



# The Supplement

## HEALTH AND WELLNESS INFORMATION TO SUPPLEMENT YOUR LIFE

### INSIDE THIS ISSUE:

Supplement Of The Month	1
Inside Story	1
Disease Of The Month	2
Food As Medicine	2
Recipe Of The Month	3
Inside Story	3
Clinic News	4

### SUPPLEMENT OF THE MONTH NATTOKINASE

Nattokinase is a potent fibrinolytic enzyme extracted and highly purified from a traditional Japanese food called Natto. Natto is a fermented cheese-like food that has been used in Japan for over 1000 years for its popular taste and as a folk remedy for heart and vascular diseases. Natto is produced by a fermentation process by adding *Bacillus natto*, a beneficial bacteria, to boiled soybeans. The resulting nattokinase enzyme, is produced when *Bacillus natto* acts on the soybeans. While other soy foods contain enzymes, it is only the natto preparation that contains the specific nattokinase enzyme. Nattokinase prevents coagulation of blood and it dissolves existing thrombus. Traditionally in Japan, Natto has been consumed not only for cardiovascular support, but also to lower blood pressure.

### AN EASY WAY TO DOUBLE YOUR VEGETABLE INTAKE

In a new study, women more than doubled their fruit and vegetable intakes and dramatically increased their consumption of "good" fats when they were counseled by registered dietitians and provided with a list of nutritional guidelines reflecting the traditional Mediterranean diet.

The six-month study divided 69 women into two groups. Women in one group continued their usual diet and did not receive any dietary counseling. In the other group, registered dietitians used an "exchange list" of foods that are common in a Mediterranean diet to make a plan for each participant. The list included suggested servings of several categories of foods, such as dark green vegetables.

The group that followed the exchange-list plan reached their nutritional goals within three months, and maintained the change for the six-month duration of the study. The comparison group, however, made few dietary changes.

The Mediterranean diet has been associated with health benefits such as lower risks for cardiovascular disease and cancer. Recent studies also have suggested that such a diet can increase longevity.

### ACUPUNCTURE POINT, YIN TANG, RELIEVES CHILDREN'S PREOPERATIVE ANXIETY

Fifty-two children participated in the study, where an adhesive bead was either placed on Yin Tang (located between the eyebrows) or on a sham acupuncture point (a spot above the left eyebrow that hasn't been linked to any clinical effects) before a gastrointestinal endoscopic procedure. The researchers found that stimulation of Yin Tang reduced anxiety by 9% during the preoperative waiting period whereas anxiety continued to rise 2% for children who got sham acupuncture. Anxiety levels were measured by the State Trait Anxiety Inventory for Children questionnaire, considered the "gold standard" for pediatric assessment.

According to the researchers, this could be of great clinical importance due to the fact that excessive preoperative anxiety contributes to operative delays and heightens the pain response.

## 5 ANTIDEPRESSANT ALTERNATIVES PROVEN TO WORK

If you are suffering from depression, but would prefer to try something natural before going the traditional pharmaceutical route, here are some remedies that have stood up to rigorous testing.

### 1. Cognitive behavioral therapy (CBT)

Cognitive Behavioral Therapy seeks to help people change how they think about things. Unlike more traditional forms of therapy, it focuses on "here and now" problems and difficulties. Numerous clinical studies throughout the world have consistently demonstrated that cognitive behavioral therapy is as effective as antidepressant medication. Within 20 sessions of individual therapy, approximately 75 percent of patients experience a significant decrease in their symptoms.

### 2. St John's wort

St John's wort (*Hypericum perforatum*) is commonly used for the treatment of depression. It is available in tablets, capsules and liquid form from supermarkets and health food shops. Research suggests that it exerts its antidepressant action by inhibiting the reuptake of the neurotransmitters serotonin, norepinephrine, and dopamine. Numerous double-blind, placebo-controlled studies have examined the effectiveness of St. John's wort for the treatment of mild to moderate major depression, and most have found the herb more effective than a placebo. It can be at least as effective as paroxetine (Paxil) in the treatment of moderate to severe depression in the short term.

### 3. S-Adenosylmethionine (SAME)

SAMe is an amino acid derivative that occurs naturally in all cells. It plays a role in many biological reactions by transferring its methyl group to DNA, proteins, phospholipids and biogenic amines. Several scientific studies indicate that SAMe may be useful in the treatment of depression.

### 4. Light Therapy

For years, light therapy has been used to treat seasonal affective disorder, a type of depression caused by short winter days and extended darkness. A lack of exposure to sunlight is responsible for the secretion of the hormone melatonin, which can trigger a dispirited mood and a lethargic condition. Light therapy helps to regulate the body's internal clock in the same way that sunlight does. Light therapy is an effective treatment for seasonal affective disorder, and it may reduce the symptoms of non-seasonal depression as well.

### 5. Exercise

Researchers have found that regular exercise, and the increase in physical fitness that results, alters serotonin levels in the brain and leads to improved mood and feelings of wellbeing. Study after study has shown that exercise promotes mental health and reduces symptoms of depression. The antidepressant effect of regular physical exercise is comparable to potent antidepressants like Sertraline.

## FOOD AS MEDICINE LEEK S

With a more delicate and sweeter flavor than onions, leeks add a subtle touch to recipes without overpowering the other flavors that are present. Although leeks are available throughout the year they are in season from the fall through the early part of spring when they are at their best.

