



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 V I T A M I N K

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Vitamin K is a fat-soluble vitamin. The "K" is derived from the German word "koagulation." Coagulation refers to the process of blood clot formation. Vitamin K is essential for the functioning of several proteins involved in blood clotting. Vitamin K is found chiefly in leafy green vegetables, particularly the dark green ones such as spinach and kale; Brassica (e.g. cabbage, cauliflower, broccoli, and brussels sprouts) are also high in Vitamin K as are some fruits such as avocado and kiwifruit. Two tablespoons of parsley contain 153% of the recommended daily amount of vitamin K. Vitamin K deficiency is uncommon in healthy adults because it is widespread in foods.

What can high-vitamin K foods do for you?

Allow your blood to clot normally

Help protect against osteoporosis

Prevent oxidative cell damage

What events can indicate a need for more high-vitamin K foods?

Excessive bruising and bleeding

Digestive system problems, especially malabsorption

Liver or gallbladder problems

W H A T I S A C U P U N C T U R E

Acupuncture works by stimulating the body's own healing abilities. The fine hair-thin needles do not inject anything into the body. Instead, the healing chemistry of the body is augmented, directed, and generally made more competent to manage health problems. Acupuncture is safe because it relies on the endogenous body chemistry. As a result, the side effects that one commonly encounters when taking drugs are not produced. Modern medical research is only beginning to unravel the biochemical pathways which acupuncture employs. Enough practical experience and knowledge of acupuncture's benefits has accumulated, however, that now several leading medical centers routinely offer it, particularly in the treatment of chronic pain. The Mayo Clinic has had an acupuncture service since 1975, and the World Health Organization of the United Nations currently lists 47 different illnesses that may be effectively treated with acupuncture. Although part of a system of traditional health care for body and mind which dates back three thousand years, acupuncture today is at the forefront of modern medical research and practice. Some treatable conditions include: migraines, asthma, bursitis, tendinitis, menstrual pain, weight loss, trigeminal neuralgia, stroke rehabilitation, back pain/sciatica, stress-related illness, duodenal ulcers, arthritic pain, sports injuries.

L U N G C A N C E R

Taking high doses of vitamin E supplements can actually increase the risk of lung cancer.

A study of 77,000 people found consuming 400 milligrams of vitamin E per day increased cancer risk by 28 percent. Smokers were at particular risk.

An expert writing in the American Journal of Respiratory and Critical Care Medicine said that people should get their vitamins from fruit and vegetables rather than supplements.

Vitamin E is known to be an antioxidant that protects cells from molecules called free radicals. But in high doses, it may also act as a pro-oxidant, causing oxidation and damage to cells.

F O O D A S M E D I C I N E S W I S S C H A R D

Similar to spinach and beets with a flavor that is bitter, pungent and slightly salty, Swiss chard is truly one of the vegetable valedictorians with its exceptionally impressive list of health promoting nutrients. Although Swiss chard is available throughout the year, its season runs from June through August when it is at its best and in the greatest abundance at your local supermarket.

Both the leaves and the roots of Swiss chard have been the subject of fascinating health studies. The combination of traditional nutrients, phytonutrients (particularly *anthocyanins*), plus fiber in this food seems particularly effective in preventing digestive tract cancers. Several research studies on chard focus specifically on colon cancer, where the incidence of precancerous lesions in animals has been found to be significantly reduced following dietary intake of Swiss chard extracts or fibers. Preliminary animal research also suggests that Swiss chard may confer a protective effect on the kidneys of those with

D O N ' T B E M I S L E D B Y D A I R Y A D S

According to a review of the published scientific literature, claims that low-fat dairy products or calcium can help people lose weight are untrue. Neither dairy products in general nor calcium intake promote weight loss.

Out of 49 clinical trials, 41 showed no effects of dairy or calcium on weight, two showed an increase in body weight with a dairy regimen, and one showed a lower rate of weight gain. Only five showed weight loss.

An association between calcium or dairy intake and weight loss has been seen in some "observational" studies, possibly due to other factors such as increased exercise, cutting out high-calorie foods with little nutritional value, or other diet changes.

