

Winter and Spring Newsletter 2011

The Benefits of Nutrition & Chiropractic Care

Flu Season

Flu season is upon us again. February is usually the start of peak season according to CDC, local health department are reporting deaths again from H1N1 and Influenza B. Locally, we are seeing a lot of people being affected by intestinal flu (Noravirus) and an upper respiratory bronchial/lung viral strain. Untreated, this is lasting three to six weeks. This upper respiratory viral strain is totally unresponsive to just antibiotics. We have had success treating our patients utilizing **Zinc Lozenges, Cataplex ACP, Antronex, Andrographis Complex, Whole System Lymph and Category's III** (antiviral) & **I** (viral/staph); especially on people who have already used Z Packs and Antibiotics with no relief.

The intestinal flu has been particularly fierce with one patient telling me her husband lost 12 lbs. The typical symptoms are diarrhea, vomiting and stomach churning or bloating, with and without body aches and fever. Treatment here is very simple: Lactosporgenous 4-8 per day for a couple of days (**renamed: Bacillus Coagulans because of a scientific nomenclature change), GDS calm 100 drops 2 to 3 times a day until nausea and diarrhea have ceased. Flu prevention continues to be Vitamin D, 4000 – 5000 IU per day until spring. Our Biotic Brand – Bio D Mulsion, liquid drops are the most absorbable.

Recent research is showing that cod fish oil helps absorption of Vitamin D levels in people whom are very low and have difficulty in elevating levels despite heavy supplementation and lab monitoring. Our fish oils are EPA-DHA from Metagenics and Optimal EFA from Biotics. Women should utilize the Optimal EFA form of fish oil because combined with the 1000mg of cod fish oil are 1000 mg of Borage and 1000mg Flax oil. These three essential fatty acids reduce the risk of breast cancer by approximately 30% in women. Optimal EFA is also helpful with dry skin, eczema and for people who suffer with dry eyes during the winter months.

Cancer

Speaking of cancer, scientific evidence supports phytochemicals inhibiting cancerous growth and transcription in cell division. Phytochemicals such as Indol 3 and Carbinol (C13), which are naturally found in coniferous vegetables such as kale, broccoli and brussel sprouts, are all contained in Greens First, Nano Greens or Green Foods. These phytochemical compounds have been shown to protect against breast, colon, prostate, cervical and thyroid cancers. Research has also shown that high Fiber diets work to reduce hormone levels that may be involved in the progression of breast cancer also that fiber increases the amount of estrogen removed from the body.

Blood Sugar

Insulin resistance also known as Syndrome X, hyper glycemia, impaired insulin signaling or Type II diabetes results in arterial disease through monocyte endothelial adhesion.

Translation....high blood glucose levels cause inflammation and arterial endothelial damage where your arteries plaque up with cholesterol whether those arteries supply your eyes, kidneys, lower extremities, heart and in males, the genitals, which can result in impaired genital function.

The answer is keeping a good lean body mass and proper sugar regulation through monitoring your intake of carbs. De-carbing! Watch your breads, pop, ice-cream, pasta, desserts, candies, pizza, cookies and general junk foods. Exercise regularly...often...frequently....**YOU GET THE DRIFT☺** Exercise decreases Cortisol levels and Insulin resistance while increasing insulin assimilation in your cells.

We have several products that work very well with insulin resistance. **Oxygenic B**, containing chromium, molybdenum and vanadium, helps decrease insulin resistance and stabilize blood sugar levels; so much so that one winter week I had three different individuals state that since taking the product, their glyco hemoglobin glucose levels were the best they had ever been. **Glucon, Gymnema** and **Pancreatrophin** all reduce impaired insulin signaling and Gymnema helps to lower triglyceride levels and block the absorption of sugar in the gut. We consistently see patients who monitor their daily and weekly blood sugar and blood pressures readings that have seen tremendous improvements in their readings using only these products and no medications. The blood pressure products are; **Pressure Norm, Cardio Plus, Renafood, Mgk Aspartate, Co Ozyme 30, Q10 Plus and Renal Supp.** I must stress however that weight and stress management and exercise truly do influence the effectiveness of these products.

Heart

Cardio Plus continues to be a literally amazing product! We see patients every day who's prognosis are drastically changed because of using this product. One patient who had been diagnosed with myopathy and valve problems improved so much that the Medical doctor took him off of Coumdin or Warafin because his echocardiogram was normal. Another patient was told, after taking Cardio Plus, that they no longer had myopathy weakness of the heart muscle. Also, patients with lower extremity swelling that have heart myopathy or congestive heart failure improve in days, with the swelling disappearing completely.

Patients often note that their stamina improves and those with hypertension say that their blood pressure reading improves or drops.

Chiropractic News

Chiropractically we continue to see exciting responses to treatment!

- A little boy who's seizures reduced after adjustments and nutritional supplements.
- A patient with carpal tunnel who had been sleeping with a brace because of numbness and tingling is now, after a few adjustments, sleeping without the braces, and doing fine.
- A patient who had been hospitalized for hypertension and high blood pressure, who immediately saw a large drop in her blood pressure reading following an adjustment to C1 neck region.

- Multiple patients with low back, hip and sciatic nerve pain see relief of their pain.
- Patients with headaches, neck pain and digestive problems improve after adjustments of the cervical and Thoracic spine.
- Patients with shoulder/arm radicular neuropathy improve with the adjustments, some to the point of total absence of pain.

It is so amazing to see the improvements made in you, the patient, as you seek both Nutritional and Chiropractic health. Thank you for letting us serve you!

Sincerely Yours in Health and Christ,

Dr Jerry L. Markley

P.S. We have a new product called Andrographis Complex a combination of Echinacea, Holy Basil, and Andrographis, which helps tremendously with upper respiratory infections in the initial stages and will reduce the duration of the infection to about a week if caught early.

Live Long Live Healthy Play Hard Serve God