



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 G I N G E R

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Ginger has been found to increase the secretion of gastric juice and the production of hypochloride. This means that food is digested more quickly; creating an unfriendly environment for bacteria that could wreak havoc with your stomach and intestines.

Ginger works as well at treating the symptoms of food poisoning as it does preventing them. In fact, ginger can be used for most digestive upsets that involve nausea, vomiting, cramping, abdominal pain, indigestion or diarrhea.

Whether your digestive problem is due to eating contaminated food, stomach flu, pregnancy or motion sickness, ginger is one of the most effective agents around!

H O W T O R E V E R S E T H E O B E S I T Y - A N D R E L A T E D C H R O N I C D I S E A S E T R E N D S

There are two primary dietary recommendations that could make all the difference in the world for most people, leading to a swift reversal in the horrific disease trends we're currently facing:

Severely restricting carbohydrates (sugars, fructose, and grains) in your diet

Increasing healthy fat consumption

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

Every year millions of people suffer from bouts of vomiting and diarrhea due to food poisoning. The Centers for Disease Control and Prevention (CDC) estimates that there are as many as 33 million cases of food poisoning in the United States annually.

While most cases are mild and pass so rapidly that they are never diagnosed, occasionally a severe outbreak creates a newsworthy public health hazard. The recent outbreak in the United States is such a case.

Acupuncture and Oriental medicine can be of great help when it comes to relieving symptoms of and recovering from food poisoning. In most cases, the recommendation for food poisoning is to rest and drink plenty of fluids. Acupuncture and Oriental medicine can actually relieve symptoms, hasten recovery and also strengthen the digestive system to prevent future incidents of food poisoning, avert the development of chronic immune deficiencies and increase energy levels.

Acupuncture treatments are aimed at draining dampness and heat from the intestines to remove the pathogen while simultaneously calming the stomach to stop nausea and vomiting. After the acute symptoms subside, treatments are focused on strengthening the digestive system and improving energy levels to bring about a full recovery.

YOU CAN EXERCISE AT ANY AGE

There's an overwhelming amount of evidence confirming that physical exercise is a key player in disease reduction, optimal mental, emotional and physical health, and longevity. After reviewing 40 papers published between 2006 and 2010, researchers found that exercise reduces the risk of about two dozen health conditions, ranging from cancer and heart disease to type 2 diabetes, stroke, dementia and depression. Exercise also slows down the rate of aging itself, providing perhaps the closest example of a real life fountain of youth as we will ever find.

Ideally, you will have made exercise a regular part of your life long before you reach your "golden" years ... but if you haven't, there's no better time to start than the present. Research has shown that regular exercise, even initiated late in life, offers profound health benefits. For instance:

Even a small amount of exercise may protect the elderly from long-term memory loss and even help reverse some of the effects of aging.

Women between the ages of 75 and 85, all of whom had reduced bone mass or full-blown osteoporosis, were able to lower their fall risk with strength training and agility activities.

Moderate exercise among those aged 55-75 may cut the risk of developing metabolic syndrome, which increases heart disease and diabetes risk.

Among those who started exercising at age 50 and continued for 10 years, the rate of premature death declined dramatically, similar to giving up smoking and mirroring the level as seen among people who had been working out their entire lives.

Exercise significantly improved muscle endurance and physical capacity among heart failure patients with an average age of 76.

Further, the older you get, the faster your muscles atrophy if you're not regularly engaging in appropriate exercise, so the key to avoiding sarcopenia (age-related muscle loss) is to challenge your muscles with appropriately intense exercise. Age-related muscle loss affects about 10 percent of those over 60, with higher rates as age advances, but you can *prevent* this from occurring if you exercise.

FOOD AS MEDICINE: FOODS FOR FALL

Fall - or more specifically, the autumnal equinox - marks a unique point in the year when daylight and nighttime become equal again in length after the long, light-filled evenings and early mornings of summer. After the autumnal equinox, day becomes shorter than night, and in anticipation of this change, the plant world starts to move inward during the fall. Grasses turn from green to brown, with their energy moving downward and inward toward their roots. Fruits, leaves, and seeds start to fall from trees and bushes as these plants start to close up and prepare for the drop in temperature. The expansive green leaves of lettuce give way to the final maturing of the root vegetables and their much more densely-packed sugars and starches.

Autumn is also a season marked by increased cooling and drying. The extremely watery fruits of summer give way to the drier carrots, and potatoes, and seeds of all kinds. And the cooler temperatures give an edge to foods that stand little risk of freezing in comparison to the water-rich fruits and vegetables.

