



The Supplement

HEALTH AND WELLNESS INFORMATION TO SUPPLEMENT YOUR LIFE

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SUPPLEMENT OF THE MONTH CAPRYLIC ACID

Caprylic acid is an eight-carbon fatty acid naturally found in palm and coconut oil, and in the milk of humans and bovines. Caprylic acid is classified as a medium-chain fatty acid and chemically known as octanoic acid. Caprylic acid is known to have anti-fungal properties, and is often recommended for the treatment of candidiasis. Caprylic acid is excellent for dealing with candida in the intestines, which are frequently colonized by candida. Caprylic acid is also used in the treatment of some bacterial infections. Due to its relatively short chain length it has no difficulty in penetrating fatty cell wall membranes, hence its effectiveness in combating certain lipid-coated bacteria, such as *Staphylococcus aureus* and various species of *Streptococcus*. Caprylic acid, aka, octanoic acid, must be covalently linked to the serine residue at the 3-position of ghrelin, specifically, it must acylate the -OH group, for ghrelin to have its hunger-stimulating action on the feeding centers of the hypothalamus, though other fatty acids may have similar effects.

CALCIUM AND WEIGHT LOSS

Calcium does seem to have a negative effect on fat storage and in fact a diet high in calcium is associated with weight loss especially around the torso. Numerous studies have shown that people with low calcium intake have more weight gain, less weight loss and bigger, fatter fat cells.

THE MOST INTERESTING AND UNUSUAL FACTS

Aspirin was the first drug offered as a water-soluble tablet in 1900.

Aspirin went on sale as the first pharmaceutical drug in 1899, after Felix Hoffman, a German chemist at the drug company Bayer, successfully modified Salicylic Acid, a compound found in willow bark to produce Aspirin.

Astronauts are not allowed to eat beans before they go into space because passing wind in a spacesuit damages them.

Astronauts become between two and three inches taller when in space.

ARE YOU READY FOR THE FLU SEASON?

Acupuncture for Prevention

Acupuncture and Oriental medicine can prevent colds and flu by building up the immune system with just a few needles inserted into key points along the body's energy pathways. These points are known for strengthening the circulation of blood and energy and for consolidating the outer defense layers of the skin and muscle so that germs and viruses cannot enter through them. Seasonal treatments just four times a year also serve to tonify the inner organ systems and can correct minor annoyances before they become serious problems.

Get Better Faster

If you've already happened to catch that cold, acupuncture can also help with the chills, sniffles, sore throat or fever in a safe, non-toxic way that doesn't bombard your body with harmful antibiotics.

Acupuncture does not interfere with Western medical treatment. On the contrary, it provides a welcome complement to it in most cases, and with its emphasis on treating the whole person, recovery time for illness is often shortened.

C O D L I V E R O I L

Cod liver oil is very good for you, more than you ever knew. Research studies ranging from 1918-2001 give cod liver oil an A+ rating. This marvelous golden oil contains large amounts of elongated omega-3 fatty acids, preformed vitamin A and the sunlight vitamin D, essential nutrients that are hard to obtain in sufficient amounts in the modern diet. Samples may also naturally contain small amounts of the important bone- and blood-maintainer vitamin K.

There is hardly a disease in the books that does not respond well to treatment that includes cod liver oil, and not just infectious diseases but also chronic modern diseases like heart disease and cancer. Cod liver oil provides vitamin D that helps build strong bones in children and helps prevent osteoporosis in adults. The fatty acids in cod liver oil are also very important for the development of the brain and nervous system. "If you want to prevent learning disabilities in your children," said David Horrobin, distinguished medical and biochemical researcher, "feed them cod liver oil."

In addition, cod liver oil contains 7 percent each of the elongated omega-3 fatty acids EPA and DHA. EPA is the precursor of important prostaglandins, localized tissue hormones that help the body deal with inflammation; and DHA is extremely important for the development and function of the brain and nervous system. So it's no surprise that in numerous studies cod liver oil has proven to be a powerhouse in fighting disease.

C O N F U S E D A B O U T F A T S ?

