



# 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 I O D I N E

INSIDE THIS ISSUE :	
Supplement Of The Month	1
Disease Of The Month	2
Food As Medicine	2
Recipe Of The Month	3
Clinic News	4

Iodine deficiency was a common phenomena in the early 20th century and goiters were commonly seen. Goiters are due to thyroid gland enlargement. The enlargement of the thyroid results from overstimulation of the thyroid gland by thyroid stimulating hormone (TSH), as the body attempts to produce increased amounts of thyroid hormone. Scientists found that iodine was the cause of goiters and the government officials began to put iodine into the salt supply. Iodized salt, sea vegetables, seafood, and some milk products (due to animal feed containing iodine) are high in iodine. Iodine deficiency may eventually lead to hypothyroidism, which causes a variety of symptoms including fatigue, weight gain, weakness and/or depression. Interestingly, iodine deficiency can also cause hyperthyroidism, a condition characterized by weight loss, rapid heart beat, and appetite fluctuations. In recent years goiters have made a comeback in our culture. People have become more salt conscious and often use sea salts that contain less iodine. Deficiencies of vitamin A, E, zinc or iron can exaggerate the effects of iodine deficiency. Living in the Midwest is another risk factor for iodine deficiency due to its location far inland away from the sea. Without a border near the sea, the soil and therefore the animals and crops raised in the Midwest are lower in iodine than our neighbors on the coast. An easy way to look for iodine deficiencies are a blood test to check the thyroid function. If supplementation is necessary, kelp or an iodine complex with salt or potassium can be used to correct levels. Try experimenting with seaweeds such as dulse, kombu, or nori to boost your iodine intake!

### M A G N E S I U M   F A C T S

Magnesium is the fourth most abundant mineral in the body and is essential to good health. Approximately 50% of total body magnesium is found in bone. The other half is found predominantly inside cells of body tissues and organs. Only 1% of magnesium is found in blood, but the body works very hard to keep blood levels of magnesium constant .

### A C U P U N C T U R E   T O   S T I M U L A T E   C R A N I A L   B O N E S   F O R E N D O C R I N E   H E A L T H

The sphenoid bone is a butterfly-shaped bone, which makes up the floor of the skull. It has contacts with all other eight cranial bones and facial bones that make up the skull. The sphenoid bone's most notable structure is the cuplike "sella turcica" (Turkish saddle) at the floor of the skull. Inside the sella turcica is the pituitary gland, known as the master gland of the endocrine system. The cranial bones in general have limited flexibility and movement. The area surrounding the pituitary can become stagnant leading to energetic disruption. Energetic disruption may produce symptoms related to the endocrine organs of the thyroid, adrenal, parathyroid, ovaries, testicles and all glands of the body.

Acupuncture meridians can help stimulate the cranial bones and pituitary in particular. There are three specific acupoints, *Tai Yang*, *Yin Tang* and DU 20, which have the most impact on the sphenoid and its relationship to neurological functioning: *Tai Yang* is located near the temple and has major neurological connections throughout the body. *Yin Tang* is another important point, located midway between the eyebrows in line with the nose. On the back of the head is a bone called the occiput. Where the occiput meets the spine is where Du 16 is located. Massaging any of these points is an easy and effective way to stimulate the bones of the skull. Adding these specific points to an acupuncture protocol can help stimulate endocrine healing.

## MOTIVATE YOURSELF IN 2011

At the beginning of a new year, it can be useful to set goals. Resolutions often involve activities that require motivation. There are some simple ways to improve motivation for yourself and also help to motivate others.

**Take action.** Here's a secret that once you know it, can change your life. Action often comes before motivation. You simply start doing an activity and then your motivation kicks in. Nike was right with "Just do it." For example, you might not always look forward to a workout, but once you start, you will find a flow and continue doing the activity.

**Find your why.** Figure out a compelling purpose. Turn this into a one-liner. For example, when you fall off course, you might remind yourself, "I'm ready to make positive changes in my life."

**Change your why.** Sometimes you're doing things for the wrong reason. Are you doing that task to get it done, or to learn something new? Just shifting your why can light your fire.

**Change your how.** You can instantly find your tasks more enjoyable by shifting from getting them done, to doing them right. I think of it as mastering your craft. Make it artful. Sometimes slower is better. Other times, the key is to make it a game and actually speed it up. You can set time limits and race against the clock. Changing your how can get you out of ruts and find new ways to escape the mundane

**Shift to past, present, or the future.** Sometimes you need to be here, now. Sometimes, the right here, right now sucks. The beauty of shifting tense is you can visualize a more compelling future, or remember a more enjoyable past. At the same time, if you catch yourself dwelling on a painful past, get back to right here, right now, and find the joy in the moment. You'll improve your temporal skills with practice.

