

# GOTTENBORG

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## THIS ISSUE:

- **Detoxification**
- **Hormonal Imbalances (PMS, hot flashes, infertility)**
- **Sacroiliac (SI) Joint Pain**
- **Pain Management: Balancing Oils**



### WALNUT-OIL DRESSING

½ cup olive oil  
¼ cup walnut oil  
2 tbs. Fresh lemon juice  
½ tsp. Dry mustard  
¼ tsp. Sea salt  
¼ cup walnuts  
2 tbs. Chopped fresh parsley

Combine all ingredients in a blender and mix for a minute or two until walnuts are coarsely chopped. Serve over mixed greens.

Makes 1 ½ cups

### BROWN RICE PILAF

1 cup brown rice  
2 cups water  
2 tablespoon Olive oil  
4 cloves garlic, crushed & peeled  
1 large carrot, diced  
½ cup water  
¼ cup fresh chopped cilantro

Combine rice and 2 cups water in a saucepan and bring to a boil.

*continued on page 2...*

## Detoxification

Lately, I have found myself channel surfing while taking relief from the pressing heat outdoors. A new infomercial that played on several channels discussed the benefits of a liver detoxification. This was the classic infomercial where the host handed the so-called authority a laundry list of questions and reacted with surprise and wonderment at the answer. If you've ever watched a show like this and questioned the product or the authenticity, ask yourself these questions:



1. Does the product contain the right nutrients to engage and enable the liver to filter out the unwanted toxins?
2. Does it ensure proper bile flow to carry the toxins out of the liver? *(If not, you are just rearranging them in your liver and do not necessarily get rid of the toxins.)*
3. Does it include sufficient fiber to bind the toxins in the intestines? *(If not, they can be reabsorbed and still remain in your system.)*
4. Does it promote good bowel function and bowel flora?

## Hormonal Imbalances (PMS, hot flashes, infertility)

Probably one of the more significant findings on a hair mineral analysis is the correlation between copper and estrogen. The copper-estrogen connection may not seem so surprising due in part to the role of the liver in detoxifying estrogen. Many conditions involving the female reproductive system are associated with copper imbalance.

Premenstrual syndrome (PMS), cramps, infertility and menopause to name a few are often associated with **estrogen dominance**. Contributing factors include diets high in refined carbohydrates consisting of breads, pizza, pasta, juices and a host of sugary snacks. These types of diets lead to nutritional deficiencies, especially in magnesium, **zinc**, other trace minerals and B-complex vitamins.

Physical and emotional stress are factors that contribute to this imbalance, as does the use of **oral contraceptives**. Other factors include widespread zinc deficiency in food, due to **zinc-deficient soil**, chemical agriculture, and food processing.

**Is there anything we can do to help?** First of all, completing a diet survey allows us to recommend a balanced diet consisting of good sources of **protein**, whole foods, fresh fruit, green vegetables and **plenty of water**. We have put this information into an easy table that explains the best sources of proteins, carbohydrates, fats and oils.

A **hair mineral analysis or a zinc test** determines whether one may need more zinc in their diet. Zinc balances copper, is involved in the production and activation of insulin, stabilizes mood by supporting the adrenals, and is involved in protein metabolism. Testing like this gives us valuable insight into whether we need to support the adrenals (stress) glands, with **Drenamin** or support the liver with **Livaplex**, in metabolizing and excreting the steroid hormones. Also, I suggest a good multivitamin, like **Catalyn** as well a good fish oil or flaxseed (Linum B6). **More:** A more recent cause is the inappropriate use of **bioidentical hormones**. This involves using hormone creams that can build up in the tissues and cause overdosing, not cycling the hormones properly and using doses higher than physiologically normal. It is actually possible to create the very symptoms you were using the creams to avoid.

## BROWN RICE PILAF

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Reduce heat, cover, and steam 40 minutes, or until all water has been absorbed. Always check your rice toward the end of the cooking time. Rice cooking times are specific to the variety and will vary.

While the rice cooks, heat 2 tbs. Oil in a heavy skillet over medium heat. Add garlic and saute' gently a few moments. Add carrot, stir to coat with oil, and add remaining ½ cup water.

