

Health Solutions / Family Chiropractic Quarterly

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David Spitzer, editor

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Calendar of Events

- ▶ Thursday, August 11, 2005, Free Health Seminar – at the Cross Roads Cancer Center, 905 Medical Park Drive, Effingham, IL, 6 p.m. Topic: Acupuncture for Cancer Patients. Limited seating. Call Norma Ochs at 217-342-2066 to reserve your seat.
- ▶ Saturday, September 10, 2005, Free Health Seminar – at the Health Solutions office, 415 W. Virginia Ave., Effingham, IL, 10:00 a.m. until 12:00 noon. Topic: Women's Health Issues. Have your questions answered by Dr. Naddaf and enjoy the session.

In Store Specials Throughout August and September

- ▶ August Special: 10% off all Pionair Units and Replacement Bulbs
- ▶ September Special: 10% off all Health Solutions Brand Products

PROVIDING EDUCATION TO OTHER DOCTORS

Dr. Jamileh Naddaf, owner of Health Solutions in Effingham and Family Chiropractic Clinic in Newton, was a featured guest educator at the Illinois Chiropractic Society (ICS) Continuing Medical Education Expo, held Friday, Saturday and Sunday, June 17-19, 2005 in Oak Brook, IL.

Dr. Naddaf taught a comprehensive course on acupuncture, including what acupuncture is and how to explain it and its benefits to patients, the history of acupuncture, the different types of acupuncture, the concept of meridian therapy, the five-element theory, the concept and balancing of yin and yang, the energy cycle of the body, and diagnosis and interpretation of results using electro-meridian imaging.

"ICS sponsors the continuing medical education series to provide health practitioners access to educational material that they can use in their own practice," said Dawn Burchett, Director of Marketing for the ICS. The Medical Practice Act of 1987 requires 150 hours of Continuing Medical Education (CME) for the licensing period, divided into 60 hours in Category I and 90 hours in Category II. For the renewal period in 2005 (ending July 31, 2005) and thereafter, physicians will be responsible for earning 150 hours for that three year

licensing period.

"It is our sincere hope that Dr. Naddaf will continue to teach our CME courses," said Marc Abla, Director of Professional Relations for the Illinois Chiropractic Society. "The last seminar she taught for ICS received the highest rating of all the courses offered based upon the class evaluation forms turned in by the participants."

DOCTOR'S WORDS OF WISDOM - FERTILITY

What is Fertility?

Fertility is the ability of a couple to produce a life. Procreation. Therefore, infertility is a couple's inability to produce a life, which breaks the cycle of universal energy and procreation.

I do not like to refer to any individual as infertile or the reversal of this condition as infertility treatment; rather, I believe that all beings are fertile, but the degree of fertility varies. With a natural approach to address this variation of disharmony, one would become in tune with universal energy leading to a more harmonious life, able to procreate.

Contributory Factors in Infertility

Nutrition

As a nation, we take care of our cars more than our bodies! If we maintained the same level of responsibility for our physical and emotional health, we could greatly improve our ability to conceive. "Junk" food is one of the main contributors to this problem. Maximizing health before conception improves the quality of egg and sperm, increases fertility and reduces the miscarriage rate – whereas sub-optimal nutrition, vitamin or mineral deficiencies, or an excess of alcohol, cigarettes, stimulants, pollutants, pesticides, food additives and toxic metals reduce fertility.

Emotional Needs

The "infertile" couple may be experiencing a wide range of feelings, emotions and pressures. Learning to deal with their anxiety and tension may benefit their relationship and improve their chances of conception. Many couples experience feelings of blame, guilt and anger, which may impinge dramatically on their self-esteem and affect their lives and sexuality and add to stress and adversely affect their fertility. Their self-image may be threatened as their masculine or feminine roles come under investigation.

Lifestyle

Modern societies promote fast foods and stressful lifestyles. A well-managed life incorporating stress management techniques will improve the ability to conceive.

Explanations and Treatment Methods

The Western Explanation – Allopathic Diagnosis and Treatment

The western explanation of “not enough sperm,” “sperm too lazy,” “misshapen sperm,” or “eggs too old,” “too few,” “too odd,” are only speculations.

According to Western medicine, the barriers for both egg and sperm may be from the condition of male or female anatomy, misshapen, too acidic, too basic, too lazy, or too fast. Position of the uterus and fallopian tubes and temperature of the sperm and egg play a major role in infertility, as well. Often, physicians are driven to decide which partner is at “fault,” by way of testing and probing, which often results in pointing the finger at women, especially those over age 35. Many doctors attribute infertility issues to: “old, rotten eggs,” 30% male factors, 25-30% ovulation problems (PCOS, POF), 15-20% tubal blockage, 20% unexplained, and also other miscellaneous causes such as other pathogenic, physical and psychological problems.

Allopathic medicine (conventional medicine such as In Vitro Fertilization, etc.) is a common diagnosis and treatment approach in Western medicine. Diagnosis of infertility consists of hormonal testing, pelvic ultrasound, dye studies, laparoscopy, genetic testing, semen analysis and vaginal mucus evaluation.

To discuss in detail what allopathic medicine has to offer would be a waste of my ink and your time. Most of you are well aware of the pharmaceutical drugs and high cost of infertility clinics, which have failed most infertile couples for many decades, while leaving negative side effects and failed pregnancies.

The options include ovulation induction (success rate is 10-15%), intrauterine insemination (success rate is 10-20%), In Vitro Fertilization (IVF) (option for females over age 40; success rate is 10%), natural cycle IVF and intracytoplasmic sperm injection (ICSI) used in cases of low sperm count.

