

# Health Solutions / Family Chiropractic Quarterly

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## Calendar of Events

- ▶ February 19, 2005, Free Health Seminar – Comfort Suites Inn Conference Room, Effingham, IL, 10:00 a.m. until 12:00 noon. Topic: Weight Management
- ▶ March 19, 2005, Free Health Seminar – Comfort Suites Inn Conference Room, Effingham, IL, 10:00 a.m. until 12:00 noon. Topic: Basic Nutrition
- ▶ March 11, 12, 13, 2005 – Dr. Naddaf teaching at the Illinois Chiropractic Society Convention in Chicago

## On Sale:

- ▶ January – Seagate Products & Pionair 10% off
- ▶ February – BioActive Products & Pionair 10% off
- ▶ March – All One Products 10% off

## Providing Education to Other Doctors

Dr. Naddaf was the guest educator at a doctors' training conference held in St. Louis, MO, on December 6, 2004. The topic was advanced acupuncture. Dr. Naddaf will be a guest educator for the upcoming Illinois Chiropractic Society Convention to be held in Chicago. She will be instructing other doctors on a variety of women's health issues. In addition, the Indiana Chiropractic association has invited her to be an instructor at their upcoming state convention.

## House Calls: Home Healthcare Parties

Ever wish that doctors would make house calls? Dr. Naddaf does. She was looking for a way to impart more health and wellness information to the community and thought, "Why not have a party where friends and family can ask health related questions, get answers to those questions, and have fun all at the same time." The concept of the home healthcare party was born. Here's how it works. Call our office to schedule a date and time for hosting a home healthcare party. Evenings or Saturdays work well. The host invites six or more guests to attend. All attendees will receive a free EMI evaluation and consultation. Dr. Naddaf will also provide health information and general consultation at the event. That's all there is to it. Best of all, there is no charge for hosting or attending the home healthcare party. It's a free service for our friends and patients.

## Do You Know Your Antioxidant Level?

Antioxidants are essential disease-fighting nutrients, such as vitamins A, C and E, and beta-carotene, zinc and selenium, found in abundance in certain fruits and vegetables.

Science is increasingly pointing to the importance of antioxidants for a wealth of health benefits -- they are an

essential component of combating free radical damage in the body.

According to the Journal of the American Medical Association (JAMA), most adults today do not consume the levels of antioxidants they need to keep a healthy lifestyle and prevent chronic disease.

In the past few years, several top-tier medical journals have published reports on the health benefit of antioxidants:

\* Journal of the American Medical Association: Low levels of antioxidants may increase risk of several chronic diseases. Most people do not consume an optimal amount of vitamins by diet alone. June 2002.

\* Journal of the American Medical Association: Diets rich in vitamins C and E may delay the onset of Alzheimer's disease. June 2002.

\* Archives of Ophthalmology: Risk of Age-related Macular Degeneration can be lowered by about 25 percent when treated with a high-dose of vitamin C, E, beta-carotene and zinc. October 2001.

\* American Journal of Clinical Nutrition: Extremely high doses of some vitamins (including antioxidants) can help treat a variety of inheritable diseases and slow the aging process. April 2002.

Ever wonder if you really are what you eat? We can tell you. We use the BioPhotonic Scanner in our office to determine your antioxidant level. The scanner is a non-invasive testing device that measures the levels of antioxidants in your body in just minutes. It lets you know if that apple a day really is keeping the doctor away. The BioPhotonic Scanner uses proprietary laser technology to measure the antioxidant level and assign a Body Defense Score (BDS). This allows people to track and maintain optimal levels of antioxidants while monitoring their body's ability to ward off both acute and chronic disease.

*"The fact is, with our busy lives, most of us do not eat right and free radicals are taking over in our cells," says Dr. Lester Packer, senior scientist at the prestigious Lawrence Berkeley Laboratory, and Head of the Packer Lab at the University of California. "Everyone should use the BioPhotonic Scanner to learn their optimal body defense score. Once you have your number, work to increase it and maintain it with a diet rich in fruits, vegetables and vitamin supplements."*

**We will conduct antioxidant scans in the Effingham office on Wednesday, January 26, 2005. Call either office to arrange for your scan or to get more information.**

### Doctor's Words of Wisdom - Hormones and "It's All In Your Head Syndrome"

During the first week of November the title of a program on one of the early morning news shows caught my attention. As I watched this program, I learned that a group of scientists in Boulder, Colorado, have found that 80% of the fish in the surrounding rivers had become unisexual. The scientist's explanation for this phenomena was the excess estrogen being added to the water supply and overuse of steroids which were being dumped into the sewer and storm drain system. Now, these scientists, and others, are concerned that the abundance of estrogen found in the drinking water supply may lead to hormonal imbalances in men, women, and children. Based upon the studies conducted by these other scientists, should the trend of elevated levels of estrogen in the water supply continue, it is possible that unisexual human beings may be the next logical step in the biological process.