Reduce heat, cover pan, and simmer until carrot is tender but not soft. Check carefully to be sure there is sufficient water to braise the carrot, adding water in small quantities if necessary.

Add cilantro in the last few minutes, letting it steam. When rice is cooked, place carrot and rice in bowl, mixing gently. Add Sea Salt to taste. Serves 4

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## MARINATED FLANK STEAK

1 1 ½ - 2 pound beef flank steak  
¼ cup chopped fresh rosemary or 1 tbs. dried rosemary, crushed  
1 tbs. Chopped fresh marjoram or 1 tsp. Dried marjoram, crushed  
1 tbs. Chopped fresh oregano or 1 tsp dried oregano, crushed  
3 cloves garlic, minced ( 1 ½ tsp.. Minced)  
1 ½ tsp paprika  
1 tsp kosher salt  
1 tsp crushed red pepper  
1 tsp freshly ground black pepper  
3 tbs extra-virgin olive oil

Trim fat from meat. Score both sides of steak in a diamond pattern by making shallow cuts at 1-inch intervals; set aside.

In a small bowl stir together rosemary, marjoram, oregano, garlic, paprika, kosher salt, crushed red pepper, and black pepper. Stir in oil until combined.

Spoon herb mixture evenly over both sides of steak; rub in with fingers. Place steak in a shallow dish. Cover and marinate in the refrigerator for 1 to 24 hours.

Grill 17 to 21 minutes or until medium doneness. Transfer grilled meat to a cutting board. Cover and let stand for 10 minutes. To serve, slice very thin across grain.

## Sacroiliac (SI) Joint Pain

Because this joint relies on strong ligaments for support and stability, any condition, including injury, poor posture or overuse can loosen the ligaments causing varying degrees of instability.

Patients might question the value of their adjustment as sometimes the benefits are short-lived. These are some suggestions we provide to our patients when there is instability involving the sacroiliac joint.



1. If at all possible avoid long-sitting.
2. When sitting, keep the knees slightly higher than the hips. This might require using a stepstool when sitting in a recliner.
3. In some instances a **foam wedge** should be used when sitting. This changes the weight bearing load placed on the spine and pelvis.
4. Avoid sleeping on the side of pain or the side of which your doctor has made mention.
5. I encourage patients at bedtime to use a pillow between their knees to avoid strain on the low back and pelvis.
6. Use **ice** on the SI joint six to eight minutes, three times daily for at least 2-3 weeks.
7. Avoid bending at the waist for any length of time without support.

## Pain Management: Balancing Oils



Most people are drastically deficient in the Omega-3's. These essential fatty acids (EFAS) are not made by the body and must be included in our daily diet. They do NOT make you fat. Virtually everyone needs to add Omega 3 supplementation since food sources of it are rarely eaten. Many factors can lead to a reduced absorption including low levels of key vitamins and minerals, alcohol consumption, prescription drugs, age and diets high in trans fats.

**Omega-6:** The majority of oils in our diets are the Omega-6's. These include safflower, sunflower, sesame and corn oils. There are good sources of Omega-6's and these include black current oil, evening primrose and borage oil. Since these are rendered **virtually useless** when the diet is high in trans fats, this is not my first recommendation.

**Trans fats:** Trans fats are found in hydrogenated and partially hydrogenated fats, like margarine & some vegetable oils.

**Omega-3:** The Omega-3's include primarily flaxseed and fish oil (cold water fish). The Omega-3's decrease pain and are anti-inflammatory whereas the Omega-6's promote pain and are inflammatory.

We recommend that when purchasing a fish oil that the labeling specifically identifies the source as "**cold water fish.**" If not, the source may be pond-raised which produces a lower quality oil, potentially contaminated by heavy metals.

Fish oil has a fairly long shelf, unopened, however, once the seal is broken it should be refrigerated to prevent rancidity. The same holds true for flaxseed oil.

I recommend approximately **1000 to 2000 milligrams per day**. We prefer the oils manufactured by **Nordic Naturals**. They are more expensive but the quality is unsurpassed. Nordic Naturals starts with the best raw materials available: fish low on the food chain, which naturally contain low levels of impurities and high levels of Omega 3's. All of their products are made exclusively from three wild, fish species: Arctic Cod, Anchovies and Sardines.

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