



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 I T H I U M O R O T A T E

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Lithium orotate, is a salt of orotic acid and lithium. Lithium Orotate is an organic form of lithium, which is now believed by many researchers to be an essential mineral.

Lithium modulates the release and reuptake of several key neurotransmitters in the synapse, as well as postsynaptic signal transduction.

Extensive research documents lithium's neuroprotective effects and its support of healthy mood balance. Lithium orotate is generally marketed as a dietary supplement used in small doses to treat conditions including stress, manic depression, alcoholism, ADHD and ADD, aggression, PTSD, Alzheimer's and to improve memory.

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

A hard-boiled egg will spin. An uncooked or soft-boiled egg will not.

A healthy (non-colorblind) human eye can distinguish between 500 shades of gray.

A healthy individual releases 3.5 oz. of gas in a single flatulent emission, or about 17 oz. in a day.

A hedgehog's heart beats 190 times a minute on average and drops to only 20 beats per minute during hibernation.

A honey bee travels an estimated 43,000 miles to gather one pound of honey. A pound of honey consists of 29,184 drops.

A honeybee can fly at fifteen miles per hour.

A horse can sleep standing up.

A Horse has 18 more bones than a Human.

A human being loses an average of 40 to 100 strands of hair a day.

D A N T I A N B R E A T H I N G : C O N N E C T I N G T O T H E C E N T E R

What does it mean to be centered? In Qi Gong terms, it signifies having energy in the center of the body. The center is called Dan Tian, which means "elixir field" and a place to store energy. The Dan Tian, located in the lower abdomen between the navel and the public bone, corresponds to the physical functions of digestion, elimination, and reproduction. Psychologically it functions by giving us a sense of stability and balance. It is also a source of power for physical energy, sexual vitality, and inner power. When a person is connected to their center, not only do they have more physical energy and vitality, but they are also more stable emotionally.

Exercise: Deep Abdominal Breathing (Dan Tien Breathing)

Sit in a chair with the spine straight and bring both hands over the lower abdomen.

Breathe in and out through the nose.

Exhale all the way out to clear the lungs.

Then, inhale down into the lower abdomen so that the belly expands. This allows the diaphragm to relax and air to move into the deeper areas of the lungs.

Again, exhale and squeeze the air out from the lower abdomen.

Then, take in a full deep breath down into the lower abdomen.

During this breathing exercise, keep the chest relaxed.

NATURAL CURES FOR BRUISING

Bruising refers to bruises - darkish black and blue marks on the skin that are usually formed without a cut.

Typically, the first discolorations of bruises are black and blue. Then, when the hemoglobin of the blood breaks down, the color turns to yellow. Bruises are also associated with some swelling and surrounding redness of the tissues.

Bruising occurs due to blood that leaks out of capillaries, generally after an injury, and collects just beneath the surface of the skin.

Bruising is more common in children, primarily as a result of accidents. Bruising also occurs more frequently in women than in men, which may be due to the estrogen demands of vitamin C on the body.

Bruises that do not fade after a week, or are recurrent without cause, may be signs of bleeding disorders or vitamin C and bioflavonoid deficiencies. Or they could be signs of underlying stresses on the body that continually deplete the vitamin C stores.

FOOD AS MEDICINE WHAT FOODS ARE BEST FOR ENHANCING MEMORY?

A first important step would be upgrading the overall fat quality in your meal plan. You'll want to focus on plant foods like walnuts, flaxseeds, cold water fish like salmon, and oils like extra virgin olive oil, because the types of fat contained in these foods help keep your blood vessels and nerve wrappings healthy. (Among these fats is a group called omega-3 fat. It's impossible to overestimate the importance of certain omega-3 fatty acids, especially the fatty acid called DHA, or docosahexaenoic acid-in brain and nervous system function). What you are not going to want are hydrogenated oils that contain trans fatty acids, fried foods, large amounts of beef fat, pork fat, or chicken fat, or other high-fat, processed foods.

You're also going to want plenty of antioxidant nutrients like vitamins C, E, beta-carotene, colorful plant flavonoid and carotenoid pigments, and minerals like zinc and manganese. Vegetables and fruits that are richly colored are usually your best bet here. We do not know where you live and therefore which fruits and vegetables you have available so we would just say that it would be good to look for ones that are deep in color...such as deep green (like leafy greens such as mustard greens, kale, broccoli, etc.), deep orange (papaya, sweet potato, winter squash, etc.), dark blue (berries, eggplant, purple cabbage, etc.) and deep red (berries, cherries, tomatoes, peppers, etc).

B-complex vitamins are another particularly important category of nutrient when it comes to brain function and memory. Many of the nervous system messengers that send signals back and forth between our nerves (called neurotransmitters) cannot be synthesized without the presence of B vitamins. Vitamins B6, folate, and choline would be especially important here, even though all of the B-complex vitamins would play a supportive role.