**"CHOOSE" to.** If you tell yourself you "HAVE" to do this or you "MUST" do that or you "SHOULD" do this, you can weaken your motivation. The power of choice and simply reframing your language to "CHOOSE" to can be incredibly empowering and exactly the motivating language you need to hear. Choose your words carefully and make them work for you.

**Pair up.** This is one of my favorite ways to make something fun. One person's painful task, is another's pleasure. Pair up with somebody who compliments your skill or who can mentor you and get you over the humps.

**Fix time for eating, sleeping, and working out.** Sometimes your body or emotions are working against you because you're not giving them a break or fueling them the right way. One simple way to improve results here is to find a routine for eating, sleeping, and working out that supports you.

**Play to your strengths.** Spending too much time in your weaknesses wears you down. Spending more time in your strengths helps you renew your energy and find your flow. It's the place where you can grow your best. Success begets success and this helps you build momentum.

*You don't overcome challenges by making them smaller but by making yourself bigger.* – John C. Maxwell

## FOOD AS MEDICINE: CELERY ROOT

If you've begun the new year with a resolution to eat healthy, root vegetables are a great place to start. They're low-calorie but "high-volume," which means it will fill you up without a lot of calories. Celery root, or celeriac, has a much milder flavor than its more common varietal cousin, bunch celery. Celery root is derived from wild celery, which has a small, edible root and has been used in Europe since ancient times (it is mentioned in Homer's *Odyssey* as *selinon*). It is unclear when celery root was first cultivated, but there are references to it dating back to the seventeenth century. Like jicama, it is very versatile and can be served raw, cut into matchsticks for dipping or tossed in a light dressing, or cooked into a number of dishes. Beneath the gnarly, knobby exterior lies a creamy, white flesh with a sweet, smoky flavor. It's high in fiber, potassium, magnesium, and vitamin B6.

Celery root can be used to reduce high blood pressure; recent studies suggest it's the presence of phytochemicals called *phthalides* that produce this benefit. Phthalides relax the smooth muscles lining the blood vessels by causing the artery muscles to dilate allowing more blood to flow freely without restriction at reduced pressure along the arteries. Phthalides also reduces stress hormones such as cortisol and adrenaline. Stress has been shown to cause blood pressure spikes because stress hormones cause blood pressure vessels to constrict. Phthalides have two other medically recognized benefits namely cancer and high cholesterol prevention properties. Phthalide is potent as an anti-tumor agent, an important element in cancer prevention.

## CELERY ROOT AND APPLE PUREE

When shopping for the roots, select those with stalks and leaves at the top, if possible. Look for roots that have the smoothest, least blemished exterior so you'll have less waste when peeling. Roots should feel heavy, and the flesh should be hard and firm, not spongy. Store celery root in a plastic bag in the refrigerator for up to 10 days. If you've purchased the root with its stalks and leaves, trim these off before storing, peel the root, then use them in soups or stocks the way you'd use celery (but remember, these have a stronger flavor). Serve this puree with a light fish or pork.

### Ingredients

Serves 4

4 3/4 cups apple juice

1 cinnamon stick

1 bay leaf

2 medium celery roots (1 pound total), trimmed and coarsely chopped

8 firm, crisp apples such as Granny Smith or Fuji, peeled, cored, and chopped

1 tablespoon cider vinegar

Kosher salt and fresh ground black pepper



### Directions

In a 2-quart saucepan, combine 3 cups of the apple juice, the cinnamon stick, and the bay leaf and bring to a boil. Add the celery root and cook for 15 minutes, until the liquid is reduced to a slightly thick syrup.

Using a slotted spoon, remove the bay leaf and cinnamon stick. Add the apples, the remaining apple juice, and the vinegar and cook 5 to 7 minutes more, or until the liquid is completely reduced. Spoon the mixture into the bowl of a food processor and process until smooth. Season with salt and pepper and serve.

