



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 D - R I B O S E

INSIDE THIS ISSUE:	
Supplement Of The Month	1
Disease Of The Month	2
Food As Medicine	2
Recipe Of The Month	3
Clinic News	4

Ribose is a sugar molecule in the body made from glucose and is a vital component to ATP (adenosine triphosphate). As an essential of ATP, it rapidly restores energy – especially in sick hearts and muscles that need energy.

It enhances energy production, leading to reduced fatigue. This nutrient is therefore an important one when one is dealing with conditions such as chronic fatigue, adrenal fatigue, and cardiac weakness. Heart patients and those who are chronically fatigued remain in a constant state of energy depletion, leaving them constantly fatigued, weak, and with their heart function progressively worsening. Restoration of their energy pool can be accomplished by having the energy metabolism regulated through the taking of D-Ribose supplements.

Not only is D-Ribose for people suffering from heart conditions and adrenal fatigue, but also for athletes – both on maintenance or those who exert high-intensity exercise, as well as for people who have strenuous activities in their routine.

Individuals recovering from heart surgery or heart attack are also candidates for D-Ribose supplements; as well as those who are waiting to have heart transplants.

H E A L T H B O M B # 1

High fructose corn syrup (HFCS) has become a modern-day plague.

It doesn't metabolize the same as sugar and because it's often consumed as a liquid, it's negative effects are multiplied. Why is it found in so many products? Because, after air, water, and salt, it's the cheapest ingredient in the American food chain. Be on the lookout for HFCS in its many "disguises" – conveniently (for the food industry) labeled as chicory, inulin, iso glucose, glucose-fructose syrup, fruit fructose, and others.

Not only does it contribute to our obesity epidemic, but it has also been linked to diabetes and metabolic syndrome. Sadly, the average consumption of fructose has doubled between 1980 and 1994. Soft drinks and some fruit drinks are a major source of HFCS, but it is also found in many other products, from crackers to salad dressing. Fructose contains zero enzymes, vitamins or minerals – and it leeches micronutrients

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

The randomized, controlled study that was published in the May 2009 issue of *the Clinical Journal of Pain*, investigated the efficacy of acupuncture compared with steroid treatment in patients with mild-to-moderate carpal tunnel syndrome as measured by both nerve conduction studies and symptom assessment surveys.

Seventy-seven patients were randomly divided into 2 groups. One group received eight acupuncture treatments over four weeks, and the other group received oral doses of prednisone, daily, for four weeks. The results showed that acupuncture was just as effective as the corticosteroid for pain, numbness, tingling and weakness. For the symptoms of night time awakening and motor function, the acupuncture group had better results.

The researchers concluded that acupuncture is a safe and effective treatment option for CTS for those who experience side effects to oral steroids or for those who do not opt for early surgery.

CHOLESTEROL DRUGS RAISE DIABETES RISK BY 9 PERCENT

A recent report out of the University of Glasgow has revealed that popular cholesterol drugs like Crestor and Lipitor are responsible for increasing user risk of developing diabetes. Published in the journal *Lancet*, the report quantifies the severity of the side effect for which doctors and researchers have only recently become aware.

The report analyzed 13 different studies about statin drugs, one of which showed a 25 percent increased risk in developing diabetes in those who take AstraZeneca's Crestor. That company funded study and others were aggregated together to arrive at the 9 percent statistic for the entire pool of statin drugs. Over 90,000 patients were evaluated in the various studies. According to David Preiss, lead researcher of the *Lancet* study, the benefits gained from taking statin drugs far outweigh their risks. For every 1,000 patients that take a statin drug for a year, one of them develops diabetes while five other avoid heart attack and death. He believes such a statistic validates the safety and effectiveness of statin drugs.

"Even though there is a slight risk more than what we knew before, it's still a reassuring message," he stated in a phone interview with *BusinessWeek*. "We're not talking a huge risk at all, and what we don't want people to do is take this as a sign to stop taking statin therapy."

In a follow-up editorial to the study, Chris Cannon, a cardiologist from Brigham and Women's Hospital in Boston, suggested that patients taking statin drugs might benefit from using blood-sugar monitoring devices throughout their course of therapy. He believes patients should regularly be evaluated by their doctors to verify that statin drugs are benefitting them and encourages patients to continue using what he called "this life-saving class of drugs".

Despite all their reassurances about the safety of statin drugs, the alleged "life-saving class of drugs" can cause a host of serious negative side effects. In addition to things like nausea, diarrhea, and irritability, statins lead to much more serious problems like liver and kidney failure, nerve damage, amnesia, and the destruction of CoQ10 in the body.

Drug companies rake in more than \$34 billion a year from statin drugs so it is no wonder that the damage control brigade is out in full force to defend statins against studies that paint them in a not-so-good light. Educated individuals will continue to supplement with things like cod liver oil that are rich in omega-3 fatty acids, vitamin C, non-irradiated cinnamon, and other nutrients that naturally keep cholesterol levels in check.

FOOD AS MEDICINE QUINOA

Although not a common item in most kitchens today, quinoa is an amino acid-rich (protein) seed that has a fluffy, creamy, slightly crunchy texture and a somewhat nutty flavor when cooked. Quinoa is available in your local health food stores throughout the year. Most commonly considered a grain, quinoa is actually a relative of leafy green vegetables like spinach and Swiss chard. It is a recently rediscovered ancient "grain" once considered "the gold of the Incas."

