



The Supplement

HEALTH AND WELLNESS INFORMATION TO SUPPLEMENT YOUR LIFE

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S U P P L E M E N T O F T H E M O N T H G U G G U L

Guggul (guggulipids) is an extract of an Indian herb, *Commiphora mukul*. Guggul extract has been shown in several clinical studies to significantly decrease total blood cholesterol levels as well as LDL levels. Results were seen within 4 to 12 weeks. More importantly there were no side effects when the standardized extract was used.

Guggul significantly lowers serum triglycerides and cholesterol as well as LDL and VLDL cholesterol (the “bad” cholesterol).² At the same time, it raises levels of HDL cholesterol (the “good” cholesterol). As antioxidants, guggulsterones keep LDL cholesterol from oxidizing, an action which protects against atherosclerosis. Guggul has also been shown to reduce the stickiness of platelets—another effect that lowers the risk of coronary artery disease.

A combination of guggul, phosphate salts, hydroxycitrate, and tyrosine coupled with exercise has been shown in a double-blind trial to improve mood with a slight tendency to improve weight loss in overweight adults.⁷

H O W M U C H C H O C O L A T E S H O U L D Y O U E A T ?

According to researchers, 6.7 grams of dark chocolate per day – a bit less than half a bar a week – represents the ideal amount for a protective effect against inflammation and cardiovascular disease.

The findings come from one of the largest epidemiological studies ever conducted in Europe. The study focused on the complex mechanism of inflammation. Chronic inflammation is a risk factor for the development of cardiovascular diseases ranging from myocardial infarction to stroke.

The study found that people having moderate amounts of dark chocolate regularly had significantly lower levels of C-reactive protein in their blood, which indicates that their inflammatory state was considerably reduced.

Those who ate dark chocolate regularly had a 17% average reduction in C-reactive protein – enough to decrease the risk of cardiovascular disease by one-third in women and one-fourth in men.

The findings apply to dark chocolate only. Milk chocolate does not have the same effect, since milk interferes with the absorption of polyphenols.

A C U P U N C T U R E B E A T S D R U G T O T R E A T H O T F L A S H E S

Acupuncture works as well as Effexor, a drug commonly used to combat hot flashes and other menopausal symptoms that can accompany breast cancer treatment.

In fact, the benefits of acupuncture last longer than the effects of Effexor, and without any bad side effects. After 12 weeks of treatment, symptoms were reduced for 15 additional weeks for women who had undergone acupuncture, compared with just two weeks for those who had taken Effexor.

Not only were no bad side effects associated with acupuncture, women who underwent the treatment reported increased energy and overall sense of well-being. Those taking Effexor reported side effects including nausea, headache, difficulty sleeping, dizziness, increased blood pressure, fatigue and anxiety.

WHAT'S SO WRONG WITH SOY?

Unlike the Asian culture, where people eat small amounts of whole soybean products, western food processors separate the soybean into two golden commodities—protein and oil. And there is nothing natural or safe about these products.

Says Dr. Kaayla Daniel, author of *The Whole Soy Story*,

"Today's high-tech processing methods not only fail to remove the anti-nutrients and toxins that are naturally present in soybeans but leave toxic and carcinogenic residues created by the high temperatures, high pressure, alkali and acid baths and petroleum solvents."

Dr. Daniel also points out the findings of numerous studies reviewed by her and other colleagues – that soy does not reliably lower cholesterol, and in fact raises homocysteine levels in many people, which has been found to increase your risk of stroke, birth defects, and yes: heart disease.

Other common health problems linked to a high-soy diet include:

Thyroid problems, including weight gain, lethargy, malaise, fatigue, hair loss, and loss of libido

Premature puberty and other developmental problems in babies, children and adolescents

Cancer

Brain damage

Reproductive disorders

Kidney stones

Weakened immune system

Severe, potentially fatal food allergies

Most soy, perhaps about 80 percent or more, is also genetically modified, which adds its own batch of health concerns.

Despite these findings, many people still want to believe the hype, thinking that these studies must somehow be wrong. But the content of soy itself should be a clue. For example, non-fermented soy products contain:

Phytoestrogens (isoflavones) genistein and daidzein, which mimic and sometimes block the hormone estrogen

Phytates, which block your body's uptake of minerals

Enzyme Inhibitors, which hinder protein digestion

Hemagglutinin, which causes red blood cells to clump together and inhibits oxygen take-up and growth

High amounts of omega-6 fat, which is pro-inflammatory

You're Consuming Soy Whether You're Buying "Soy Products" or Not

Even if you know better than to gulp down large amounts of soy milk, slabs of tofu, and other soy snacks, you are still consuming soy if you're eating processed food, in the form of soybean oil and lecithin. So depending on your dietary habits, your (unfermented) soy consumption could really add up.

In fact, Dr. Joseph Hibbeln at the National Institutes of Health told CNN.com he estimates that soybeans, usually in the form of oil, account for 10 percent of the average person's total calories in the United States! When you consider that 90 percent of the money Americans spend on food goes toward processed food, this amount of "accidental" soy intake is not surprising.

