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# Elements To A Natural Life



Volume 4, Issue 19

August 2010

## Overweight and Hungry? You may have an Inflamed Brain...

by Dr. Christine Schlenker  
Chiropractor

**DISCLAIMER:**

*The information in this newsletter was written by Dr. Christine Schlenker, chiropractor at Natural Elements along with fellow therapists working within the clinic. The information is meant for educational purposes and is not to replace the advice of your healthcare physician. Before implementing any new treatment or therapy, it is best to consult with your doctor.*

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Inflammation does not always mean the classic symptoms of redness, swelling, heat and pain, but can also reflect in cellular communication. You can be systemically inflamed without any symptoms. Chronic inflammation can lead to diseases like type II Diabetes. How, you ask? A lifestyle that is typically high in calories and fat causes cytokines (inflammatory cellular reaction) to affect the hypothalamus (gland responsible for blood sugar control) causing an inflammatory cascade of communication. This cascade leads to a hypothalamus that is insulin resistant leading to a reduction in satisfaction from eating which leads to overeating and weight gain. Therefore, the brain of an overeater is inflamed.

*How do I know if my brain is inflamed if I have no symptoms?* If you can check 3 of the below risk factors, you can technically diagnose yourself with Metabolic Syndrome, and you put yourself at risk for many diseases in the future. It is time to make some lifestyle changes to reverse the effects of the chronic inflammation.

- Blood Sugar** > 100 mg/dl
- Triglycerides** > 150 mg/dl
- HDL cholesterol** <50 women < 40 men
- Blood Pressure** >130/85 mmHg
- Waist circumference** > 36" women >40" men

*How do I reverse the inflammation and risk of disease?* Start with your diet. Your body can only be as healthy and function optimally off of what you put into it on a daily basis.

- Increase consumption of vegetables, fruits,

and lean meats

- Snacks should come from nuts and seeds
- Grains, legumes/beans, and dairy should be eaten only in modest amounts
- Avoid white sugar, flour, and many oils because 60% of the American diet already is in this category and it is pro-inflammatory
- Can add additional nutrients:

Multivitamin

Magnesium (200-600 mg/ day)

Omega 3 Fish Oil (minimum 2000 mg/day)

Vitamin D3 or 1 hour of sunshine everyday. Vitamin D3 daily dose safely 1000 –2000 IU per day. Blood tests may be necessary if you require more per day. More can be taken but should be monitored by a doctor.

Optional for further blood sugar management: Chromium, Lipoic Acid, and Cinnamon

\*\* There are formulas at the clinic in a combination for you

- Goal for yourself: Lose 5%- 20% of your overall body weight has been shown to reduce or eliminate Metabolic Syndrome entirely.

*Want further assistance to reduce or eliminate your risk for Metabolic Syndrome?* Feel free to set up some time with Kristie or Dr. Christine for further discussion. You can also stop in the clinic for a complimentary BIA (Body Index Analysis), a scientific assessment of your body fat percentage and your cellular function to help create and achieve your goals.

By  
 Maria Werner,  
 CMT, CST

## Benefits of Massage

Touch is a natural human reaction to pain and stress.

It is how we show compassion and support.

Receiving massage has many wonderful benefits some of the many benefits are...

- Increases circulation, allowing the body to pump more oxygen and nutrients into the tissues and vital organs including the skin.
- With increased circulation massage helps to clear out accumulated stress hormones and waste products that can make you feel tired and sore.
- Stimulates the lymph flow, the body's natural defense system, against toxic invaders. For example in cancer patients, massage has been shown to increase the cells that fight cancer.
- Relaxes and softens injured and overused muscles.
- Reduces spasm and cramping
- Increases joint flexibility
- Reduces recovery time as well as helps prepare for strenuous workouts
- Releases endorphins – the body's natural painkillers – and is used in chronic illness, injury and recovery from surgery to control and relieve pain.
- The body's natural pain killers (endorphins) can simply give you a break from pain and create a sense of well-being.
- Reduces post-surgery adhesions and edema and can be used to reduce and realign scar tissue after healing has occurred.
- Relieves discomfort for patients with back pain.
- Relieves pain for people who suffer from migraines and decreases the need for medications.
- Improves the quality of restful sleep, giving the body a chance to repair and restore and increasing energy levels.
- Improves range of motion and decreases the shortening of muscles.
- Assists with shorter labor for expectant mothers, and creates less need for medications, less depression and anxiety, and shorter hospital stays.