Quinoa is high in protein, and the protein it supplies is *complete protein*, meaning that it includes all nine essential amino acids. Not only is quinoa's amino acid profile well balanced, making it a good choice for vegans concerned about adequate protein intake, but quinoa is especially well-endowed with the amino acid *lysine*, which is essential for tissue growth and repair. In addition to protein, quinoa features a host of other health-building nutrients. Because quinoa is a very good source of manganese as well as a good source of magnesium, iron, copper and phosphorus, this "grain" may be especially valuable for persons with migraine headaches, diabetes and atherosclerosis.

HEALTH BOMB # 2

Gluten — Wheat (and other grains containing gluten) is NOT your friend. My experience has shown that you could well be one of the estimated 1 in 10 people who have at least a subclinical intolerance to gluten protein. This is actually a food allergy. I recommend avoiding gluten, even the organic whole-grain types.

Gluten intolerance has been linked to miscarriage, intestinal disease (including irritable bowel syndrome), malnutrition, rheumatoid arthritis, and developmental delay in children, just to name a few. Oftentimes, your gluten sensitivity may present with various unexplained symptoms.

Q U I N O A C E R E A L W I T H F R E S H F R U I T

Quinoa is a great way to add a complete protein to your Healthiest Way of Eating. One serving provides 76% of the Daily Value (DV) for health-promoting manganese and 39% DV for iron. Enjoy!

Prep and Cook Time: 20 minutes

Ingredients

1/2 cup quinoa
1 cup water
sea salt to taste

Topping

1/2 cup rolled oats
1/2 cup blueberries
2 TBS pumpkin seeds
2 TBS sliced almonds

Top with 1/2 cup dairy-free milk alternative (e.g., one made from soy, rice, or oats) and 1 tsp honey

Directions: Preparing Quinoa

Place well-rinsed quinoa with water and salt in a saucepan, **cover** and bring to a boil.

Turn the heat to low, keep covered, and simmer for 15 minutes.

Serves 2

Quinoa Breakfast

Divide quinoa between two bowls, adding one-half of the rolled oats on top.

Top each bowl with half of the blueberries, pumpkin seeds and almonds.

Serve with rice or almond milk and honey.



P U L L Y O U R W E E D S , N O T Y O U R B A C K , W H E N G A R D E N I N G

As springtime approaches, weather warms up and leaves turn green, many people will spend more time outside planting bulbs, mowing the lawn and pulling weeds. Gardening can provide a great workout, but with all the bending, twisting, reaching and pulling, your body may not be ready for exercise of the garden variety.

Gardening can be enjoyable, but it is important to stretch your muscles before reaching for your gardening tools. The back, upper legs, shoulders, and wrists are all major muscle groups affected when using your green thumb.

A warm-up and cool-down period is as important in gardening as it is for any other physical activity," said Dr. Scott Bautch of the American Chiropractic Association's (ACA) Council on Occupational Health. "Performing simple stretches during these periods will help alleviate injuries, pain and stiffness."

The following stretches will help to alleviate muscle pain after a day spent in your garden.

Garden Fitness Stretches: Stretching should not be painful. While sitting, prop your heel on a stool or step, keeping the knees straight. Lean forward until you feel a stretch in the back of the thigh, or the hamstring muscle. Hold this position for 15 seconds. Do this once more and repeat with the other leg. Stand up, balance yourself, and grab the front of your ankle from behind. Pull your heel towards your buttocks and hold the position for 15 seconds. Do this again and repeat with the other leg. While standing, weave your fingers together above your head with the palms up. Lean to one side for 10 seconds, then to the other. Repeat this stretch three times. Do the "Hug your best friend." Wrap your arms around yourself and rotate to one side, stretching as far as you can comfortably go. Hold for 10 seconds and reverse. Repeat two or three times.

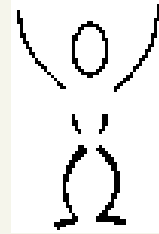
Finally, be aware of your body technique, body form and correct posture while gardening. Kneel, don't bend, and alternate your stance and movements as often as possible to keep the muscles and body balanced.

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

**INTEGRATIVE
FAMILY WELLNESS
CENTER**

16535 W. Bluemound Rd. Suite 222
Brookfield, WI 53005
262-754-4910
www.ifwcenter.com

**WHAT WOULD YOU LIKE TO LEARN ABOUT?
E-MAIL ME YOUR TOPICS OF INTEREST!
M N I C K E L S N M D @ G M A I L . C O M**

**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.

As a reminder, we ask that all patients arrive at least 10 minutes before their scheduled appointment time. If you are running more than 15 minutes late, we ask that you call the clinic to reschedule your appointment.

Wednesday May 19th
Gluten Sensitivity
Dr. Bozena Simon
6:30pm
Please call the Brookfield clinic to reserve your seat!

We are now on facebook!

New Clinic Offerings!
We have contracted with Dynacare Labs and have negotiated low costs for blood work. We will submit to insurance if Dynacare is an in-network lab. All cash prices for blood work is at a 60% reduced cost.
We draw blood Wednesday-Friday.

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!

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 May 11th 2010** from 7:00am-8:00am for their “ask the expert” segment.