



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 VITAMIN A AND CAROTENOIDS

Vitamin A is actually a family of fat-soluble vitamins. *Retinol* is one of the most active, or usable, forms of vitamin A, and is found in animal foods such as liver and eggs. It can be converted to retinal and retinoic acid, other active forms of the vitamin A family. Some plant foods contain orange pigments called provitamin A carotenoids that the liver can convert to retinol. *Beta-carotene* is a provitamin A carotenoid found in many foods. *Lycopene*, *lutein*, and *zeaxanthin* are also carotenoids commonly found in food, but your body cannot convert them to vitamin A.

Vitamin A plays an important role in vision, bone growth, reproduction, cell division and differentiation. It maintains the surface linings of your eye and your respiratory, urinary, and intestinal tracts. When those linings break down, bacteria can enter your body and cause infection. The immune system helps prevent or fight off infections by making white blood cells that destroy harmful bacteria and viruses. Vitamin A may help lymphocytes, a type of white blood cell that fights infections, function more effectively. Vitamin A also may help prevent bacteria and viruses from entering your body by maintaining the integrity of skin and mucous membranes.

Whole eggs, whole milk, and liver are among the few foods that naturally contain vitamin A. Vitamin A is present in the fat portion of whole milk, so it is not found in fat-free milk.

The most bioavailable form of vitamin A is found in cold liver oil.

NEUROCHEMICAL TOXINS

Aspartame is, by far, the most dangerous substance on the market that is added to foods. Aspartame accounts for over 75 percent of the adverse reactions to food additives reported to the US Food and Drug Administration (FDA). Many of these reactions are very serious including seizures and death as recently disclosed in a February 1994 Department of Health and Human Services report.(1) A few of the 90 different documented symptoms listed in the report as being caused by aspartame include: Headaches/migraines, dizziness, seizures, nausea, numbness, muscle spasms, weight gain, rashes, depression, fatigue, irritability, tachycardia, insomnia, vision problems, hearing loss, heart palpitations, breathing difficulties, anxiety attacks, slurred speech, loss of taste, tinnitus, vertigo, memory loss, and joint pain.

According to researchers and physicians studying the adverse effects of aspartame, the following chronic illnesses can be triggered or worsened by ingesting of aspartame:(2) Brain tumors, multiple sclerosis, epilepsy, chronic fatigue syndrome, Parkinson's disease, Alzheimer's, mental retardation, lymphoma, birth defects, fibromyalgia, and diabetes.

PROSTATE CANCER: PREVENTION, DIAGNOSIS AND TREATMENT

All men should have an annual digital rectal exam beginning around age 40. Another screening technique is a 'prostate-specific antigen' blood test which checks for a special chemical associated with prostate cancer. The test costs about \$35 and should be done annually. The newest treatment for prostate cancer and an alternative to surgery, cryosurgery or radiation beams is the implantation of tiny radioactive seeds into the prostate.

Lycopene, a nutrient contained in tomatoes and tomato products such as tomato sauce, tomato paste and ketchup, is an effective prostate cancer deterrent. Studies show that men who eat these foods have less risk of prostate cancer. Also, studies show that lycopene fights cancer in men who already have the disease. Prostate tumors are smaller and less aggressive in men who are given lycopene.

FOOD AS MEDICINE WATERMELON

No other fruit says summer like the subtly crunchy, thirst quenching watermelon. Although watermelons can now be found in the markets throughout the year, the season for watermelon is in the summer when they are sweet and of the best quality.

As a member of the Cucurbitaceae family, the watermelon is related to the cantaloupe, squash and pumpkin, other plants that also grow on vines on the ground.

Sweet, juicy watermelon is actually packed with some of the most important antioxidants in nature. Watermelon is an excellent source of vitamin C and a very good source of vitamin A, notably through its concentration of beta-carotene. Pink watermelon is also a source of the potent carotenoid antioxidant, lycopene.

WATER WORKS FOR WEIGHT LOSS

Nothing quells the appetite like water, lots and lots of water. Start out with two quart bottles in the morning and carry one with you to work or wherever you go. If you like, divvy up the 64 ounces of water into eight (8-ounce) bottles or four pint (16-ounce) bottles to carry around with you all day. Freeze half of them the night before and they will last all day, even in a hot car. Keep some unfrozen so they will be ready to drink immediately.

