



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 C O P P E R

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The body needs copper for normal growth and health. Copper is needed to help body use iron. It is also important for nerve function, bone growth, and to help body use sugar. Copper is a component of or a cofactor for approximately 50 different enzymes. These enzymes need copper to function properly. Copper is an essential nutrient that plays a role in the production of hemoglobin, myelin, collagen, and melanin. Copper also works with vitamin C to help make a component of connective tissue known as elastin. Copper is a critical functional component of a number of essential enzymes, known as cuproenzymes. Copper is an essential component of the natural dark pigment, melanin, that colors skin, hair, and eyes. The cuproenzyme, tyrosinase, is required for the formation of the pigment melanin. Melanin is formed in cells called melanocytes and plays a role in the pigmentation of the hair, skin, and eyes. Copper is a strong antioxidant. It works together with an antioxidant enzyme, superoxide dismutase (SOD), to protect cell membranes from being destroyed by free radicals. Copper is needed to make adenosine triphosphate (ATP), the energy the body runs on. Copper may play a role in staving off heart rhythm disorders (arrhythmias) and high blood pressure. Copper's anti-inflammatory actions may help in reducing arthritis symptoms. Copper is found in various foods, including organ meats, seafoods, beans, nuts, and whole grains.

D O U Y O U H A V E S I G N S O F M E N O P A U S E O R P E R I - M E N O P A U S E ?

Are you a babyboomer? Born between 1942 and 1964?

Are you having hot flashes or mood swings?

Have you been forgetting things?

If you answered "YES" to even one of those questions, welcome to **MIDLIFE** and **MENOPAUSE!**

A C U P R E S S U R E P O I N T S F O R B E T T E R V I S I O N

According to Traditional Chinese Medicine (TCM), all diseases involving the eye are closely related to the liver. It is also understood that the eye is nourished by all of the internal organs in the body.

MAJOR ACUPRESSURE EYE POINTS

Jingming (UB-1) Urinary Bladder Channel, lies where the inner corner of the eye meets the nose. Bladder 1 and 2 are perhaps the best two points for eye problems of all kinds from early-stage cataracts or glaucoma to hysteria with vision loss.

Zanzhu (UB-2) Urinary Bladder Channel, lies in the depressions at the inner ends of the eyebrows. Bladder 1 and 2 are perhaps the best two points for eye problems of all kinds from early-stage cataracts or glaucoma to hysteria with vision loss.

Yuyao Midpoint of the eyebrow in the hollow. Good for eye problems related to worry, excessive study and mental strain.

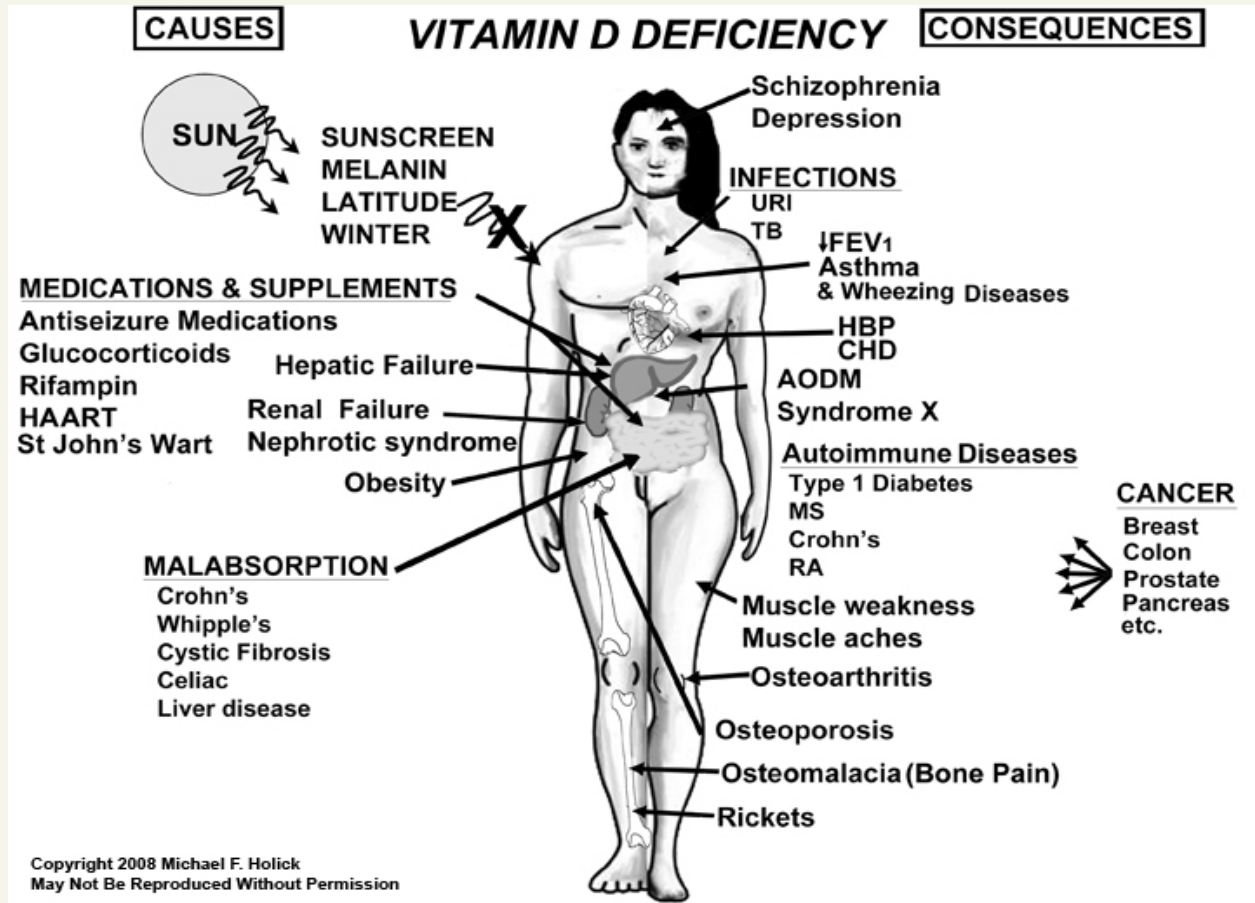
Sizhukong (SJ 23) Sanjiao or Triple Burner Channel, in the depression at the outside end of the eyebrow. This is a local point good for eye and facial problems, whether due to Wind invasion or the Liver Yang and Fire.