N E W I N F O R M A T I O N O N T H E S C I E N C E O F S L E E P

Human beings sleep through one-third of their lives, yet why we sleep is one of the biggest unanswered questions of science. In the fascinating article from 60 Minutes, linked below, Lesley Stahl explores all of the latest scientific findings about the reasons for – and functions of – sleep.

Here is a sampling of what she found after talking with sleep researchers from across the United States:

You can die from sleep deprivation, just like you can die from being deprived of food.

Sleep can actually enhance your memories.

A single night of sleeping just four, five or even six hours can impact your ability to think clearly.

Sleep deprivation can cause changes in your brain activity similar to those experienced by people with psychiatric disorders.

Sleep deprivation puts your body into a pre-diabetic state, and makes you feel hungry, even if you've already eaten.

W A L K 1 0 M I N U T E S A D A Y A N D I N C R E A S E Y O U R F I T N E S S L E V E L

New studies show that even short bouts of activity can increase your fitness level, especially if you're new at working out.

RECIPE OF THE MONTH FRESH PEACHES WITH BLUEBERRIES & YOGURT

This very quick and easy dessert is a great summer recipe because the peaches and blueberries are so delicious when they are in season. They complement each other very well, and need no extra sweetening to enjoy their taste and healthy benefits.

Prep and Cook Time: 10 minutes

Ingredients:

- 4 fresh ripe peaches
- 1 basket of fresh blueberries
- 4 oz vanilla yogurt

Directions:

- Slice peaches, and toss with blueberries.
- Top with vanilla yogurt and serve.

Serves 4



6 FOOD ADDITIVES TO AVOID

1. Sodium Nitrate (also called Sodium Nitrite)

This is a preservative, coloring, and flavoring commonly added to bacon, ham, hot dogs, luncheon meats, smoked fish, and corned beef. Studies have linked eating it to various types of cancer.

2. BHA and BHT

Butylated hydroxyanisole and butylated hydroxytoluene are used to preserve common household foods. They are found in cereals, chewing gum, potato chips, and vegetable oils. They are oxidants, which form potentially cancer-causing reactive compounds in your body.

3. Propyl Gallate

Another preservative, often used in conjunction with BHA and BHT. It is sometimes found in meat products, chicken soup base, and chewing gum. Animal studies have suggested that it could be linked to cancer.

4. Monosodium Glutamate (MSG)

MSG is an amino acid used as a flavor enhancer in soups, salad dressings, chips, frozen entrees, and restaurant food. It can cause headaches and nausea, and animal studies link it to damaged nerve cells in the brains of infant mice.

5. Trans Fats

Trans fats are proven to cause heart disease. Restaurant food, especially fast food chains, often serve foods laden with trans fats.

6. Aspartame

Aspartame, also known by the brand names Nutrasweet and Equal, is a sweetener found in so-called diet foods such as low-calorie

SPINAL ADJUSTMENTS HURT

Quite the contrary. Many patients feel instant relief immediately after their treatments. In fact, most look forward to their chiropractic treatments. In patients suffering from severe bouts of back or neck pain, some discomfort may be experienced for obvious reasons, however, for most patients this is not the case.

WARNING FOR ALL YOU HCGER'S

hCG does not come in any FDA approved oral form and is only legally available when prescribed by a physician after the proper testing and evaluations.

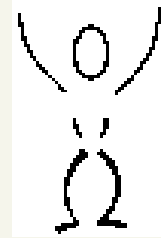
Oral hCG is usually utilized in combination with appetite suppressants.

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

**NEW CLINIC HOURS FOR FALL
BROOKFIELD LOCATION**

**MONDAY - 8 AM - 6 PM
TUESDAY - 9 AM - 6 PM
WEDNESDAY - 9 AM - 6 PM
THURSDAY - 1:30 PM - 6 PM
FRIDAY - CLOSED
SATURDAY - 8 AM - NOON**

NEW CLINIC HOURS START SEPTEMBER 2ND

**HOPE YOU AND YOUR FAMILY ARE HAVING A
SAFE AND ENJOYABLE SUMMER!**