

Health Solutions / Family Chiropractic Quarterly

Dr. Jamileh Naddaf, D.C., F.I.A.M.A., P.C. October, 2004

David Spitzer, editor

In this issue:

Dr. Naddaf on Your Health Matters
Dr. Naddaf broadens her line of supplements
The Six Core Principles for Optimal Health
Health Solutions Weight Management Program
Candida - more common than you thought

Dr. Naddaf on Your Health Matters

Doug Kaufmann, host of "Your Health Matters," has invited Dr. Jamileh Naddaf to appear on his popular national television talk show. This will be her third appearance on the show. The show is tentatively scheduled to air on the Sky Angel Network in November. "Your Health Matters" airs locally on Flora station WNOI, channel 24, and channel 218 on satellite. Check your local listing for times.

Dr. Naddaf Broadens Her Line of Supplements

Dr. Naddaf is pleased to announce the expansion of Health Solutions brand nutritional supplements at both offices. Among the supplements offered are: Candida Clear, Psyllum Husk, Milk Thistle, Colostrum, Gingko Biloba, and an assortment of healthy teas. She has also developed formulations for Health Solutions AcheAway lotion (a topical pain relief salve), Health Solutions Anti-fungal Oil (a topical oil for the treatment of toenail and skin fungal infections) and Health Solutions Ear Drops (a topical oil for the treatment of pain and/or infection inside the ear canal or around the outer ear). In addition, Dr. Naddaf has packaged her own brand of Xylitol, a natural sugar with 40% fewer calories and 75% fewer carbohydrates than processed sugar. Xylitol is an excellent substitute for cane sugar that can even be used by diabetics. Dr. Naddaf has expanded other popular supplement lines as well, including the Enzymatic Therapies line and ALL ONE powdered supplements for people who prefer to drink their vitamins and minerals rather than take a pill. Dr. Naddaf is an authorized distributor of Seagate, Pionair, Orange TKO, Garden of Life and other fine, name-brand products. Stop by or call for more information. You'll be glad you did.

The Six Core Principles for Optimal Health

The following are some guidelines that everyone can use to lay a solid foundation for good health.

Step 1: Drink 6 to 10 glasses of clean water daily.

Step 2: Get back to basics - rediscover delicious whole foods.

Step 3: Add movement to your life.

Step 4: Maintain a healthy weight.

Step 5: Get acquainted with natural healing methods.

Step 6: Get on an effective vitamin and mineral supplementation plan.

Health Solutions Weight Management Program: Weight Control Is More Than Diets

Many weight loss / control programs fail because excess weight can be the result of many factors. In order to facilitate weight loss that is healthy and permanent, a comprehensive approach is in order. At Health Solutions, our weight management program enables you to manage your weight and develop a sustainable, healthy lifestyle.

This unique and personalized program combines:

1. A complete, thorough health evaluation
2. An evaluation specific for food allergies
3. Recommendations for normalizing the metabolism
4. Recommendations for cleansing the body
5. Recommendations for nutritional / dietary supplements
6. Acupuncture

As there are many reasons for weight gain, such as overeating, food allergies, metabolic or energy imbalance, viral infection, hypoglycemia, sugar/coffee/alcohol cravings, underactive thyroid, and hormonal imbalance, our program will involve a thorough health assessment to determine the cause(s) of your weight gain. Then an achievable, healthy weight management program will be designed for you.

Candida - More Common Than You Thought

What is Candida Albicans?

Candida is a fungus that lives naturally inside the intestines in balance with beneficial bacteria. It is also normally present in the vagina and mouth, and its growth is kept under control by bacteria in those organs. If antibiotics or infections compromise the body's immune system, the fungus may multiply rapidly, resulting in thrush (a disease that is caused by a fungus marked by white patches in the oral cavity) or moniliasis (Candida infection, candidiasis). An estimated one third of the population in the Western world could be suffering from Candida in some form. Candida is age and gender irrelevant.

Where Does Candida Primarily Manifest Itself?

