



CARLA BREUNIG, DC, CCH



CHIROPRACTIC CARE
CLASSICAL HOMEOPATHY

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SPRING 2002

Spring Cleaning: Respecting Your Body, the Earth, and Our Future

Spring cleaning: time to clean out those dust bunnies, shake the carpets, clear out the clutter! It's time to take a broader, deeper perspective to spring cleaning...

Upon the recommendation of a client, I picked up a copy of Our Stolen Future. Written in 1996, this book takes up where Rachel Carson (Silent Spring) left off: it reviews a large and growing body of scientific evidence linking synthetic chemicals to aberrant sexual development and behavioral and reproductive problems. Initial animal and human studies link these chemicals to low sperm counts, infertility, genital deformities, hormonally triggered human cancers, neurological disorders in children, and reproductive problems in wildlife.

How can you spring clean that respects the spring? Chapter 12 of Our Stolen Future, entitled "Defending Ourselves", outlines some ways:

- ❖ Know your water: If your water comes from a community source, find out about your water authority's testing program and its results. Test your own water. Consider purchasing bottled spring water and ask for testing reports from the bottler. Use a water filter (check what it does and does not filter out). Or, purchase a home distilling unit.
- ❖ Choose your food intelligently: Avoid animal fat as much as possible. Buy or raise your own

organic fruits and vegetables. Know your fish and where they come from. Check on levels of contamination of fish at www.health.state.mn.us (in the *search* box, type in "fish consumption") or www.dnr.state.mn.us (click on the *lakefinder* box, then enter county and name of lake).

- ❖ Avoid unnecessary uses and exposure: Wash your hands frequently. Make your lawn pesticide free and encourage your neighbors to do so. Know the risks associated with

(continued on back cover)

❖ **COUPON** ❖

For **current** clients:
\$10 off — Office Visit

For **new** clients:
Complimentary Chiropractic
Exam & Consultation

*Coupon must be presented at time
of service.*

Expires: December 31, 2002

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Coenzyme Q10: SuperEffective Nutrient

What do the brain, the heart, energy, and gums and teeth have in common? They all may benefit from a powerful nutrient called coenzyme Q10. Called CoQ10 for short, it is made in the body and found in almost all cells, but levels decrease as we age. It is found in most foods, though in small amounts. CoQ10 is an excellent antioxidant and should be taken together with other antioxidants, such as vitamins C and E. CoQ10 acts like a vitamin and plays two vital roles:

❶ As an antioxidant, it neutralizes the cell-damaging free radicals that are thought to contribute to heart disease and cancer.



❷ It helps convert food into energy. Benefits of CoQ10 include:

- ❖ Reduces inflammation of gingival tissue in periodontal disease
- ❖ Cardiovascular disorders: reduces blood pressure, arrhythmias, and angina attacks
- ❖ Boosts immunity: increases

antibody levels, protects against cancer, increases resistance to viral infections, reduces toxicity of immunosuppressive drugs used in cancer treatment.

- ❖ Possible role in brain disorders: some research shows that CoQ10 supplementation may be protective for nerve cells in disorders such as Parkinson's and Alzheimer's.

If you are considering taking CoQ10, please talk with Dr. Breunig. She can suggest a dosage that will be right for you, based on your health status and body weight. ❖

Syndrome X: What is it? Why should you care?

If you have watched the news recently, you know that studies show an alarming increase in the incidence of obesity and diabetes in children and adults. The news also reports on a problem called "impaired glucose tolerance"—which, basically, is pre-diabetes. My response to hearing this was "It's about time!" The recognition of this problem is important because it acknowledges that chronic disease, like diabetes, shows up incrementally, and because we can't see symptoms, positive lab results, or pathology, does not mean that diabetes will not happen to us.

I want to alert you to a condition called Syndrome X. It describes a cluster of two or more related health problems. Central to

the syndrome is insulin resistance: the inability to efficiently use insulin to help burn blood sugar. It is often, but not always, accompanied by abdominal obesity.

Here's how it develops: the more refined carbohydrates you consume, the faster your blood sugar rises after a meal. In response, your body pumps out large amounts of insulin to help move that blood sugar into cells for storage. But insulin, a hormone, also promotes fat storage, increased blood pressure and elevated cholesterol levels.

Obesity is a sign of Syndrome X. 55% of Americans are overweight. Thin people are at risk too, because 25% of thin people have insulin resistance.

All of this blood sugar and

insulin generates large numbers of hazardous free radicals (bad guys), which age the body and set the stage for heart disease, cancer, and other degenerative chronic diseases.

There is much one can do to reduce chances of developing Syndrome X and diabetes, in the areas of diet, specific nutrients (such as essential fatty acids), and exercise. Dr. Breunig will teach a class in the fall of 2002 on the complex topic of Syndrome X (watch for it!). It is hopeful to know that, no matter what genes you were born with or environmental factors you were exposed to, you can improve your gene expression by changing your nutrition and lifestyle factors. ❖

Dear Clients and Friends:

Yeah! Spring is finally here and summer is on its way. Get ready with your sunscreen, swimsuit, and garden hoe.

We've got a great newsletter for you: nutritional information (Coenzyme Q10), educational information about "Syndrome X", and a new twist on spring cleaning based on the book, Our Stolen Future. I'd like to highlight two items in particular:

The Wellness Plan: This is a new choice for those of you who want to keep addressing health concerns you are working with, in a way that supports you, your family/household members, and your pocketbook! Yes, you heard it right: people living in your household get care too, and at a super price of \$34 per treatment. It's great: everyone gets the care they need and saves money at the same time. There are three plans from which to choose. It's easy: just make your choice, clip the Plan, and send it (or bring it in with your payment). If you have a question about how it works, just give me a call and I'll be happy to talk with you.

The Coupon: good for \$10 off the cost of an office visit (for current clients), or for a complimentary chiropractic exam for new clients.

Until next time, have a fun summer! *Dr. Carla Breunig*

(Spring Cleaning, from cover)

household pest control. Search for natural, pesticide free home cleaning products. Use natural methods to control fleas on your pets. Golf courses present a great potential for exposure because they use LOTS of pesticides: keep hands away from your mouth when golfing, and don't chew on tees. Give babies unpainted, unvarnished toys made of wood or natural fibers. If your young children must have plastic toys, make sure they do not chew on them.

This is just the tip of the iceberg on what you can do to respectfully clean your body, home, and environment. We will present other ideas in future newsletters. Good luck cleaning! ❁



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