

Waters Integrative Health Center



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We've Been Busy!

We are so excited to announce that over the month of December, we did a major renovation to our Clinic! We replaced the carpet with Amish-made, solid hardwood flooring. The waiting room is a piece of art with 13 different types of wood. The rest of the floors are hickory and just as beautiful. We also bought new solid oak doors and trim from another Amish wood-worker.

On all wood surfaces, we chose to seal it with a non-toxic, "green" varnish called Rubio Monocoat Natural Oil Finish. This is the "leading plant-based, environmentally responsible, sustainable, nonpolluting, single-coat, durable wood finish" on the market. You can learn more about this awesome product at www.monocoat.us to see the difference for yourself. We are so glad we found it.

We also updated the colors around the office. We toned down the hallways, but left the smaller rooms fun, vibrant colors. We didn't want to get boring! Again, we stayed green using eco-friendly paint.

We are so happy with the results of the renovation. Thank you to all the patients who weathered the noise and dust during that time. We believe it was all worth it!

Exercise The Missing Nutrient

Exercise is defined as "bodily exertion for keeping the organs and their functions healthy". In order to preserve the health of the body, a portion of each day should be spent in muscular exertion. The human body is engineered for action. Bones, joints, ligaments and muscles are designed for maximum efficiency in weight bearing and effortless graceful movement.

That being said, most of us have a problem taking the time out of our busy lives to attend to our physical vehicle. I for one, do not relish a brutal, boring workout at a gym.

But what if you learned that a much more efficient method, one that increases your lung capacity and improves cardiac fitness, can be accomplished in only 14-16 minutes per day and is actually better for you in the long run, AND will cause you to lose more body fat than hours per week of "cardio"?

It's true. The PACE program, developed by Al Sears, M.D., has revolutionized fitness training. When we do aerobic exercise over a continuous

time interval of say, the commonly recommended 30 minutes at a time 3-5 days per week, we are actually sending a message to our metabolic system that we will be under a prolonged period of energy requirements and the system asks to conserve energy and reduces fat burning.

But, if we pulse the demanding exercise in, for example, two minute intervals followed by two minutes of leisurely walking, we initiate an increased rate of fat burning and the fat is burned during the less demanding phase. During the aerobic pulse we build an "oxygen debt" which must be repaid when we rest. You can try this by doing jumping jacks or running on a treadmill for two minutes at a level where you begin to pant and sweat. You will find that your pulse actually increases during the light exercise phase. This is when the body up-regulates the fat burning machinery. Dr. Sears has documented that patients have lost up to 2 pounds of body fat in 1 week with this program while they couldn't lose at all doing the prolonged aerobics usually recommended.

Oh, did I mention it only takes about 15 minutes per day? I myself walk on my treadmill at 2mph for 1 minute, run for 2 minutes at 4.5mph. I repeat this for 4 cycles and end with 2-4 minutes of walking while I watch an educational video. Grand total of time – less than 18 minutes and only 8 of them at a demanding pace!

Inside this Issue

• Remodel	Page 1
• Exercise	Page 1
• Fatigue	Page 2
• Essential Fatty Acids	Page 3
• Pain	Page 3-4



You can also use 10 or 20 pound weights a few times a week to strengthen and tone your arms, sit-ups for your belly and squats for your hamstrings and buttocks. The lower your fat content and higher your lean body mass (muscles), the more fit you will be. You can go through your later years able to enjoy your life and out of the hands of doctors.

Finally, science is now establishing that the less active we are, the fewer mitochondria we have in our cells. The mitochondrion is the "power house" of the cell. It converts fats and sugars to pure energy called ATP, which allows us to operate and repair all of our cells, tissues and organ systems moment by moment.

Exercise results in an increase in the number of mitochondria per cell and the elimination of aging and defective ones which generate damaging free radicals on top of failing to make energy. The more mitochondria you have, the more energy you make and the better you will feel in every way.

To learn more about PACE, go to www.pacerevolution.com. It is an investment in your health equal to that of good nutrition. Together, they will allow you to be happy and well.

Fatigue? No get up and go? Stressed?

These are almost universal complaints doctors hear every day. Unless you have obvious hypothyroidism, anemia or some more serious disease, doctors generally blame fatigue on "stress" or "depression". They have been trained by the pharmaceutical companies to push psychotropic drugs on patients, but double blind studies have revealed that these drugs (Prozac, Paxil, Cymbalta, etc.) ARE NO BETTER THAN PLACEBOS! Worse, there are numerous side effects.

Most of the time, fatigue and associated symptoms have biological/biochemical causes. Anyone will get depressed when they have no energy to do things!

These include:

- Hormone Imbalances
- Mineral Deficiencies
- Food Allergies
- Chronic Infections (Lyme, etc.)
- Chronic Pain
- Autoimmune Processes
- Gastrointestinal Disorders

A good history, physical and laboratory work-up can usually uncover the underpinning of such symptoms. In particular, evaluation of the adrenal glands often reveal under-activity of these structures located on the top of the kidneys.

