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A Natural Healing Center
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Hello. I hope this month's newsletter finds you feeling well.

Kinesiology Corner

It seems like it's been migraine month. Migraines can have many causes. It is my job to figure out the particular reason for each individual that suffers from these horrible headaches. I then address the underlying causes. Possible causes include hormonal imbalances, circulation issues, neck dysfunction, cranial/TMJ issues, allergies, vitamin deficiencies, back dysfunctions, organ dysfunctions and stress. Body work, nutrition and remedies are used to eliminate migraines.

Allergies: Many of you know I help allergies through natural means, but here is some interesting information. I have told many patients that there is a relationship between food allergies and respiratory allergies. A brief article in Parade points out ragweed allergies can be made worse by eating certain foods. These include bananas, melons, cucumber, zucchini, sunflower seeds, chamomile tea and echinacea. I believe there are molecular similarities between these foods and ragweed.

Last issue I discussed the importance of fats and some of the problems associated with hydrogenated and partially hydrogenated fats ("trans"). In this issue I would like to discuss types of oils/fats (oils are fats in liquid form) and help you make the healthiest choices.

There are two kinds of natural fats, saturated and unsaturated. Saturated fats are primarily in animal and dairy products. Saturated fats from these sources, particularly red meat, are less useful and more unhealthy than other sources. Some sources of saturated fats are healthy in moderation. These include coconut, butter and avocado.

Unsaturated fats come in two forms, monounsaturated (one open chemical bond) and polyunsaturated (multiple open chemical bonds). These are liquid at room temperature and are healthier. They decrease the risk of heart disease and provide the omega 6's and omega 3's you've heard about. The omega 6's can be very helpful but the typical American diet contains plenty of omega 6's creating an imbalance between the 6's and the 3's... which is why most of us can be helped by supplementing with the omega 3's. Note that the body can not produce these on its own.

Below is a summary borrowed from to your health.

Saturated Fats

- | | | |
|-----------------|--|------------------------------|
| 1. Short chain | Easily metabolized for energy | Butter, Coconut, Palm Kernel |
| 2. Medium chain | Metabolized for energy | Coconut, Palm Kernel |
| 3. Long chain | Associated with heart disease and elevated bad cholesterol | Meats (especially red meats) |

Unsaturated Fats

- | | | |
|---------|---|-----------------------|
| 1. Mono | Lowers heart disease and cardiovascular risk | Olive, canola, peanut |
| 2. Poly | Omega 6's and 3's, lowers heart disease and cardiovascular risk | (see below) |

Omega 6

- | | |
|---|---|
| 1. Linoleic acid (high in food supply) | safflower, sunflower, corn, peanut, canola |
| 2. Gamma-linoleic acid (low in food supply) | borage, blackcurrant seed, evening primrose |
| 3. Arachidonic acid (high in food supply) | eggs, fish, meat |

Omega 3

- | | |
|--|---|
| 1. Alpha-linolenic acid (some conversion to EPA, DHA) | flaxseed, hemp, nuts, green leafy veggies, wheat germ |
| 2. Eicosapentaenoic acid (EPA)
Docosahexaenoic acid (DHA) | fatty fish (ie. Salmon, tuna, mackerel) |

Notes:

- 1) Organic, cold processed oils are best.
- 2) Limit fish because of mercury contamination.
- 3) Because of the way most animals are raised, they accumulate toxins. Hormones are commonly used to bring animals to market faster. Pesticides are used on grains given to animals to feed on. Pesticide residuals build up over time in animal tissue, especially fat. For these reasons, if you want to incorporate some organics in your diet, meats and butter are a good place to start. (Next issue I'll list the fruits and vegetables that typically are exposed to the most pesticides.)

NEXT ISSUE – Cardiac Care – for those of you with hearts!

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