Traditional Chinese Medicine – Explanation and Treatment

Traditional Chinese Medicine explains infertility as imbalance of energy fields of two beings. Failure to harmoniously coincide with one another causes failure to create a new life form, a new healthy energetic force. This imbalance is simply corrected by balancing the

meridians in both male and female.

Traditional Chinese Medicine (TCM) and acupuncture, although very effective, appear to be less understood or known by most. In Chinese philosophy everyone has a balance of 'yin' (female, moon, water) and 'yang' (male, sun, fire) energy which flows along pathways called meridians. Diagnosis consists of assessing the pulse and observing the posture and energy of the person. Treatment utilizes massage, acupuncture, crystals or heat applied at points along the meridians to alter and balance the flow of energy.

TCM is based on the total care of the person, with respect to their physical, emotional and spiritual wellbeing. Altering food intake, reducing emotional tension and balancing heat and cold increase the potency of the treatment. This method offers a safe, effective treatment with a much higher success rate. It works on the merits of human energy and body balancing to ensure a harmonious system to enable the partners to conceive a life.

Creative Healing, Visualization and Meditation

Healing, visualization and meditation have been used for years to maintain health and treat diseases. The physical, psychic, hormonal and emotional energy of an individual and of a relationship may be sensitive to healing and meditation. The effect depends on the power of the healer and the receptivity of the person being healed.

My Explanation and Approach:

In my research of fertility, I have come to realize that the incidence of infertility is rising rapidly in developed countries. In fact, under-developed countries have always had little or no concern with infertility issues. My theory is that most of their people are blessed with fewer complications of mind, life and spirit; they do not feel the stress of modern life, the pressures of society, the excessively rich diet, and most importantly, they do not dispute their belief in their creator and source. They are connected with the energy of the universe.

I believe in the connection of body and soul and the intimate fine-tuning of two partners to play a harmonious melody as an invitation to the new soul. Conception occurs when two human souls are connected at the physical, emotional and spiritual level.

Once these aspects are addressed and treated, harmony is achieved, balance is created and procreation will follow in “God’s will.” For the physical aspect of treatment, many issues are discussed and evaluated, concentrating on balancing of the hormones, detoxifying the body, reestablishing physical health, adopting a healthy diet and exercising appropriately.

For the emotional component of the treatment, one must realize the degree of stress, the depth of love and harmony, the relaxation of the mind and body and one's ability to connect body and mind.

Some people believe in and prefer to use conventional medical "high-tech" diagnostic tests and treatment, whereas others prefer a minimalist approach using complementary therapies. Each of the methods has its strengths, weaknesses and limitations.

I do utilize the most effective, modern and available laboratory tests to approach the physical wellness of a patient. By leading and guiding in prayer/meditation techniques, I introduce the soul to a healthy house/body where the body and mind are effectively operating. Then the spirit of the Creator will do His work.

My record of success has been well above the rates achieved by Western medicine so far, but I am sure that it has been this way only by the grace of God. There are still couples who do not conceive in spite of the wealth of technological aids and complementary therapies. Whatever the approach, one should retain a realistic and honest picture of the likelihood of success. My approach costs but a fraction of the cost of Western Medicine.

Oh, there is one other fertility method, the Caveman Method. They did not have any problem with fertility; look at the world population!

HOUSE CALLS: HOME HEALTHCARE PARTIES

We are continuing with our Home Healthcare Parties and have had a great deal of fun doing so. If you are interested in hosting one of these parties, call our office to schedule a date and time. 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, it's free as a service to our friends and patients.

NEW PRODUCTS IN THE SUPPLEMENT STORE

Health Solutions L-Carnitine. 500 mg - 60 Caps
L-Carnitine is a non-essential amino acid that helps to maintain overall good health by facilitating the transfer of fatty acid groups into the mitochondrial membrane for cellular energy production.

Health Solutions Goldenseal Root. 500 mg -100 Caps
As one of nature's natural immune supporting agents, Goldenseal gets its healing properties from berberine alkaloids – bitter tasting compounds that have been shown to naturally stimulate healthy immune function. Taken orally, Goldenseal may be highly useful in

preventing respiratory challenges, washing harmful bacteria from the urinary track, supporting the body's ability to naturally heal wounds, comforting scratchy throats and promoting healthy skin.

Light Grey Celtic Sea® Salt

Course gourd especially for use as a cooking salt. Free of any processing, it is dried only by the hot summer sun and wind. Because Light Grey Celtic Sea® Salt is just sun dried, it retains the ocean's moisture, which helps lock in many vital trace elements.

Fine Ground Celtic Sea® Salt

Fine ground especially for table use. Contains a natural balance of over 80 minerals. Sun-dried, Certified, Whole Salt Hand-harvested using a unique farming method that purifies yet preserves the vital balance of the ocean minerals. Celtic Sea Salt is truly a whole sea salt highly recommended by health professionals and culinary chefs. Third party Certified by Europe's Department of Nature and Progress to be free from pesticides, herbicides and harmful chemicals.

Miracle II Natural Deodorant Stone

All over body deodorant. 24 hour protection for men and women. Unscented, non-staining, hypoallergenic and long lasting. Most deodorants and antiperspirants on the market today incorporate a variety of petrochemicals and alcohols within their formulation that are detrimental to the skin. The natural Miracle II Deodorant Stone contains no petrochemicals, alcohols, or aluminum.

TWO OFFICES TO SERVE YOU

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