They secrete about 20 steroid hormones which talk to the DNA in each and every cell of our body to cause them to do their specialized tasks in the never ending renewal of our body.

Besides fatigue other symp-

toms and signs of adrenal gland weakness include:

- Sugar/Carbohydrate Craving
- "Crashing" in the early-mid afternoon
- Dizziness on getting up quickly
- Sensitivity to bright light
- Anxiety and feeling of being overwhelmed by even small stresses
- Frequent thirst and urination
- Mental spaciness

Patients with these symptoms also suffer from poor diet, mineral and fatty acid deficiencies, digestive disorders and, yes, chronic stress and poor sleep, which leads to worsening of their condition.

Unfortunately, most doctors don't even consider all the myriad factors that underlie the symptoms and simply reach for their prescription pad. Talk about another source of stress! Indeed the social and psychological aspects of our lives also impact our well-being and the function of the adrenal glands themselves.

We are able to measure many of the hormone secretions of the adrenal glands, including: hydrocortisone (Cortisol), dehydroepiandrosterone (DHEA), testosterone, and on occasion, aldosterone, the mineral and water regulatory adrenal hormone. In post-menopausal women, the adrenal glands are left with the task of supplying the body with some of the steroid hormones after the ovaries fail, so if the adrenals are weak, new symptoms may appear which are all blamed for estrogen deficiency and then treated with danger-

ous synthetic or horse urine-derived hormones.

Deficiency of testosterone can occur in men and women and leads to fatigue, irritability and loss of libido. Men indeed go through an "Andropause" sometimes starting in their 40's, but in this Country, men are hesitant to talk about sexual complaints. Viagra can help one symptom, but does nothing for the irritability, loss of muscle mass and lack of motivation.

In particularly difficult cases, we have more sophisticated laboratory tests available to get to the bottom of the problems. These include 24 hour urine collection for adrenal, thyroid and sex hormones, cortisol stimulation test to test pituitary or adrenal origin of the deficiency, antibody titres against the various gland tissues (autoimmune diseases affecting the endocrine glands), etc.

After a proper diagnosis is made, the treatment is effected by very small doses of BIOIDENTICAL hormones, ones that are exact replicas of the ones we are supposed to be manufacturing. Of course, we help you correct your diet and deal with the nutritional deficiencies, hidden infections that may be present, and digestive dysfunctions, which all contribute to the glandular disorder. Stress reduction through counseling, meditation or other spiritual practices, proper rest and exercise should be adjuncts to your treatment. In part, the adrenal glands are outposts of the brain and their activity is regulated through various brain centers including the pituitary gland.



As your health returns, the steroid hormones can be reduced and finally stopped. In the cases of under-activity of the thyroid gland, it is usually not possible to discontinue the natural thyroid replacement.

If you are experiencing symptoms outlined above, consider making an appointment for evaluation. If you wish to have your lab tests the same day as your appointment, please come as early as possible (9 or 10am) as this gives us the best picture of adrenal gland function.

Please don't just give up on yourself or a person you know experiencing these difficulties. It is easy to feel hopeless when one is so tired and down. The answer is usually not a pharmaceutical drug.

Food for Thought

"Life is short and we have never too much time for gladdening the hearts of those who are traveling the dark journey with us. Oh, be swift to love, make haste to be kind!"

-Henri Amiel
(1821-1881)

Essential Fatty Acids



We constantly hear the words "Omega-3", "Fish Oil", "Omega-6", "Flax Oil", "Olive Oil", "Krill Oil", and others thrown about by the media and advertisers. It gets confusing as to what the names mean and which of them are good for your health.

Basically there are two essential fatty acids that we must ingest. We can't make them. One is the omega-6 fatty acid known as cis-linoleic acid (found mainly in seed oils) and the other is the omega-3 fatty acid known as alpha linolenic acid (found in fish, nuts, flax and products of animals raised outdoors on fodder).

These essential oily molecules are used for energy production in our bodies but can also be changed into longer-chain fatty acids known as:

- EPA (Eicosapentaenoic acid) Omega-3
- DHA (Docosahexaenoic acid) Omega-3
- GLA (Gammalinolenic acid) Omega-6

These derivatives of the two essential fatty acids are used as:

1. Structural components of

2. Regulatory molecules called prostaglandin hormones

Having insufficient amounts of EPA/DHA and GLA is to the health of our cell membranes like bricks are to a masonry building. What would a house be like if some of the bricks were misshapen or cracked? Likewise, prostaglandins mediate immunity and inflammation. When the three families of prostaglandins are out of balance (all are omega-3 and omega-6 derivatives), we experience inflammation, hyperviscosity of the blood making it clot-prone, elevated blood cholesterol and a tendency to auto-immune processes.

Widespread use of NSAID drugs, like Aleve, Ibuprofen, etc., is causing alterations in our prostaglandin balance (among other things, gastrointestinal bleeding and kidney damage).

You see, these drugs inhibit the enzymes that convert fatty acids into prostaglandins and to the various types of prostaglandins. This also sup-

presses the formation of collagen and so when you take these drugs you might feel less pain but your joints are deteriorating even more quickly!

