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Newsletter

Feb/March 2009

Genomic nutritional medicine requires healthcare practitioners to develop technical skills to improve the management of ageing and chronic disease. The most important concept involved here is stopping metabolic syndrome aka syndrome X or impaired insulin signaling which results in type II diabetes and arterial disease through monocyte endothelial adhesion. TRANSLATION: Keeping good lean body mass and proper sugar regulation prevents arterial blockage and elevated lipid levels(both cholesterol-LDL and triglycerides). Diet, exercise, healthy lifestyle= metabolism and gene expression. First line food therapy needs to be antinflammatory, low glycemic load, phytonutrient rich= Mediterranean style diet. Specifically I have developed a dietary regimen to address this.

A combination of *Gymnema* (to reduce impaired insulin signaling, an inhibitor or appetite suppressant of sugars and balancer of glucose levels), *Greens First* (a phytonutrient rich detox/purifier of the liver, kidney and colon which contains probiotics, enzymes, and antioxidants as vegetables and fruits, and cleaners utilizing milk thistle and beet root), and *UltraMealMedical Food* (a low glycemic shake/meal replacement loaded with vitamins, minerals and soy protein to assist in weight loss. This combination of *Greens First* (one scoop/day), *UltraMeal Medical Food* (two shakes /day), *Gymnema* (to balance sugar and lipid levels) together with specific dietary guidelines will yield 8-10 lbs of weight loss in a month. Weight reduction and healthy lifestyle like mentioned above will boost energy levels, metabolism, reduce blood sugar levels, blood pressure, lipid levels and increase hormone levels.

Speaking of hormone levels-We just had a photograph dropped off at our office of a baby and another mother came in with her newborn, both thrilled with their chiropractic care. The mother who brought in her child had been on multiple medications, had high blood pressure, fluid retention, depression and most importantly was insulin resistant. Through nutritional products she was able to get off all medications and naturally manage her blood pressure, fluid retention and depression. Prior to getting pregnant this gal (who had only had a handful of periods in her entire life) embarked on our weight reduction program, losing 50lbs, breaking her insulin resistance, and in turn “kicking into gear” her endocrine system (hormones) We also used a combination of the myomatic acupuncture machine to treat fertility points, administered chiropractic care and prescribed *Estrium*-an all natural product. Last but not least by the grace of God, a beautiful baby girl was born. Women need proper hormone levels to get pregnant. Weight is very important in endocrine (hormone) function, as are vitamins, essential fatty acids and minerals such as

iodine. Some women need just a little push in the right direction to have a healthy successful pregnancy.

In *Health Alert* newsletter Dr. West reports: Vitamin D deficiency. “Authentic experts” in medicine are all beginning to sound the alarm. Anthony W. Norman, University of California (Riverside) chairman emeritus biochemistry, conceivably the nations leading vitamin D researcher claims we have a need for a 10 fold increase in vitamin D levels from 200 IU to 2000 IU. Vitamin D deficiency is causing muscle weakness, osteoporosis and increase in breast and colon-rectal cancer. Sunshine and fish oils (cod liver) are the best sources of Vit D, but due to the high use of sunblock, Vit D is also being blocked. Statin drugs (used to lower cholesterol) also block the conversion of Vit D in you skin. Thus due to the abnormal lowering of cholesterol levels many patients are testing very low for Vit D on lab work. *Biotics* has an emulsified version of Vit D drops and *Thorne* has a capsule version. We also carry three fish oils (cod liver) products. *Metagenics* and *Biotics* guarantee that their oils do not contain mercury or other heavy metals or chemicals.

Women with osteoporosis need also to take calcium with raw bone meal plus Vit D. A number of patients received improved dexta scans (for bone density) even to the point of not being considered osteoporotic or osteopenia anymore utilizing this protocol. I would recommend that Vit D levels be tested if you’re at risk. We have lab arrangements with *Lab Corp* (they have many locations including Lafayette, Merrillville, and Valpo.-no appointment necessary) and Jasper County Hospital.

Recently we have had a number of outstanding results with migraine headache patients. Typically these individuals have had MRI’s of the brain, and or cervical spine, been on all kinds of medications for years(including migraine and anti-seizure drugs) with little to minimal results. Usually chiropractic adjustments of the upper cervical spine (neck) are the key. Successful management of sinus and sleep issues with nutrition can have beneficial results with migraines also. Sinusitis is the most difficult to manage because of possible environmental mold and Candida (yeast) overgrowth issues.

Last thought. If you have heart issues-weak valves, arrhythmias (abnormal beats), congestive heart or suspect a weak heart because of fluid retention in the extremities and arms and/or legs feeling “loggy”, read *Dr. West’s Feb 09 newsletter* (copies available from staff).Deficiency in Vitamin B4 which is the nutrient adenine combined with niacinamide , D-ribose, and phosphoric acid could be causing your heart problems. Deficiency results in *beriberi of the heart*. Symptoms include neuritis, polyneuropathy, arrhythmias, neuromuscular dystonia, congestive heart failure(weak heart muscle) and heart disease. Snacking and sugar abuse deplete the body of B – Vitamins and true whole food and whole food supplements with complete B complex replenish it, not synthetic B-Vitamins. *Cataplex B* and *Cardioplus* by *Standard Process* will replenish this weak paralyzed heart.

To your health Dr. J.L. Markley