



The Supplement

HEALTH AND WELLNESS INFORMATION TO SUPPLEMENT YOUR LIFE

SUPPLEMENT OF THE MONTH PELARGONIUM SIDOIDES

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Pelargonium sidoides (Umckaloabo) is a medicinal plant native to South Africa. For hundreds of years the Zulu, Basuto, Xhosa and Mfengi cultures have used *Pelargonium sidoides* as a curative for coughs, upper respiratory tract irritations and gastrointestinal concerns.

Pelargonium sidoides occurs throughout the eastern Cape, Lesotho, Free State and southern and south-western Gauteng in the Republic of South Africa.

Pelargonium sidoides is clinically proven to shorten and reduce severity of upper respiratory infections, including the common cold, bronchitis, sinusitis, and tonsillopharyngitis. Established safety and efficacy for children and adults.

HEALTH FACTS

2 out of 3 adults in the United States have hemorrhoids.

25% of your bones are located in your feet.

35,000 people in the U.S. will die from the flu annually.

40% of all indigestion remedies sold in the world are bought by Americans.

A person will burn 7 percent more calories if they walk on hard dirt compared to pavement.

TREATING THYROID PROBLEMS WITH ACUPUNCTURE

Both Western and Eastern medicine offer various methods to restore thyroid hormone levels. Western treatments rely mainly on drugs and surgery while Eastern treatments aim to restore immune function as well as balance in the production and release of thyroid hormones through a variety of approaches ranging from acupuncture and herbal remedies to lifestyle changes and special exercises.

In the treatment to thyroid problems, acupuncture can be used to restore hormonal balance, regulate energy levels, smooth emotions and help manage sleep, emotions and menstrual problems. There are several powerful acupuncture points on the ear and the body that can be used to regulate the production of thyroid hormones.

Treatments take all of your symptoms into account and are aimed at balancing the energy within the body to optimize health. When it comes to lifestyle changes, a diet rich in protein, calcium, magnesium, and iodine helps support thyroid function. Stress reducing exercises such as yoga or tai chi can also be beneficial.

HALITOSIS

Bad breath, or halitosis, is an unpleasant odor emanating from the mouth. The primary symptom of bad breath is a bad odor emanating from the mouth that is usually not detectable by the person who has bad breath. Bad breath is usually caused by some health problem in the mouth, teeth, gums, throat, or gastrointestinal tract. Other contributing factors may be smoking, liver disease, and poor protein digestion. The mouth is one window into the body. If there is a bad odor, it is a general sign that there is some underlying cause and imbalance that needs to be treated. Certain odors or smells emanating from the mouth can be indications of specific disease; for example, a metallic smell may represent diabetes or an active metabolism undergoing rapid weight loss; sour smells may represent stomach problems or tumors. While conventional physicians do not agree that halitosis may represent intestinal problems, holistic practitioners, based on extensive anecdotal evidence provided by their patients, disagree, and will often address gastrointestinal health when treating cases of bad breath. If you have chronic bad breath, it is not a good idea to continue to try to "mask" it with over-the-counter breath fresheners and mints, as many of these are very high in sugar. There are natural cures for bad breath that take into account your overall health, instead of merely trying to mask the symptoms.

FOOD AS MEDICINE TOMATOES

There are few vegetables that better mark the summer months than the sweet juiciness of a vine-ripened tomato. Although tomatoes are now available year-round, the truly wonderful qualities of tomatoes are the best when they are in season from July through September. Tomatoes have fleshy internal segments filled with slippery seeds surrounded by a watery matrix. They can be red, yellow, orange, green, purple, or brown in color. Although tomatoes are fruits in a botanical sense, they don't have the dessert quality sweetness of other fruits. Instead they have a subtle sweetness that is complemented by a slightly bitter and acidic taste. Cooking tempers the acid and bitter qualities in tomatoes and brings out their warm, rich, sweetness. Lycopene, a carotenoid found in tomatoes, has been extensively studied for its antioxidant and cancer-preventing properties. The antioxidant function of lycopene-its ability to help protect cells and other structures in the body from oxygen damage-has been linked in human research to the protection of DNA (our genetic material) inside of white blood cells. Prevention of heart disease has been shown to be another antioxidant role played by lycopene.

CINNAMON AND HONEY ... THE MIRACLE CURE

HEART DISEASES:

Make a paste of honey and cinnamon powder, apply on bread, instead of jelly and jam, and eat it regularly for breakfast. It reduces the cholesterol in the arteries and saves the patient from heart attack. Also those who have already had an attack, if they do this process daily, they are kept miles away from the next attack. Regular use of the above process relieves loss of breath and strengthens the heart beat. In America and Canada, various nursing homes have treated patients successfully and have found that as you age, the arteries and veins lose their flexibility and get clogged; honey and cinnamon revitalize the arteries and veins.

