



The Supplement

HEALTH AND WELLNESS INFORMATION TO SUPPLEMENT YOUR LIFE

SUPPLEMENT OF THE MONTH BILBERRY

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Bilberry, known as *Vaccinium myrtillus*, is a shrubby perennial plant one to two feet in height and can be found in the mountains and forests of Europe and the northern United States. Historically used as a food source, the berries were used to prevent scurvy and in the treatment of urinary track infections, diarrhea and dysentery. Military soldiers in the field ate the jam of the berries to help with night vision. The sweet and tart tasting berries of the plant are commonly used in supplements and tinctures. The berries contain vitamin C and anthocyanins, giving them potent anti-oxidant and anti-inflammatory benefits.

The berries strengthen collagen cross linking and increase the integrity of the vascular system. They are also anti-oxidant leading to decreased damage to the vascular system generated by free radicals. The berries reduce damage to the vascular supply to the eyes and are utilized to treat cataracts, diabetic retinopathy and macular degeneration. Significant improvements have been seen with both diabetic retinopathy and hypertensive retinopathy in patients supplemented with *Vaccinium* extracts. One specific study examined patients taking 115 mg anthocyanins per day for one month and found beneficial improvements in eye health.

The leaves of the plant have a long history of use to decrease blood sugar levels in diabetic patients.

FALL BACKWARD

- The first Sunday in November, we will set our clocks back one hour for Daylight Savings Time.
- Daylight Saving Time is NOT observed in Hawaii, American Samoa, Guam, Puerto Rico, the Virgin Islands, and by most of Arizona (with the exception of the Navajo Indian Reservation in Arizona).
- One of the biggest reasons we change our clocks to Daylight Saving Time (DST) is that it reportedly saves electricity. Newer studies, however, are challenging long-held reason.

THE MEANING OF YOUR DREAMS...IN TCM

All of us dream to varying degrees. It is important to separate what normal dreaming is from dreams that inform us there is a problem. Normal dreaming includes dreams that process events of the day before, should not be frightening, do not disturb our sleep and cause a feeling of refreshment in the morning. From a Chinese medicine, or TCM perspective, certain types of dreams may signify a disturbance in your overall state of health. Dreams that may indicate a health disturbance include those that cause restlessness and morning fatigue, repeating a particular theme, talking in your sleep, extremely vivid, nightmarish or dreams that cause sleepwalking or excessive movement.

Dreams are an important piece in evaluating a person as a whole. In traditional Chinese acupuncture a dream usually directs us to look at where the energy or 'chi' of a person may be disturbed either physically or emotionally. The organ that directs dreaming in Chinese medicine is the Heart. In Chinese medicine, the heart houses something called the Shen, which embodies your conscious thought, memory, subconscious, and soul. When your Heart is strong, it is anchored at night, and it will be easy for you to fall asleep, stay asleep and have appropriate dreams. However, when your Heart is weak, it will "float" at night producing symptoms such as insomnia, early waking, and vivid or disturbing dreams.

SYSTEMIC LUPUS ERYTHEMATOSUS (SLE)

Systemic lupus erythematosus (SLE) is a long-term autoimmune disorder that may affect the skin, joints, kidneys, brain, and other organs. The body's immune system mistakenly attacks healthy tissue which leads to chronic inflammation.

SLE is much more common in women than men. It may occur at any age, but appears most often in people between the ages of 10 and 50. African Americans and Asians are affected more often than people from other races. SLE may also be caused by certain drugs. Symptoms vary from person to person, and may come and go. Almost everyone with SLE has joint pain and swelling. Some develop arthritis. Frequently affected joints are the fingers, hands, wrists, and knees.

Other common symptoms include:

- Chest pain when taking a deep breath
- Fatigue
- Fever with no other cause
- General discomfort, uneasiness, or ill feeling (malaise)
- Hair loss
- Mouth sores
- Sensitivity to sunlight
- Skin rash – a "butterfly" rash over the cheeks and bridge of the nose affects about half of people with SLE. The rash gets worse in sunlight. The rash may also be widespread.
- Swollen lymph nodes

Other symptoms can vary depending on what part of the body is affected. Headaches, numbness, tingling, seizures, vision problems, personality changes, abdominal pain, nausea, and vomiting, abnormal heart rhythms (arrhythmias), coughing up blood and difficulty breathing, patchy skin color, and fingers that change color when cold (Raynaud's phenomenon) can also be symptoms of the condition.

Natural treatments include a thorough nutritional evaluation and look at current medications. Vitamin and mineral status should also be evaluated. Since the immune system is strongly impaired in this condition, botanicals that modulate the immune function may be useful. One study showed that *Urtica dioica* root agglutinin lectin prevented formation of SLE in mice. Hormonal balance is also an important consideration in SLE. Low levels of testosterone have been found in persons with SLE and the condition is often exacerbated in times of high estrogen, such as women taking birth control pills, hormone replacement, or during pregnancy.

FOOD AS MEDICINE: PARSNIPS

A root vegetable, the parsnip is a member of the umbelliferae family whose other members include carrots, chervil, parsley, fennel, celery, and celeriac. Because they store so well above ground as well as underground, parsnips are available year round. However, to enjoy the best of their flavors, the optimal season is fall through spring. Farmers plant the tiny seeds in the spring. Then the crop requires a patient three or four months to mature. Past experience taught the farmers that leaving the parsnips in the ground until late fall allowed their starches to turn to sugars. Some farmers even leave the parsnips in the ground all winter with the belief that these produce the sweetest crop.

