

ABSOLUTE WELLNESS & REHAB

Wellness News You Can Use

Inspiring Health and Wellness

I hope you are enjoying the change of seasons, the longer days, and the signs of spring. Spring is always associated with new beginnings as the natural world wakes up from its winter dormancy. Maybe you feel the same way. I know I can see a change in people's energy as they get out and enjoy the warm temperatures.

This makes it a great time to renew your efforts to live a healthy, balanced life. I have said many times that I think the greatest factor in a person's overall health is their mental health, because when you are mentally and emotionally balanced you are more likely to nurture the other aspects of your life. That is why this month we have three articles that fall in the realm of mental health.

I think the most important relationships we have are with our family. Life can get busy at times and it can be easy to neglect these relationships. However, because they are so important we suggest you take the time to step back and set some time aside for some family team building. It doesn't have to cost a lot of money and is well worth the investment of your time.

Next, we suggest you do some Spring Cleaning. We are not just talking about cleaning up the garage, but that is important too as you will see. There may be many areas of your life that could use some attention this year and now is a great time to get started.

Finally, we recognize that despite our best efforts to stay positive life can be hard at times and it can really get you down. We want you to know that there are ways to deal with depression, other than medication, that have been proven highly effective, without the negative side effects.

To wrap up our articles we switch gears to biochemical health. You may not realize this but many health challenges that people deal with can be attributed to an abundance of yeast in our system. Various events or lifestyle choices can lead to an imbalance of yeast in our bodies that can wreak havoc. We want to bring this issue to your attention and give you some suggestions about what you can do about it. We hope this information finds you well...Now go out, have a great day and make it count!

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Team Building for the Family

Many companies and organizations spend a lot of time and resources on teambuilding. The purpose is to bring the individual members closer together, build morale, and create a cohesive team mentality. If you have ever participated in a team building experience you know it can be a lot of fun as well as productive. This month we want to encourage you to take on a similar approach with your family for some family team building.

Hopefully, your family is like the old family shows from years ago where everyone got along and was one big happy family at the end of every episode. However, reality rarely mimics Hollywood, and like most families yours may tend to be filled with people with wide ranging tastes and personalities. Even in the best of circumstances the mere act of spending a lot of time together under one roof can create tension. That is why, like anything

worthwhile, you need to make an effort to make things work smoothly.

I would like to offer three tips to make your family team building a success.

- Get everyone involved and include something for everyone. You may not like playing videogames, but your kids will be more inclined to go along with your ideas if you take an interest in what they like.

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**Make
It
Fun!**

Team Building for the Family

...continued

- Plan ahead, set time aside and let everyone know about it. If you spring something on the members of your family it might not fit in with their agendas and end up causing more stress and tension in the long run.
- Make it fun. You can always look for the deeper lessons of teamwork, sportsmanship, and

resiliency, but they will go further if those lessons are punctuated by lots of laughs along the way.

I hope this is helpful and you put these tips to work for your family. Good luck and make sure to put special emphasis on tip number three, have fun.

Spring Clean Up

It's time for a little spring cleaning.

Now, I'm sure most of you are thinking about cleaning out your closets, garage, or some other room in your house. We will get back to that in a minute. What I'm talking about is cleaning up the clutter in your life. Do you have any unfinished business or are there things that keep you up at night? Do you feel weighed down by the goals you set but haven't acted on? Are there relationships in your life that need attention but you are too afraid to deal with? All this clutter is like an anchor preventing you from experiencing the fullness of life that God offers you.

Let's get back to the housecleaning for a minute. Think about your workspace,

garage, closets, and the trunk of your car. Are any or all of these areas cluttered? If they are they may be a sign of the greater clutter that clogs your mind and stand as roadblocks to accomplishing your dreams.

How can you show up fresh and ready to take on new challenges when there is so much that has been left undone from the day before? The answer is you can't. You might be able to fake it for awhile, but eventually it is going to catch up to you and derail you from reaching your goals.

The choices we make will either give us clarity or add to the confusion of our lives. What gasoline is to a fire, clutter is to confusion.

So spring is upon us, the season of rebirth. Take this opportunity to breathe new life into your dreams and desires. Clean up the physical clutter in your home, office, and car. Clean up the relationships in your life. Get rid of the incongruence in your life that robs you of your joy preventing you from experiencing a full life.

