



Markley Chiropractic Wellness Center

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Chronic Health Challenges

Arthritis, high blood pressure, elevated lipid levels, diabetes, digestive problems, chronic sinus and respiratory issues are chronic health challenges facing many people today. If symptoms become severe enough most people seek medical intervention which usually involves some form of a pharmaceutical prescription which rarely addresses the underlying cause of the problem. These problems stem from diet and lifestyle issues including insulin resistance, weight management, and leaky gut syndrome from gluten over consumption. Insulin resistance elevates cortisol levels resulting in inflammation that effects joints, muscles and arterial walls. The leaky gut syndrome results from diets too high in gluten (wheat) and sugar (refined carbohydrates) also causing inflammation, irritable bowel syndrome (IBS), diverticulitis, Crohns disease, psoriasis, and auto-immune diseases including lupus, rheumatoid arthritis, and Hashimotos disease, etc. Diets high in gluten and refined carbohydrates alter colon transit time and yeast probiotic balance.

The result in altering colon transit time is one of two extremes: chronic constipation or diarrhea. Your colon is responsible for 50% of the removal of toxins from your body. If not working properly, chronic constipation can occur causing life threatening situations such as impactions, appendicitis, and colon cancer. The other extreme is chronic diarrhea, resulting in colonitis, or bloody diarrhea with inflammation (Crohns disease) which results in the lack of absorption of vital nutrients, vitamins, and minerals. The ultimate answer for a patient is not to be placed on steroids long term but address the underlying cause of their IBS, food allergies to gluten, lactose intolerance, probiotic yeast imbalance and/or a diet devoid of fiber and too high in refined carbohydrates.

The Lion Diet Heart Study

Taking antacids, beta blockers, calcium blocker, diuretics, anti-inflammatory drugs, cholesterol lowering medications, blood sugar lowering drugs etc., does not address the underlying causes of the body dysfunction and the more a patient goes down this path the more complicated their problem becomes with greater side effects of one drug being given to counter the effects of another. Drugs are chemicals that have incredible side effects and have many detrimental outcomes on long term wellness. They are meant for crisis management.

Statin drugs are a classic case of not addressing the underlying cause of a problem which is a diet too high in refined carbohydrates and too low in good essential fatty acids and fiber. The Lion Diet Heart study discredits the traditional cholesterol theory of heart disease. Statin drugs like Lipitor, Zocor, Crestar, Vytorin, Zetia, etc., deplete Co Q 10 from the body resulting in muscle inflammation, myoglobin destruction, liver damage, and neuropathy (which may not only effect leg nerves but result in memory loss (dementia) Alzheimers, and Parkinsons). These drugs lower LDL readings which only minimally reduce heart disease risk. Increasing highly refined fish oil to 3.5 to 4 grams and reducing carbohydrates in your diet while increasing fish, chicken, vegetables and fruit (the Mediterrian type diet) shows to be very successful boasting a 70% reduction in both fatal and non fatal heart attacks. Most recent information suggests that triglyceride and insulin elevation (which result in arterial wall inflammation) are much more indicative of heart disease than total cholesterol readings. This means improving your Triglyceride/HDL ratio is the way to prevent heart disease. Utilizing *Metagenics* or *Biotics* highly refined fish oil to raise HDL readings, *Cholest* by *Thorne* to lower LDL, and *Gymnema* by *Standard Process* to lower triglycerides has achieved great results proven by lab tests.

Improve Your Health: Make Lifestyle Changes

Ultimately, people need to be willing to fight and sacrifice or work for their health and make appropriate lifestyle changes involving ***diet, exercise, and good nutrition***. Our office attempts to identify each person's individual underlying cause of health challenge, whether it is a structural problem, joint damage, chronic inflammation, leaky gut resulting in irritable bowel or auto immune issues, harmful yeast/bacterial imbalances, food allergies, insulin resistance and lipid elevation, hypofunction of organs or glands from hypothyroidism to renal insufficiency or gallbladder dysfunction.

The appropriate products are recommended to address these issues. For example, often within a short period of time utilizing *Bacillus Coagulans* and *GDS Calm* patients with chronic diarrhea/colitis will resolve. Patients with chronic constipation utilizing *Lact Enz*, a probiotic enzyme, and *Gastro Fiber* (both *Standard Process*) will have daily normal function of the bowel restored.

I have numerous patients who have struggled with diabetes readings as high as 150-200 fasting. Some of these patients have come taking oral prescriptions, and now after supplementing with *Gymnema*, *Diaplex*, *Glucon*, *Activator* or *Pancreatrophin PMG* find their readings are in normal range.

Recently, we have had a number of patients with severe lumbar disc/sciatic neuritis issues achieve resolution to these painful conditions. This can be so debilitating that they cannot sleep in a bed or sometimes will use a cane because of leg weakness and fear of falling. The products that help resolve sciatica nerve inflammation are *EZ-Flex*, *Glucosamine Sulfate* or *Synergy*, *Vitalzyme*, and *TLB* or *Al- Inflamm* by *Human Kind*.

We have also recently seen a number of ladies who stuck it out with natural fertility hormone regimens including *Wheat Germ Oil*, *Optimal EFA*, *Activator*, and *Symplex F*. The success of this treatment has been seen with the addition of healthy newborns in the office.

I love helping patients get well. Our office enjoys hearing all the good reports and seeing the results that chiropractic and lifestyle changes make. I truly believe if everyone knew what chiropractic and nutrition can do we would have a line of people in the parking lot.

Sincerely Yours in Health and Christ,

Dr. Jerry L. Markley, D.C.