



# 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 B O V I N E   C O L O S T R U M

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Bovine colostrum is the first milk produced by cows during the initial days after giving birth. Bovine colostrum is richer in certain factors than milk. Bovine colostrum has much higher amounts of immunoglobulin's, growth factors, cytokines, and nucleosides than are found in milk. Bovine colostrum is has oligosaccharides, antimicrobials, and immune-regulating factors. Some of the studies have looked into the role of bovine colostrum in Immune system support, Athletic performance, Gastrointestinal disorders such as diarrhea, particularly in persons with immune-deficiency syndromes or those who have been on heavy antibiotic regimens. bovine colostrum likely has a role to play in human health and using this supplement may increase energy levels. Bovine colostrum supplements have been found to carry a number of health benefits, including lower risks of upper respiratory illnesses and diarrhea in immune-suppressed children, and a reduced risk of intestinal damage from anti-inflammatory drugs.

### 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 blue whales heart only beats nine times per minute.

A body decomposes four times as fast in water than on land.

A Boeing 747's wingspan is longer than the Wright brother's first flight.

A bowling pin only needs to tilt 7.5 degrees to fall.

A broken clock is right at least twice a day.

A butterfly can look at you through 12,000 eyes.

A Californian doctor has set the record of eating 17 bananas in two minutes.

### A L L E R G I E S ,   R E S P I R A T O R Y   H E A L T H ,   A N D T R A D I T I O N A L   C H I N E S E   M E D I C I N E

TCM often views allergic rhinitis as related to Wind noting that symptoms come and go rapidly, cause congestion, and make the person want to avoid windy situations. This Wind often coexists with a deficiency of the Protective or Wei Qi. The nearest thing we associate with the Wei Qi in the west is resistance to colds and other respiratory infections. People with Wei Qi deficiency catch colds easily, and allergy symptoms may be particularly bad in the spring or fall, seasons which are generally windy.

The acupuncturist also looks for constitutional or more deeply-rooted signs in each person who presents with allergies. The principle here is treating the whole person. Often people with chronic allergies show signs of Spleen or Kidney Deficiency as well as Lung signs according to TCM. The goal of the acupuncturist is to develop a plan which addresses the person's acute symptoms and provides relief, while addressing the underlying immune system imbalance which is thought to be at the root of the person's allergies. Treatments often include dietary modification, the use of specifically chosen herbal formulas, and acupuncture.

## WHAT YOUR GRAY HAIR SAYS ABOUT YOU...

Gray hair, according to new findings, is caused by a massive build up of hydrogen peroxide due to wear and tear on hair follicles. The peroxide winds up blocking the normal synthesis of melanin, your hair's natural pigment.

All hair cells make a tiny bit of hydrogen peroxide, but as you age, the amount increases. Essentially, you bleach our hair pigment from within, and your hair turns gray and then white.

Researchers made this discovery by examining cell cultures of human hair follicles. They found that the build up of hydrogen peroxide was caused by a reduction of an enzyme that breaks up hydrogen peroxide into water and oxygen.

They also discovered that hair follicles could not repair the damage caused by the hydrogen peroxide because of low levels of the enzymes MSR A and B, which normally serve this function. The high levels of hydrogen peroxide and low levels of these enzymes also disrupt the formation of tyrosinase, another enzyme that leads to the production of melanin in hair follicles.

## FOOD AS MEDICINE GUIDES FOR EATING SEASONALLY

What does this mean for you? Eat seasonally! To enjoy the full nourishment of food, you must make your menu a seasonal one. In different parts of the world, and even in different regions of one country, seasonal menus can vary. But here are some overriding principles you can follow to ensure optimal nourishment in every season:

In spring, focus on tender, leafy vegetables that represent the fresh new growth of this season. The greening that occurs in springtime should be represented by greens on your plate, including Swiss chard, spinach, Romaine lettuce, fresh parsley, and basil.

In summer, stick with light, cooling foods in the tradition of traditional Chinese medicine. These foods include fruits like strawberries, apple, pear, and plum; vegetables like summer squash, broccoli, cauliflower, and corn; and spices and seasonings like peppermint and cilantro.

In fall, turn toward the more warming, autumn harvest foods, including carrot, sweet potato, onions, and garlic. Also emphasize the more warming spices and seasonings including ginger, peppercorns, and mustard seeds.

In winter, turn even more exclusively toward warming foods. Remember the principle that foods taking longer to grow are generally more warming than foods that grow quickly. All of the animal foods fall into the warming category including fish, chicken, beef, lamb, and venison. So do most of the root vegetables, including carrot, potato, onions and garlic. Eggs also fit in here, as do corn and nuts.

## SQUALENE: SWINE FLU VACCINE'S SECRET EXPOSED!

The main ingredient in a vaccine is either killed viruses or live ones that have been attenuated (weakened and made less harmful).