Massage does more than just relax your body and mind it gives psychological support by just knowing there is something you can do to take care of yourself when you need to. Massage is not just a luxury like so many people think. While it feels wonderful it also relieves and can heal what ails you.



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## My favorite Essential Oil

### Bergamot *Citrus aurantium var. bergamia*

I must say that it is difficult to pick one favorite essential oil. There are so many that I love and even the ones that don't appeal to me I have a great respect for them and their gifts. The reason I chose bergamot as my favorite is the scent is heavenly. I have not found one person to date that doesn't like the scent. The aroma is described as sweet, citrus, fresh, green and light. The top note is rich, sweet & fruity, followed by an oily-herbaceous and a slight balsamic body and dry-out note. This essential oil is a top note but can also become a fixative if used in large amounts in a blend.

Bergamot is a great go to oil to have on hand. Its therapeutic actions and medicinal uses are virtually endless and too long to list them all. I mostly use bergamot to lift my spirits and to restore my energy by normalizing my nervous system and easing nervous tension and alleviating frustration. After a long hard day at work, the best thing I do for myself all day is apply a blend of 3 drop bergamot and 3 drop rosewood combined with 1 table-spoon carrier oil. I keep this blend made up in an easy to apply roll-on bottle. I simply roll on to the back of my neck and upper shoulders to relieve any tension from the day, taking a few deep breaths and closing my eyes to relax my mind and face. Then I'm ready to cook dinner and have some quality family time.

Bergamot *Citrus aurantium var. bergamia* cautions and contraindications:

According to American College of Healthcare Sciences. (2011). Bergamot Monograph. In *ACHS Aroma 303 and 304 Essential Oil Monographs* (pp 33-40). Portland: American College of Healthcare Sciences.

Bergamot oil has Generally Recognized As Safe status (GRAS) for use in foods in the U.S., which means it is likely safe when consumed orally in amounts commonly found in foods. As with all essential oils, bergamot oil is likely unsafe when ingested in large amounts by children. The toxic rating is I, and a skin patch test is required. The toxic constituents are methoxypsoralen and furocoumarins.

Extreme care should be taken with topical application, because its bergaptene content can cause abnormal skin pigmentation and possible skin cancer when exposed to the sun. This action is intensified if the bergamot is blended with alcohol. For this reason, some authors recommend avoiding its use during pregnancy and when breast-feeding.

All sunscreens containing bergaptene are banned in Europe. Shirley Price recommends avoiding exposure for at least two hours after using a 1% dilution. We recommend avoiding exposure for at least 12 hours regardless of dilution, as ultraviolet light exposure is increasing with the continued depletion of the ozone layer.

Do not use at the same time as photosensitizing drugs, as the bergaptene content can compound photosensitizing effects and increase the risk of side effects.

I believe everyone can enjoy a little sunshine in their lives even when it comes from a bottle.

By

Kristie Hendel,  
aromatherapist



Not an FLT  
Client Yet?

**NEW**  
First Line  
Therapy  
Clients get  
1/2 price  
visits for the  
month of  
May!

## Join in the “How Low Can You Go” Contest!

Any new or current FLT clients make your appointment the first week in May to receive a FREE BIA body fat and lean mass analysis, and then return by June 3rd to get your follow up BIA completed.

*The client who has lost the most Percentage Body Fat while maintaining or gaining Lean Body Mass will **WIN** the contest!*



### Winner Will Receive:

- 1– UltraMeal Plus
- 1– Box UltraMeal Bars
- 1– Dynamic Greens Drink
- 1-Fish Oil
- 1– FootBath/Sauna Combo



### First Line Therapy (FLT)

Is a Mediterranean Diet lifestyle approach to reducing blood sugar levels, high cholesterol, high blood pressure and to take off extra weight safely and effectively while having a coach there along the way to encourage you and keep you motivated .