The scientists failed to mention that we already are suffering from many effects of xenoestrogen and by-products of steroids and synthetic materials in our water system. These include ADD, ADHD, AAD, and a host of other diseases. Excess estrogen and steroidal combinations have been contaminating our environment, our food supply and ultimately our bodies for years. Why is this occurring? How is it happening?

What was once known to be a female problem is now unequivocally a problem for both men and women. Thanks to ever increasing industrial development, marketing strategies, high demand, household needs, and two working parents we turn more and more to readily available foods and drinks, wrapped in plastic and ready to be cooked in the microwave.

The food industry has been quick to respond to the demands of the public for quick and easy food. But what has the food industry really done for us? They have created a bowl full of hormonal imbalance and autoimmune disease. Diseases such as: Arthritis, Fibromyalgia, Multiple Sclerosis, Parkinson's, Alzheimer's, etc.

For example, the chemical compound called xenoestrogen is absorbed in foods stored in plastic containers or plastic wrap. It is also present in hormones used in the production of beef, poultry and pork. This form of changed female hormone creates an imbalance in estrogen, progesterone, and testosterone levels in the human body, leading to many disorders.

#### **What are hormones and where do they come from?**

Hormones are chemical signals produced in one site of the body that then travel to another site to have an effect. In this way, one cell can affect other distantly located cells. Hormonal communication systems control the nervous communication systems within the body, i.e., sweat glands, salivary glands, and mammary glands. The endocrine system contains all the secretory glands that supply these hormones. Although there are some diffuse endocrine tissues, as in the gastrointestinal

epithelium, there are several major glands or control centers within the endocrine system, including: pituitary gland, hypothalamus, suprarenal (adrenal) gland, thyroid, parathyroid, pancreas, testes, ovary, pineal.

Hormones control the neural communication systems within the body. Hormones are chemical signals that have an effect locally or may be made in one endocrine gland and have an effect at a distant site.

The endocrine system displays an elegant system of checks and balances in the form of feedback loops to facilitate the normal functioning of all bodily systems.

- The pituitary gland helps to facilitate the production of growth hormone (GH), somatotropin, corticotropin (ACTH), thyroid-stimulating hormone (TSH), follicle stimulating hormone (FSH), Luteinizing hormone (LH), prolactin (PRL), Antidiuretic hormone (ADH) and oxytocin.
- The hypothalamus is responsible for the production of the following hormones that control the release of hormones created by the pituitary gland: Somatostatin (inhibits GH release), prolactin inhibiting factor (PIF, dopamine), LH releasing factor (LHRF), FSH releasing factor (FSHRF), prolactin releasing factor (PRF), corticotropin releasing factor (CRF), thyrotropin releasing hormone (TRH).
- The adrenal glands, located on the top of each kidney, produce the corticosteroids: the mineral corticoids and the glucocorticoids, which are steroid hormones for both males and females. Cholesterol is essential for biosynthesis of these steroid hormones. The adrenal glands also produce norepinephrine and epinephrine (adrenaline). These are released in response to stress or a fright.
- The adrenal gland also controls the production of aldosterone, another important hormone that controls the retention of sodium in the body. It balances the fluid volume of the body at the cellular level (i.e., blood pressure control, salivary and sweat glands). Elevated aldosterone levels lead to fluid retention.
- Glucocorticoid is responsible for metabolism of carbohydrates, lipids, and proteins and assists in the metabolic reaction to stress, especially chronic stress. It causes glucose to be liberated from the liver, decreasing uptake of glucose by tissues and increasing the breakdown of lipids. This is the body's attempt to increase serum glucose to protect the brain from starvation since the brain can only utilize glucose.
- The thyroid gland is responsible for normal growth and development. Its function is to control the metabolism of carbohydrates, lipids and proteins. It also assists in the metabolic reaction to stress and follows the same pattern of releasing glucose as does the adrenal gland. The thyroid combines iodine with amino acid to complete the hormones

thyroxin (T4) or triiodothyronine (T3). Both T4 and T3 increase mitochondrial enzymes by enlarging the mitochondria, therefore influencing the metabolism.