Choline is readily available from common foods. Liver, egg yolk, soybeans, and to a lesser extent cow's milk, most fish, and whole grains are significant sources of choline. Lecithin (another name for phosphatidylcholine) is another beneficial form of choline found in both eggs and soybeans.

Serine and carnitine are amino acids that you can also obtain from food, especially animal foods. We like the fish listed on our website and our lean, low-fat meats as sources of these two nutrients.

RECIPE OF THE MONTH 5 SPICE ONION SOUP

This Asian flavored onion soup is a great tasting alternative to traditional onion soup, which combines onions with shiitake mushrooms for a delicious and unique flavor experience.

Prep and Cook Time: 30 minutes

Ingredients:

Broth

- 1 medium onion chopped
- 1 TBS + 6 cups chicken or vegetable broth
- ½ inch fresh peeled ginger, sliced
- 6 whole cloves
- 1 cinnamon stick, about 4 inches long
- 3 star anise
- ½ tsp dried fennel seeds
- 6 whole dried medium shiitake mushrooms
- 1 TBS soy sauce
- 1 TBS molasses
- 2 onions cut in half and sliced thin
- 6 cloves garlic, sliced
- salt and white pepper to taste

Directions:

Slice/chop onions and garlic and let sit for 5 minutes to bring out their health-promoting properties.

To prepare broth, heat 1 TBS broth in medium soup pot. Sauté chopped onion over medium heat for 5 minutes, stirring frequently, until translucent. Add the 6 cups of broth and remaining broth ingredients and stir. Bring to a boil, reduce heat to medium low, and simmer broth ingredients briskly together for 20 minutes, uncovered. This will bring out a lot of flavor from the ingredients.

While broth is simmering, cut 2 onions in half and slice thin. In separate medium sized stainless steel skillet, heat 1 TBS of soup broth over medium heat. Healthy Sauté sliced onions over medium low heat in broth, stirring often for about 15 minutes, until translucent. Add garlic and sauté for another minute.

After cooking for 20 minutes strain broth while it is still hot and return liquid to pan.

Slice mushrooms (and discard rest of strained ingredients) and return to broth.

Add sautéed onions and garlic and season with salt and white pepper to taste. Season with salt and white pepper to taste.

Serves 4



C H I R O P R A C T I C Q U I C K F A C T S

The practice of chiropractic is based on sound scientific principles.

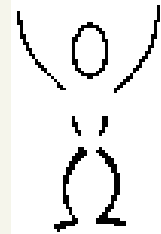
The existence of the nervous system as the primary control mechanism of the body is an undisputed scientific fact. Its relationship with the spine is the focus of the practice of chiropractic. The spine develops in utero to provide two primary functions: (1) allow for freedom of movement and (2) house and protect the spinal cord. When the vertebrae of the spine become misaligned through trauma or repetitive injury, two major consequences will result: (1) the range of motion becomes limited and (2) spinal nerves emerging from the spinal cord are compromised. DCs use the term "subluxation" to describe such disruptions. Interruption of nerve flow can eventually lead to pain, disability, and an overall decrease in the quality of life. Conversely, the removal of that interference has been shown to have significant, lasting health benefits. Through the adjustment of the subluxation, the doctor of chiropractic endeavors to restore normal nerve expression. The body is then able to respond appropriately to any imbalance in the system, thus relieving symptoms and restoring health.

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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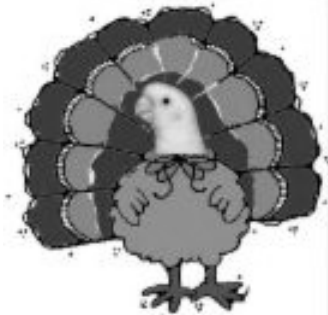
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E-MAIL ME YOUR TOPICS OF INTEREST!
M N I C K E L S N M D @ G M A I L . C O M**

**BROOKFIELD CLINIC NEWS AND
HEALTH HAPPENINGS**

<p>Free Fitness Assessments By Certified Personal Trainer Tom Wildt Body Fat Blood Pressure Heart Rate Lifestyle Assessment By appointment only</p>	<p>“The Weight Loss Cure” Wednesday November 4th 6:30pm Dr. Michele Nickels</p>	<p>“Hair Analysis” Wednesday Nov 11th 6:30pm Dr. Bozena Simon</p>
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HAPPY THANKSGIVING

**IFWC will be closed Nov. 26th
and 27th for Thanksgiving**

For the month of November, IFWC will be collecting food for the Hunger Task force. For your 1st donation, you will receive a coupon for 10% off supplements.

Minute Massages While You Wait!
Every Tuesday and Thursday from 1pm-5pm
We are offering \$1 a minute massage while you wait for your appointment

**Wellness Clinics
October 2009-March 2010**

By Appointment Only

<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>
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