

MARKLEY CHIROPRACTIC &WELLNESS CENTER

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FALL 2010 NEWSLETTER

On September 11 &12 I attended a seminar in Indianapolis titled “The top 10 health threats for men and women as reported by the Mayo Clinic & natural alternatives to prescription protocols”. The presenter was Dr. Michael Dobbins (Dr. Dobbins along with my cousin Dr. David Hogsed recently taught a nutritional course at the University of Miami Medical School). Dr. Dobbins is an excellent presenter of nutritional material. At the top of the list, the number one health threat in the U.S. for both men and women is heart disease. Heart disease is responsible for 40% of all deaths in the US (this is more than all forms of cancer combined).

Symptoms include: Shortness of breath with exercise or activity like climbing stairs

Easily and quickly tired during exercise

Swelling of hands and feet

Fluttering of the chest

Racing heartbeat (tachycardia)

Slow heartbeat (bradycardia)

Chest pain (angina)

Lightheadedness or dizziness

Fainting or syncope episodes

Cyanosis (pale gray to bluish skin)

Swelling of the abdomen or around the eyes

The number one heart disease risk factor other than an aging heart and strong genetic/family history is smoking. This is because nicotine constricts your blood vessels and carbon monoxide damages the vessel linings. This is followed in order by: poor diet, high blood pressure (uncontrolled for years), high aberrant lipid profile, diabetes, obesity, physical inactivity (lack of exercise), high stress with elevated cortisol levels, poor dental health. At this point of reading please request (from our staff) the August 2010 newsletter from Dr. Bruce West. Logic, according to modern medical protocols tell us that a diagnosis of heart disease dictates angioplasty, stents and coronary bypass surgery, as the way to go. According to a cardiologist, 5% of these stents, angioplasties and bypass surgeries are truly necessary and the remaining 95% are better treated through lifestyle and nutritional protocols to increase collateral circulation to the heart and reverse the angina symptoms related to the ischemia. In fact, bypass surgery may damage the brain and memory permanently. Specifically mentioned in the above newsletter, the cardiologist is utilizing *CardioPlus*, *Vit E*, *Vit B Complex*, *Omega Three fish oil*, and *Cal Magnesium* combined with *Mintran*. I can personally tell you as a natural health care nutritionist, that I have seen patients that were puking up fluid/H₂O because of CHF (congestive heart failure) and pulmonary disease stop coughing up in two to three days

utilizing *CardioPlus*. We have had patients that could not control their hypertension despite a pharmacological regiment of betablockers, ace inhibitors, diuretics, vasodilators and / or calcium channel blockers. Not until *CardioPlus*, *Renafood*, and *CoQ 10* were added to their regiment did the pressure finally lower. We have had other patients who have arrhythmias (heart flutters) that would not correct until *Cardiotrophin*, *CardioPlus*, *CoQ 10* and *Magnesium/Potassium* were added. This is despite the fact that they had been using drugs for rhythm abnormalities, such as *Toprol*, *Cardizem*, and *Digoxin*.

The absolute key in heart disease is a) getting more oxygen to the heart and b) utilizing vitamins/minerals that strengthen the heart muscle. These include nutritionals such as *CoQ30*, *CoQ10 Plus* (which utilizes hawthorn), *B Vitamins like Oxygenics B, B100, B12 2000* (which is a sublingual form of B12), *B6 and Folic Acid*. Antioxidants like *Greens First*, *NanoGreens*, and *Greens First* are part of the heart protocols as are garlic, ginger, onions, Vitamin C, Vitamin E, Selenium, magnesium, Taurine, L-Carnitine, Magnesium, Potassium, and Calcium. The one multivitamin/multimineral that contains all the vitamins, minerals, amino acids...needed is *Oxygenics B*.

Remember the crucial factor in vitamin selection is not only ingredients but absorbability or assimilation (not milligrams). In fact, non-food based "vitamins" or nutraceuticals may have supposed high milligram levels of synthetic laboratory manufactured vitamins, which are chemical-like(not food-like) to the body. True food based vitamins like those from *Standard Process* are actually sold as food supplements. They are highly assimilated (absorbed) food based products grown or raised on the *Standard Process* farms in Palmyra, WI. True vitamins have all the phytonutrients, antioxidants and co-factors from food to assimilate properly and work with the body, thus, they actually work and are not flushed down your toilet.

Chiropractic exciting results are always encouraging. A patient recently informed us that they are canceling a hip surgery because their hip socket pain has decreased to a level that they see no point in the surgery. Adjustments to the low back and pelvis received through the spring and summer, coupled with the supplements *TLB* (tendon, ligament bone), *calcium* and, *Cryoderm* (a topical analgesic/anti-inflammatory) have helped.

Another patient with low back stenosis and sciatica informs us they now can mow the lawn and work in the yard before chiropractic this was not possible. We actually witnessed a patient who initially presented in our office with a lumbar fusion, stenosis and bilateral sciatica go from a wheelchair, to walker, to cane, to walking normally without any assistance, in a span of about six months.

As a side note, we have recently added 20+ *Standard Process* (whole foods) supplements to our large, regularly carried line of products.

NEW WEB SITE !!! www.DrMarkley.com

We recently have been working on a new website. It is not finished but you are able to access it none the less. This newsletter as well as some past newsletters will be archived. Please excuse our work in progress. A good resource when referring family and friends.