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CHIROPRACTIC CARE

CLASSICAL HOMEOPATHY

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Medical Foods: What Are They?

Dr. Breunig uses medical food products to address health conditions of her patients. Medical foods are specially designed, therapeutic nutrition products made up of a combination of selected nutrients in amounts that support specific metabolic functions within the body.

The products are UltraClear

SUSTAIN, UltraClear PLUS, UltraInflammX, UltraGlycemX, EstroBalance, and UltraCare for Kids. They were developed by HealthComm International, under the direction of Dr. Jeffrey Bland, PhD.

HealthComm is not a multi-level marketing company. Its products are sold only to health care providers and are not available in retail stores.

These medical foods are designed to be used in

combination with a low-allergy diet

and contain a balance of carbohydrate, protein, and fat. To provide protein of high biological value and low allergy potential, they contain an amino acid-fortified rice-protein as their only protein source. They do not contain gluten, wheat, corn, yeast, soy, egg, dairy, stimulants, artificial

coloring or flavoring, or animal products. The products are in powder form and are mixed with either water or juice. Dr. Breunig likes the fact that her clients can use a gradual, phased-in approach with them so that healing can occur at a pace appropriate for that client and his/her condition.

One of Dr. Breunig's clients, Lynn, has asthma. She offers a personal

statement about how UltraClear

For what conditions are these products helpful?

UltraClear SUSTAIN

Digestive tract problems (pain, bloating, constipation, diarrhea)

UltraClear PLUS

Liver toxicity (toxicity is recognized as a factor in many dysfunctional or disease states)

UltraInflammX

Severe inflammatory conditions of the gastrointestinal tract (Crohn's disease, Ulcerative Colitis)

UltraGlycemX

Insulin resistance problems, diabetes (Type II)

EstroBalance

Hormonal problems in women

UltraCare for Kids

Food allergy and hypersensitivity conditions

(Medical Foods continued on back)

Breathe Clean, Breathe Easy

Do you have chronic nasal or sinus problems? Consider trying a Neti Pot. A Neti what, you ask? A Neti Pot is a small ceramic pot that resembles a gravy boat and it is used to wash the nasal passages. You may be rolling your eyes, but consider this:

The nasal passages contain one of our body's first lines of defense against disease. They are lined with a thin layer of mucus that traps and disposes of dirt, dust, pollen and other airborne particles. If the mucus becomes either too thick and dry or too thin and runny, it is easy for bacteria and viruses to get past this nasal lining and cause

problems. A nasal wash is a mixture of warm water and sea salt. It is simple and gentle to use.

Why use a nasal wash?

- Removes excess mucus due to congestion
- Rids nostrils of pollen and other allergens
- Cleanses the nasal passages of soot, dust, smoke and other irritants
- Promotes drainage from the sinuses
- Relieves dryness
- Dissolves mucus build-up in dry climates or in heated or air-conditioned rooms



Curious? Want more information? Speak with Dr. Breunig and she can get you started with a Neti Pot. ❁

Change Those Posture Habits!

Habits are behavior patterns which, when repeated, become ingrained. We can develop good habits, but sometimes we might fall into bad ones. These can be hard to break when we don't realize we are doing them... and poor posture is a good example of a bad habit for many of us!

A forward head posture is common in people with neck and temporomandibular joint (TMJ) pain. This means that the head is carried forward in front of the shoulders. With the average head weight of fifteen pounds, you can

imagine the strain this places on the neck, shoulders, jaw, and back.

Be kind to your body! Dr. Breunig reminds you to avoid these other poor postures:

- ❁ Cradling the telephone with your shoulder (use a headset!)
- ❁ Resting your chin in your hand

- ❁ Sleeping on your stomach so that head and neck are strained
- ❁ Carrying a heavy purse or bag on your shoulder
- ❁ Lying in bed watching TV with your head bent sharply forward, with chin towards the chest

Paying attention to posture and changing poor habits will ease muscle tension and pain. Please don't suffer needlessly! ❁

When is Professional Homeopathic Care Appropriate?

