

GOTTENBORG

Newsletter

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THIS ISSUE:

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Holiday Stress

What comes to your mind at this time of the year?

Is it the wonderful display of fall colors? The warmth of the fireplace? The good times had while gathering with family and friends? Or are we too stressed to enjoy these things?

This time of year puts added stress on us. We need to prepare our yards and houses for winter, become accustomed to the shorter days, and deal with the holiday season, which results in a number of extra stresses. The holiday season means increased errands and expenses, the extra load on our digestive system, and the emotional stress from additional time with family and friends.



So what can you do to help yourself?

Stress and the Adrenal Glands

I can't emphasize enough how important it is to support the adrenal glands (or the "stress handling" glands) with the B complex vitamins, Vitamin C and Drenamin.. The adrenals seek to keep the body functioning in balance, despite what extremes we put ourselves through.

Stress and the Digestive System

When the body is under any type of stress, our digestive systems get sluggish, temporarily causing all types of discomfort like gas, indigestion, and stomach distress. Add to this the poor eating habits we develop over the holiday season and the digestive system is really working overtime. Zypan, a digestive supplement, should be in every household during the feast of the holiday seasons.

Stress and the Nervous System

The holiday seasons also play a role on our mental and emotional well-being, even if it is simply because of fatigue, due to the hustle and bustle of the season. Min-Tran and Min-Chex are a combination of mineral complexes which have a mild to moderate calmativ effect on the central nervous system. These supplements help to resolve the irritability that ruins your day or nervousness due to common everyday occurrences or fatigue. Remember that food and energy will fluctuate with blood sugar levels. So if your over indulging in the sweets, addressing blood sugar metabolism is also needed. Diaplex is formulated to support the healthy function of the pancreas and the metabolism of carbohydrates and fats. It also contains chromium which is an essential trace mineral that helps maintain normal levels of blood sugar and fat in the body in individuals with normal levels.

HAVE A WONDERFUL AND STRESS-FREE HOLIDAY SEASON!

Transfats

Recently, the latest buzz word in nutrition seems to be the controversy surrounding trans fats, also known as trans-fatty acids.

Posture Tip

Think twice about sitting with your legs crossed. Crossing your legs above the ankles cuts off circulation, increases the risk of varicose veins, and twists the lower back. It is one of the don'ts that should follow any manipulation involving the low back and pelvis.

The Dental Connection

Nancy Hanson, my nutritional associate, is also a dental surgery assistant. She is in the process of completing her certification to counsel in nutrition. She showed me a medical consent form used by her employers that explains the increased risks involved with dental surgery, extractions, dental implants and even dentures for patients (usually women) on bone building drugs. Because these drugs bond to the surface of the bone and prevent the osteoclast, which are the cells that break down old and diseased bone from working, they can cause osteonecrosis or bone rot.

These cells are required for normal repair and replacement of bone. When absent or their effectiveness reduced by medications, there is no repair and thus bones, like jawbones can permanently rot.

Bruce West, writes in Health Alert, September 2006, the entire concept of blocking osteoclast cells from performing their normal function-removing old and diseased bone-cannot work for women over the long haul.

Treat your bones right. Ask us and we'll send you some information.

Editor's Note

This month, I'm exercising my authority as chief contributor and editor of this newsletter to tighten up some past articles and set the ground straight on a few others.

I have help with this newsletter each and every month, from design to proofreading. I want to take this time to thank each one of you for your contribution.

Furthermore, we are constantly looking for ways to make our website and newsletter more users friendly and informative so if you have suggestions, please let us know.

Clarification of October's Article on not having a Gallbladder

In October, I wrote about strategies that could be incorporated when one is without a gallbladder or is bile deficient. Remember, without the gallbladder, you now have a lifetime disability in regards to fat digestion.

When supplementing an essential fatty acid (something your body needs), like flaxseed or fish oil, there may be not enough bile to sufficiently digest the oils and therefore the benefit of these products is lost or some unpleasant symptoms are experienced, like bloating, belching and indigestion. In these instances, I recommend Cataplex F, a product made by Standard Process. Cataplex F is a source of essential fatty acids, from flax seed oil and other ingredients. It is in a tablet form that is easier to digest than in a pearl form.

Standard Process

First of all, you can't count on all nutritional products. This is why we have chosen Standard Process, a company with products that have a track record of proven dependability.

Secondly, I believe we have an effective system for finding out what's wrong and that this system allows us to determine your individual needs.

Finally, the product is not the program. It is simply one of the tools that enable you to complete the program. We make recommendations in regards to eating habits and diet and to minimize or ignore these will doom your program. If you have the time, please look back at my September newsletter where I described my impressions after a visit to Standard Process's farm and manufacturing facility.

What are Trans Fatty Acids?

They are man-made or processed fats, which are made from liquid oil. When you add hydrogen to liquid vegetable oil and then add pressure, the result is a stable, stiffer fat, like the fat found in a can of Crisco. (The stiffer and harder fats are, the more they clog up your arteries). Most frustrating to those opposed to trans fats is that they have no nutritional benefit at all and are solely used by food manufacturers to extend the shelf life of some products and enhance the taste of others. Trans fats are also called hydrogenated fats.

Why are they bad for you?

Trans fats pose a higher risk of heart disease than saturated fats, which were once believed to be the worst kind of fats. While it is true that saturated fats -- found in butter, cheese and beef, for example -- raise total cholesterol levels, trans fats go a step further. Trans fats not only raise total cholesterol levels, they also deplete good cholesterol (HDL), which helps protect against heart disease.

These fats have displaced natural solid fats and liquid oils in many areas, notably in fast food, snack food, fried food and baked good industries. Vegetable shortenings are partially hydrogenated fats packaged for home use, and some margarines contain a large proportion of trans fat.

What to do:

- Trans-fats must be reduced or eliminated from the diet. They interfere with the function of natural fats and essential fatty acids.
- Making good choices about what we eat involves knowing what goes into their makeup. We need to examine the back of food packs for words such as "hydrogenated" and "partially hydrogenated vegetable oil" or "vegetable shortenings" to find out whether that evening's dinner might contain trans fatty acids.
- Replace oily snack foods, like potato chips and corn chips, with walnuts and seeds.

Essential Fatty Acids (EFA's)

On the other hand, these oils are essential and need to be included in our diet. I consider them a foundational supplement for anyone. They include:

Black Currant Seed Oil: a source of both Omega 3 and Omega 6.

Linum B6: this is organic flaxseed oil and Vitamin B6. It is primarily a source of Omega 3s.

Fish Oil: 1-2 mg/per day. See August newsletter (balancing oils).

Remember these oils need to be kept in a refrigerator, after opening.

Need more information about the advantages of oils or whether your oils are out of balance? Just ask for a copy of a **seven day diet history** and we'll get you headed in the right direction.

Contact Us

TO SCHEDULE a health assesment, call us at 218-863-2134 or send us an email.