



# 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 C O Q 1 0

CoQ10 is a naturally occurring compound found in the body, and a powerful antioxidant. It is a coenzyme, similar to a vitamin, and as such assists in various internal processes.

Specifically, CoQ10 plays an essential role in the production of cellular energy. Without this energy, your cells cannot function.

CoQ10 is found in high concentrations in tissues and organs that require a lot of energy. The heart requires huge amounts of energy to function which is why Co Enzyme Q10 is such an important compound for proper heart function. The benefits of CoQ10 are crucial to maintaining cardiovascular health.

### I N T E R E S T I N G   F A C T S

A cucumber is 96% water.

A healthy (non-colorblind) human eye can distinguish between 500 shades of gray.

A healthy individual releases 3.5 oz. of gas in a single flatulent emission, or about 17 oz. in a day.

A horse can sleep standing up.

A Horse has 18 more bones than a Human.

A human being loses an average of 40 to 100 strands of hair a day.

A human head remains conscious for about 15 to 20 seconds after it is been decapitated.

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

Acupuncture and Oriental medicine is one of the fastest growing forms of health care in the United States. This explosion is due to the recognition by consumers and regulators of the safety, effectiveness and low cost of this form of health care.

Clinical studies indicate that acupuncture is effective in treating headache, dysmenorrhea, fibromyalgia, stroke, substance abuse, menopause, depression, female infertility, neck pain, low back pain, osteoarthritis, morning sickness, respiratory disease, urinary dysfunction, tennis elbow and facial pain.

All needles are stainless steel, pre-sterilized, single-use, and disposable.

Needles are about the size of three strands of hair.

### W A R N I N G F O R   A L L   Y O U   H C G E R ' 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.

## HELPFUL BACTERIA MAY BE HIDING IN YOUR APPENDIX

Your appendix is a small dead-end tube connected to a section of your large intestine. It has long been thought to be a vestigial remnant of some other organ, but there is little evidence for an appendix in our evolutionary ancestors. Few mammals have any appendix at all, and the appendices of those that do bears little resemblance to the human one.

Some researchers now believe that the appendix is a "safe house" for commensal bacteria, the symbiotic germs that aid digestion and help protect against disease-causing germs.

The appendix is isolated from the rest of the gut, with an opening smaller than a pencil lead. In times of trouble, such as an infection that flushes the system, these commensal bacteria could hide out there, ready to repopulate the gut when the danger is past.

Biofilms, colonies of beneficial microbes, form in your large intestine. They aid digestion and protect against infection, while enjoying the protection and nutrition of the human host. Researchers have found biofilms on the epithelial lining of the appendix as well.

## FOOD AS MEDICINE HONEY

This wonderfully rich golden liquid is the miraculous product of honey bees and a naturally delicious alternative to white sugar. Although it is available throughout the year, it is an exceptional treat in the summer and fall when it has just been harvested and is at its freshest.

The fascinating process of making honey begins when the bees feast on flowers, collecting the flower nectar in their mouths. This nectar then mixes with special enzymes in the bees' saliva, an alchemical process that turns it into honey. The bees carry the honey back to the hive where they deposit it into the cells of the hive's walls. The fluttering of their wings provides the necessary ventilation to reduce the moisture's content making it ready for consumption.

In addition to its reputation as Nature's nutritive sweetener, research also indicates that honey's unique composition makes it useful as an antimicrobial agent and antioxidant.

**Raw Honey - An Anti-Bacterial, Anti-Viral, Anti-Fungal Substance**

## THE DANGERS OF A VERY LOW CALORIE DIET WITHOUT THE USE OF HCG

Eating fewer than 1000 calories a day can, at best be a short-lived attempt at dieting, at worst it could be a recipe for long term health problems. Your body is not designed to function well on a very low calorie diet. In fact, it goes into starvation or famine mode and tries to preserve essential functions at the expense of the less essential ones. Very low calorie diets are a danger to physical and mental health.

So what happens to your body on fewer than 1000 calories a day?

Your metabolism slows down to conserve energy.

To try to counteract the lack of blood sugar from carbohydrates in the diet, your body will break down fat, which is what you want, but it will also breakdown muscle and other lean body tissue.

Losing lean body tissue can be very dangerous. Even organs can be broken down to use as fuel.

With very low calorie diets, an imbalance in minerals and electrolytes can occur, which can be dangerous. These govern the balance of fluids in the body allowing nerves and muscles to function.