Dr. Breunig encourages homeopathic self-care for common acute ailments and injuries. However, there are seven primary indications when it is best to seek professional homeopathic care.

1. Disease Prevention & Health Promotion

A constitutional homeopathic remedy can chip away at layers of underlying imbalances which could lead to future disease. Health promotion means the difference between being without symptoms and being vibrantly healthy.

2. Genetic Disorders

Although homeopathic remedies can't cure genetic disorders, clients with genetic problems who utilize homeopathy tend to not experience the various complications of their ailments as often as people not under homeopathic treatment. A homeopathic remedy or series of remedies will reduce the impact of genetic disease on the person's health.

3. Pre-pregnancy, Pregnancy, & Postpartum

Homeopathy helps both mom and baby. It can lead to quicker conception, reduce the chance of miscarriage, reduce the common symptoms of pregnancy (nausea, hemorrhoids), and promote a smooth, uncomplicated labor and delivery.

Dear Clients and Friends:

In this strange and unknowable time, many of us are dealing with our fears. How can we cultivate fearlessness in the face of fear? How can we co-exist with worry, anxiety, and despair? I have been looking at these difficult questions for myself.

It helps me to remember the interconnectedness of all people: North Americans, Afghanis, Palestinians, Israelis... We are not separate from "them".

I gain courage and hope in the many acts of kindness that I see every day. I take action where I can, and let go of what I cannot control. I try to find joy in the midst of uncertainty and look for it as often as I can. Remembering what it means to be human, we can practice generosity, patience, and caring.

Wishing you peace and clarity,

Dr. Carla Breunig

4. Recurrent Subtle Symptoms

A person may not have a clearly diagnosable condition but may not be as healthy as she or he could be. That person may have subtle, vague, and seemingly disparate symptoms such as poor sleep, low energy, occasional sore throat, and headache.

5. Serious Acute Symptoms

Conventional medicine is effective in dealing with serious acute symptoms, such as a fast-moving infection or injury. Homeopathic treatment can often complement and sometimes replace conventional medical treatments.

6. Recurrent Injuries

This refers to situations in which people easily reinjure themselves in

the same place, even months or years after the initial injury. The person may have an internal weakness which makes him or her susceptible to easy injury. Homeopathic treatment can augment deep healing of the injury itself.

7. Chronic Ailments

Homeopathy provides useful and often effective medicines for chronic disease. For example, asthma, depression, headache, and allergies are all treatable with homeopathy. Many people with chronic disease eventually try homeopathy because their conventional medications often create side effects which are more aggravating than the original disease. ❁

Did You Know...

Dr. Breunig has policies regarding her practice that she wants everyone to know. They are:

✿ Please give 24 hours notice if you need to cancel an appointment. The missed appointment fee is \$25 (which cannot be billed to insurance). In the case of unforeseen circumstances, the fee is waived. If you call to cancel your appointment, that opens your slot for another client.

✿ Nutritional supplements, homeopathic remedies, and orthopedic supplies must be paid for on the day they are purchased. Checks, cash, and VISA/Mastercard are accepted. If Dr.

Breunig is not available to process your credit or debit card order when you are in the office, please give your credit card information to Ruthie. Dr. Breunig will process your card transaction that day and send you the receipt by mail. All credit card numbers are destroyed immediately after processing to protect your credit card security.

✿ For treatment services unpaid after 60 days, interest at 1.5% per month will be charged. This does not apply in cases where insurance is billed and payment from your insurance company is pending.

Your cooperation is appreciated.
Thank you! ✿

(Medical Foods from front)

Plus has helped her: “For 40 years, I have tried lots of products. With UltraClear, I tolerate the product well and get consistent results. It helps my respiratory system cope with exposure to allergens. During hayfever season, it helps my allergic symptoms go away in two to three days. Using UltraClear, I feel re-centered and energized.”

This brief article is just the “tip of the iceberg” on how you may benefit from these medical foods. Please speak with Dr. Breunig to learn how these products may help you. ✿

RETURN SERVICE REQUESTED

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