So what should you do?

Because so many of us have difficulty converting the two essential fatty acids to EPA, DHA, GLA and beyond, we need to supplement our diets with pure extracts. To do this, you should get the highest quality EPA/DHA fish oil concentrate, and for GLA, organic Primrose or Borage oil. The dose of the active components would be determined by your medical condition. Krill oil is a poor option because you would have to take 10-15 capsules daily to achieve a therapeutic dose of EPA/DHA.

Problems responding to essential fatty acid extracts include:

- Cholesterol/Triglyceride Elevations
- Autoimmunity/Inflammatory Disorders
- Skin Diseases
- Hypercoagulability of Blood

- Retinal Disorders
- Psychiatric/Behavioral Problems

In some cases, higher doses of DHA relative to EPA, or vice versa, might be required. Certain skin disorders and hormone imbalances respond to the GLA in Primrose and other seed oils.

To some extent, treating patients with these fatty acids involves guess work based on the scientific literature. Recently a laboratory test has become available to more accurately determine an individual patient's needs: Red Blood Cell (RBC) fatty acid profile. A blood sample is sent to a lab that separates a number of fatty acids from your RBC membranes and makes it possible for me to treat you more effectively.

Call for an appointment to see me and to have your blood drawn if you are interested in knowing where you are at; fasting is not required.

Pain—The Great Robber of Life ...continued on page 4...

We all experience pain in our lives. Some of it is quite appropriate as when we drop a large metal object on our great toe or strike our knee on the cement during a fall.

However, any pain that lasts for more than six weeks and/or doesn't seem to have a definite historical origin like an accident should be considered chronic, and a diagnosis and appropriate treatment commenced.

Pain syndromes that affect the cervical spine, lower back, shoulders and knees are the most common. They originate from athletic injuries, falls, auto accidents and other whiplash injuries. During the injury, connective tissue is torn. Its collagen fibrils frayed. Thus begins a gradual microscopic degeneration of the collagen leading to subtle

joint instability and, in the end, arthritic changes. The body, in an attempt to make up for this instability, begins to create bony prominences in the area of ligamentous damage, sometimes called spurs. Muscles spasm accompanies these changes and the affected area becomes stiff and sore.

Generally, medical doctors prescribe "anti-inflammatory" drugs which simply mask the pain and in fact cause further ligamentous laxity and degeneration. Inflammation is part of the tissue repair process, so inhibiting it can lead to progression of the condition.

Finally when, for example, the knee x-rays reveal "bone on bone", the physician will recommend a joint replacement. Or in the case of cervical or lumbosacral spine degenerative disk disease, surgery to reduce



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Pain—The Great Robber of Life ...continued from page 3...

spurs, remove herniated disks and even fusion of spinal segments. These spinal operations do not always result in happy endings. We have treated patients who actually got worse after surgery.

But there is another way. Twenty-five years ago, I learned a technique to repair ligaments and reduce or eliminate pain. It is known as Prolotherapy and was discovered by an orthopedic surgeon name Hackett in the 1930's. He discovered that by injecting highly concentrated solutions of dextrose or caustic agents such as zinc sulfate or cod liver oil extract onto the bony attachments of partially ruptured ligaments, resulted in dramatic improvements in the patient's pain and joint function. We have developed our own Prolotherapy solutions today using combinations of dextrose, hyaluronic acid, glucosamine and procaine, which not only stimulate the repair frayed and torn ligaments, but can actually result in an increase in collagen synthesis at the surface of the articular cartilage of the shoulder, knee and spinal facet joints.

This treatment is being studied formally at the UW Madison Medical School and other institutions and the details of how it works are being elucidated.

To treat an area of chronic pain, we first take a careful history of past injuries, examine the joint and tissue and look at the x-rays and/or MRI studies. If we think we can help, we find the sites to inject procaine (a local anesthetic) into the skin over the points, infiltrate the deeper tissues with more local and, after adequate anesthesia has been given, inject our Prolotherapy solution to the ligamentous attachments. In the case of arthritic changes of the knee, shoulders, wrists, ankles, etc., we also inject our special cartilage treatment intra-articularly (into the joint itself) under sterile technique. If you are very pain intolerant, we can administer pre-procedure medications to relax you and decrease the pain of the injections.

In addition, we inject procaine into the "trigger points" in the region of the problem and this serves to reduce muscle spasm and increase blood flow to the area thereby improving healing.

I have also developed a technique to treat laxity of the foot ligaments and plantar fascia which is given through only two primary injection sites.

This improves or eliminates the pain of heel spurs, which are only the result of ligamentous laxity of the foot and not the primary problem.

Dr. Richard Moran, who does Naprapathic manipulations and soft tissue therapy, works with me to relax the spasm and improve the blood flow to troubled areas before I administer the Prolotherapy solutions.

You don't have to live with chronic pain. It robs you of energy, makes you less mobile, leads to weight gain and simply reduces the quality of life. Call for more information or go to our website and look under Pain Management.

