



The Supplement

HEALTH AND WELLNESS INFORMATION TO SUPPLEMENT YOUR LIFE

SUPPLEMENT OF THE MONTH ALPHA LIPOIC ACID

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Alpha-lipoic acid (ALA) is an antioxidant that is made by the body and is found in every cell, where it helps turn glucose into energy. Antioxidants are substances that attack "free radicals," waste products created when the body turns food into energy. Free radicals cause harmful chemical reactions that can damage cells in the body, making it harder for the body to fight off infections. They also damage organs and tissues. Unlike other antioxidants, which work only in water (such as vitamin C) or fatty tissues (such as vitamin E), alpha-lipoic acid is both fat- and water-soluble. That means it can work throughout the body. In addition, antioxidants are depleted as they attack free radicals. ALA appears to be able to recycle antioxidants such as vitamin C and glutathione after they have been used up. Glutathione is an important antioxidant that helps the body eliminate potentially harmful substances. Alpha lipoic acid increases the formation of glutathione.

Uses for ALA include diabetes and neurological conditions. ALA can lower blood sugar levels, and its ability to kill free radicals may help reduce pain, burning, itching, tingling, and numbness in people who have nerve damage caused by diabetes (called peripheral neuropathy). Because alpha-lipoic acid can pass easily into the brain, it has protective effects on brain and nerve tissue.

The body can usually make enough ALA on its own. Food sources include red meat, organ meats (such as liver), and yeast (particularly Brewer's yeast). General supportive doses range from 20 - 50 mg per day and doses for diabetics with neuropathy can be in the range of 800 mg per day.

EASING JET LAG

- Adjust to the local time zone while at home: beginning four days before the flight, start adjusting your schedule to match that of your destination. For example, if you will be traveling to Europe, gradually go to bed and get up earlier each day.
 - Don't nap after you arrive. Stay on the new time zone schedule.
- Use melatonin once you arrive: take a dose of 1-3 mg of melatonin at bedtime in your new destination. Do this for three nights in a row to reset your internal clock.

TCM: SIGNS OF LIVER IMBALANCE

Traditional Chinese Medicine (TCM) and acupuncture can be used to help diagnose and treat many conditions. In TCM theory, each organ of the body has unique characteristics and a set of points located on a "meridian" of the body. The liver has a very important function in TCM and from a Chinese medicine point of view, is probably the most important factor in ensuring physical and emotional health. There are many things that can cause a disruption in the flow of liver energy. Stress, anger, resentment and repressed frustrations in life are common culprits. These emotions, when experienced for a prolonged period of time, will cause the Liver Qi (energy) to stagnate. Diet and lifestyle, in particular the excessive consumption of spicy or greasy foods and the use of alcohol and nicotine, will contribute to or aggravate a Liver imbalance by generating heat in the body. Liver Qi stagnation is a common pattern in many patients. When the Liver energy is stuck, physically, we experience a feeling of distension in the chest, which the body attempts to relieve by sighing. Often there is discomfort just below the ribcage along the path of the Liver meridian. Hiccups may be due to the Liver Qi stagnating in the diaphragm. Because of the close relationship of the Liver and Gallbladder, neck and shoulder tension are common along the path of the Gallbladder meridian. Because a branch of the Liver meridian ascends to the top of the head, vertex headaches are common. Emotionally, patients may feel irritable and depressed or have pronounced mood swings when the Liver Qi is stuck. Because the energy is predominant in the Liver meridian between 1 and 3 a.m. according to the Chinese medicine body clock, people with a Liver imbalance often will wake up habitually during this time and not be able to fall back asleep. Stress reduction is crucial to keeping the Liver in balance. Acupuncture has been used for thousands of years to relax the body and move the Liver Qi to maintain health.

SICKLE CELL DISEASE

Sickle cell disease is a genetically inherited condition where the red blood cells (RBCs) are abnormally shaped. The RBCs are in a crescent shape instead of the normal round shape. Sickle cell anemia is caused by an abnormal type of hemoglobin called hemoglobin S. Hemoglobin is a protein inside red blood cells that carries oxygen. Hemoglobin S changes the shape of red blood cells, especially when the cells are exposed to low oxygen levels. The red blood cells become shaped like crescents or sickles. Sickle cell disease is much more common in people of African and Mediterranean descent. It is also seen in people from South and Central America, the Caribbean, and the Middle East.

The fragile, sickle-shaped cells deliver less oxygen to the body's tissues. They can also get stuck more easily in small blood vessels, and break into pieces that interrupt healthy blood flow. This causes painful episodes (called crises), which can last from hours to days. These crises can affect the bones of the back, the long bones, and the chest.

Sickle cell anemia is inherited from both parents. If you inherit the hemoglobin S gene from one parent and normal hemoglobin (A) from your other parent, you will have sickle cell trait. People with sickle cell trait do not have the symptoms of sickle cell anemia. Symptoms usually become apparent by four months of age.

Common symptoms include:

- Attacks of abdominal pain
- Bone pain
- Breathlessness
- Delayed growth and puberty
- Fatigue
- Fever
- Paleness
- Rapid heart rate
- Ulcers on the lower legs (in adolescents and adults)
- Yellowing of the eyes and skin (jaundice)

Treatment recommendations include folic acid, B6, B12 and iron, all nutrients required to make RBCs. Treatment for a sickle cell crisis may include blood transfusions, pain relievers, and hydration. Certain drugs may also be prescribed for long term use to prevent the number of painful episodes and breathing difficulty.

