

GOTTENBORG

July 2006 *Newsletter*

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THIS ISSUE:

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STRING BEAN SALAD

1 pound green string beans
juice of 1 lemon
3 tablespoons olive oil
2 cloves garlic, crushed
2-3 teaspoons sea salt

Wash tender, fresh green beans.
Remove stems and strings. Cut into 2-inch pieces. Steam until tender, drain.
When cool, place in a salad bowl.

Dress to taste with lemon juice, olive oil, garlic, and salt.

Yield; 4 servings

CHICKEN, SUMMER SQUASH with LEMON-CHIVE SAUCE

Serve with quinoa or egg noodles to complete the meal.

2 teaspoons extra virgin olive oil
4 (4-ounce) skinless, boneless chicken breast halves
1/4 teaspoon Sea salt
1/4 teaspoon black pepper
2 cups 1/2-inch cubed yellow squash
1 1/2 cups 1/2-inch cubed zucchini
1 cup fat-free, less-sodium chicken broth
1 tablespoon chopped fresh chives
1/2 teaspoon grated lemon rind
1 tablespoon fresh lemon juice
2 teaspoons cornstarch
2 teaspoons honey mustard

...cont on next page.

CALCIUM: ORGANIC vs. INORGANIC

People question us daily about their supplements, especially calcium.

It reminds me of spraying, an activity that I perform nearly every two weeks in the orchard. I use a product, named Vigor-Cal. Vigor-Cal provides a **readily available and easily absorbable** form of calcium to help prevent calcium deficiencies and balance the calcium/nitrogen ratio in plants. The calcium provided by Vigor-Cal increases plant wall thickness, offers some resistance to fungal infection, improves plant health and increases the quality and storage of the fruit.

We try to help people to make the best choices and so let me try to answer this question by asking, "Are there differences in calcium?"

There are many different forms of calcium on the market. They vary in their absorption rate and contain different amounts of calcium. The only type of calcium you can ionize in your bloodstream is **calcium bicarbonate**. Calcium carbonate is about 40% elemental calcium. So if you eat 1000 milligrams of calcium carbonate, you are really only getting 400 milligrams. In addition, you've chosen the least soluble or absorbable form, **at the cellular level**. Most of these forms of calcium are derived from dolomite, (limestone) and are insoluble. Limestone goes through about a dozen changes to become calcium bicarbonate.

Calcium lactate, on the other hand, is converted to calcium bicarbonate in one step which is the only form of calcium the body can use. It is combined with magnesium in a 5-1 ratio making it slightly acidic. Calcium is absorbed best when the stomach is slightly acidic. Tums, the antacid creates the opposite environment for best absorption. Avoid those supplements like oyster shell, coral calcium and Tums. Avoid elemental (inorganic) forms of minerals like calcium carbonate and magnesium oxide.

ACID INDIGESTION

FACT: At least 90% of those suffering from "acid indigestion" and/or "acid reflux" are really suffering from too little stomach acid.

When you eat a meal, the stomach is designed to produce a strong acid to begin the digestive process, especially of proteins. Sufficient stomach acid is also the signal to the small intestines to open up, receive the stomach contents, and begin the next phase of digestion. When there is too little stomach acid or the signal is too weak, the food sits in the stomach too long and begins to ferment or rot. The contents may try to escape in the other direction, causing the symptoms of **acid reflux**.

Therefore, the first point of action when faced with these symptoms is not the "little purple pill," but instead to check for **hypochlorhydria**. Hypochlorhydria is the big name for inadequate quantities of digestive acids and enzymes in your stomach. Antacids stop the digestive process, and the partially digested, rotting food is forced through the digestive tract. (This is also true for acid stoppers like Zantac, Pepsid AC and especially Prilosec and Privased.)

Minerals in particular cannot be digested without a strong acid medium in the stomach. Antacids and acid stoppers create an alkaline condition in the stomach. It is therefore becomes impossible to digest calcium and most other minerals. The real solution is simple. There are natural and very effective supplements to assist digestion and help your body to repair its own digestive ability.

