



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 V I T A M I N P

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Found in a variety of citrus fruits, Vitamin P plays a big role in making sure our bodies properly absorb Vitamin C. The bioflavonoid properties of Vitamin P impact the condition of our blood as well, by helping to ensure that our red blood cells and the blood platelets do not clump together. The vitamin also promotes capillary health as well, aiding in the proper function of the capillaries and also helping to prevent capillary bleeding. Vitamin P also is great for anyone who is prone to bleeding gums, as the vitamin helps to prevent and also heal weak blood vessels located in the gums. For anyone who seems to be deal with colds and minor ailments, Vitamin P can be a big help. As it boosts the immune system, the vitamin is essential for strengthening the body's natural defenses against viruses and infections. Vitamin P also is a natural anti-inflammatory agent, as well as a natural and gentle diuretic. Some of the other health conditions that Vitamin P is understood to help with include hypertension, allergies, wound healing, and ulcers. Incorporating sources of Vitamin P into your daily diet is not difficult to accomplish. Citrus fruit pulp, such as the pulp left over after you juice fruits and vegetables, is one excellent source. Using the pulp in baking will not destroy the Vitamin P contained in the citrus pulp. Grapes and prunes also contain Vitamin P. When it comes to green vegetables, spinach contains a number of isoflavonoids, including Vitamin P. Black currant jelly and buckwheat flour are other tasty ways to add Vitamin P to your diet.

V I T A M I N D Q U O T E S

Humans make thousands of units of vitamin D within minutes of whole body exposure to sunlight. From what we know of nature, it is unlikely such a system evolved by chance. ~ Dr. John Cannell, Executive Director, Vitamin D Council.

Adults with decreased serum 25(OH)D levels have significantly higher risk of death from HF and premature death, and this may beget additional justification for the study of vitamin D supplementation... ~ Howard J. Eisen MD, chief of cardiology division at Drexel University College of Medicine, Philadelphia.

A C U P U N C T U R E E F F E C T I V E F O R C R O H N ' S D I S E A S E

In a study published in the journal, *Digestion*, acupuncture was found effective for treating Crohn's disease.

Crohn's disease is an autoimmune disease which involves chronic inflammation of the gastrointestinal tract. The main symptoms of Crohn's disease are abdominal pain, fever, fatigue and persistent, watery diarrhea. Symptoms range from mild to severe, and can come and go with periods of flare-ups.

In this German study, 51 patients with mild to moderately active Crohn's disease had a decrease in disease activity after receiving 10 sessions of acupuncture. Study members also showed an improvement in general well-being and reported an improvement in quality of life.

PREVENTING OR REVERSING DIABETES IN FIVE SIMPLE STEPS

Here are my top five actions to take for increasing your insulin and leptin sensitivity, thus reducing your chances for developing diabetes—or reversing it if you already have the disease:

Exercise is an absolutely essential factor, and without it, you're unlikely to get this devastating disease under control. It is one of the fastest and most powerful ways to lower your insulin and leptin resistance.

Eliminate Grains and Sugars, Especially Fructose. A large reason for the failure of conventional diabetes treatment over the last 50 years has to do with seriously flawed dietary recommendations. Fructose and grains are largely responsible for your body's adverse insulin reactions. You will want to eliminate ALL sugars and grains—even "healthful" grains such as whole, organic or sprouted ones. This means avoiding all breads, pasta, cereals, rice, potatoes, and corn (which is in fact a grain). You might even need to avoid fruits until your blood sugar is under control.

Monitor Your Fasting Insulin Level. This is every bit as important as your fasting blood sugar. You'll want your fasting insulin level to be between 2 and 4. The higher your level, the worse your insulin sensitivity is.

Optimize Your Vitamin D Interestingly, optimizing your vitamin D levels not only treats type 2 diabetes but as already mentioned, can virtually eliminate your children's risk for type 1 diabetes if you are pregnant. It's also vital for infants to receive the appropriate amounts of vitamin D in their early years for the same reason. Ideally, you'll want to do this by exposing a large amount of your skin to appropriate amounts of sunshine (or a safe tanning bed) on a regular basis, year-round. Your body can safely create up to 20,000 units of vitamin D a day by direct UV exposure. If you are not getting regular sun exposure on large amounts of your skin you may need anywhere from 5 to 20,000 units of oral vitamin D3 per day. However, if neither of these options is available, you may want to use an oral vitamin D3 supplement. But remember, if you choose to take an oral supplement, it's essential that you get your level tested regularly by a proficient lab to make sure it's in the therapeutic range, which is 60 to 80 ng/ml.

Probiotics. Your gut is a living ecosystem, full of both good bacteria and bad. Multiple studies have shown that obese people have different intestinal bacteria than lean people. The more good bacteria you have, the stronger your immune system will be and the better your body will function overall. Fortunately, optimizing your gut flora is relatively easy. You can reseed your body with good bacteria by eating fermented foods (like natto, raw organic cheese, miso, and cultured vegetables) or by taking a high quality probiotic supplement.

FOOD AS MEDICINE BEETS

Beets are a unique source of phytonutrients called betalains. Betanin and vulgaxanthin are the two best-studied betalains from beets, and both have been shown to provide antioxidant, anti-inflammatory, and detoxification support. The detox support provided by betalains includes support of some especially important Phase 2 detox steps involving glutathione. Although you can see these betalain pigments in other foods (like the stems of chard or rhubarb), the concentration of betalains in the peel and flesh of beets gives you an unexpectedly great opportunity for these health benefits.