Leeks are related to onions, shallots and scallions to which they bear a resemblance. They look like large scallions having a very small bulb and a long white cylindrical stalk of superimposed layers that flows into green, tightly wrapped, flat leaves. Leeks, like garlic and onions, belong to a vegetable family called the *Allium* vegetables. Since leeks are related to garlic and onions, they contain many of the same beneficial compounds found in these well-researched, health-promoting vegetables.

A high intake of *Allium* vegetables has been shown to reduce total cholesterol and LDL, or "bad" cholesterol levels, while at the same time raising HDL, or "good" cholesterol levels. This can be very important for preventing the development or progression of the blood vessel plaques that occur in atherosclerosis and diabetic heart disease. If these plaques grow too large or rupture, the result can be a heart attack or stroke. *Allium* vegetables have also been shown to lower high blood pressure, another risk factor for heart attack and stroke.

## RECIPE OF THE MONTH POACHED EGGS OVER SAUTÉED GREENS

For only 130 calories, this great way of serving eggs in the morning provides an excellent, very good or good source of over 15 nutrients including 719% of the daily value (DV) for vitamin K, 147% DV for vitamin C and 126% DV for vitamin A. Enjoy!

Prep and Cook Time: 25 minutes

Ingredients:

- 4 eggs, preferably organic
- 1 tsp light vinegar (rice, apple cider, or white wine)
- about 4 cups water
- 1 cup thinly sliced leeks, about 1 large leek, white part only
- 6 medium cloves garlic, sliced
- 4 cups chopped kale
- 3 +1 TBS chicken broth
- 2 TBS fresh lemon juice
- salt and black pepper to taste

Directions:

Slice leeks and garlic and let sit for at least 5 minutes to bring out their health-promoting properties.

Bring water and vinegar to a fast simmer in a skillet large enough to fit eggs. Make sure there is enough water to cover eggs.

While water is coming to a simmer, heat 1 TBS broth in a separate stainless steel 10-12 inch skillet. Healthy Sauté sliced leeks in broth over medium heat for about 3 minutes. Add garlic slices and continue to sauté stirring constantly for another minute.

Add kale, broth, and lemon juice, and simmer covered on medium low heat for about 10 minutes stirring occasionally.

When done season with salt and pepper.

Poach eggs until desired doneness. This will take about 5 minutes, or just until the white is set and the yolk has filmed over. Remove from vinegar water with a slotted spoon and place on top of greens.

Serves 4



## FASCINATING FACTS YOU NEVER KNEW ABOUT THE HUMAN BRAIN

The human brain has amazed and baffled people throughout the ages. Some scientists and researchers have devoted their entire lives to learning how the brain works. Here are some facts about your brain.

### Physical Attributes

The weight of your brain is about 3 pounds.

Your skin weighs twice as much as your brain.

Your brain is made up of about 75 percent water.

Your brain consists of about 100 billion neurons.

There are anywhere from 1,000 to 10,000 synapses for each neuron.

There are no pain receptors in your brain, so your brain can feel no pain.

There are 100,000 miles of blood vessels in your brain.

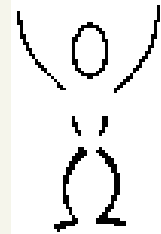
Your brain is the fattest organ in your body and may consist of at least 60 percent fat.

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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**CLINIC NEWS  
HEALTH HAPPENINGS**

<b>BROOKFIELD CLINIC CALENDAR OF EVENTS</b>		<b>CEDARBURG CLINIC CALENDAR OF EVENTS</b>	
<p><b>PRESENTATIONS</b> Presentations are held at the Brookfield Clinic at 6:30pm Please call to reserve your seat today!</p>		<p>We are looking for people interested in attending a women's wellness group one Monday evening a month. Topics of discussion include nutrition, breast health, bioidentical hormone replacement, supplements, menopause, weight loss, healthy living, etc.</p> <p>If you are interested, please e-mail Dr. Nickels at <a href="mailto:mnickelsnmd@gmail.com">mnickelsnmd@gmail.com</a> or call the Cedarburg Women's Health Center at 262-376-1150.</p> <p>Thank You!</p>	
<p>April 8th Chiropractic Treatment For Ear Infections In Kids Dr. English</p>	<p>April 15th The Weight Loss Cure Dr. Nickels</p>	<p>Tune in to 95.7FM to hear commercials for Integrative Family Wellness Center. Also, they will be featuring the clinic on their website <a href="http://www.957fm.com/pages/expert.html?feed=322491&amp;article=4901243">www.957fm.com/pages/expert.html?feed=322491&amp;article=4901243</a></p> <p>Dr. Nickels will be on the morning show with "Murphy and Meg in the morning" April 14th 2009 from 7:30am-8:00am for their "ask the expert" segment.</p> <p>Tune in to 97.3FM to hear commercials for Integrative Family Wellness Center. Also, they will be featuring the clinic on their website <a href="http://www.973thebrew.com/pages/expert.html?feed=322491&amp;article=4901243">http://www.973thebrew.com/pages/expert.html?feed=322491&amp;article=4901243</a></p> <p>Dr. Nickels will be on the morning show with "Connie and Fish" April 6th 2009 from 7:00am-7:30am for their "wellness expert" segment.</p>	
<p>April 22nd The Hormone Controversy Dr. Nickels</p>			
<p>April 23rd Open House 11am-1pm Come and get to know us! We will be offering <b>FREE</b> blood pressure screenings, foot and spinal screenings, and mini massages!</p>			