



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 B I O T I N

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Biotin, also known as vitamin H or B₇, is a water-soluble B-complex vitamin. Your body needs biotin to metabolize carbohydrates, fats, and amino acids. Biotin is often recommended for strengthening hair and nails and is found in many cosmetic products for hair and skin. The body does not store biotin, however, bacteria in the intestine can make biotin. It is also available in small amounts a number of foods. The best natural sources of biotin in human nutrition are liver, legume, soybeans, Swiss chard, tomatoes, romaine lettuce, carrots, almonds, eggs, onions, cabbage, cucumber, cauliflower, goat's milk, cow's milk, raspberries, strawberries, halibut, oats, and walnuts.

Biotin deficiency is rare, but symptoms may include hair loss, dry scaly skin, cracking in the corners of the mouth, swollen and painful tongue, dry eyes, loss of appetite, fatigue, insomnia, and depression.

E A T Y O U R B E A N S !

Nutrient compounds called 'flavonoids' have been found to be effective antioxidants that help protect against heart disease and cancer. These flavonoids are found in the coating of such beans as navy, pintos, kidney, great northern and black beans.

A C U P U N C T U R E D U R I N G P R E G N A N C Y , C H I L D - B I R T H , A N D P O S T P A R T U M

Acupuncture and Oriental medicine can play a vital role in the comfort of a pregnant woman. There is strong evidence to support that acupuncture is highly effective at treating some of the most common problems experienced during pregnancy including morning sickness, heartburn, insomnia, water retention and sciatica.

While there are acupuncture points that can provide natural pain relief during labor, acupuncture is more commonly used to induce labor. There are several points that stimulate contractions and influence cervical ripening. There is also an acupuncture point that has been found to turn a breech baby.

Many women feel depleted after the birth experience. Acupuncture and Oriental medicine can help the transition of those first few months after birth to ensure a quick recovery. Postpartum care focuses on the physical, emotional and psychological recovery of the mother from the effects of pregnancy and labor, as well as encouraging breast feeding.

GASTROESOPHAGEAL REFLUX DISEASE (GERD)

Acid reflux is an extremely common health problem. So common in fact, it affects one out of two of you watching this video. Other terms used for this condition are gastroesophageal reflux disease (GERD), or peptic ulcer disease. Typically, acid reflux is thought to be caused by having too much acid in your stomach.

This is a serious medical mistake that affects hundreds of millions of people.

What's the REAL Cause of Acid Reflux?

It's important to understand that acid reflux is NOT a disease of too much acid being produced, but rather it's a condition related more commonly to hiatal hernia – a condition in which the acid is coming out of your stomach, where it's supposed to remain.

After food passes through your esophagus into your stomach, a muscular valve called the lower esophageal sphincter (LES) closes, preventing food or acid to move back up. Gastroesophageal reflux occurs when the LES relaxes inappropriately, allowing acid from your stomach to flow (reflux) backward into your esophagus.

Heartburn is the primary symptom of acid reflux; a burning sensation that radiates up from your stomach to your chest and throat. It's typically most bothersome at night, and tends to occur in connection with certain activities, such as:

After eating a heavy meal

Bending over

Lifting

Lying down, especially when laying on your back

Other symptoms include:

Hoarseness

A feeling that food is stuck in your throat

Tightness in your throat

Wheezing

Asthma

Dental problems

Bad breath

FOOD AS MEDICINE MUSHROOMS, SHIITAKE

A symbol of longevity in Asia because of their health-promoting properties, Shiitake mushrooms have been used medicinally by the Chinese for more than 6,000 years.

Recent studies have traced shiitakes' legendary benefits to an active compound contained in these mushrooms called *lentinan*. Among lentinan's healing benefits is its ability to power up the immune system, strengthening its ability to fight infection and disease. Against influenza and other viruses, lentinan has been shown to be even more effective than prescription drugs; it even improves the immune status of individuals infected with HIV, the virus that can cause AIDS.

Lentinan, which is technically classified as a polysaccharide and referred to as a branched beta-glucan, has also been shown to have anti-cancer activity. When lentinan was given for human gastric cancer, reticular fibers developed in tumor sites. Reticular cells, which are spread throughout the body in various tissues, are immune cells that have the ability to ingest (phagocytose) bacteria, particulate matter, and worn out or cancerous cells. When lentinan was administered, not only was there a proliferation of reticular cells in gastric tumor sites, but many T lymphocytes (another type of immune defender) were drawn to these cancer sites with the result that the cancer cell nests were fragmented and destroyed.