FOOD AS MEDICINE GREEN BEANS

Green beans, while quite low in calories (just 43.75 calories in a whole cup), are loaded with enough nutrients to not only power up the Jolly Green Giant, but to put a big smile on his face. Green beans are an excellent source of vitamin C, vitamin K and manganese. Plus green beans are very good source of vitamin A (notably through their concentration of carotenoids including beta-carotene), dietary fiber, potassium, folate, and iron. And, green beans are a good source of magnesium, thiamin, riboflavin, copper, calcium, phosphorus, protein, omega-3 fatty acids and niacin.

RECIPE OF THE MONTH CRANBERRY SAUCE

Cranberry Sauce is a favorite dish to serve with holiday meals. This very quick recipe will make it easy for you to add this delicious accompaniment to your meal without much effort.

Prep and Cook Time: 15 minutes

Ingredients:

1 12oz bag of fresh or frozen cranberries

1 cup fresh orange juice

1 tsp minced fresh ginger

1 tsp minced orange zest

¼ tsp cinnamon

½ cup crushed pineapple

½ cup honey



Directions:

Bring orange juice, ginger, zest and cinnamon to a boil on high heat in a medium saucepan.

Rinse cranberries and add once liquid is boiling. Reduce heat to medium and cook uncovered for about 10 minutes.

Add crushed pineapple and honey. Remove from heat and cool.

Yields 2 cups

THE ADJUSTMENT

The adjustment is a safe, natural, noninvasive procedure used by the chiropractor to restore and improve health. Learning the art of adjusting is a skill that requires years of study and practice. Chiropractic doctors are the only health care professionals trained to deliver the chiropractic adjustment. Spinal adjustments by any other individual or health care professional have been shown to be dangerous and less effective.

In basic terms, the spinal adjustment or spinal manipulation refers to the process in which the doctor of chiropractic skillfully applies controlled force into one or more "subluxated" vertebrae of the spine. The adjustment is also frequently used in the pelvic region to normalize the sacroiliac joints. The adjustment is usually delivered using the hands or through the use of a specialized mechanical tool.

Adjusting helps correct vertebral subluxations. Correcting subluxations reduces pain and inflammation, reduces muscle spasm and tension, normalizes spinal biomechanics and more importantly, can remove nerve irritation and interference which can improve overall health and wellness of the individual. Chiropractic adjustments are the only way to eliminate vertebral subluxations and only the chiropractor is trained to detect subluxations and deliver the chiropractic spinal adjustment to correct subluxations.

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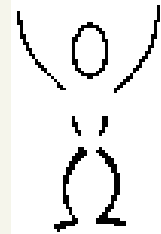
Did your mother ever warn you that "cracking" your knuckles would give you arthritis? If she did, we're sorry to say that she was wrong! Research has actually shown that individuals who habitually "crack" their knuckles over their lifetime actually lower the incidence of arthritis in their knuckles compared with those who do not. Researchers believe the knuckle "cracking" increases joint nutrition and maintains joint motion, both of which are essential for a healthy joint.

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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**WHAT WOULD YOU LIKE TO LEARN ABOUT?
E-MAIL ME YOUR TOPICS OF INTEREST!**

**CLINIC NEWS
HEALTH HAPPENINGS**

We are excited for the coming of the new year. Our lecture series in 2009 will provide our patients with nutrition and health information from outside experts.

Dr. Emily Wolkomir, PT, DPT, CSCS, will provide information on the role of physical therapy for health prevention, women's health issues, and pain management. Sue Nelson, a representative from L'Bri, will be presenting "TOXIC BEAUTY: Not All Skin Care Products Are Created Equal!". Dr. Raymond Bisesi, DC will be presenting "Dying By The Mouthful- Is Your Food Killing You?". This powerful, eye-opening presentation brings to light the dangerous ingredients found in the commercial foods consumers are buying that without knowing it, are leading them down the paths to obesity, diabetes, and other serious degenerative diseases; literally "killing them off years ahead of their time." Julie Georg, a representative from Wildtree, will show you how you can put yourself in control of what goes onto your family's table. By using Wildtree's unique herb & spice blends and mixes, you can provide for you and your family very healthful meals that taste great, are quick and easy to prepare and do not have the hydrogenated fats, preservatives, artificial flavors and additives in the packaged food you find in the store. DiAnn Stasik teaches self defense and defensive tactical techniques from various martial arts and pressure point control tactics along with physiology and psychology. Her classes include but are not limited to: WOW® - Women Only Workout's Self Defense; Kickbox-R-Size™ (cardio kickboxing); Safe-Chi™; Keychain Self Defense; Senior Self Defense; Cockpit Self Defense; Time Share Personal Training; Pilates Plus; Stability Ball; Gliding™; Family Yoga; Tai Chi; Body Design and the Female Athlete Triad.

Come celebrate the Holidays with us! Stop in to the Brookfield clinic, Monday December 22nd and enjoy healthy holiday snacks, goodies, and drinks.

We will be hosting a food drive for the Hunger Task Force December 1st-20th at the Brookfield clinic. Nonperishable food items and monetary donations are welcome.

Starting December 1st 2008, we will reserve the right to add a \$50 charge to patient accounts for missed appointments or those cancelled less than 24 hours in advance. Appointments for initial evaluation 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.

The Brookfield clinic will be offering yoga and core strength training classes in 2009. Call for more details.

Look to see you in the new year!