- The parathyroid gland sits on top the thyroid. Its sole function is to balance the circulating level of calcium.
- The pancreas has two primary functions:
  1. Production of digestive enzymes for GI function.
  2. Production of insulin to reduce the circulatory level of glucose.
- The ovaries produce the steroid hormones (estrogens and progesterone). They control the reproductive function in females. Imbalances in estrogen, progesterone, or testosterone leads to many disorders such as infertility, problems with ovulation, menstrual problems, endometriosis, depression, anxiety, etc. In males, these hormones are produced in the testes. Steroid hormone imbalance in men can lead to a decrease in sperm count, prostate problems, depression, anxiety, stress, etc.

The most commonly diagnosed disorders that are often reversed by hormonal balancing are hyperlipidimia and hypertension. This is due to the role of hormones in the metabolic function.

- The pineal gland is involved in all hormonal activities. The pineal gland “sleeps” during daylight hours. During dark hours, the gland’s activities increase. It is crucial for the body to rest at some point during the dark hours to honor the light-dark cycle in the environment.

**“It’s all in your head syndrome”**

The phrase “Its all in your head” is likely the most common diagnoses made by doctors. Formerly, the phrase was primarily directed at women, but in recent years, men have also been diagnosed using the same term. The following conditions fall into this category: depression, fibromyalgia, headache, TMJ, PMS, menopause, and endocrine dysfunction, to name a few.

In the previous paragraphs I discussed the function of the endocrine system and its effect on musculoskeletal and physiological systems of the human body. When the production of progesterone, estrogen, or testosterone is not at optimal levels, an imbalance is created in the communication between the brain (It’s all in your head!) and the transporting systems (hormonal ports) that creates false signals to the distal parts of the body.

The human body has a unique capacity to cope even though it is often abused by being nourished with poor food and cared for with pharmaceutical chemicals; however, when the problem is prolonged, it causes confusion in the communication systems of the body. This leads to many disorders and diseases, such as autoimmune diseases including: arthritis, fibromyalgia, multiple sclerosis, diabetes and disorders such as prostatitis, endometriosis, infertility, PMS, Menopause, and Andropause.

In my practice of 16 years, I have approached these common ailments with mind and body balancing. By balancing hormonal levels and creating harmony between the organs of the body, you can eliminate most of the symptoms associated with the majority of diagnosed diseases.

Yes! It is all in your head! Your brain: the “master organ.” It is the driving force of your life; you cease to exist without it. And yes, you will not have any pain or disorder if you did not have a brain to control your body!

But, the good news is that you do have your brain intact and your body is responding to the orders it is receiving. Just let your brain function as God intended and listen to your “head.” Approach your problems systematically. Find the source, then treat the source, not the symptoms. In my experience, the hormonal imbalance is the culprit in most of our routine diagnosed diseases.

A simple trial of progesterone will make a great difference in the way you feel and behave. If you are not sure of the imbalance, there are a few methods to measure your levels. 1) A saliva test, which is a non-invasive, accurate test to determine the hormonal level. 2) A Blood test, expensive but a good way to completely outline the activity of the endocrine system.

The process of balancing the hormones in females is referred to as Hormone Replacement Therapy (HRT). The most common pharmaceuticals are Prempro®, Premarin®, Provera®, Premphase®, Femhrt®, Estradiol®, and MPA.

All the “Prem-based” medications are horse urine-based estrogen, which has been linked to a multitude of diseases, including blood clotting, strokes, breast and uterine cancers. The other newly popular HRT is Bio-Identical, which is a synthetic chemical version of natural yam (IT IS NOT NATURAL). The side effects of the Bio-Identical have yet to be established due to its infancy on the market, but I can assure you that in 10 years studies will show this substance causes cancer and other maladies.

The natural method of hormonal balancing would be the better choice since there are no side effects or negative outcomes from its use compared to the negative side effects and delayed carcinogenic effects of pharmaceutical hormone replacement medications.

There are several sources of natural progesterone on the market. For more detail, contact my office.

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