A large number of animal studies conducted over the last ten years have shown that another active component in shiitake mushrooms called *eritadenine* lowers cholesterol levels-and this amazing compound lowers cholesterol no matter what types of dietary fats the lab animals are given. Even when lab animals are given dietary protein rich in methionine (an amino acid researchers have found causes an increase in cholesterol formation), eritadenine still lowers plasma cholesterol levels in a dose-dependent manner. In other words, the more eritadenine given, the more cholesterol levels drop.

L-ergothioneine, a powerful antioxidant, has been discovered in mushrooms, thanks to a new analytical method capable of identifying this antioxidant in plant material. In research presented at the 2005 American Chemical Society meeting in Washington, D.C., an American research team revealed that mushrooms contain higher concentrations L-ergothioneine than either of the two dietary sources previously believed to contain the most: chicken liver and wheat germ.

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



10 WAYS TO INSTANTLY BUILD SELF CONFIDENCE

1. Dress Sharp

When you don't look good, it changes the way you carry yourself and interact with other people. Use this to your advantage by taking care of your personal appearance. This doesn't mean you need to spend a lot on clothes. One great rule to follow is "spend twice as much, buy half as much". Rather than buying a bunch of cheap clothes, buy half as many select, high quality items.

2. Walk Faster

People with confidence walk quickly. They have places to go, people to see, and important work to do. Even if you aren't in a hurry, you can increase your self confidence by putting some pep in your step.

3. Good Posture

People with slumped shoulders and lethargic movements display a lack of self confidence. They aren't enthusiastic about what they're doing and they don't consider themselves important. By practicing good posture, you'll automatically feel more confident.

4. Personal Commercial

One of the best ways to build confidence is listening to a motivational speech. Unfortunately, opportunities to listen to a great speaker are few and far between. You can fill this need by creating a personal commercial. Write a 30-60 second speech that highlights your strengths and goals, then recite it in front of the mirror aloud whenever you need a confidence boost.

5. Gratitude

Set aside time each day to mentally list everything you have to be grateful for. Recall your past successes, unique skills, loving relationships, and positive momentum.

6. Compliment other people

When we think negatively about ourselves, we often project that feeling onto others. Get in the habit of praising other people. Refuse to engage in backstabbing gossip and make an effort to compliment those around you.

7. Sit in the front row

In schools, offices, and public assemblies around the world, people constantly strive to sit at the back of the room. By deciding to sit in the front row, you can get over this irrational fear and build your self confidence. You'll also be more visible to the important people talking from the front of the room.

8. Speak up

By making an effort to speak up at least once in every group discussion, you'll become a better public speaker, more confident in your own thoughts, and recognized as a leader by your peers.

9. Work out

Physical fitness has a huge effect on self confidence. If you're out of shape, you'll feel insecure, unattractive, and less energetic. By working out, you improve your physical appearance, energize yourself, and accomplish something positive.

10. Focus on contribution

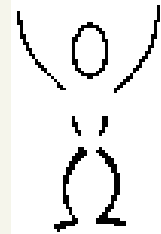
If you stop thinking about yourself and concentrate on the contribution you're making to the rest of the world, you won't worry as much about your own flaws. The more you contribute to the world, the more you'll be rewarded with personal success and recognition.

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
AND
HEALTH HAPPENINGS**

Integrative Family Wellness Center will be welcoming their newest practitioner in August 2009. Cherri Schleicher, FNPC, APNP, graduated with her BSN from Alverno College. She then attended the University of Wisconsin Oshkosh, where she graduated with her MSN as a Family Nurse Practitioner. As a Nurse Practitioner she provides individualized care to patients focusing on health concerns and the effects both on the individual as well as the family. Her focus is on wellness and incorporating holistic/ alternative therapies as well as traditional therapies to promote optimal health and well being. She cares for infants to adults and enjoys doing personalized infant assessments and safety in the home. She has her Herbal certificate and is a Certified Stress Management Instructor.



**"THE MONDAY
NIGHT CLUB"**

These presentations are held at the Cedarburg Clinic at 6:30pm

Monday July 20th

"Situational Depression"

Dr. Janice Alexander

Tune in to 95.7FM to hear commercials for Integrative Family Wellness Center. Also, they will be featuring the clinic on their website www.957fm.com/pages/expert.html?feed=322491&article=4901243

Dr. Nickels will be on the morning show with "Murphy and Meg in the morning" **July 7th** 2009 from 7:30am-8:00am for their "ask the expert" segment.

Tune in to 97.3FM to hear commercials for Integrative Family Wellness Center. Also, they will be featuring the clinic on their website <http://www.973thebrew.com/pages/expert.html?feed=322491&article=4901243>

Dr. Nickels will be on the morning show with "Connie and Fish" **July 6th** 2009 from 7:00am-7:30am for their "wellness expert" segment.