



## Markley Chiropractic Newsletter

Spring 2008

Our spring newsletter comes with sincere encouragement to faithfully and routinely exercise for 30-60 minutes per day five times a week, which will extend your lifespan approximately 10 years. Anti-aging experts have studied the chromosomes of sedentary individuals who develop telomeric shortening of the chromosome end caps leading to DNA damage, and increase risk of chronic degenerative disease and cancer. Personally I actually lift weights 3 times per week, walk, run, regularly do lawn work, etc. I don't personally believe this in theory, I actually move my body constantly (I practice what I preach).

Beside for exercise absolutely everyone should take a multivitamin, omega three fish oil (not just flax oil), a green product rich in natural phytonutrients from a plant base. Everyone really means everyone including your doctor and I actually do. You should take Omega three cod fish oil which will increase your IQ 13%, improve your memory, decrease platelet aggregation, decrease your risk of a heart attack or stroke, increase HDL (good cholesterol), and have a natural anti-inflammatory effect on joint and autoimmune conditions like lupus, scleroderma, rheumatoid arthritis, etc. Fish oil should be bought from companies that assures that it has been tested for heavy metals and other contaminants especially mercury and pesticides. You should also make sure that the oil quality is good and not rancid, which will cause gall bladder problems and indigestion when taking it.

Multivitamins should not have artificial sweetener, dyes, colors added, or shlack and coaltar. They should be approximately ratio balanced as not to inhibit the absorption of other nutrients. An example would be Copper and Zinc must be properly balanced because they are antagonistic, Calcium will inhibit the absorption of Zinc, Magnesium helps Calcium be put in solution and Vitamin D enhances the absorption of Calcium, etc. You truly need to know your company does assay to test quality, and check for contaminants. Two excellent multivitamins are Oxygenic B by Nutri-Spec and Multigenics by Metagenics. They understand ratio balancing and have developed these products with this in mind. Multivitamins supply nutrients that are no longer supplied through food sources do to improper diets, soil depletion of minerals, gut absorption problems like irritable bowel syndrome, sprue, colitis, food allergies, crohns disease etc. Even the American medical association now say that taking a multivitamin will reduce chronic degenerative diseases, macular degeneration, colorectal cancer, breast cancer, etc.

Why do we need a greens product? The reason is because phytonutrients are contained in plants like broccoli, tomatoes, barely greens, alfalfa, chlorella, turnip greens etc. These phytonutrients are co-enzyme and co-factors in nutrient assimilation which transports in our biological systems. Presently the Governmental recommendation daily allowances are 5 servings a day of fruits and vegetables per day. Harvard in recent studies suggests that it should actually be nine servings per day of fruits and vegetables. I truly don't know of anybody who has time to eat nine servings of fruits and vegetables per day. Thus the answer is to supplement with a greens product ensuring that good phytonutrients from fruits and vegetables are getting into our systems on appropriate amounts. Greens First, Nanogreens, and Standard Process Greens Food all accomplish this in capsule and powder forms.

We were actually capable of measuring these phytonutrients antioxidants with our antioxidant scanner and I as amazed at how many teenagers were truly deficient in antioxidants. We were capable of demonstrating to people who faithfully take these antioxidant phytonutrients that their score levels would elevate on the scanner with supplementation and time. The other interesting finding was the more prescription medication that a patient was taking



the lower the antioxidant level measured. Considering that antioxidants prevent free radical damage, chronic degenerative diseases, cancers, and eye degeneration that with the loading of your body with chemical prescription becomes very questionable and potentially dangerous. Dr. Bruce West in his Health Alert newsletter states it like this "Drugs are an absolute miracle when truly needed." I would never criticize or discourage some one from taking drugs they truly needed, but a lot of people need to examine how much prescription chemical medication is going into their body and what the potential side effects are. Natural products work with the body and the result can be truly stunning, as people with chronic diarrhea take the probiotic lactobacillus sporogenes and no longer have issues. Many patients with gastritis/colitis are placed on Beta TCP, Colostrum and Total Upper GI and years of heart burn, GI upset and their symptoms of inflammation are gone. Patients noticing that BP balance changed their blood pressure dramatically within hours. We have patients that travel to Florida for the winter and they make sure they take multiple bottles of Glucon for their blood sugar because it truly works.

Natural products like CalAmo, which puts Calcium in solution. The x-ray in the waiting room demonstrates a man with a huge spur on his shoulder joint, and with a combination of three bottles of CalAmo and with multiple ultrasound therapies it totally dissolved the bone spur. Please take a look at the two x-rays it is truly amazing. This guy would most certainly have had orthoscopic clean out surgery. Natural products work wonderfully for women who have hormone balance problems. Two gals recently became pregnant within the last three months. It was with a combination of thyroid supplements WS Fem H and electrical acupuncture treatment that help balance their system.

The antioxidant scanner is gone and in its place we have a bio meridian scanner, which provides information on dermal electrical skin resistance measurements of acupuncture meridian balance. Each organ and system is measured, the heart/circulation, liver/gallbladder, immune, endocrine, colon/digestion, skin, etc. The electrical measurement in a healthy individual should score in the yellow area, green indicates some level of dysfunction and red indicates tissue death or organ compromise. The computer is programmed with specific products from Standard Process to strengthen the system in question. This machine should be considered in chronic health problems. The scan must be done by day appointment during non-peak patient office hours by the Chiropractic assistants. The patient must be well hydrated and have no lotion on their hands or feet. The scan will take approximately half an hour.

Cholesterol; everybody has it, reference ranges vary depending on whose lab manual you look at, normal being less than 200, 220, and 234. The more important number is LDL to HDL ratio being less than 3.6 and having a lot of good cholesterol (HDL) above 40, 50, and even greater depending upon the reference manual. Recently Zetia and Vytorin have proven not to work or be worthless and Lipitor and Zocor which do lower cholesterol and may extend your life two-three months maximum but do not prevent heart attack. Cholesterol doesn't create heart attacks, you have been misled. What plaques arteries up is arterial inflammation, read "Why animals don't have heart attacks" by Mathis Ruth M.D. What prevents arterial wall inflammation is Vitamin C, B6, B12 folic acid, and fish oil (cod liver oil).

Sincerely yours in health,  
Dr. Markley