

A Natural Healing Center  
www. [anaturalhealingcenter.com](http://anaturalhealingcenter.com)  
Dr. Steven Kraskow, D.C., P.A.  
5205 E. Kellogg, Wichita, KS 68218, **316-684-0550**  
3425 W. Central, Wichita, KS 67203, **316-946-0990**

### **New Hours for 2009!**

In an effort to make receiving fine natural health care more convenient, Dr. Kraskow has extended his hours on Tuesday and Thursday.

Appointment times:   Monday       8:30 – 3:30  
                                  Tuesday      8:30 – 5:50  
                                  Wednesday  8:30 – 11:30  
                                  Thursday    8:30 – 5:10  
                                  Friday       9:30 – 11:30

### **New Location for 2009!**

Dr. Kraskow now has limited hours at InnerWorks Holistic Health Center. This healing center is located at 3425 W. Central (near West St). It is a wonderful place that offers acupuncture, cranial, zero balancing, counseling, yoga, nutritional guidance, massage and now, KINESIOLOGY. Call for appointment days/times (316)946-0990. Note: Patients seen at InnerWorks will file their own insurance (except BCBS). [www.innerworks.org](http://www.innerworks.org).

### **New for 2009! [www.ANaturalHealingCenter.com](http://www.ANaturalHealingCenter.com)**

Finally, the resurrection of Dr. Kraskow's Web Site. This site will have lots of educational info, product information, health articles and downloadable forms. [www.anaturalhealingcenter.com](http://www.anaturalhealingcenter.com) is up now, albeit in an incomplete form. Expect tremendous growth of this site over the next 12 months.

### **Pesticides in foods** (excerpt from Mercola)

Of the 43 different fruit and vegetable categories tested, these 12 fruits and vegetables had the **highest pesticide load**, making them the most important to buy or grow organic:

- Peaches
- Apples
- Sweet bell peppers
- Celery
- Nectarines
- Strawberries
- Cherries
- Lettuce
- Grapes (imported)
- Pears
- Spinach
- Potatoes

Conventionally-grown strawberries, in particular, were found to be highly toxic due to a poisonous blend of pesticides in a previous 2007 study as well.

But be VERY careful as the list above is for fruits and vegetables. Non-organic meats have far higher concentrations of pesticides than all of the fruits and vegetables. And the highest concentration of pesticides is actually in non-organic butter.

**So if you can only buy one organic food item it should be butter.** Next priority would be meats and once those are addressed, you will want to focus on the fruit and vegetable list above.

# *Asyra* Body Scan

## **Receive a Computerized Bio-Energetic Assessment (CBEA).**

This body scan assesses your body's natural energies, such as meridians and acupoints, to view the body/mind from an energetic perspective. CBEA is cutting edge technology which looks for underlying causes of dysfunction.

Just as lab work using blood or urine can give us certain kinds of information, and x-rays can give us other kinds of information, **CBEA** gives information, in large amounts, allowing tremendous insight into the health of a person. It reveals issues not easily seen with other testing methods.

**“It is widely understood that energetic imbalances are precursors to disease, and treating these imbalances prevents disease.”**

**The CBEA used by Dr. Kraskow provides remedies for the dysfunctions revealed.** The remedies (similar to homeopathics) are like a blueprint which contains instructions for the body. The instructions are registered immediately and begin to activate change. It takes the body several weeks to implement the instructions fully. Once this process is completed, we re-scan in order to create the instructions for the next change that is needed. 3-12 scans are required to reduce most symptoms.

Some of the tests available:

|                   |                        |
|-------------------|------------------------|
| Hormones          | Allergies              |
| Emotional Stress  | Heavy Metals           |
| Neurotransmitters | Microbes               |
| Dental Evaluation | Nutritional Assessment |

Please Note:

- ◆ This assessment and treatment is not meant to replace the work done by Dr. Kraskow. It is rather to enhance assessment and treatment giving even deeper, more thorough results.
- ◆ This is a “non-covered service”. It is not covered by insurance.
- ◆ The charge is \$70, Asyra Remedy included; other supplements and remedies additional.

