



# The Supplement

HEALTH AND WELLNESS INFORMATION TO SUPPLEMENT YOUR LIFE

## SUPPLEMENT OF THE MONTH TARAXACUM OFFICINALE

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Taraxacum is the botanical name for the dandelion. The name dandelion comes from French “dents de lion” referring to the jagged-tooth leaves of the plant. Despite being an annoying weed for some lawn keepers, it does have many useful medicinal properties. The leaf of the plant is a diuretic, due to its high potassium content. For this reason, it can be used to help high blood pressure and edema. It specifically can help reduce fluid accumulated around the joints in cases of edema secondary to decreased cardiovascular function. The root of the plant is indicated for liver and gallbladder dysfunction. It helps to promote detoxification and will supply mineral support to the organs of elimination. It is a very safe herb to take in liquid or dried concentrations. It can also be found in the early spring and summer on the grocery store shelves. Fresh leaves can be juiced or added to salads, smoothies or vegetable sautés.

## FACTS ABOUT ANEMIA

- Anemia is when there is an abnormally low number of red blood cells circulating in the blood. There are many different kinds of anemia: iron deficiency, B-vitamin deficiency, genetically inherited or secondary to other disease or infection.
- A CBC is the best way to look for anemia. The red blood cells are the part of blood that is counted and analyzed for their size and shape.
- Your blood type is determined by the surface proteins found on your red blood cells. There are four blood types: A,B, AB, O. If blood counts go too low, a transfusion may be indicated.

## ACUPUNCTURE FOR IRREGULAR MENSTRUAL CYCLES

A study recently published in the American Journal of Physiology – Endocrinology and Metabolism concludes that low frequency electro-acupuncture improved menstrual frequency and balanced sex steroid levels in women with PCOS, polycystic ovarian syndrome. Hyperandrogenism is a primary symptom of polycystic ovary syndrome (PCOS). Hyperandrogenism is a medical disorder wherein excess androgens are produced. Primary symptoms are hair growing in areas where it would not normally occur, balding, deepening of the voice, increased muscle mass, acne of the chin, neck and thorax; and menstrual irregularities.

Hyperandrogenism was measured in this study by determining the total concentration of testosterone, androgens, estrogens, androgen precursors, and glucuronidated androgen metabolites. Absence of menses or infrequent menses are common problems associated with PCOS. The study measured that electro-acupuncture improved menstrual regularity in women with PCOS. The sex steroid levels in the electro-acupuncture group improved significantly and acne markedly decreased. The study measured improvements in a wide range of endocrine variables such that the researchers concluded that electro-acupuncture may help induce ovulation in women attempting to conceive since participants showed significant improvement in monthly menstrual frequency. In this study, acupuncture was administered twice per week for two weeks, one time per week for six weeks, and once every other week for eight weeks for a grand total of 14 acupuncture treatments over a 16 week period.

## HOW THE WEATHER AFFECTS YOUR HEALTH

People will often say that they feel “under the weather” or that they can feel weather changes coming based on the way their bones feel. There is a field of study dedicated to explaining the relationships between weather changes and human and animal changes known as biometeorology. Biometeorologists estimate that one in every three people is extremely sensitive to weather changes.

Physical changes related to weather have been known since the time of ancient Greeks. People with rheumatic disease are affected the most, often up to two days before or two days after weather changes. People with fractures, dislocations, burns, or chafed skin have been known to site the weather change in their bones. Other symptoms that may be present in the weather sensitive population are migraines, back pain, upset stomach, irritability, loss of appetite, severe depression, or uneasy feeling.

Although a common phenomena, a healthy, robust person is rarely sensitive to weather. Researches have found that the more sensitive a person is to weather changes, the more likely they are to suffer from chronic disease. Strong and healthy people are able to endure stress more easily without signs of discomfort or illness, in general, and weather changes are one stress on the body.

The most stressful condition is the passing of cold or warm fronts. The barometric pressure changes, winds change, humidity changes and pollutants can be carried in. The rate of deaths and heart attacks during changes such as these can actually increase. In even the healthiest people, the following changes have been observed in everybody:

- Blood clotting occurs faster before a front passes
- Clots dissolve more easily during cold fronts
- The amount of urine passed increases when cold fronts are passing and decreases when a warm front has passed
- Blood sugar, calcium, phosphates, sodium and magnesium levels change
- Amount of blood in the body decreases and the blood sedimentation rate is lower after the passage of a cold front.

Your diet is one tool that can help the body deal with weather changes. There are two general rules to follow: When it is hot, you need more fluids. When its cold, you need more fuel.

The adjustments in the diet used to come naturally due to seasonal availability, such as fresh fruits and vegetables in the summer and dried fruits, nuts, and greens in the fall and winter. With our modern technology, preservatives and ability to import foods from all over the world, the population can eat whatever we desire year round. In the summer, chose water-rich foods such as melons, peaches, or tomatoes. In the winter, chose more carbohydrate rich foods such as dried fruits or richer fruits like bananas or persimmons. Eating in-season can help your body adjust naturally to weather changes and will give it the fuel it needs to weather any storm.

## FOOD AS MEDICINE: RHUBARB

Rhubarb is classified as a vegetable despite its infamous role in sweet recipes. Because it is a very versatile vegetable, and used for baking pies, cakes, muffins, breads, cookies, bars, squares, and more, it is often thought of as a fruit. The stalks have a pleasant tang, the leaves, which are toxic, should never be consumed and are usually removed by grocers. When buying rhubarb from a farmers market or from a green-thumbed neighbor, make sure to remove the leaves yourself.

