



Dear Clients and Friends:

Midwinter greetings! It seems like it's been a long winter, and I don't know about you, but I'm ready for Spring.

My practice is client-centered, which means I attempt to match my skills and knowledge with your unique needs and desires for your health. One aspect of my client-centered practice is keeping costs low—i.e., advertising. I do very little of it. New clients come to me by referral from current or past clients. Consequently, your satisfaction with your experience in my office is very important to me. I value your opinions; please let me know what does or doesn't work for you.

One final note: Check out the "Women Growing Wiser" seminar at the Open U on February 24 (see page 4). I will be speaking about homeopathy. I think it will be a fun and informative day. As always, thanks for giving me the opportunity to work with you.

Sincerely,

Dr. Carla Breunig

Get Up, Stand Up for Good Posture

from the Minnesota Chiropractic Association (MCA) and the American Spine Foundation (ASF), in Crabtree Legal Lines

Throw those shoulders back, hold your head up, and walk tall! Good posture is essential to proper growth and development as well as increased productivity and individual appearance. Good posture promotes better health, since body organs have room to work properly. It reduces the chance of accidental injury, since the body is in balance.

What can cause poor posture?

Foot problems or ill-fitting shoes (see article at right on Orthotics); improper nutrition; a futon or mattress which doesn't properly support back muscles; an injury to muscles, ligaments, tendons, or bones; or emotional and physical stress.

What can you do to promote good posture?

- ★ Exercise. Young children need exercises which stretch the flexor muscles in the legs. Stretching and bending exercises help muscles develop in relation to the growth of bones.
- ★ Eat a healthy, nutritious diet.
- ★ Get immediate medical attention for injuries from bumps, falls, and jars; and regular spinal checkups.
- ★ Make sure your bed provides enough support.
- ★ Do activities, preferably outdoors, which develop muscles equally on both sides of the body such as bicycling, walking, swimming, roller skating, and cross-country skiing. ❁

Think You Might Need Orthotics?

Suffer from any of the conditions listed below? You might consider orthotics: shoe inserts specially customized for your feet and to help your posture.

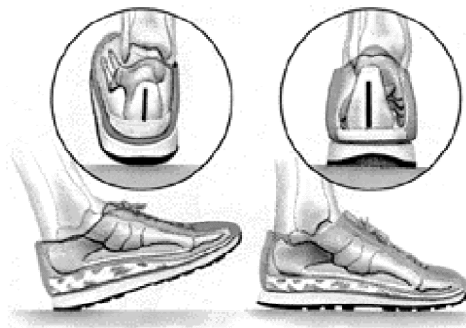
Spine/Pelvis

- Low back pain
- Back sprains or strains
- Pain in the hip region (sciatic nerve)
- Spinal instability
- Prior injury to the pelvis

Knee Knee pain or inflammation

Ankle/Foot

- Ankle sprain
- Arch pain
- Bunions
- Stress fractures
- Inflammation on bottom of foot, or of Achilles tendon



Orthotics support or supplement weakened or abnormal joints or limbs, providing a balanced foundation for the pelvis and spine. Dr. Breunig has helped many patients through fitting them with orthotics. Check your posture, and meet with her—you'll stand corrected! ❁

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✂ Curried Millet Vegetable Soup

From Dr. Carla's kitchen

8 c. water	1 c. millet, uncooked
2 1/2 c. chopped yellow onion	3/4 lb. broccoli (1 1/2 c. sliced stems; 2 c. flowerets)
1 1/2 c. chopped celery	2 Tbsp. curry powder
1 c. carrot, sliced thin	1 tsp. basil
2 Tbsp. olive oil	1/2 tsp. thyme
2 cloves garlic, pressed or minced	5 Tbsp. tamari (soy sauce)

In 6-quart pot, bring the first 6 ingredients to a boil. Reduce heat and simmer, covered, about 15 minutes or until onion is tender.

To prepare broccoli, discard woody stem ends. Cut bite-sized flowerets and set aside. Slice remaining stems. Add millet, broccoli stems, curry, basil, and thyme.

Bring to second boil, then reduce heat and simmer until millet is tender, about 20-25 minutes. Add flowerets and tamari. If needed, up to 2 1/2 cups more water may be added. Soup should be medium-thick. Simmer until broccoli tops are tender and bright green (about 10 minutes). Serve, and enjoy! Makes about 4 quarts. ❁

Hidden Sources of MSG

From the Truth in Labeling Campaign

Many people have adverse reactions to MSG (monosodium glutamate). Symptoms may include heart palpitations, headache, difficulty thinking clearly, or a slightly "crazed" feeling.

By FDA definition, all MSG is "naturally occurring." "Natural", however, does not mean "safe." Check the label. The following **always** contain MSG:

- Glutamate
- Monosodium *or* monopotassium glutamate
- Glutamic acid
- Calcium *or* sodium caseinate
- Gelatin
- Textured *or* hydrolyzed protein
- Yeast extract, yeast food, or yeast nutrient
- Autolyzed yeast

Many other products contain MSG. For example, drinks, candy, and chewing gum are potential sources of hidden MSG and *or* aspartame. Aspartic acid, found in aspartame (NutraSweet), ordinarily causes MSG-type reactions in MSG-sensitive people. Aspartame is found in some medications (including children's medications. Check with your pharmacist, and review ingredients on the label.

Reactions to MSG are dose-related, i.e., some people react to even very small amounts. MSG-induced reactions may occur immediately after ingestion or after as much as 48 hours. Contact Truth in Labeling (www.truthinlabeling.com) for a complete list of products containing MSG. ❁

Coffee: To Bean, or Not To Bean?

