



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 F O L A T E

Folate is a water-soluble B vitamin that occurs naturally in food. Folic acid is the synthetic form of folate that is found in supplements and added to fortified foods

Leafy green vegetables (like spinach and turnip greens), fruits (like citrus fruits and juices), and dried beans and peas are all natural sources of folate

Folate helps produce and maintain new cells. This is especially important during periods of rapid cell division and growth such as infancy and pregnancy.

Folate is needed to make DNA and RNA, the building blocks of cells.

It also helps prevent changes to DNA that may lead to cancer.

Both adults and children need folate to make normal red blood cells and prevent anemia.

Folate is also essential for the metabolism of homocysteine, and helps maintain normal levels of this amino acid.

C H I N E S E H E R B A L A P H R O D I S I A C S

For centuries the Chinese have associated vibrant health and longevity with both abundant kidney Qi and strong libido. In Chinese medicine your kidney Qi and Essence direct your sexual development and keep your libido healthy; improving the health of your kidneys often means increasing the health of your libido. Some of the most expensive and sought-after kidney-supportive Chinese herbal formulas have become known as aphrodisiacs; they enhance sex drive and performance because they build kidney yin, kidney yang, and kidney Essence.

Chinese ginseng is a powerful herb for strengthening your Qi and helping your body adapt to stress. It is used as a sexual tonic because of its modulating effects on your nervous system. If you are lethargic it can give you sexual energy, and if you are tense it can help you relax.

Rehmannia is superb for nourishing your kidney yin and kidney Essence. In Chinese medicine, this herb is said to be "food for your kidneys," very rejuvenating, and with the potential to increase your longevity.

Cordyceps is one of the shining stars among Chinese herbal aphrodisiacs. It builds your sexual energy over time by enhancing your kidney yang and replenishing your kidney yin.

Epimedium is considered to be the most powerful vegetarian sexual tonic in Chinese medicine, although surprisingly little is known of it in the West. For women, it is best used in combination with herbs like rehmannia. It may possess male hormone-like actions and is believed to work by stimulating your nervous system, especially the nerves in your genitalia.

THE BEST FOOD CHOICES FOR FIBROMYALGIA

The most common food steps presently taken for healing from fibromyalgia involve elimination of as many food stimulants and processed foods as possible from the routine meal plan. Food stimulants here would include caffeine-containing foods like chocolate, sodas with caffeine, and coffees and teas with caffeine. Processed foods would include foods with artificial additives and preservatives, processed foods containing high fructose corn syrup or other sugar-based sweeteners and providing more than 10 grams of sugar per serving, and processed deli meats that are preserved with nitrates. Alcohol and tobacco are also usually eliminated.

FOOD AS MEDICINE FIGS

Although dried figs are available throughout the year, there is nothing like the unique taste and texture of fresh figs. They are lusciously sweet with a texture that combines the chewiness of their flesh, the smoothness of their skin, and the crunchiness of their seeds. California figs are available from June through September; some European varieties are available through autumn.

Figs are a good source of potassium, a mineral that helps to control blood pressure.

Figs are a good source of dietary fiber. Fiber and fiber-rich foods may have a positive effect on weight management.

Figs are a fruit source of calcium (79 milligrams in an 8 oz-wt serving), a mineral that has many functions including promoting bone density.

ARE YOU ALLERGIC TO WIRELESS INTERNET?

Electromagnetic Hypersensitivity Syndrome (EHS) is a condition in which people are highly sensitive to electromagnetic fields. In an area such as a wireless hotspot, they experience pain or other symptoms.

People with EHS experience a variety of symptoms including headache, fatigue, nausea, burning and itchy skin, and muscle aches. These symptoms are subjective and vary between individuals, which makes the condition difficult to study, and has left experts divided about the validity of such claims. More than 30 studies have been conducted to determine what link the condition has to exposure to electromagnetic fields from sources such as radar dishes, mobile phone signals and, Wi-Fi hotspots.

DEALING WITH STRESS

Stress can have a big effect on physical and mental health. Here are some ways to think yourself free of it.

13. Meditate regularly.
14. Relax and let stress go.
15. Think about each breath.
16. Control your thoughts at bedtime.
17. Prepare mentally for bed.
18. Revise your dreams.
19. Concentrate on each muscle individually.
20. Allow yourself to daydream.
21. Stop worrying.
22. Set aside time to think.
23. Write in a journal.
24. Use color to control your thinking.

