



Markley Chiropractic

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Chronic Pain & Inflammation

I recently attended the “Optimal Wellness through Detoxification” seminar, taught by Abbas Qutab who is a medical doctor, chiropractor, and has a PHD in nutrition. Dr. Qutab spoke on the topic of reducing chronic pain and inflammation by bio-detoxification. He believes most non-adaptive chronic inflammation begins in the gut wall from lectins especially wheat (gluten). The lectins damage the intestinal lining resulting in increased permeability (leaky gut). These lectins are glycoprotein; once they permeate the gut wall they stimulate the immune system and may be associated with inflammation or food allergies, and autoimmune disease.

Gut/GI

Thus not treating problems like irritable bowel, colonitis, and food allergies may end up resulting in arthritis, autoimmune disease, psoriasis, eczema, etc. The treatment for healing leaky gut or inflammatory gut problems is to remove the offensive food allergens, reducing high carbohydrate diets, and increasing good soluble fiber in the diet. Specific supplements can help dramatically in improving the gut lining. The probiotic *Bacillus Coagulans* helps to re-establish normal gut bacteria levels re-inoculating the gut lining with beneficial healthy flora. *Colostrum*, *Gastrazyme*, and *Total Upper GI* all help to repair a damaged lining whether it is in the stomach (gastritis), colon (colonitis), or esophagus (esophagitis). *Zymex wafers* and *GDS calm* are used to reduce bloating and candida (yeast) counts. *GDS calm* and *Beta TCP* are used to improve gallbladder function, inflammation, and thin bile. Finally, enzymes are also helpful in aiding in digestion and breaking food down that might prevent many of these lectins or glycoprotein from going through the gut wall. Gut problems with associated inflammation may result in altered nutrient absorption in the stomach and intestinal lining resulting in the depletion of calcium and vitamins.

Antacid Dangers

Taking antacids will also compromise the absorption in the gut and result in vitamin and calcium depletion! A woman utilizing antacids will have a 44% increased risk in fracturing her hip after 1 year of constant use. Multivitamins should not have artificial sweeteners, dyes or colors. Recent research shows that multivitamins should not contain iron (Fe) if being utilized by post menopausal women unless they are anemic. Multivitamins should be properly balanced between antagonistic minerals like copper, zinc, magnesium, and calcium. Two excellent multivitamins are *Activator* (formerly *Oxygenic B*) by *Nutri-Spec* and *Multigenics Chewables* by *Metagenics*. *Activator* helps to balance sugar issues in diabetics and

hypoglycemics. *Multigenics Chewables* helps with low iron, is easy on the stomach and is also beneficial for menstruating girls. These companies understand ratio balancing and their multivitamins supply nutrients that may be missed in the diet or not absorbed in the stomach or intestinal lining.

Calcium

The calcium supplementation in post menopausal women requires calcium with bone meal if they're trying to prevent or treat osteopenia or osteoporosis. The best products to take for osteopenia and osteoporosis are *Osteo B II* from *Biotics* or *Cal Apatite* from *Metagenics*, with the addition of a very absorbable form of liquefied vitamin D known as *Bio D Mulsion Forte* by *Biotics*.

Greens Products

Why do people need a greens product? The reason is because phytonutrients like indole carbonale-3 help to prevent breast cancer and block the transcription of cancer cells in the body. These phytonutrients are contained in plants like broccoli, brussel sprouts, cauliflower, tomatoes, barley greens, alfalfa, chlorella, turnip greens, etc. These phytonutrients are co-enzymes and co-factors in many biological system cycles in the body. Presently, the government recommends we should consume five servings a day of fruits and vegetables; a university study conducted at Harvard suggested nine servings per day. I truly don't know anybody who has time to eat nine servings per day of fruits and vegetables, though this would be ideal. However, we have a number of excellent greens products to help accomplish this. The products are *Greens First*, *Berry Greens First*, *Nano Greens*, and *SP Green Food*.

Infertility

We continue to see results in our office with fertility issues by utilizing nutrition and chiropractic. The number of women within the last year who have gotten pregnant or carried a child without miscarriage is six.

Why specific adjustments?

Chiropractically, we are always amazed at the results when working with people who have severe sciatic nerve problems involving pain, difficulty walking, loss of sensation in the legs, and balance issues. The large majority of these cases truly see improvement through time with pain, balance, and mobility.

To know the difference chiropractic can make in an individual life, I have a case study to tell you about. It's about a child whom we began to treat when they were between 3 and 4 years old. The x-rays of the neck demonstrated a very high atlas plane line which is often associated with a lazy eye, coordination/balance issues, spine sensitivity, headaches, neck pain, and in the worst of cases some flaccid muscles in the extremities if the child is borderline CP. Fortunately for the child, the lazy eye and coordination was only mildly affected. Frequent headaches and neck pain were the most troubling issues. However, the mother brought the child in often and the headaches, neck pain, and spine sensitivity improved dramatically. The child was doing quite well on regular chiropractic care utilizing an atlas adjusting instrument. The family recently moved out of state, and I have received a couple of phone calls from other doctors concerning the headaches and what to do. The point to this case study is that the child needed a very specific adjustment of the upper neck to relieve pressure on the spinal cord. Only chiropractic could deliver the needed adjustment gently to the correct spot of the spine. No drug, anti-inflammatory, or anti seizure medicine would have corrected the child's nervous system.

If you know someone that would benefit from specific chiropractic adjustments and nutritional support please encourage them to make chiropractic a part of their life.

Sincerely yours in health,
Dr. Markley