The following nutrient-rich traditional fats have nourished healthy population groups for thousands of years:

Butter

Beef and lamb tallow

Lard

Chicken, goose and duck fat

Coconut, palm and sesame oils

Cold pressed olive oil

Cold pressed flax oil

Marine oils

The following new-fangled fats can cause cancer, heart disease, immune system dysfunction, sterility, learning disabilities, growth problems and osteoporosis:

All hydrogenated oils

Soy, corn and safflower oils

Cottonseed oil

Canola oil

All fats heated to very high temperatures in processing and frying

F O O D A S M E D I C I N E G R A P E F R U I T

Tart and tangy with an underlying sweetness, grapefruit has a juiciness that rivals that of the ever popular orange and sparkles with many of the same health promoting benefits. Although available throughout the year, they are in season and at their best from winter through early spring.

Grapefruit is an excellent source of vitamin C, a vitamin that helps to support the immune system. Vitamin C-rich foods like grapefruit may help reduce cold symptoms or severity of cold symptoms; over 20 scientific studies have suggested that vitamin C is a cold-fighter. Vitamin C also prevents the free radical damage that triggers the inflammatory cascade, and is therefore also associated with reduced severity of inflammatory conditions, such as asthma, osteoarthritis, and rheumatoid arthritis. As free radicals can oxidize cholesterol and lead to plaques that may rupture causing heart attacks or stroke, vitamin C is beneficial to promoting cardiovascular health.

Owing to the multitude of vitamin C's health benefits, it is not surprising that research has shown that consumption of vegetables and fruits high in this nutrient is associated with a reduced risk of death from all causes including heart disease, stroke and cancer.

RECIPE OF THE MONTH GRAPEFRUIT ARUGULA SALAD

Try this salad for a good source of vitamin C, A and calcium. The complementary flavors of grapes, arugula and the cheese makes for a wonderful salad that goes well with almost any meal. And it only takes minutes to prepare!

Prep and Cook Time: 15 minutes

Ingredients:

- 1 pink grapefruit
- 1 large bunch arugula, (about 4 cups)
- 1 bunch watercress (about 2 cups)
- 2 TBS lemon juice
- 2 tsp honey
- 2 tsp prepared Dijon mustard
- 1 TBS extra virgin olive oil
- salt & cracked black pepper to taste (use plenty of cracked pepper)
- ½ TBS coarsely chopped walnuts

Directions:

Peel grapefruit and cut out each section between the membrane.

Prepare arugula by tearing into pieces, washing and drying. Cut off tops of watercress and wash and spin dry along with the arugula. A salad spinner is the best way of doing this.

Mix together dressing ingredients, toss with salad greens and grapefruit sections and top with chopped walnuts.

Serves 4



SUMMARY OF THIS MONTH'S SPEAKERS

Julie Georg is a representative from Wildtree. She 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; Women Only Self defense; Kick box-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. DiAnn will hopefully be running classes at our office in the future and anyone interested is encouraged to attend the presentation!

Sue Nelson is an Executive Manager with L'Bri Pure n' Natural Skin Care. She will be giving a presentation on "Toxic Beauty". There are numerous toxic chemicals and animal products in our beauty products that consumers are not aware of. Sue will inform consumers of these eye-opening facts and product information on natural and organic options through L' Bri. These products are Aloe Vera based Skin Care, Cosmetics & Wellness items, Free of Oils, Waxes, Perfumes & Cancer Causing Ingredients.

Dr. Raymond Bisesi, D.C., 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."

Dr. Michele Nickels, NMD & Lac. will be presenting "The Weight Loss Cure", a weight loss program through the use of HCG. This weight loss program treats obesity as a disease and treats the underlying cause of why people gain weight.

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!



**CEDARBURG
WOMEN'S HEALTH
CENTER**

W62 N225 Washington Avenue
Cedarburg, WI 53012
262-376-1150

**INTEGRATIVE
FAMILY WELLNESS
CENTER**

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

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

**CLINIC NEWS
HEALTH HAPPENINGS**

**BROOKFIELD CLINIC
CALENDAR OF EVENTS**

PRESENTATIONS

Presentations are held at the Brookfield Clinic at 6:30pm

Please call to reserve your seat today!

262-754-7910

Jan 5th: Wildtree Herbs & Spices

Presented by Julie Georg

Jan 14th: Toxic Beauty

Presented by Sue Nelson

Jan 21st: "The Weight Loss Cure"

Presented by Dr. Nickels

Jan 12th: Are You Being Stalked?

Presented by DiAnn Stasik

Jan 19th: Dying By The Mouthful

Presented by Dr. Bisesi