RECIPE OF THE MONTH SOUTHWESTERN SALMON & BLACK BEANS

If you never thought to combine salmon with black beans, try this blend of the sweetness of the salmon, richness of black beans and the zestiness of the topping for a taste treat.

Prep and Cook Time: 30 minutes

Ingredients:

1½ lb salmon cut into 4 pieces,
skin and bones removed
1 small sized onion minced
1 small sized red bell pepper diced 1/4 inch
4 medium cloves garlic pressed
½ cup + 1 TBS chicken or vegetable broth
15oz can black beans, drained
1½ TBS red chili powder
about 2 cups shredded romaine lettuce, outer leaves discarded
1 medium avocado cut into cubes

Sauce:

2 TBS fresh cilantro chopped
1 TBS fresh mint chopped
1 TBS fresh basil chopped
3 TBS fresh lemon juice
3 TBS olive oil



Directions:

Season salmon with a little salt and pepper. Set aside while you chop and sauté vegetables.

Mince onions and press garlic and let sit for at least 5 minutes to bring out their hidden health benefits.

Heat 1 TBS broth in a 10-12 inch stainless steel skillet. When broth begins to steam add onion, bell pepper and garlic and Healthy Sauté on medium heat for about 5 minutes stirring frequently.

Add ½ cup broth, drained beans, and red chili powder. Cook for another 10 minutes. Season with salt and pepper to taste.

While beans are cooking preheat broiler on high. Place a stainless steel or cast iron skillet large enough for salmon under the heat to get hot. This takes about 10 minutes.

In a bowl mix together cilantro, mint, basil, lemon juice, olive oil, pumpkin seeds, salt and pepper.

Place salmon in the hot pan and return to broiler about 5 inches from the heat source for best results. Broil salmon for about 3-4 minutes for medium doneness. This is our Quick Broil cooking method. Serve salmon, beans, lettuce and avocado together on a plate. Top salmon and lettuce with cilantro topping.

Serves 4

YOU'LL HAVE TO CONTINUE CHIROPRACTIC CARE FOR THE REST OF YOUR LIFE

Most doctors of chiropractic promote a preventative type of lifestyle which has been construed by adversaries to mean that chiropractic care requires a lifetime of commitment. Actually, recommending that patients return for periodic spinal care is no different than what dentists recommend to their patients in order to prevent cavities and gum disease.

Just as it would be ludicrous to believe that visiting a dentist once per lifetime would ensure permanently healthy teeth and gums it's equally as silly to think that visiting a chiropractor a few times will ensure a lifelong healthy spine. Our spinal tissues undergo daily bombardment of stresses originating from bad postural habits, suboptimal work environments, psychological stress, and hectic lifestyles just to name a few.

For these reasons, after the resolution of acute problems patients are given the option to receive periodic spinal checkups which acts to minimize the likelihood of future recurrences or development of new problems. The preventative approach in health care has been gaining much recognition as of late and there has been a large push in the medical community and health insurance industry to incorporate preventative programs into mainstream medicine.

It's really that simple. Periodic care to prevent future problems - safe, natural, convenient care now to avoid nasty and complex problems later.

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.

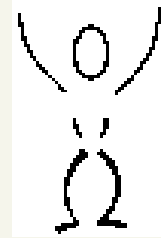
Oral hCG is usually utilized in combination with appetite suppressants.

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
HEALTH HAPPENINGS**

**BROOKFIELD CLINIC
CALENDAR OF EVENTS**

**CEDARBURG CLINIC
CALENDAR OF EVENTS**

PRESENTATIONS

Presentations are held at the Brookfield Clinic

Please call to reserve your seat today!

PRESENTATIONS

Presentations are held at the Cedarburg Clinic

Please call to reserve your seat today!

Monday October 6th

Yoga

6:30pm

Wednesday October 8th

Are you Toxic?

6:30pm

Thursday October 16th

Forum discussion on
Alternative Medicine

6:00pm

Wednesday October 22nd

Kids need Chiropractic TOO!

6:30pm

Monday October 27th

The Weight Loss Cure

6:30pm

Yoga Classes

Tuesdays 6:30pm-7:30pm

Thursdays 9:00am-10:00am

\$50 for 4 weeks