## ALZHEIMER'S and DEMENTIA

Brain damage occurs long before symptoms are obvious. Possible contributions to the brain being damaged: free radicals, toxins, decreased circulation, inflammation, metal accumulation, high homocysteine levels, a genetic component.

### Reduce risk factors by:

- Follow a heart-healthy diet. See “General Diet Recommendations”.
- Increase High Choline foods: Eggs, liver, fish, legumes, nuts, meats, veggies
- Lose weight if needed.
- Reduce high blood pressure and cholesterol (diet, exercise, supplements, decrease stress)
- Control diabetes (diet, supplements, medication if necessary)
- Quit smoking
- Exercise – Aerobic 30 min., 3 times a week (increases circulation)
- Protect against head injuries (e.g. use a helmet for biking)
- Get help for depression  
Depression raises the risk of stroke and other vascular diseases. Depression also is associated with increased levels of the stress hormone *cortisol*, which, at high levels, is toxic to the brain. Dr. Kraskow uses supplements and specialized techniques to help with mental and emotional concerns.
- Increase your intake of antioxidants – these reduce the effect of free radicals which may play a role in Alzheimer’s.
- Drink only modest amounts of alcohol.  
Alcohol of any kind has been associated with lower rates of heart disease and also may reduce Alzheimer’s risk. Red wine may be especially protective. Studies have shown drinking one glass of red wine per week significantly reduced the risk of developing Alzheimer’s.
- Mental Fitness - Lifelong learning/learning new skills, mental challenges, creative challenges, reading, and social interactions all reduce risk.
- Detoxify. Reduce all chemical exposure – lawn care products, home care products, personal care products.

### Nutrition/Supplements – Dr. Kraskow uses the highest quality supplements.

- Antioxidants counteract free radicals  
OPC Synergy, Vit C, d-alpha-tocopherol
- Circulation Support counteracts narrowing and stiffening of small arteries  
Systemic Enzymes, Vascular Support, Omega 3 Oils (DHAs), ginkgo biloba, vinpocetine, cyruta plus
- Brain food: nutrition used by the nervous system  
Brain Terrain, Total Brain, Omega 3 Oils
- Natural anti-inflammatories  
Total Inflamm
- Reduce homocysteine  
Homocysteine Redux, Folic Acid
- Individual Supplements that may help:  
Phosphatidylserine, Acetyl-L-Carnitine, DMAE, Co Q 10, NADH, Ashwagandha, Astragalus, Asian Ginseng, Choline, Lipoic Acid, NAC, B vitamins

## Get Ready for the Outdoors!

It's the time of the year for outdoor activities.

If you are feeling well, you may only need a tune up. If you're feeling achey, it's time to get fixed up. If you're feeling slow, sluggish, foggy or just generally blah, it may be time for a short detox – a spring cleaning of your body and mind. (Refer to detox at [www.anaturalhealingcenter.com](http://www.anaturalhealingcenter.com).)

*Weekend athletes – stay safe, do a long warm up and take care of your body!*

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**Dietary Approaches to Stop Hypertension (DASH)** is a government initiative to encourage healthier eating. One recommendation is to eat a potassium-rich diet. Most adults should aim for 4,700 mg per day.

### Potassium-rich foods

|                           |        |
|---------------------------|--------|
| Potato, one medium        | 926 mg |
| Sweet Potato, one medium  | 540 mg |
| Banana, one medium        | 420 mg |
| Apricots, 1 cup           | 380 mg |
| Yogurt, 1 cup             | 370 mg |
| Almonds, roasted, 1/3 cup | 310 mg |
| Spinach, cooked, 1/2 cup  | 290 mg |

(adopted from Health Briefs)

Note that a potassium-rich diet also decreases the risk of having a stroke.

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