Yes. You will have to make more frequent bathroom trips, but it is worth it. Drink your 64 ounces of water before dinner, if possible, so you're not up half the night going to the bathroom.

Water not only fills you up and lessens your appetite, it prevents those "hungry horrors" we all encounter when our blood sugar drops and we reach for cookies, candy, ice cream, fries or other high-calorie treats. Water also flushes out the system, rids the body of bloat and toxins and rosies up the complexion. Now, start splashing.

GO ORGANIC

Canadian researchers report that dieters with the most organochlorines (pollutants from pesticides, which are stored in fat cells) experience a greater than normal dip in metabolism as they lose weight, perhaps because the toxins interfere with the energy-burning process. Other research hints that pesticides can trigger weight gain. Always choose organic when buying fruit and vegetables - they tend to have the least pesticides, and may even help you maintain a healthy weight!

WHY IS THERE A POPPING SOUND WHEN A JOINT IS ADJUSTED?

Adjustment of a joint may result in release of a gas bubble between the joints that makes a popping sound - it's exactly the same as when you "crack" your knuckles. The noise is caused by the change of pressure within the joint that results in gas bubbles being released. There is no pain involved.

RECIPE OF THE MONTH ASIAN CHICKEN SALAD

Enjoy the great complement of flavors in this fresh-tasting chicken salad.

Prep and Cook Time: 30 minutes

Ingredients:

5 cups Chinese cabbage, sliced thin

2 boneless chicken breasts, skin on

½ cup shredded carrot

½ cup minced scallion

½ cup sliced almonds

¼ cup chopped fresh cilantro

2 TBS toasted sesame seeds

Dressing

2 TBS extra olive oil

2 TBS soy sauce

¼ cup rice vinegar

3 TBS honey

pinch red pepper flakes

salt & white pepper to taste



Directions:

Preheat broiler. Place a stainless steel (be sure the handle is also stainless steel) or cast iron skillet large enough for chicken breasts under heat to get very hot in the middle of the broiler, about 7 inches from the heat source. Season chicken with a little salt and pepper.

If you are using hijiki or arame place it in a small bowl of hot water to soften for about 10 minutes.

When pan is hot, about 10 minutes, remove from broiler, and place chicken in pan, skin side up, and return to broiler. Cook for about 15 minutes depending on thickness of chicken. This is our quick boiling cooking method. When done and cool enough to touch, remove skin, and cut into bite size pieces.

While pan is heating, thinly slice head of cabbage, and shred carrot. Carrot is easily shredded in food processor with shredding blade. Otherwise you can shred it by hand, or slice thin. Chop cilantro and scallion and add to sliced almonds, cabbage and carrot mixture. Squeeze excess water from hijiki, chop if needed, and add to salad.

Whisk together olive oil, soy sauce, rice vinegar, honey, red pepper flakes, salt and pepper. Toss with cabbage mixture and chicken. Sprinkle with sesame seeds. (You can buy sesame seeds that are already toasted.)

Serves 4

CHINESE MEDICINE AND THE SUMMER SEASON

The season filled with abundant energy, long days and sunshine. This is the most yang time of year. Summer is about expansion, growth, activity and creativity.

To prevent summer ills and remain in harmony with the environment of summer, ancient Chinese physicians advised:

Awaken earlier in the morning.

Go to bed later in the evening.

Rest at midday.

Drink plenty of fluids.

Add pungent flavors to your diet.

Refrain from anger; keep calm and even-tempered.

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.

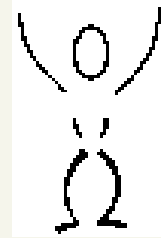
Oral hCG is usually utilized in combination with appetite suppressants.

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

Come celebrate the grand opening of our new clinic by attending our open house Friday July 11th from 4:00pm-8:00pm.



The new clinic offers comprehensive family practice, integrative and traditional medicine; including yearly physical exams, chiropractic, physical rehab, acupuncture, IV therapy, massage therapy, medical detoxification and weight loss, featuring the “Weight Loss Cure” protocol. The clinic also provides the highest quality professional supplements and herbal products for retail.

Call the clinic to schedule your appointment today.

Starting in July, Dr. Nickels will be seeing patients on Tuesday's and Thursday's in Cedarburg.

Call the clinic to schedule your appointment today.