ARTHRITIS:

Arthritis patients may take daily, morning, and night, one cup of hot water with two spoons of honey and one small teaspoon of cinnamon powder. If taken regularly even chronic arthritis can be cured. In a recent research conducted at the Copenhagen University, it was found that when the doctors treated their patients with a mixture of one tablespoon honey and half teaspoon cinnamon powder before breakfast, they found that within a week, out of the 200 people so treated, practically 73 patients were totally relieved of pain, and within a month, mostly all the patients who could not walk or move around because of arthritis started walking without pain.

COLDS:

Those suffering from common or severe colds should take one tablespoon lukewarm honey with 1/4 spoon cinnamon powder daily for three days. This process will cure most chronic cough, cold, and clear the sinuses.

T O M A T O D A N D E L I O N S A L A D

This is an easy salad to make that will complement numerous recipes as a side dish. It is especially good when tomatoes are in season and vine ripened. The combination of flavors in this dish is delicious together, and the dandelion greens add healthy benefits that make this salad special. Make sure you use young tender dandelion greens for this if they are available.

Prep and Cook Time: 15 minutes

Ingredients:

- 1/2 medium sized onion, cut in half and sliced thin
- 2 TBS light vinegar (such as apple cider, rice, or white wine)
- 1 cup hot water
- 2 large red ripe tomatoes
- 3 cups chopped young dandelion greens
- 2 TBS fresh basil cut into large pieces

Dressing:

- 1-1/2 TBS balsamic vinegar
- 1/4 tsp salt
- 1/4 tsp coarse cracked black pepper

Extra virgin olive oil to taste

1 oz crumpled Chevre goat cheese (optional)

Directions:

Thinly slice onion and place in a small bowl. Pour 2 TBS light vinegar and 1 cup hot water over onions and marinate while making rest of salad.

Whisk together dressing ingredients adding oil at end a little at a time.

Rinse and chop dandelion greens. Place in basket of a salad spinner, rinse and spin dry. Toss dandelion greens with 2/3 of the dressing.

Cut tomatoes in half crosswise and squeeze out juice. Cut into quarters, remove inner pulp and slice. Place on greens.

Squeeze dry marinated onions and lay on top of sliced tomatoes and greens. Drizzle the rest of the dressing over tomatoes, onion and top with basil and goat cheese if desired.

Serves 4



S C O L I O S I S A N D C U R V A T U R E S

Before the age of 10, young children seldom complain of a backache. When they do, it's usually for a day or so, and then the problem is not mentioned again. Often times, a vertebra can remain out of alignment (subluxated) and the child's pliable spine adapts to the situation. "As a tree is bent, so shall it grow!" is an old adage that can certainly be applied to the spine. Spinal misalignments in a young spine can develop curvatures which create spinal problems in adult life. A curvature is an abnormal spinal contour. Scoliosis is a type of curvature that has an abnormal side to side bend.

The process of scoliosis development goes as follows: First, the spine does not develop its normal front to back arches, and this causes unusual weight to be carried on the spinal discs. Second, the center of certain discs shifts to one side, and the vertebra tip to the other side, just like a teeter totter. This misalignment, called a subluxation, causes the spine to tip to one side. To compensate for this bend, the spine then tips to the other side at another level and the result is scoliosis.

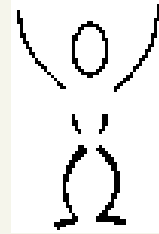
Chiropractic care has often proven to be the most effective means of curvature control and correction. Dr. Fred H. Barge, in his book "Scoliosis" states, "From the time children are very young, the swingy swing, play pens and walkers, are encouraging children to walk too soon. Exercises in school such as sit-ups, and bending over touching the toes are destructive to the proper development of normal spinal contours. The enforced sitting in school all day also contributes to improper development of normal spinal curves. All of these things can lead to the development of curvatures and scoliosis. If the problem is detected early in a young child, it can often be straightened. Regular chiropractic examination, especially after a severe fall or sports activity, can detect spinal subluxations. Chiropractic spinal adjustment can correct these misalignments and return the spine to its proper position." There certainly can be other causes of curvature. Hereditary development, a short leg, pelvic (hip) distortions, certain diseases, all can contribute to curvature development; but early detection and chiropractic care may prevent further curvature. Surgery and bracing are rarely sometimes necessary, but control and reduction through chiropractic care should be a primary consideration in all cases of scoliosis.

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.

September brings the start to our lecture series. Monthly, there will be various topics presented to the general public to expand knowledge in integrative medicine. The topics and dates will be posted in the newsletter, as well as talked about on the radio. We will also be offering our wellness clinic services again starting in October. You can get a natural flu injection, cholesterol screening, or B12 injection at a reduced price. More information to follow in the October issue of the "Supplement"

**Wellness Seminars
Wednesday September 29th
The Weight Loss Cure
Dr. Michele Nickels
6:30pm
Call the Brookfield clinic to reserve
our 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.

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 September 21st 2010** from 7:00am-8:00am for their "ask the expert" segment.

The office will be closed Monday September 6th in observance of Labor Day.