Your life is one of the greatest gifts God has given you, don't waste another day of it!

...are there things that keep you up at night?



Are any or all of these areas cluttered?



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Natural Treatment of Depression

It's amazing how many patients I see who are on antidepressants, and have been for years. It seems obvious that if they have been on them for years that the treatment may not be working. Every year 230 million prescriptions for antidepressants are filled, making them one of the most-prescribed drugs in the United States. Despite all this medication being consumed, the CDC reports that more than 1 in 20 people are depressed. Again, it seems obvious with that frequency that our current methods of treatment aren't working. So what is the research showing? For mild to moderate depression research shows that antidepressants are no better than placebos. Long-term treatment doesn't fare much better, indicating that only around 15% of people on antidepressants go into remission without relapse for long periods. That leaves 85% of people in the tortuous cycle of chronic relapses into depression.

So, what has been shown to be the most effective long term treatment for depression? A study by Duke University suggests that exercise is the best long term treatment. Other studies on exercise as a treatment for depression support this finding and indicate the strong correlation between improved mood and aerobic capacity. This supports the growing body of evidence that the mind-body connection is very real, and that maintaining good physical health can significantly lower your risk of developing depression. I am certainly not suggesting that no one should ever be on an antidepressant, and you

should always see your physician before discontinuing any medication. But, just as headaches don't result from an aspirin deficiency, depression doesn't result from an antidepressant deficiency. In order to successfully treat depression naturally you must be addressing lifestyle.

While research supports maintaining good physical health to reduce your risk of depression, other lifestyle improvements can also decrease your risk. Eating a healthy diet is paramount! You may have heard me say before, 'If you put garbage in, you can expect to get garbage out'. You should be consuming a diet high in vegetables with moderate amounts of whole grains and lean proteins. Avoid heavily processed foods, including refined sugars and grains. Supplementing your diet with a good Omega-3 supplement has also been shown to be effective in the treatment of depression. Maintain healthy Vitamin D levels by getting plenty of sun exposure. Very few people are able to get enough sun exposure to maintain adequate levels of vitamin D, so supplementing with Vitamin D3 is important. Last but not least, managing stress levels is extremely important and, as always, seeking support from a natural healthcare professional is highly recommended.

Yeast Overgrowth Syndrome

Could yeast overgrowth be affecting your digestion and health? If you are experiencing any of the following symptoms, then the answer is yes.

Signs and symptoms of Yeast Overgrowth include but are not limited to the following:

- constipation, diarrhea, irritable bowel syndrome
- abdominal pain
- bloating, gas, and indigestion
- eczema, acne, hives
- toe or finger nail infections
- bladder spasms and infections
- ear infections
- sinus infections
- rectal itching
- itchy ears or nose
- sugar or starch cravings

- white tongue (thrush)
- jock itch
- chronic vaginal yeast infections
- intestinal permeability
- increased body odor
- PMS
- asthma
- depression
- chronic fatigue

Candida albicans is a form of yeast that is present in virtually everyone's intestinal tract. Yeasts live in a symbiotic relationship with healthy intestinal bacteria. These bacteria are considered healthy because they help produce several beneficial vitamins and other compounds essential for digestion and good health. In a healthy intestinal tract these bacteria keep yeast levels in check. However, this healthy

Yeast Overgrowth Syndrome ...continued

balance can be destroyed when these good bacteria die or are suppressed from such factors as:

- A diet high in refined carbohydrates and unhealthy fats
- Inadequate dietary fiber
- Impaired immune function
- High stress levels
- Use of antibiotics, steroids, birth control or other hormonal therapy
- Environmental or food sensitivities

The disruption of this balance allows yeast levels to proliferate and begin to colonize in the intestines as well as other body tissues, thus resulting in the plethora of symptoms listed above. If you find yourself nodding your head as you go through the signs and symptoms of yeast overgrowth, here is what you need to do to address this problem.

Follow a yeast-free diet. Maintain a diet high in whole foods, particularly with plenty of colorful, fiber-rich vegetables, regular moderate amounts of protein, moderate healthy fats, and virtually no simple sugars. Ideally the diet needs to be free of most processed foods especially those containing artificial sweeteners, preservatives, food coloring, and vinegar. A yeast-free diet can be very difficult to follow, but keep in mind it should only last a few months if you are disciplined. I recommend using the books *Extraordinary Power*

to *Heal and Feast Without Yeast* by Bruce Semon, M.D., Ph.D., and Lori Kornblum as a guide.