Flu vaccines can also contain a number of chemical toxins, including ethylene glycol (antifreeze), formaldehyde, phenol (carbolic acid) and even antibiotics like Neomycin and streptomycin.

In addition to the viruses and other additives, many vaccines also contain immune adjuvants like aluminum and squalene.

The purpose of an immune adjuvant added to a vaccine is to enhance (turbo charge) your immune response to the vaccination. Adjuvants cause your immune system to overreact to the introduction of the organism you're being vaccinated against.

The U.S. government has contracts with several drug companies to develop and produce swine flu vaccines. At least two of those companies, Novartis and GlaxoSmithKline, are using an adjuvant in their H1N1 vaccines.

The adjuvant? Squalene.

Oil-based vaccination adjuvants like squalene have been proved to generate concentrated, unremitting immune responses in humans, over long periods of time.

Symptoms developed in humans after exposure to squalene include arthritis, fibromyalgia, lymphadenopathy, rashes, photosensitive rashes, malar rashes, chronic fatigue, chronic headaches, abnormal body hair loss, non-healing skin lesions, aphthous ulcers, dizziness, weakness, memory loss, seizures, mood changes, neuropsychiatric problems, anti-thyroid effects, anemia, elevated ESR, systemic lupus erythematosus, multiple sclerosis, ALS (amyotrophic lateral sclerosis), Raynaud's phenomenon, Sjorgren's syndrome, chronic  
di-  
an-  
rhea, night sweats and low-grade fevers.

## RECIPE OF THE MONTH CARROT COCONUT SOUP

This soup is rich in vitamin A and has great flavor!

**Prep and Cook Time:** 30 minutes

**Ingredients:**

1 large onion, chopped

2 TBS fresh ginger, sliced

4 medium cloves garlic, chopped

1 tsp curry powder

1 TBS + 3 cups chicken or vegetable broth

2 cups sliced carrots, about ¼ inch thick

1 cup sweet potato, cut into about ½ inch cubes

5 oz canned coconut milk

salt and white pepper to taste

**Directions:**

Chop onion and let it sit for at least five minutes to bring out its hidden health benefits.

Heat 1 TBS broth in a medium soup pot. Healthy Sauté onion in broth over medium heat for about 5 minutes, stirring often.

Add garlic, ginger and continue to sauté for another minute.

Add curry powder and mix well with onions.

Add broth, carrots, and sweet potato and simmer on medium high heat until vegetables are tender, about 15 minutes.

Add coconut milk.

Blend in batches making sure blender is not more than half full. When it's hot, and the blender is too full, it can erupt and burn you. Add salt and pepper to taste.

Return to soup pot and reheat.

Serves 4



## HEALTH DEFINED, NOT ONLY A CHIROPRACTIC PERSPECTIVE.

How do you define health? Is health to you not having a cold? Is it feeling good? Or maybe health is something more. In chiropractic we have always considered health to be something much more than not being sick, something more than just pain free, something that speaks to a higher quality of life itself. But do not take our word for it. Here are two definitions of health that seem to approach the fullness of what we are speaking about in chiropractic.

World Health Organization - Definition of Health: *"Health is a state of complete physical, mental and social well-being and not merely the absence of disease or infirmity"*

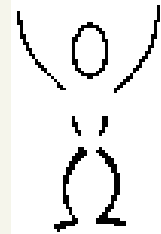
The Vatican - Pope John Paul, Definition of Health: *"Health is a dynamic tension towards physical, mental, social and spiritual harmony, and not only the absence of illness, which gives man the ability to fulfill the mission which has been entrusted to him, according to the state of life in which he finds himself."*

**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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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 R E S E N T A T I O N S**

Presentations are held at the Brookfield Clinic at 6:30pm  
Please call to reserve your seat today!

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| <p>Back Health<br/>Tuesday Sept 15th<br/>Dr. Angie English, DC</p> | <p>Meet and Greet With<br/>Cherri Schleicher, FNPC, APNP<br/>Tuesday Sept 22nd<br/>4pm-6pm</p> | <p>Stress Management<br/>Tuesday Sept 22nd<br/>Cherri Schleicher, FNPC, APNP</p> |
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**W E L L N E S S C L I N I C S**

October 2009-March 2010

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|---|--|---|
| <p>Natural flu injection<br/>\$25 per injection<br/>Available during clinic hours<br/>By appointment only</p> | <p>Cholesterol and<br/>blood pressure screenings<br/>\$25<br/>Every Tuesday, Wednesday and Friday from<br/>8am-9am<br/>By appointment only</p> | <p>Vitamin B12 injection<br/>\$15 per injection<br/>Available during clinic hours<br/>By appointment only</p> |
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