Tongziliao (GB 1) Gall Bladder Channel, lies in the cavities on the outside corners of the eye sockets. Good for eye problems including conjunctivitis, red sore eyes, photophobia, dry, itchy eyes, early-stage cataracts and blurred vision, as well as lateral headaches.

Chengqi (St 1) directly blow the pupil on the infraorbital ridge bone. This is a main point for all eye problems, including those due to Wind Cold, Wind Heat and Hyperactive Liver Yang.

DIABETES MELLITUS TYPE I

Studies in mice have suggested that pretreating mice that are prone to developing type I diabetes with the active form of vitamin D (1,25-hydroxyvitamin D [1,25(OH)2D]) reduces the development of type I diabetes by 80%. This study is supported by the observation in Finland where children in the 1960's routinely received 2,000 IU of vitamin D a day during their first year of life. When these children were followed for the next 31 years, it was observed that these children had a reduced risk of developing type I diabetes by 78%. Children who were vitamin D deficient at the same time and also followed for 31 years had an almost 300% increased risk of developing type I diabetes.



FOOD AS MEDICINE CAN ORGANIC FOODS REALLY IMPROVE MY HEALTH?

Yes. Organically grown food is your best way of reducing exposure to toxins used in conventional agricultural practices. These toxins include not only pesticides, many of which have been federally classified as potential cancer-causing agents, but also heavy metals such as lead and mercury, and solvents like benzene and toluene. Minimizing exposure to these toxins is of major benefit to your health. Heavy metals damage nerve function, contributing to diseases such as multiple sclerosis and lowering IQ, and also block hemoglobin production, causing anemia. Solvents damage white cells, lowering the immune system's ability to resist infections. In addition to significantly lessening your exposure to these health-robbing substances, organically grown foods have been shown to contain substantially higher levels of nutrients such as protein, vitamin C and many minerals.

RECIPE OF THE MONTH STEAMED HERBED POTATOES

A quick and tasty way to serve potatoes.

Prep and Cook Time: Prep and cooking time: 17 minutes

Ingredients:

3 medium red potatoes

1 TBS fresh lemon juice

1 large clove garlic, pressed

1 TBS chopped fresh oregano

1 TBS chopped fresh parsley

1 tsp chopped fresh rosemary

2 TBS extra virgin olive oil

salt and cracked black pepper to taste

Directions:

Bring lightly salted water to a boil in a steamer with a tight fitting lid.

Wash potatoes well and cut into bite size pieces. Place in steamer and cook until tender about 10 minutes, depending on size.

While potatoes are steaming, whisk together rest of ingredients.

Toss potatoes with desired amount of dressing and serve.

Serves 4



COULD HEAVY METAL AND CHEMICAL TOXICITY BE THE UNDERLYING SOURCE OF YOUR HEALTH PROBLEMS?

It is an unfortunate fact of modern life that heavy metals and chemicals exist in our water, air, food, dental fillings and that these toxins are absorbed into the body's cells. Mercury, aluminum, cadmium, nickel, cobalt, uranium, lead, thallium, arsenic, and organochlorides (pesticides, chlorine) are all toxins that can result in debilitating and chronic illnesses for thousands of people. Eliminating these toxins from the body and maintaining low toxicity levels are important to everyone's health. They are the causal factors of at least 76 functional and structural disturbances.

CHIROPRACTIC QUICK FACTS

The process of chiropractic adjustment is a safe, efficient procedure which is performed nearly one million times every working day in the United States.

There is a singular lack of actuarial data that would justify concluding that chiropractic care is in any way harmful or dangerous. Chiropractic care is non-invasive, therefore, the body's response to chiropractic care is far more predictable than its reactions to drug treatments or surgical procedures. Of the nearly one million adjustments given every day in this country, complications are exceedingly rare. Perhaps the best summary statement on the subject of safety was published in 1979 by the Government of New Zealand which established a special commission to study chiropractic. They found:

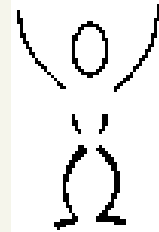
"The conspicuous lack of evidence that chiropractors cause harm or allow harm to occur through neglect of medical referral can be taken to mean only one thing: that chiropractors have on the whole an impressive safety record."

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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**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**

| | | | |
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| <p>Free Fitness Assessments By Certified Personal Trainer Tom Wildt Body Fat Blood Pressure Heart Rate Lifestyle Assessment Tuesday October 13th 8am-10am Wednesday October 28th 6pm-8pm</p> | <p>“Let’s Tie It All Together” Wednesday October 14th 6:30pm Personal Trainer Tom Wildt</p> | <p>Meet and Greet and Stress Management With Cherri Schleicher, FNPC, APNP Tuesday October 20th 4pm-7:30pm</p> | <p>“The Hormone Replacement Therapy Controversary” Wednesday October 21st 6:30pm Dr. Michele Nickels</p> |
| <p>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.</p> | | | |

**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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Starting October 2009, the Brookfield Clinic will be in network for many more insurance companies. Call today to see if your insurance is now in network!