## CHIROPRACTIC MEDICINE FOR SINUSITIS

Over 37 million Americans suffer from sinus infections, sinus headaches, and sinusitis each year. Common colds, asthma, cigarette smoke, and pollution have been marked as the jump-start to bad sinuses. Your cheeks, forehead, and upper nose fill with mucus and can cause infections that clog the passageways, causing pressure as well as creating an ideal incubator for viruses and bacteria to flourish. Symptoms of a sinus headache include:

- Pressure like pain in one specific area of your face or head (for example, behind your eyes)
- Face is tender to the touch
- Pain is worse with sudden movements of the head and bending forward
- Worse pain in the morning (because mucus has been collecting and draining all night)
- Sudden temperature changes, like going out into the cold from a warm room, worsen the pain
- Headache often starts when you have a bad cold or just after

Other symptoms may be related to sinus inflammation (sinusitis):

- Postnasal drip with sore throat (pharyngitis)
- Yellow or green discharge from your nose
- Red and swollen nasal passages (nasal congestion)
- Mild to moderate fever
- General sense of not feeling well (malaise)

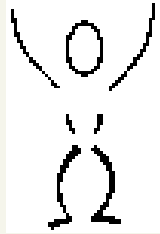
Receiving chiropractic care can alleviate the pressure and drain the mucus out of your sinuses. Often patients' sinuses drain after adjusting the cervical spine and sinus bones. Relieving the pressure in the nerves from the neck can stimulate healing in body as a whole as well as in the sinuses. Many things can happen after receiving an adjustment. First, you will experience a decrease in sinus pressure because the mucus drains out. Headaches are reduced because of the draining sinuses. You are also able to hear better because your ears are able to help drain wax-build up. Lastly, you have better clarity and an overall better well-being.

**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**

W62 N225 Washington Avenue  
Cedarburg, WI 53012  
262-376-1150  
www.drnickels.com

**INTEGRATIVE FAMILY WELLNESS CENTER**

16535 W. Bluemound Rd. Suite 222  
Brookfield, WI 53005  
262-754-4910  
www.ifwcenter.com

**PLEASE SEND ANY EMAIL CORRESPONDENCE TO:**  
contact@ifwcenter.com  
(Please note that Dr. Nickels personal email will no longer be in use)

Tune in to 95.7FM to hear commercials for Integrative Family Wellness Center. Dr. Nickels and Dr. English will be on the morning show with “Murphy and Meg in the Morning” **January 18** from 7:00am-8:00am for their “Ask the Expert” segment.



**NEW YEAR SPECIALS!**

**UNLIMITED CHIROPRACTIC FOR \$150 PER MONTH**  
**UNLIMITED ACUPUNCTURE FOR \$150 PER MONTH**

**CALL THE BROOKFIELD CLINIC FOR MORE INFORMATION!**

**Other News**

**Expanded Hours:** Monday: 9am-6pm, Tuesday-Thursday: 8am-6pm, Friday: 8am-3pm

We have a **new phone system!** Please be patient with the system as we transition and listen to the prompts to direct you to your call. Beginning in January, we will not be accepting insurance for any weight loss. Insurance companies have made reimbursement for any type of weight loss very complicated. All weight loss programs will be a cash service. Beginning in January, in order for us to bill your **insurance** for office visits with Dr. Nickels and Dr. Saxe, you will also need to be seen by their billing provider, Dr. Bozena Simon at the time of your appointment. Please adjust your schedule to accommodate more time at the clinic. As this becomes more of a hassle, we do offer a reduced cash rate for office visits, almost 50% less than what is billed to your insurance company. Also be aware of high deductibles, as it may cost you a total of \$800 out of pocket over a year to see any of our providers if you choose to pay cash, where it may cost you \$1800 or more, if we bill your insurance. Please call the clinic for help in making the right financial choice. Alicia, the Billing Specialist, can be reached by selecting option 4 from the main telephone line: 262-754-4910.

**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

**Wellness Seminars**  
**The Weight loss cure**  
**Dr. Michele Nickels**  
**Wednesday January 19th**  
**6:30pm**  
**Call the Brookfield clinic to reserve our seat today!**

**We would like to welcome our newest practitioner, DR. ANDREA M. LANGE, DC.**

She is welcoming new patients as well as accommodating all established patients. She will be seeing patients on:

**Mondays: 9am-6pm, Tuesdays: 8am-noon, Thursdays: Noon-6pm**

Dr. Andrea M. Lange, DC was born and raised in Franklin, WI and after graduating high school she attended Texas A&M University where she graduated with an Animal Science degree. After A&M, she and her husband moved to Dallas, TX where she attended Parker College of Chiropractic. The time she spent there resulted in some of the most challenging, fun, and enlightening experiences of her life; she was able to truly tap into the essence of chiropractic and the divinity of herself! Her passion has become so deep to serve people this way! She is excited to facilitate others in seeing the incredible healing power of themselves....mind, body, and spirit. Dr. Lange is excited to share this journey of LIFE with you and she looks forward to serving you!

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.