In a recent study from Italy, beets were shown to be an especially important contributor of two carotenoids in the overall diet: lutein and zeaxanthin. Although much of the recent carotenoid research has focused on beta-carotene, both lutein and zeaxanthin are unique as health support molecules, particularly with respect to eye health and common age-related eye problems involving the macula and the retina. For eye health, beets may eventually turn out to require a category all their own.

ROASTED BEETS

Roasting is one of the best way to cook beets, as it brings out their wonderful buttery flavor. This easy-to-prepare, healthy recipe does just that.

Prep and Cook Time: 7 minutes/ 55 minutes

Ingredients:

6 small whole beets

2 small yellow onions

2 TBS balsamic vinegar

2 TBS extra virgin olive oil

2 medium cloves garlic, pressed

2 TBS coarsely chopped walnuts

salt and cracked black pepper to taste

1 TBS chopped fresh parsley

Directions:

Preheat oven to 400F/200C. Wash beets well and place in dish just big enough to hold beets, and onions without crowding them. If onions are small, just leave whole with skin on. If they are medium sized, cut in half leaving the skin on.

Cover and roast for about 55 minutes, stirring occasionally, until you can slide tip of sharp knife into the center of the beets fairly easily. Remove from oven.

When beets and onions have cooled enough to handle, peel and cut into bite-sized pieces. Toss with vinegar, olive, oil, garlic, and chopped walnuts. Add salt and pepper to taste.

Top with chopped parsley.



a baking

YARD WORK

The state-of-the-art equipment available today for lawn and leaf management can help turn the average homeowner into a lawn specialist overnight. But the use of weed trimmers, leaf blowers and hedge clippers has also been sending many aspiring landscapers to the office of their local doctor of chiropractic.

The American Chiropractic Association (ACA) warns that using this equipment can result in back and neck pain, as well as more serious muscular strains and tears if not used properly.

"The repetitive motion that your body undergoes when using such equipment can bring on a whole host of mechanical problems within the body," says ACA President Dr. Richard Brassard. "It is essential to operate your equipment properly. If you do not, the pounding your body endures may be multiplied."

Tips On Safely Using Your Outdoor Equipment:

Regardless of what piece of equipment you are using, make sure it has a strap-and that you use it. Place the strap over your head on the shoulder on the opposite side of your body from the device. This will help normalize your center of gravity.

Be sure to switch the side on which you are operating the equipment as often as possible, and to balance the muscles being used, alternate your stance and motion frequently.

Take frequent breaks from the activity of the day. Muscle fatigue may be felt when using any of these devices for an extended period of time.

Consider electric-powered items, especially if you experience back or neck pain, as they tend to be much lighter than their engine-powered counterparts.

When picking up or putting down your equipment, be sure to bend from the knees, not at the waist. Keep the object close to your body as you lift, not at arm's length.

While it is critical that you operate your yard equipment safely, it is equally important that you prepare your body for the work you are about to do," explains Dr. Brassard. "Be sure to include a warm-up/cool-down period that involves stretching to help avoid injury."

Chiropractic Care Can Help

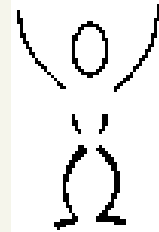
If you experience pain or discomfort resulting from outdoor equipment misuse, call your doctor of chiropractic. Doctors of chiropractic are trained and licensed to treat the entire neuromusculoskeletal system, and can help people lead healthier lives by focusing on wellness and prevention.

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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**BROOKFIELD CLINIC NEWS AND
HEALTH HAPPENINGS**

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.

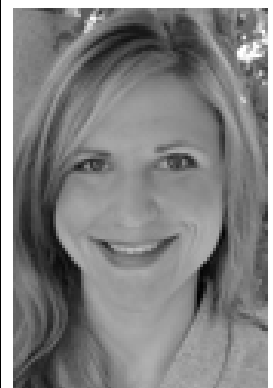
Our monthly lecture series presents various topics to the general public to expand knowledge in integrative medicine. The topics and dates will be posted in the newsletter, on our website, as well as talked about on the radio. October brings our wellness clinic back. During the month of October, we are reducing the price of our injections. You can get a natural flu shot for \$20, a preservative-free flu shot for \$30, and B12 injection for \$10.

Wellness Seminars
Tuesday October 19th
“Natural treatment for
common childhood illnesses”
Cherri Schleicher, NP
6:30pm
Call the Brookfield clinic to
reserve our seat today!

Wellness Seminars
Wednesday October 27th
“Weight loss”
Dr. Michele Nickels
6:30pm
Call the Brookfield clinic
to reserve
your seat today!

Due to the overwhelming response from patients regarding our insurance coverage change, we have decided to credential with insurance companies to continue our in-network coverage. We do insist that all patients call their insurance company to verify their insurance coverage.

We would like to welcome our naturopathic medical resident Dr. Kelly Simms. Dr. Simms earned her naturopathic medical degree from the Southwest College of Naturopathic Medicine in Tempe, Arizona. She considers her life to be a great adventure having traveled widely in Southeast Asia, which led to her decision to become a physician. She also led efforts in Alaska, her home state, to push for a health care act aimed toward helping Native Americans. We are honored to have her as part of our team.



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” **Tuesday October 19th 2010** from 7:00am-8:00am for their “ask the expert” segment.