Parsnips provide similar nutritional benefits as potatoes. Some significant differences are that parsnips are lower in calories and contain only about 50 percent of the protein and vitamin C content of potatoes. However, parsnips do contain more fiber than potatoes. Even though both parsnips and potatoes provide good amounts of B vitamins, parsnips provide a much better source of folic acid. Parsnips provide an excellent source of vitamin C, fiber, folic acid, pantothenic acid, copper, and manganese. They also offer a very good source of niacin, thiamine, magnesium, and potassium. They are a good source of riboflavin, folic acid, and vitamins B6 and E. Parsnips are low in calories, about 130 for a whole one 9" in length, and contain no saturated fat or cholesterol. That same 9" parsnip can boast a 6.4 grams of fiber, 93.1 mcg of folic acid, 59.2 mg of calcium, and 46.4 mg of potassium.

When shopping for parsnips use the same criteria as for carrots. Select only firm parsnips. Those that are limp are not fresh. Choose them small, medium, or large, but avoid those that are overly large as they sometimes have a woody core. Store raw parsnips in the refrigerator, preferably in a perforated plastic bag. They will keep well up to three weeks. After cooking, refrigerate only a day or two.

ROASTED APPLES AND PARSNIPS

Serves 4

This unique combination of sweet apples and earthy parsnips makes a perfect accompaniment to roast pork, chicken or turkey.

Ingredients

1 1/2 pounds parsnips (5 medium), peeled
1 pound Gala or Braeburn apples (2 large), cored and peeled
1/2 teaspoon salt
1/4 teaspoon black pepper
2 tablespoons extra-virgin olive oil
1 tablespoon fresh sage, coarsely chopped

Method

Place oven rack in upper third of oven and preheat to 475° F.

Cut parsnips lengthwise into quarters and then into 2-inch pieces. Cut apples into quarters and then into 2-inch pieces. Toss parsnips and apples with salt, pepper, olive oil and sage. Spread in one layer in a large shallow baking pan. Roast, turning occasionally, until parsnips and apples are tender and browned, 20 to 25 minutes.

Nutrition

Per Serving (181g-wt.): 260 calories (160 from fat), 18g total fat, 5g saturated fat, 4g protein, 23g total carbohydrate (4g dietary fiber, 7g sugar), 15mg cholesterol, 470mg sodium



CHIROPRACTIC FOR DIGESTIVE HEALTH

Digestive health can benefit from chiropractic care due to the nervous systems role in the digestive process. The autonomic nervous system, the system that is controlled by our brain unconsciously, is divided into two categories, the sympathetic and parasympathetic. The parasympathetic is what controls digestion, sleep, and the basic homeostasis of the body, while the sympathetic is responsible for our survival and response to stress. The two need to be in balance for optimal health - they rely on each other and when one is dominating, the other must compensate.

In a state of stress, blood rushes out of your digestive tract and into your limbs, in preparation for battle. If you've just eaten a meal, your blood should be focused on your digestive system so you can process that food. If you are under constant stress, the sympathetics are firing disproportionately more than the parasympathetics.

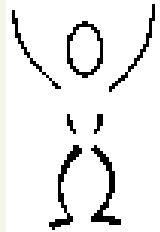
It has been well established that when receiving a chiropractic adjustment to the spine, synapses in the parasympathetic nervous system increase, and sympathetic activity decreases. In this environment, the body is relaxed and digestion is unimpeded. The misalignment of spinal segments with associated muscle tension and spasm in your neck and mid back effect the nerve communication between the brain and the organs responsible for digestion. It's understandable, then, that with a chiropractic adjustment the information transfer from the stomach to the brain will be more accurate, enhancing digestion from top (salivation) to bottom (excretion).

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

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ONGOING SPECIALS! UNLIMITED ACUPUNCTURE FOR \$250 PER MONTH

WELLNESS SEMINARS

Our 2nd Lyme support group will be held on Wed October 5th from 5:30pm to 7:30pm at IFWC.

We would like to welcome our newest addition to the Brookfield clinic, Dr. Janice Alexander, RN, MD. Dr. Alexander specializes in family practice and OBGYN. She is currently accepting new patients!

Integrative Family Wellness Center Welcomes
Di Philippi, MA, LPC
Holistic Counselor / Licensed Professional Counselor

Di Philippi shares in our mission to help you achieve and maintain optimal physical and emotional health and wellness. She is also committed to providing the most effective counseling treatments, integrating the latest & best of western science along with powerful complementary therapies. She is an experienced energy worker, Reiki Master Teacher, EFT practitioner, and EMDR practitioner. Di Philippi specializes in helping you get to the root cause of anxiety and worries in natural, holistic ways...without medication.

Tune in to 95.7FM to hear commercials for Integrative Family Wellness Center.

Dr. Nickels will be on the morning show

“Murphy and Meg in the Morning”

Every 2nd and 4th Tuesday from 8:15- 8:45am for their “Doctor On Call” segment.

Wisconsin Association of Naturopathic Physicians Association (WNP) 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

“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.