



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 P

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While we don't hear a lot about Vitamin P, the fact is that this is one flavonoid element that does a lot for our bodies.

Found in a variety of citrus fruits, Vitamin P plays a big role in making sure our bodies properly absorb Vitamin C. The bioflavonoid properties of Vitamin P impact the condition of our blood as well, by helping to ensure that our red blood cells and the blood platelets do not clump together. The vitamin also promotes capillary health as well, aiding in the proper function of the capillaries and also helping to prevent capillary bleeding. Vitamin P also is great for anyone who is prone to bleeding gums, as the vitamin helps to prevent and also heal weak blood vessels located in the gums.

For anyone who seems to be deal with colds and minor ailments, Vitamin P can be a big help. As it boosts the immune system, the vitamin is essential for strengthening the body's natural defenses against viruses and infections. Vitamin P also is a natural anti-inflammatory agent, as well as a natural and gentle diuretic. Some of the other health conditions that Vitamin P is understood to help with include hypertension, allergies, wound healing, and ulcers.

Incorporating sources of Vitamin P into your daily diet is not difficult to accomplish. Citrus fruit pulp, such as the pulp left over after you juice fruits and vegetables, is one excellent source. Using the pulp in baking will not destroy the Vitamin P contained in the citrus pulp. Grapes and prunes also contain Vitamin P. When it comes to green vegetables, spinach contains a number of isoflavonoids, including Vitamin P. Black currant jelly and buckwheat flour are other tasty ways to add Vitamin P to your diet.

There are several substances that can drain Vitamin P from your system. Among the worst of these depletors is tobacco smoking, followed closely by more than moderate alcohol consumption. Aspirin and a number of over the counter painkillers can also deplete the amount of Vitamin P in your system, as well as prescription antibiotics and cortisone. To counteract the effects, you may want to consider making lifestyle changes or increasing the amount of citrus you include in your diet.

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

A study published in the July 2005 issue of the journal Fertility and Sterility found that acupuncture helped infertile men by apparently helping improve sperm quality in their semen.

In the research project, 28 men received acupuncture in addition to traditional infertility treatments, while another 12 men received only the traditional treatments. All of the men were diagnosed with infertility of unknown origin.

Acupuncture was associated with fewer structural defects in the sperm of men who received it, although it had no effect on other abnormalities, such as sperm immaturity or premature death.

Previous studies have shown a link between acupuncture and improved sperm production and motility.

5 NATURAL REMEDIES THAT MAY HELP YOU SLEEP

Before you rush to the drugstore to buy an over-the-counter sleep medication, try one of the following natural sleep remedies. They are safer and have fewer side effects. Many of these can not only help you fall asleep and stay asleep, but they can also promote muscle relaxation.

Magnesium and calcium

Magnesium and calcium are both sleep boosters, and when taken together they become even more effective. Plus, by taking magnesium you cancel out any potential heart problems that might arise from taking calcium alone. Take 200 milligrams of magnesium (you can lower the dose if it causes diarrhea) and 600 milligrams of calcium each night.

Hops

Beer fans are already familiar with the calming effect of hops, the female flowers used in beer making. For sleep purposes, this extract has been widely used as a mild sedative for anxiety and insomnia. Take 30 to 120 milligrams before climbing under the covers.

Aromatherapy

Lavender is the trick here, as studies have proven that it aids in sleep. It's also an inexpensive, nontoxic way to slip into a peaceful slumber. Find a spray with real lavender and spritz it on your pillow before bedtime, or buy a lavender-filled pillow.

Melatonin

Melatonin is the hormone that controls sleep, so it's no wonder that it naturally induces sleep. Studies show that lower doses are more effective – plus, there's concern that too-high doses could cause toxicity as well as raise the risk of depression or infertility.

Yoga and Meditation

Choose gentle yoga or stretching, not vigorous power or ashtanga yoga, which could energize you instead. Try easy yoga stretches in bed followed by simple meditation. Close your eyes and, for 5 to 10 minutes, pay attention to nothing but your breathing.

L-theanine

This amino acid comes from green tea, and not only helps maintain a calm alertness during the day but also a deeper sleep at night. However, green tea doesn't contain enough L-theanine to significantly boost your REM cycles, and might make you wake up to go to the bathroom. Instead, buy pure, active L-theanine (some brands have inactive forms of theanine that block the effectiveness), and take 50 to 200 milligrams at bedtime.