Replenish essential nutrients. Many people with yeast overgrowth have become deficient in essential nutrients due to the lack of balance in the intestines. You should be supplementing your diet with a good quality multivitamin, Vitamins C, D, and B12 as well as an Omega-3 supplement.

Take a Probiotic. You must replenish good bacteria levels. This will not be accomplished by consuming massive amounts of yogurt. Taking a good probiotic supplement will accomplish this. You should look for a probiotic that contains several strains of bacteria and requires refrigeration.

Yeast overgrowth can be challenging to treat for some people and may require the use of antifungal medication or natural remedies. For that reason I recommend that you seek guidance from a natural healthcare practitioner well versed in the treatment of yeast overgrowth. Though it can be challenging to follow the dietary recommendations, remember it won't last forever (usually a few months) and if you are disciplined, chances are you will be enjoying tastier foods and better health in just a few months. Please contact our office if you have any questions or need any further guidance. Until next time, live well!



Recipe of the Month: Grilled Artichokes



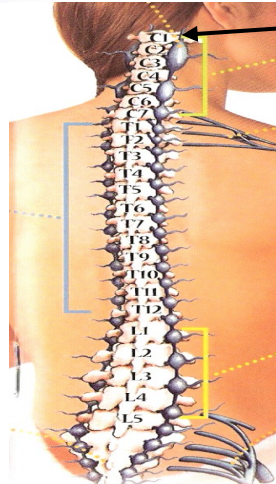
Prep & Ready Time: 50 minutes **Directions:**

Yields: 4 Servings

Ingredients:

- 2 lemons
- 4 large artichokes, (3-3 1/2 pounds total)
- 1 tablespoon extra-virgin olive oil
- 1/4 teaspoon salt
- Freshly ground pepper, to taste

1. To prepare artichokes: Fill a pan with water; add the juice of 1 lemon. Trim leaves from the top of an artichoke. Remove the outer layer(s) of leaves from the stem end and snip all remaining spiky tips from the outer leaves. Trim an inch off the bottom of the stem and use a vegetable peeler to remove the fibrous outer layer. As each artichoke is prepared, drop it into the lemon water to prevent it from turning brown.
2. When all the artichokes are prepared, cover the pan and bring to a boil. Boil until the base of the stem can be pierced with a fork, 12 to 15 minutes. Transfer to a cutting board and let stand until cool enough to handle, about 10 minutes.
3. Meanwhile, preheat grill to medium. Slice the artichokes in half lengthwise. Scoop out the choke and first few inner layers in the center until the bottom is revealed. Brush each half with oil and sprinkle with salt and pepper. Grill the artichokes until tender and lightly charred, about 5 minutes per side. Transfer to a serving platter, squeeze half a lemon over them and garnish with the remaining lemon half cut into 4 wedges. Serve warm, at room temperature or chilled.
4. Enjoy!



C1—A subluxation or interference at this spinal level can affect the blood supply to the head, pituitary gland, scalp, bones of the face, brain, inner and middle ear, sympathetic nervous system, eyes.

Having a nervous system screening using SEMG and thermography will help determine if these nerves are healthy. For additional information go to:

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Inside the May Issue:

- Understanding Arthritis
- Nutritional Management of Arthritis
- Physical Management of Arthritis

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We are expanding our Massage Therapy department with the addition of Audrey!!! We are offering a half hour massage for \$30 or an hour massage for \$55 through the month of April.

About Absolute Wellness and Rehab



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At Absolute Wellness and Rehab we offer a full range of wellness services including full spectrum nervous system and spinal screenings, health consultations, and care planning from acute care through wellness development and maintenance. We supply our patients with continuous education and opportunities to build stronger, healthy bodies and minds. If you haven't had your spine and nervous system checked recently, it could be the best investment you ever make in your future. For more information, please contact us by phone, email or by stopping by our office.

Our Mission Statement:

OUR PURPOSE IS TO PROVIDE HIGH QUALITY, INDIVIDUALIZED CHIROPRACTIC AND REHABILITATIVE CARE. OUR FOCUS IS TO EXCEED OUR PATIENT'S EXPECTATIONS, PROMOTE WELLNESS FOR THE FUTURE, AND MAKE LIFETIME FRIENDS ALONG THE WAY.