The Digestive System - symptoms may include: ▶bloating ▶gas ▶cramps ▶alternating diarrhea with constipation ▶food allergies ▶irritable bowel syndrome.

The Nervous System - symptoms may include: ▶fatigue ▶anxiety ▶mood swings ▶drowsiness ▶memory loss ▶depression ▶insomnia ▶mental fogginess.

The Skin - symptoms may include: ▶hives ▶psoriasis ▶eczema ▶excessive sweating ▶acne ▶nail infections.

The Genito-Urinary Tract - in men, common symptoms include: ▶chronic rectal or anal itching ▶recurrent prostatitis ▶impotence ▶genital rashes ▶jock itch ▶loss of interest in sex. In women, common symptoms include: ▶ PMS (depression, mood swings, bloating, fluid retention, cramps, craving for sweets, headaches prior to menstruation) ▶recurrent bladder or vaginal infections ▶ loss of interest in sex.

The Endocrine System - There is a direct link between the immune system, the nervous system and the endocrine system (glandular system - adrenal glands, pancreas, parathyroid, pineal gland, pituitary gland, male and female sex glands, thymus and thyroid gland). The thyroid and adrenal glands in particular are often involved. It is not uncommon to find that the individual suffering from hypo and hyperthyroidism, especially the auto-immune variety, has fungal overgrowth. Ninety percent of Candida victims have low thyroid function (Hypothyroidism). Many suffer from Hypoadrenia, an abnormal decrease in adrenal gland activity.

What Causes Candida?

Candida overgrowth can happen when bacterial/fungal balance in the intestines is affected adversely by drugs such as: ▶antibiotics ▶vaccinations ▶steroids ▶birth control pills; chemicals such as: ▶amalgam ▶mercury ▶other toxic metals ▶pesticides ▶aspartame ▶MSG ▶perfumes.

Candida overgrowth can also occur from: ▶a poor diet including refined sugars ▶consistent alcohol consumption ▶ nutritional deficiencies ▶overeating, ▶refined, canned, smoked, preserved and fried foods.

Candida overgrowth can also stem from: ▶diseases such as diabetes mellitus ▶chronic constipation or diarrhea ▶genital Candida.

Finally, Candida overgrowth can come from physical, mental, emotional, and spiritual imbalances.

Candida burdens and suppresses the immune system. Food and inhalant allergies, which Candida commonly causes, also burden the immune system. Additionally, nutrient deficiencies induced by Candida, may impair immunity and thus contribute to further growth and spread of Candida.

Treatment of Candida

There are no traditional medical treatments or diagnostic tests for this infection. However, Candida can be treated easily by a change in life style and eating habits. Supplementation and herbal anti-candida /anti-fungal have proven very effective in elimination of this disease.

The following are guidelines to control Candiditis:

- Reduce stress in your life.
- Use an herbal intestinal and total body cleanse.
- Use anti-fungal supplementation / herbs to rebuild the gut wall.
- Use probiotics to reestablish “good” bacteria in the gut.
- Go on a strict diet to starve the candida albicans.
- Identify and avoid drugs, chemicals, foods and other allergens such as car fumes, pollutants, insecticides, preservatives, emulsifiers and food allergens that you know trigger Candida and its symptoms. Also, avoid yeast spores released into the air by mold in areas such as the bathroom, kitchen and around leaking pipes. Remove the mold or move to a dry sunny spot.
- Rebuild your immune system on solid ground.
- Address all three aspects of your health: body, mind and spiritual wellness.

Your daily routine should incorporate a good diet, plenty of fluid (water), supplements, exercise, meditation and relaxation.

If you are experiencing any of these symptoms, make an appointment to see Dr. Naddaf. Help is only a phone call away.

**Have questions about Candida or other ailments?
Contact us by phone or e-mail, or stop by one of our offices.**

From:

Health Solutions Family Chiropractic Clinic
415 W. Virginia Avenue 604 W. Washington St.
Effingham, IL 62401 Newton, IL 62448
217-347-3838 618-783-3838

www.healthsolutionssource.com
 e-Mail: info@healthsolutionssource.com

TO: