

Markley Chiropractic

Spring 2010 Newsletter

A “lifestyle” based Chiropractic Practice works with adjustments to reduce spinal stress that can result in migraines, sciatica, disc bulges, numbness, nervousness, indigestion, carpal tunnel, etc. while making specific recommendations of diet, nutrition, exercise, and detoxification to help the adjustments hold, resulting in restored health.

This newsletter will be specifically addressing inflammation and its detrimental effects on joints, muscles, nervous systems, and more specifically the gut.

Most people, when faced with chronic pain, begin popping non steroidal anti-inflammatory drugs known as (NS aids) like Aspirin, Ibuprofen, Motrin, Advil, and/or anti pain medication like Tylenol (acetaphetamin). These drugs, unbeknown to most, are toxic to the liver, kidneys and gut. Interestingly, the second most common cause of ulcers is regular use of Aspirin and/or other NS aids. When these drugs don't work, many turn to some stronger prescription drugs known as Cox II inhibitors. These include Celebrex and Vioxx (FDA approved drugs for inflammation that inhibit an enzyme crucial to the heart that result in 60,000 deaths). In an effort to avoid the side effects of these drugs many individuals seek out nutritional products as an alternative, however, they fail to change their diet.

There are many great nutritional supplements which help with gut inflammation, but the problem often starts with inflammatory foods which continually exacerbate the gut pain. Foods that cause inflammation and lead to pain include: refined sugars, refined grains and related flour products (gluten) in breads and pastas, as well as refined oils, and red meats. These foods are low in fiber resulting in irritable bowel or slowed transient time in the gut, yet, these inflammatory foods make up approximately 80% of the average American calorie intake, and 30-40% of those daily calories are too much. Eating this disproportioned amount of inflammatory foods creates a wave of inflammation through the body and gut.

It is unrealistic, then, to expect drugs and/or nutritional supplements to turn off the inflammatory conditions without altering the inflammatory driven diet

An ANTI-inflammatory diet consists mostly of vegetables, fruits, raw nuts, and potatoes in moderate amounts, and healthy protein such as lean meats, skinless chicken, fish, and eggs. Small amounts of dark chocolate, olive oils, coconut oil, and real butter should be used in moderation. Unfortunately, many people who already have an inflamed gut and chronic pain protest that they cannot digest these whole foods. Whether they want to or not, they need to slowly move to a non-inflammatory Mediterranean diet with more whole unprocessed foods in order to heal. Typically people not only have inflammation in their joints and muscles, but they have been diagnosed with gerd, diarrhea, constipation, colonitis, irritable bowel, overgrowth of candida, leaky gut, diverticulitis, ulcerative colitis (crohn's), gastritis, or ulcers.

- The nutritional products that help with Gut Inflammation are: Gastrazyme (cabbagin), Colostrum, Total Upper GI (Aloe vera raw bovine gut slippery elm), and Lactobacillus Sporogenes (probiotic).
- The nutritional products that help with GERD are: Gastrazyme, Hydrozyme, Beta TCP, Zypan, and Gastrex.
- The nutritional products that help with Yeast or Candida are: Lactobacillus Sporogenes, Zymex Wafers, and Garlic.

- The nutritional products that help a Chlorhydria (lack of HCL acid) are: Hydrozyme and Zypan.
- The nutritional products for Diarrhea are: GDS Calm, and Lactobacillus Sporogenes if it is of a viral or bacteria origin. For diarrhea of a parasite origin it would be: Vermafuge, Ultra Parex, Zymex II, and the homeopathic product Cat. 4.
- The products that reduce inflammation in general are EPA-DHA Complex/Optimal EFA omega three cod oil, Al Inflamm, TLB, Bromelain, pancreatic enzymes in the Vitalzym.

In April I attended an International Chiropractor Association meeting in Indianapolis where Dr. Patrick Gentempo presented research demonstrating the effectiveness of chiropractic on reducing high blood pressure, dysmenorrhea pain, colic in infants, and other digestive complaints. The emphasis of the seminar was on utilizing objective measurements to monitor spinal and nervous system stress. The BioMeridian Scanner, which we have in our office, does exactly that, and we have seen some dramatic changes in patients through its use. We have had a number of patients, when scanned, show multiple system inflammation. It is not uncommon for the scan to find 6 to 8 out of 14 body systems in the red zone, and at times we've seen as many as 12. Even with these high patterns, when nutrition and diet are applied by the patient, there have been drastic results, for many, within 30-60 days. Dr. Gentempo points out that consistent adjustments in conjunction with nutritional protocols are crucial in changing the inflammatory nervous system patterns in patients. Please ask to be scanned if you are not feeling well or have been battling fatigue or ill health.

As a side note, acupuncture and nutrition have also been exceptionally beneficial in helping with infertility issues. We continue to add pictures to our Fertility Board, of children conceived through fertility nutrition and acupuncture. Multiple patients have seen cholesterol lab work improvement with Cholest, and EPA-DHA, Optimal EFA fish oil protocols and recent research is demonstrating that omega three fish oil will delay or prevent the onset of type I and type II diabetes as well as improving IQ 13 % by helping with both memory and focus.

Final thought, get adjusted regularly, exercise daily, and think positively!

Yours in health and in Christ

Dr. Markley

P.S. Weekly I see examples of Renafood improving kidney function on lab work, creatine levels, B.U.N, and swelling in patients legs which is awesome.