All of these natural changes in the world around us give us clues about the best foods to eat during the fall. We too will need more concentrated energy in the cooler autumn weather, and the denser foods of the autumn harvest - the root vegetables (including garlic, onion, carrot, potato, sweet potato, yam, and burdock), as well as the dense above-ground squashes and gourds (including winter squash, acorn squash, and pumpkin); and the dry, energy-rich nuts and seeds (including walnuts and sunflower seeds) are all part of the fall's best food choices.

A final natural trend in the fall would be increased cooking and baking in the kitchen. In contrast to the light and cooling foods of summer that help to counterbalance the season of highest heat, autumn begins to initiate that transition into cold weather that makes us eager for a bowl of hot soup or steeped tea. Autumn is therefore a time for celebrating warm moist odors pouring forth from the kitchen, providing a perfect balance for the cooler and drier fall nights and drier fall harvest

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:

Quinoa

1/2 cup quinoa

1 cups 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 (rice or almond) and 1 tsp honey

(use any of your favorite fruits in season)

Directions: Preparing Quinoa

Placed 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.

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.



T R A U M A T I C B I R T H S Y N D R O M E

This is a subject nobody likes discussing. Dr. G. Gutmann, a German medical researcher, however, discovered that over 80% of the infants he examined shortly after birth were suffering from injury to the cervical spine, the neck, causing all types of health problems.

Traumatic Birth Syndrome is not a new condition. A researcher by the name of Duncan, measured the amount of force it would take to severely injure a baby's neck during delivery. He found that 90 pounds of force was enough to cause still birth, while less than that would cause the spinal joints to sprain. Duncan commented, "this is not what most obstetricians would consider a great force."

Dr. Abraham Towbin, from Harvard Medical School and the Department of Pathology, presented research at the Eighteenth Annual Meeting of the American Academy For Cerebral Palsy. In his research, he found that "the birth process, even under optimal conditions, is potentially a traumatic, crippling event for the fetus."

"Spinal cord and brain stem injuries occur often during the process of birth but frequently escape diagnosis." Dr. Towbin continues, "death may occur during delivery or, with respiratory function depressed, a short period after birth. Infants who survive the initial effects, may be left with severe nervous system defects."

Traumatic Birth Syndrome, whether it causes symptoms immediately or just diminishes human potential over the course of a lifetime, must be dealt with and dealt with immediately.

Chiropractors have been detecting and correcting Birth Trauma Syndrome and the Vertebral Subluxation Complex for over a 100 years through a simple and gentle exam.

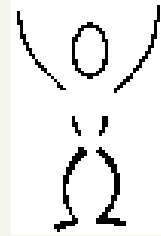
All children should be examined by a Chiropractor immediately after birth. Take this critical step to ensure that your children are as healthy as they are designed to be.

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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**P L E A S E S E N D A N Y E M A I L C O R R E S P O N D E N C E T O :
c o n t a c t @ i f w c e n t e r . c o m**

**O N G O I N G S P E C I A L S ! U N L I M I T E D
A C U P U N C T U R E F O R \$ 2 5 0 P E R M O N T H**

WELLNESS SEMINARS

Dr. Kim Saxe will be presenting on Chronic Lyme Disease and Related Illnesses on Nov. 2nd at 6pm.

Our monthly Lyme Disease support group will meet Nov. 9th at 5:30pm. Please contact Nancy Butler at nancyg02@earthlink.net to find out more and sign up.

We are asking for donations to support the association's effort for licensure. In return, you will receive a coupon for a percentage off of a future supplement purchase.
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
Help raise awareness for Naturopathic Medicine in Wisconsin!!

HUNGER TASK FORCE FOOD DRIVE

We are asking for your donations of non perishable food items for our food drive sponsored by the Wisconsin Chiropractic Association. Each year the WCA raises thousands of pounds of food for the hungry people of Wisconsin, and distributes it throughout many different charities. These days, going hungry is happening to more and more people, it can happen to anyone! So we ask that you bring in your food items starting November 1st through December 19th. Give small, give big, give what you can! It is ALL appreciated!!

**Holiday Season Closures:
November 24th, 25th and 26th**

“On Call With The Doctors”

Wondering if a new health concern could be addressed by integrative medical treatment? Have a friend who 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 potential new patients the opportunity to ask questions and have them answered by our experts in health and wellness.

The on call line is open all day and night to leave messages.

Call 262-439-8403 Messages will be returned within 24 hours

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.