Nutritionally, it is low in calories (1 cup, diced contains approximately 26 calories.) This vegetable is made up of about 95% water, and is quite acidic (pH 3.1). The acid is usually well offset by the addition of sugar when it is baked or stewed, or used as an ingredient in any recipe. Rhubarb can be sweetened naturally by combining it with other, sweeter foods, such as strawberries, apples, peaches, or other fruits.

It contains a fair amount of potassium, vitamin C, Vitamin A, dietary fiber, and calcium. Although the calcium content is quite high, unfortunately the calcium content it supplies is bound by oxalic acid and so it is not easily absorbed by the body.

When shopping for rhubarb, look for thin, red, crisp stalks. Floppy stalks indicate the rhubarb was picked too long ago.

## ROASTED SALMON WITH RHUBARB AND RED CABBAGE

Rhubarb adds a touch of tangy sweetness to simmered red cabbage.

If you like, seared chicken breast can be used in place of the roasted salmon.

### Serves 6

### Ingredients

- 4 teaspoons black or yellow mustard seeds
- 1 1/4 cups fresh orange juice
- 1 cup sugar
- 1/3 cup water
- 2 tablespoons finely grated orange peel
- 4 teaspoons coriander seeds
- 1 tablespoon caraway seeds
- 1 tablespoon minced peeled fresh ginger
- 3 cups 2-inch-long 1/4-inch-thick matchstick-size strips rhubarb (from about 12 ounces trimmed rhubarb)
- 8 cups thinly sliced red cabbage (from about 1/2 medium head)
- 1/2 cup Sherry wine vinegar
- 1/2 cup dry red wine
- 6 6- to 7-ounce salmon fillets with skin
- 2 tablespoons olive oil
- 3 cups arugula
- 3/4 cup plain Greek-style yogurt



### Method

Stir mustard seeds in small dry skillet over medium heat until beginning to pop, about 3 minutes. Transfer to small bowl; reserve.

Bring orange juice, sugar, 1/3 cup water, and orange peel to boil in large skillet, stirring until sugar dissolves. Reduce heat to medium; add mustard seeds, coriander seeds, caraway seeds, and ginger. Simmer until syrupy, 10 minutes. Add rhubarb; reduce heat to medium-low. Cover and simmer until rhubarb is tender but intact, 2 minutes. Using slotted spoon, transfer rhubarb to microwave-safe bowl; reserve.

Bring syrup in skillet to simmer. Add cabbage, vinegar, and wine; bring to boil. Reduce heat to medium, partially cover, and simmer until cabbage is soft and most of liquid is absorbed, stirring frequently, about 45 minutes. Season to taste with salt and pepper. Remove from heat.

Meanwhile, preheat oven to 425°F. Line rimmed baking sheet with parchment paper. Place salmon, skin side down, on prepared baking sheet. Brush salmon with olive oil; sprinkle with salt and pepper. Roast until salmon is just opaque in center, about 11 minutes. Rewarm reserved rhubarb in microwave just until warm.

Divide warm cabbage among 6 plates. Scatter arugula atop and around cabbage. Place 1 salmon fillet atop cabbage. Spoon dollop of yogurt atop salmon, then rhubarb.

## CHIROPRACTIC CARE FOR ATHLETES

A research study published in the Journal of Chiropractic Research, Study and Clinical Investigation, indicated chiropractic care might improve athletic performance by nearly 17 percent over a two-week period. The report also concluded that subluxation-free athletes react faster, coordinate better, and execute fine movements with improved accuracy and precision, amounting to an overall better performance. Chiropractic helps posture and core strength, which in turn can translate into a faster pitch of a baseball player, for example. Of course pain reduction is key. Athletes who are in pain cannot perform optimally. Pain can induce compensation patterns that lead to future injuries, and thus decreasing pain can reduce the risk of injury. Range of motion work can improve overall strength. When you have short and contracted muscles from an injury or pain, those muscles will go through a smaller range of motion and therefore produce less force and less overall total strength. Since chiropractic also increases blood flow to the brain, studies have shown that higher cognitive testing in athletes after a chiropractic adjustment. The strongest indicator of an athlete's potential for future injury is a history of injury in the past. After an injury, they usually find ways to compensate and these patterns, with time, can add up to future problems. An increase in flexibility of the soft tissue and joints can reduce their risks of such injuries.

# 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

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

PLEASE SEND ANY EMAIL CORRESPONDENCE TO:  
contact@ifwcenter.com

IFWC will be closed Memorial Day weekend and Memorial Day.

### ONGOING SPECIALS!

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

#### Wellness Seminars

Wednesday May 18th 6:30pm  
“Smoking Cessation Using Biofeedback”  
Susan Rohr  
Wednesday May 25th 6:30pm  
“Introduction to Chronic Lyme Disease”  
Dr. Kim Saxe

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” May 17th 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.

#### “On Call With The Doctors”

Wondering if a new health concern could be addressed by integrative medical treatment? Have a friend that is interested in natural health, but wants to see what its all about first? Providers at IFWC will take phone calls for any health related concern at no charge. This gives you the opportunity to ask questions and have them answered by our experts in health and wellness.

**Calls will be taken between**  
**5:30pm-6:30pm**  
**on Tuesdays and Wednesdays**  
**262-439-8403**

See Website for the “On Call” schedule.

#### 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

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.