Valerian

Valerian is one of the most common sleep remedies for insomnia. Numerous studies have found that valerian improves deep sleep, speed of falling asleep, and overall quality of sleep. However, it's most effective when used over a longer period of time. Keep in mind that about 10 percent of the people who use it actually feel energized, which may keep them awake. If that happens to you, take valerian during the day. Otherwise, take 200 to 800 milligrams before bed.

FOOD AS MEDICINE WALNUTS

Walnuts are a delicious way to add extra nutrition, flavor and crunch to a meal. While walnuts are harvested in December, they are available year round a great source of those all-important omega-3 fatty acids.

It is no surprise that the regal and delicious walnut comes from an ornamental tree that is highly prized for its beauty. The walnut kernel consists of two bumpy lobes that look like abstract butterflies. The lobes are off white in color and covered by a thin, light brown skin. They are partially attached to each other. The kernels are enclosed in round or oblong shells that are brown in color and very hard.

When it comes to their health benefits, walnuts definitely are not a hard nut to crack. This delicious nut is an excellent source of omega-3 essential fatty acids, a special type of protective fat the body cannot manufacture. Walnuts' concentration of omega-3s (a quarter-cup provides 90.8% of the daily value for these essential fats) has many potential health benefits ranging from cardiovascular protection, to the promotion of better cognitive function, to anti-inflammatory benefits helpful in asthma, rheumatoid arthritis, and inflammatory skin diseases such as eczema and psoriasis.

In addition, walnuts contain an antioxidant compound called *ellagic acid* that supports the immune system and appears to have several anticancer properties.

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

Top this quick and tasty salad with walnut croutons and enjoy a rich concentration of omega-3 fatty acids from your green salad!

Prep and Cook Time: 10 minutes

Ingredients:

1/2 medium yellow onion, thinly sliced

1 cup hot water

2 TBS light vinegar

1 bunch arugula

Dressing:

2 medium cloves garlic, pressed

2 TBS chopped fresh parsley

1 TBS fresh lemon juice

1 TBS extra virgin olive oil

Sea salt and black pepper to taste

1/2 cup coarsely chopped walnuts

Optional: 2 oz gorgonzola cheese

Directions:

Press garlic and let sit for 5 minutes.

Slice onion thin and soak in hot water and vinegar while preparing rest of salad.

Whisk together the dressing ingredients, adding olive oil at the end, a little at a time.

Wash and dry arugula. Squeeze out excess liquid from onions. Combine onions and arugula and toss with dressing. Sprinkle salad with Walnuts just before serving. Top with cheese (optional).

Serves 2



A W O R D O R T W O A B O U T P R E G N A N C Y

Consider the following aspects of pregnancy that lead to **subluxation**;

Rapid increase/decrease in weight

Postural changes

Changes in sleep patterns & positions

Altered appetite and eating habits

Loosening of body ligaments to allow for growth/labor

Flat feet/pronation due to weight gain/loose ligaments

Emotional changes (hormonal shifts/new family stress)

***** (Many of these affect Dad-to-be too!!!!)

- All of the above and more can cause subluxation, and this doesn't even include **any** of the numerous changes Mom & Dad will **both** experience after the arrival of the "Little Miracle."

- **Remember**, the subluxations you have during pregnancy don't just affect you! They affect your unborn baby too!! Your baby needs your nerve system to be **fully functioning** in order to develop correctly.

- Studies have shown that women who have consistent chiropractic care throughout their pregnancies have shorter and less painful labors with fewer complications and fewer interventions.

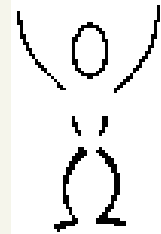
- Of course, techniques are very different for pregnant women, and we are specially trained in this office to insure you the safest and best possible care throughout your pregnancy.

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
HEALTH HAPPENINGS**

**BROOKFIELD CLINIC
CALENDAR OF EVENTS**

There will be no presentations held during the summer months.

They will resume in September 09.

Starting in June, Dr. English will be seeing patients on Monday, Tuesday, Wednesday Thursday and every other Friday and Saturday.

**CEDARBURG CLINIC
CALENDAR OF EVENTS**

**“ 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” **June 2nd 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” **June 1st 2009** from 7:00am-7:30am for their “wellness expert” segment.