FOOD AS MEDICINE: BASIL

Basil now grows in many regions throughout the world, but it was first native to India, Asia and Africa. It is prominently featured in varied cuisines throughout the world including Italian, Thai, Vietnamese and Laotian.

The name "basil" is derived from the old Greek word *basilikohn*, which means "royal," reflecting that ancient culture's attitudes towards an herb that they held to be very noble and sacred. The tradition of reverence of basil has continued in other cultures. In India, basil was cherished as an icon of hospitality, while in Italy, it was a symbol of love.

The unique array of active constituents called flavonoids found in basil provide protection at the cellular level. Orientin and vicenin are two water-soluble flavonoids that have been of particular interest in basil, and in studies on human white blood cells; these components of basil protect cell structures as well as chromosomes from radiation and oxygen-based damage. In addition, basil has been shown to provide protection against unwanted bacterial growth. These anti-bacterial properties of basil are not associated with its unique flavonoids, but instead with its volatile oils, which contain estragole, linalool, cineole, eugenol, sabinene, myrcene, and limonene. Lab studies show the effectiveness of basil in restricting growth of numerous bacteria, including: *Listeria monocytogenes*, *Staphylococcus aureus*, *Escherichia coli* O:157:H7, *Yersinia enterocolitica*, and *Pseudomonas aeruginosa*.

Whenever possible, choose fresh basil over the dried form of the herb since it is superior in flavor. The leaves of fresh basil should look vibrant and be deep green in color. They should be free from dark spots or yellowing. Fresh basil should be stored in the refrigerator wrapped in a slightly damp paper towel. It may also be frozen, either whole or chopped, in airtight containers. Alternatively, you can freeze the basil in ice cube trays covered with either water or stock that can be added when preparing soups or stews. Dried basil should be kept in a tightly sealed glass container in a cool, dark and dry place where it will keep fresh for about six months.

NUTTY RED PEPPER AND BASIL DIP

Makes about 3 cups

This is an excellent dip for fresh veggies, or you can use it as a sandwich spread or as sauce for fish or whole-grain pasta.

Ingredients

- 1 1/2 cups raw, unsalted cashews or macadamia nuts
- 1/4 cup nutritional yeast
- 2 garlic cloves
- 3 tablespoons lemon juice
- 3/4 cup lightly packed fresh basil leaves
- 3 tablespoons tahini
- 1 1/3 cups chopped roasted red bell pepper



Method

Place cashews in a medium bowl, cover with cold water, and allow to soak for 4 hours. Drain and transfer to a food processor. Add remaining ingredients and process until smooth. Add more water if you prefer a thinner dip or if you would like to use it as a sauce.

Nutrition

Per serving (about 1/4 cup): 210 calories (130 from fat), 15g total fat, 3g saturated fat, 0mg cholesterol, 135mg sodium, 15g total carbohydrate (2g dietary fiber, 3g sugar), 7g protein

PLANTAR FASCIITIS AND CHIROPRACTIC

Plantar fasciitis, which may cause the heel to hurt, feel hot or swell, is inflammation of the plantar fascia, a thin layer of tough tissue supporting the arch of the foot. Repeated microscopic tears of the plantar fascia cause pain. Diagnostic testing, such as X-rays, usually is not necessary to diagnose plantar fasciitis, although it may be useful to rule out other potential causes of heel pain. Typically with plantar fasciitis, the pain is worse when first getting out of bed, or is noticeable at the beginning of an activity and gets better as the body warms up. Prolonged standing may cause pain, as well. In more severe cases, the pain may worsen toward the end of the day.

There are a number of possible causes for plantar fasciitis and they often work in combination. Tightness of the foot and calf, improper athletic training, stress on the arch or weakness of the foot are potential causes. Shoes that don't fit, certain play or work actions or overuse (running too fast, too far, too soon) may hurt the plantar fascia. People with low arches, flat feet or high arches are at increased risk of developing plantar fasciitis.

Treatment will typically begin by correcting training errors, which may require some degree of rest, the use of ice after activities, and an evaluation of gait, feet and shoes. Additional therapies that may be helpful include myofascial release (a form of deep tissue massage), ultrasound, chiropractic manipulation of the foot, ankle and spine and stretching/strengthening home exercises.

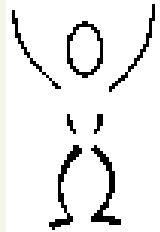
Orthotics may be another solution to foot problems. After the bones of the foot are properly aligned, a foot print can be done that will evaluate if orthotics may be useful to help maintain the new proper foot bone alignment.

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!



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Office Closures: Saturday September 3
Monday September 5

WELLNESS SEMINARS

"Highly Effective Holistic Solutions for Anxiety" Di Philippi September 21 6-7pm
Call the clinic to RSVP

GOODBYE DR. SIMMS!

Dr. Simms, the naturopathic resident, will be completing her residency at IFWC this month.

Here is a personal note of thanks:

" I would like to thank all of the patients who have helped me learn this past year by sharing their unique story with me. I feel honored to have been a part of IFWC and will forever be thankful for the experiences and memories made here." – Dr. Simms

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!

Wisconsin Association of Naturopathic Physicians Association (WNPA) 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.