

August 2008

A Natural Healing Center

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Alert: The US is 38th in the world in life expectancy!

Here are the top five countries: 1. Japan, 2. Iceland, 3. Switzerland, 4. Australia, 5. Spain

Why is the US so low? 1. Native Americans, rural African Americans and inner city poor have extremely poor health, more akin to a poor developing country, rather than a rich, industrialized one. 2. HIV (AIDS virus): there is a higher rate of death and disability to US young and middle-aged than in most advanced countries. 3. High cancer rate from tobacco use. 4. High coronary heart disease rate. 5. High number of homicides. *World Health Organization, 2005.*

Diet: NutraSweet Shown to Cause Cancer. In a 7-year study on aspartame, rats given the equivalent of 4-5 bottles of diet soda a day experienced high rates of lymphoma, leukemia and other cancers. The carcinogenic (cancer causing) effects of aspartame occurred at levels as low as 400 parts per million, or about 20 milligrams a day for humans. The Recommended Daily Allowance is 50 milligrams. *Environmental Health Perspectives, March 2006.*

Wellness/Prevention: Fiber & Bowel Cancer. People who ate 5 or more portions of fruits and vegetables a day plus the equivalent of 5 slices of whole meal bread had a 40% lower rate of developing bowel cancer. *Reuters, May 2003.*

Exercise: Watching TV. Americans spend nearly 10 hours a day watching TV, surfing the Internet, reading and listening to music. 4.5 hours will be spent watching TV, more than 1500 hours per person in a year. *US Census Bureau, 2007.*

Kinesiology Corner – Sharing my patients’ stories.

As I often emphasize, Applied and Clinical Kinesiology are about the circuitry of the body – connections between joints, muscles, ligaments, allergies, organs, emotions – the mind and body. If there is a low back disc herniation, it may be that a muscle or ligament is creating that disc swelling. There may even be an emotional stressor creating muscle tightness that is distorting the sacro-iliac joints of the low back.

Today’s case involves a high school athlete. Generally, she was in great shape. However, during abdominal workouts, she could not perform the required exercises. Upon questioning her, she stated her abdominal muscles had always been weak – no matter how much working out she did. I assessed the kinesiological connections. The dysfunctional abdominal muscles were related to dysfunction of the small intestine. Nutritional supplements were checked to see which one might help the small intestine to function better and therefore activate the abdominal muscles. Upon taking the supplement, her abdominal muscle performance improved dramatically. The circuit was successfully reset. Plus, her digestion of foods will improve.

This Is Important!

Oils are fats. We need them. We have to have them. They are part of every single cell in our body. They are especially important to our nervous system (*our brain), our cardiovascular system and our hormonal system. The problem is that we need the right fats.

The food industry has developed hydrogenated and partially hydrogenated fats. This is typically done by heating oils, and that changes them chemically. The bonds holding the atoms together become “trans” bonds; hence the term “trans fats”. While these fats increase the shelf life of a product, they are not healthy for us to consume. I consider them poisons. And they’re sneaky too! They enter into the chemical reactions that require fats, but the products are substandard.

These are a few of the negatives associated with hydrogenated fats:

Heart Attack	Autoimmune problems
Strokes	Headaches
Cancer	Asthma
Inflammation	Skin problems
Arthritis	PMS
Hot Flashes	Menstrual Cramps

Eliminate fried foods and any foods containing hydrogenated, partially hydrogenated or trans oils/fats!!!

NEXT ISSUE – The Right Fats

The highest compliment our patients can give is the referral of their family and friends.