Like many people, Dr. Breunig enjoys a cup of coffee now and then. The key to coffee consumption, however, is moderation: drinking too much coffee may affect health adversely. "People manage coffee in different ways," notes Dr. Breunig. "Some can handle it, while others may experience stomach reflux or muscular tension and tightness. In addition, drinking too much coffee may lower resiliency, making it harder to deal with stress."

COFFEE intensifies stress, causing an average 40% increase in adrenaline. This results in increased blood pressure, heart rate, perspiration, muscular tension, nervousness, and irritability.

COFFEE increases the secretion of stomach acid by 400%, contributing to gastritis, reflux, and peptic ulcer.

COFFEE stimulates the pancreas and adrenal glands, intensifying hypoglycemia and weakening the adrenals' ability to respond to stress.

COFFEE increases intellectual speed, but not power (working faster but not smarter).

COFFEE increases the risk of miscarriage.

COFFEE causes a significant loss of nutrients, especially magnesium, potassium, calcium, zinc, and B vitamins. It also interferes with iron absorption.

Decaffeinated coffee contains methylene chloride, a toxic solvent. "If you're going to drink decaf," advises Dr. Breunig, "buy beans which have been decaffeinated with a water process, rather than a chemical solvent."



Dr. Breunig encourages people to develop awareness of the effects coffee may have on health and well-being. Instead of coffee, she suggests chai, green tea, postum, cafix, or herbal teas. ❁

Source: *Natural Fact Sheets*, Asa Hershoff, D.C.

On The Day a Smoker Quits

Know someone who's considering quitting smoking? Show him or her the list below... seeing instantaneous benefits may help steer toward a commitment. The following are the immediate and long-term health benefits according to the Centers for Disease Control and Prevention and the American Cancer Society, as measured by the clock and calendar:

- 🕒 20 minutes after quitting: pulse rate, blood pressure, and temperature of hands and feet become normal
- 🕒 8 hours later: blood oxygen increases to acceptable norms; carbon monoxide levels go down
- 🕒 24 hours later: the chance of a heart attack declines noticeably
- 🕒 48 hours later: improved ability to smell and taste; nerve endings start to re-grow
- 🕒 2 weeks to 3 months later: walking becomes easier, circulation shows improvement, lung function attains a 30% gain
- 🕒 1 year later: excess risk of smoking-related heart disease drops by 50%
- 🕒 5 years later: lung cancer death rate drops almost in half
- 🕒 10 years later: lung cancer death rate becomes the same as that of a non-smoker
- Y 15 years later: danger of heart disease is the same as that of a non-smoker 🌱

Source: Medical Arts Press Newsletter

✂ Spicy Black Beans

From the kitchen of Gabriela, Dr. Breunig's Office Assistant

Rinse two cups dried black beans. Soak beans in a heavy cast iron pot, covered by an inch of water, for several hours or overnight. Rinse again. Check beans to remove pebbles or sticks, if necessary. Cover beans with 1 1/2 inches fresh water and bring to a boil. Reduce heat, and add:

- 2 or 3 bay leaves
- 1 Tbsp. olive oil
- 1 Tbsp. oregano
- 1 1/2 tsp. chili powder
- 1 Tbsp. minced garlic (or to taste)
- 3/4 tsp. crushed red pepper (or chipotle, for a smoky taste)
- 2 tsp. ground cumin
- juice of one lime (or to taste)
- 4 or 5 chopped jalapeños (about 1/2 cup)
- 1/2 cup salsa (optional)
- 1 tsp. sea salt, if you like (add at end of cooking time)

Simmer, uncovered, for at least 3 hours. Add liquid as needed; you may need to add 2 additional cups or more. Stir often throughout. Beans are done when most of the liquid has

continued at right

Health Alert: Toxic Tampons

Using tampons can be hazardous to your health! Some tampon makers may include rayon (for absorbency), dioxin (a chemical used in bleaching the product), and asbestos in tampons. Why isn't this against the law, since asbestos is so dangerous? Because tampons are not considered to be "ingested," and under this designation, the use of asbestos is not illegal, nor is it considered potentially harmful to your health.

Furthermore, dioxin produced in the bleaching process can lead to serious problems for women. Dioxin is potentially carcinogenic, and is toxic to the immune and reproductive systems. It has been linked to endometriosis, and to lower sperm counts. For both women and men, dioxin breaks down the immune system.

What are the alternatives?

Use feminine hygiene products that aren't bleached (no dioxin) and that are all cotton (no rayon added). Pads and napkins may also contain dioxin, but are not nearly so dangerous since they are not in direct contact with the vagina. Look for 100% unbleached cotton products in health food stores and in coops. Contact the companies listed below who manufacture an alternative to cotton tampons for more information:

Organic Essentials www.organicesentials.com
1 (800) 765-6491

Terra Femme www.web.net/~willi/about.htm
1 (416) 539-8548

Source: Various researchers on women's health, and Willi Nolan (Terra Femme)

Spicy Black Beans *from left*

been absorbed and you're left with a glossy, thick mixture. Beans should be easy to mash with the back of a spoon.

This recipe makes a couple of quart jars of beans, and they keep well in the refrigerator for about a week. Mash them up and spread on a baked or steamed corn tortilla (**El Milagro** brand is my favorite) plain or with salsa, cheese, extra jalapeños, and chopped red onion. Add more liquid and you have black bean soup. Or just eat as is, with rice. ¡Disfrute!