A lack of serotonin in the brain can be another problem which leads to clinical depression.

One of the great dangers of this kind of dieting is that you can become acclimated to it. As your body reduces some of its functions, including those of the brain and nerves, and as depression takes hold due to a lack of serotonin, you can slip into anorexia nervosa - a truly life threatening condition.

When you finally come off this diet, you will almost certainly regain all the weight you have lost plus more leading to yoyo dieting, now believed to be dangerous.

When you are on a very low calorie diet and under the influence of hCG, the body never goes into starvation because the blood is saturated with around 1500-2500 calories from the liberation of abnormal fat. The use of hCG for the treatment of obesity, is just that... a treatment for an illness called obesity. Diets do not work, and extreme dieting such as significant calorie restriction, can cause long term health problems.

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

Try this traditional Mediterranean dish. The bulgur does not need to be cooked, just softened, because it has already been steamed, dried and cracked.

**Prep and Cook Time:** 30 minutes

**Ingredients:**

1 cup wheat bulgur (dry) makes 2 cups after combining with liquid

3 cups parsley, minced

1/2 medium onion, minced

1 medium tomato, chopped

3 TBS extra virgin olive oil

1 TBS fresh lemon juice or wine vinegar

2 cloves garlic, press or chopped

sea salt and pepper to taste



**Directions:**

Mince onion and press or chop garlic and let sit for 5 minutes to bring out their hidden health benefits.

Place 1 cup wheat bulgur and salt to taste in a bowl. Pour 2 cups boiling water or broth over the bulgur, stir once and let sit for 15-20 minutes until liquid is absorbed.

Combine all ingredients and mix well.

For added flavor you may want to add more olive oil and lemon juice.

**Serves 4**

## S P I N A L   A D J U S T M E N T S   A R E   D A N G E R O U S

Chiropractic spinal adjustments are extremely safe when performed by chiropractors. In fact, chiropractic adjustments are among the safest treatments for most back and neck problems. According to a 1993 Ontario Ministry of Health commissioned study,

"There is no clinical or case-control study that demonstrates or even implies that chiropractic spinal manipulation is unsafe in the treatment of low-back pain. Some medical treatments are equally safe, but others are unsafe and generate iatrogenic (doctor-induced) complications for low-back pain patients. Our reading of the literature suggests that chiropractic manipulation is safer than medical management of low-back pain."

Lead investigator of the study, Pran Manga, Ph.D., however, did warn that spinal adjustments performed by health care professionals other than qualified doctors of chiropractic were potentially harmful and less effective:

"Indeed, several existing medical therapies of low-back pain are generally contraindicated on the basis of the existing clinical trials. There is also some evidence in the literature to suggest that spinal manipulations are less safe and less effective when performed by nonchiropractic professionals."

On December 8, 1994, the Agency for Health Care Policy and Research (AHCPR) of the US Department of Health and Human Services released clinical practice guidelines for the management of acute low back pain. Their guidelines were developed after extensive study of the diagnostic and treatment methods used for acute low back pain. Their findings included:

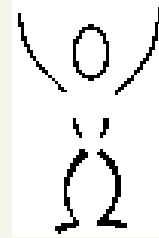
- The risk of serious complications from lumbar spinal manipulation is rare;
- Conservative treatment such as spinal manipulation should be pursued in most cases before considering surgical intervention;
- Prescription drugs such as oral steroids, antidepressant medications and colchicine are not recommended for acute low back problems.

**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**

**BROOKFIELD CLINIC  
CALENDAR OF EVENTS**

New clinic hours for fall starting September 2nd	Yoga classes starting In September
Monday-9am-6pm	Tuesdays 6:30pm-7:30pm
Tuesday-9am-6pm	Thursdays 9:00am-10:00am
Wednesday-9am-6pm	\$50 for 4 weeks
Thursday-1:30pm-6pm	
Friday-closed	
Saturday-8am-Noon	

**P R E S E N T A T I O N S**

Presentations are held at the Brookfield Clinic

Please call to reserve your seat today!

Monday September 15th The Weight Loss Cure 6:30 pm	Monday September 22nd Stress And Your Body 6:30 pm
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**CEDARBURG CLINIC  
CALENDAR OF EVENTS**

**P R E S E N T A T I O N S**

Presentations are held at the Cedarburg Clinic

Please call to reserve your seat today!

Thursday September 18th The Weight Loss cure 6:00pm	Tuesday September 23rd Forum discussion on Alternative Medicine 6:00pm
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