



**ROOTS WELLCARE, P.A.**  
**CARLA BREUNIG, DC, CCH**



**CHIROPRACTIC CARE**  
**CLASSICAL HOMEOPATHY**  
**NUTRITION**

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*From Dr. Breunig... back cover*

**FALL 2003**

## What is Functional Medicine?

Functional medicine is the field of health care that uses laboratory assessment to improve health, including physiological, emotional/cognitive, and physical function. Evaluating organ 'function' versus organ 'pathology' allows practitioners to understand the root causes of symptoms and recommend intervention strategies to solve a chronic problem.

### All Clients Are Different

Functional medicine recognizes the physiological uniqueness of each person. Diagnostic tests allow the practitioner to analyze subtle differences in a patient's biochemistry, allowing for individualized therapy that is focused and precise.

### Do Not Ignore Minor Symptoms

Even slight imbalances in the body can set the stage for chronic illness and degenerative disease. Functional medicine recognizes the ability of advanced medical technology to reveal subtle imbalances in the body, allowing for timely intervention to prevent more profound health problems in the future.

### Whole Person View

The body is best examined and treated as an integrated whole, not an isolated set of parts. Various functional assessments are available to assist physicians in effectively guiding patients toward the restoration of balance and optimal health. Tests are non- or minimally

invasive, using samples of blood, saliva, hair, urine, or stool. Results focus on how well the body is doing its job in six important areas: digestion, nutrition, detoxification, immunology/allergy, endocrinology (hormones), and cardiovascular.

The functional medicine approach provides an integrated analysis that promotes a deeper, more fundamental understanding of many health conditions. Dr. Breunig offers functional medicine in her practice; please contact her for more information. \*

### \* COUPON \*

#### Option 1

\$10 off treatment visit for current clients

—OR—

#### Option 2

For current clients, one *free* treatment when you refer a friend or family member who becomes a client (complimentary chiropractic history and exam for new client). Dr. Breunig will contact you to schedule your free treatment after the person referred has had his/her first visit.

*Coupon must be presented at time of service.*

Expires: December 31, 2003

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## Spotlight on Vitamin E

Vitamin E is one of many nutrients which affect estrogen metabolism. Why should you care? This connection is important, for both women and men. Let's first understand the role of estrogen.

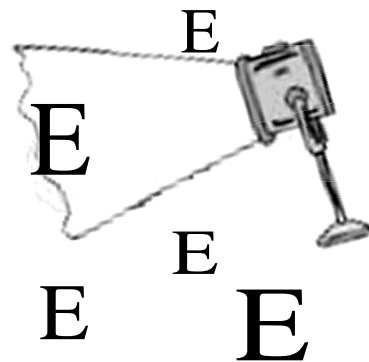
The term "estrogen" is used to describe the female hormones (three in all). Estrogens influence the growth and function of reproductive tissues, bone formation, heart health, and behavior and mood. Excessive estrogen exposure is a prominent cause of breast cancer (in both men and women) as well as many other hormone related health problems.

Vitamin E reduces estrogen load by supporting preferred pathways of estrogen metabolism and detoxification. Improving how the body metabolizes estrogen has

many benefits. It can help those with breast, uterine or ovarian cancer, endometriosis, premenstrual syndrome, uterine fibroids, fibrocystic breasts, cervical dysplasia and lupus. Research shows that women with PMS experienced symptomatic improvement when given vitamin E. Even if you aren't experiencing problems in the above mentioned areas, vitamin E is a wise addition to your wellness plan.

Other strategies towards improving estrogen metabolism include: reducing saturated fats, increasing intake of fiber and plant-based foods, losing weight, and getting more exercise.

Although vitamin E is found in both plant and animal foods, animal sources of E are generally fairly poor. The best sources of E



are the vegetable, seed, and nut oils. Oils that are extracted through the cold press method are preferred, since heat and chemical extraction processes destroy vitamin E. Soybeans, uncooked green peas, spinach, asparagus, kale, and cucumber are all good sources of Vitamin E.

The fancy name for vitamin E is tocopherol. Dr. Breunig recommends taking E complex, a mixture of alpha, gamma and delta tocopherols, which act together to yield the highest antioxidant effect. This combination most closely resembles the tocopherol profile found naturally in vitamin E-rich plants. Recommended daily intake is 200-400 IU per day (or more, depending on the condition being treated).

*Ask Dr. Breunig for vitamin E complex, available for 20% off the regular price through December 31, 2003. ❁*

Using non-toxic products for cleaning is a simple thing we can all do to protect our health and reduce toxins in the environment. This recipe is a good general-purpose cleaner, courtesy of The Twin Cities Green Guide ([www.thegreenguide.org](http://www.thegreenguide.org)).

### Alice's Wonder Spray

- 1 c. white vinegar
- 2 teaspoons borax
- 32 oz. (4 cups) hot water
- 20 drops essential oil (*optional*)
- 1/4 c. liquid dish soap (*add last*)
- 32-oz. spray bottle



Mix vinegar and borax, fill rest of bottle with very hot water. Shake until borax is dissolved; add dish soap. Please note that borax is an eye irritant and can be harmful if swallowed. Keep out of reach of children. ❁

## Backpacks: The Facts Can Hurt!

Millions of school-age children and adults carry a backpack on a daily basis. While carrying a backpack every day may seem harmless enough, it can cause painful back and neck problems and injuries for those who don't pack or carry their backpacks properly. Children make over 10,000 backpack-related visits annually to emergency departments or physicians!

What can you do? Inspect your child's backpack regularly (or your own!) The ideal weight to carry is 10–15% of body weight. Example: someone who weighs 50 lbs. should carry 5–7.5 lbs.; at 80 lbs., 8–12 lbs. is appropriate. If you weigh 150 lbs., you should carry only 15–22.5 lbs. If you or your child have a pre-existing back problem such as disc herniation or scoliosis, then the weight carried should be even less. Another idea: purchase a backpack with built-in wheels and pop-up carrying handle

– *pull* your books instead of schlepping them on your back! (Source: *Chiropractic Research Review*, Spring 2003).

You can also adjust **how** a pack is carried. If symptoms include headaches, neck aches, achy muscles, low back pain, muscle spasms, or tingling hands, it

could be that too much weight is being carried, improperly.

### Tips on Wearing Your Backpack Properly

- ❶ Distribute the weight evenly. Put heavier items on the bottom: it helps keep the weight off your shoulders
- ❷ Wear both shoulder straps. Shifting the weight to one side can lead to neck and muscles spasms and low back pain.
- ❸ Use straps that are padded or air-filled.
- ❹ Lift it right: bend your knees when you pick up your backpack.
- ❺ Take only what you need with you!
- ❻ Explore alternatives in back-pack design: a waistbelt, a bag designed for use on one shoulder, a pack whose strap crosses the front of your body, etc. Weight should be evenly distributed, and rest in the right place: on your hips and lumbar area.

***Treat your back well  
and it will thank you!*** ❁