Ask us for more information.

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Heat oil in a large nonstick skillet over medium-high heat. Sprinkle chicken with salt and pepper; add chicken to pan. Cook 4 minutes on each side; remove from pan. Keep warm.

Reduce heat to medium. Add cubed squash and zucchini to pan, and cook 2 minutes, stirring frequently. Return the chicken to pan.

Combine broth and remaining ingredients in a small bowl, stirring with a whisk. Add the broth mixture to pan. Cover, reduce heat to medium-low, and cook 3 minutes. Yield: 4 servings

HIGH CHOLESTEROL

What should you do when you've been told you have high cholesterol?

Knowing that **inflammation** is a crucial factor in the formation of the atherosclerotic plaque, (clogged arteries) and not just cholesterol, why not find out if you are at risk. So before rushing out to fill your prescription, ask your doctor to perform one if not all of these tests.

- **C-reactive protein:** C-reactive protein is a very sensitive marker for inflammation, including the inflammation from immunologic diseases, infection and cell injury. This is considered one of the **most reliable cardiac risk markers.**
- **APO B:** Apo B is the primary substance in the LDL and is thus associated with an increased risk of cardiovascular disease.
- **Homocysteine:** High levels cause inflammation in the arteries leading to atherosclerosis (plaques.)

Knowing and understanding the entire story helps us recommend and implement a strategy consistent with the cause, not the contributing factors.

MUSCLE CRAMPS AT NIGHT?

If you've already followed some of our earlier advice about calcium and muscle cramps, please continue. Then, try adding **flaxseed oil**, Cataplex F. **Cataplex F** is a source of essential polyunsaturated fatty acids, which are used to transport calcium from the blood to tissues. I refer to it as a "calcium diffuser". It is also a source of iodine for thyroid support.

NUTRITIONAL PRODUCTS

The products that follow are made by Standard Process. A more complete description of these products can be found in the "**patient information**" tab on our home page, www.gottenborgchiropracticclinic.com. Then follow the link to "Standard Process".

- **Gastrex:** Heals the stomach and esophageal linings, but does not suppress digestion. It also relieves all forms of GI discomfort and pain
- **Multizyme:** pancreatic enzymes to assist digestion
- **Okra Pepsin:** assists in healing of the stomach lining and improves intestinal absorption
- **Folic Acid B12**
- **Zypan:** increases hydrochloric acid and pepsin in the stomach, and helps the stomach to produce more of these on its own
- **Water:** drink 8 ounces of water one/half hour before meal

A MINERAL TRANQUILIZER AT BEDTIME?

Dr. Bruce West, **Health Alert** newsletter (used by permission)

If you were to take two or three aspirin at bedtime and sleep through the night, you have diagnosed a sleep problem, too many small aches and pains. For these folks, and quite frankly, for most folks with sleep problems, I recommend three to 12 Min-Tran tablets at bedtime. This combination of organic minerals with calcium and magnesium calms the nervous system and quiets all the tiny muscle spasms, aches and pains that constantly wake you up.

Min-Tran got its name as the shortened version of **mineral tranquilizer**. Made by Standard process, it is actually a combination of two other Standard Process products called **Organically Bound Minerals** and **Calcium Lactate**.

The organically bound minerals in this product are of the alkaline type, which are derived from vegetables. Alkaline minerals are the calming type of minerals, while **acid** type minerals from grains have the opposite reaction in the body.

Alkaline Minerals vs. Acid Minerals. If you toss and turn all night, try the mineral tranquilizer Min-Tran. Now that you see where minerals come from, it is easy to see why many people are too wired, nervous, wound up and unable to relax. These people are getting a preponderance of minerals from grains-the acid minerals which keep you spinning like a top.

These need to be balanced with organic minerals-the alkaline type which comes from vegetables. When you're mineral intake is in balance, your heart beats better, you have lots of energy, but you are able to be calm and sleep well. When it comes to minerals, there is no substitute for the right ones.

For information on dosage and supplements, please **contact us** by phone at 218-863-2134 or by [email](mailto:).