian is a registered nurse at Aurora Health Care. She began her career working as a critical care nurse. She slightly switched career direction with her nursing knowledge and is currently working in the Information Technology. Cindy saw the need for technical people in IT to better understand the value and importance of the applications being deployed to the patient. "It's not just about placing a computer in a location for clinical use and the work it's done, it's about understanding how this application impacts the patient and the care he/she receives. It is IT's responsibility to insure the application and computer is always available to the caregiver." Everyone working in healthcare has impact on the patient whether it's a direct or indirect interaction. In her IT role, Cindy brings her clinical knowledge and experience regarding patient needs to the technical teams so they better understand what systems are being deployed and how the impact of those systems to the patient.

Cindy has a strong belief in the importance of listening to the patient; understand his/her needs, and personalizing the care he/she receives. This is essential to a positive patient experience.

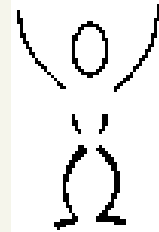
In 2008, Cindy embarked on a journey to become a Certified Clinical Aromatherapy Practitioner believing there is a place where traditional medicine and complementary medicine can co-exist and provide benefit to a patient's health and wellness.

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!



**CEDARBURG
WOMEN'S HEALTH
CENTER**

W62 N225 Washington Avenue
Cedarburg, WI 53012
262-376-1150
www.drnickels.com

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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.

<p>Thursday March 18th Weight Loss Cure Dr. Michele Nickels 6:30pm Please call the Brookfield clinic to reserve your seat!</p>	<p>Monday March 22nd Stress and Adrenal Fatigue Dr. Michele Nickels and Dr. Janice Alexander 7-9:30pm Cedarburg Cultural Center</p>	<p>Wednesday March 24th Aromatherapy Cindy Dadian RN CCAP 6:30pm Please call the Brookfield clinic to reserve your seat!</p>	<p>Wednesday March 31st Gluten Sensitivity Dr. Bozena Simon 6:30pm Please call the Brookfield clinic to reserve your seat!</p>
<p>Starting March 1st 2010, IFWC will be closed Monday's. Dr. English will be seeing patients Tuesday-Saturday. Dr. Nickels will be seeing patients in Cedarburg on Tuesday's and every 1st and 3rd Saturday</p>	<p>We are now on facebook!</p> <p>Wellness Clinics October 2009-March 2010 By Appointment Only</p>		<p>New Clinic Offerings! Cherri Schleicher is now providing newborn and infant home visits. If you are having a baby or if you know of someone that is, Cherri is the person to contact! Please call the Brookfield clinic for more information today!</p>
<p>Natural flu injection \$25 per injection Available during clinic hours</p>	<p>Cholesterol and blood pressure screenings \$25 Every Tuesday, Wednesday and Friday from 8am-9am</p>		<p>Vitamin B12 injection \$15 per injection Available during clinic hours</p>