

# MCMICHAEL CHIROPRACTIC

*Health & Wellness Clinic*



## Investing in Your Health

### Part I - Live Better

#### HOW TO MAKE CHOICES NOW THAT PAY OFF

**L**ower blood sugar, decrease cholesterol and blood pressure, prevent atherosclerosis, reduce the risk of heart attack or stroke, support gastrointestinal health and reduce the risk of developing colon cancer, protect against many cancers, maintain healthy bones, decrease inflammation of arthritis, asthma, and respiratory congestion. Sound like the benefits of a wonderdrug? Actually, they are the potential benefits of eating onions. And the only side effect is onion breath.

Research that has long focused on drugs is finally taking the time to uncover the secret benefits (or harmful effects) of the food we eat. We now know that our diet affects the health of our heart, bones, blood vessels,

pancreas, liver, brain and every other part of our bodies.

Eating well can help you look better and feel better. An apple (or onion) a day really can keep the doctor away. For improving your health and saving money, read on.



**What's the key to improving your health through better eating choices? Nature. It's that simple.**

We have overloaded our bodies with junk from boxes, cans, and bags. Commercial food processors remove most of the nutrients from foods, adding chemicals to make them taste good, look pretty, and last for a year on store shelves. Most of what we eat these days has been so processed it is not really food anymore. So how do we fix that problem?

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YOUR SOURCE FOR NATURAL HEALTH NEWS

## Look Inside

### My Chiropractic Story

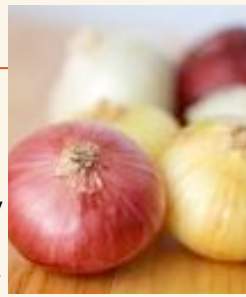


**Dr. Ryan McMichael** shares his personal story  
*See page 2.*

### Superfood

#### Onions

The more they make you cry, the more beneficial they are to your health.  
*Learn more on pg 3.*



### Drug Alert

**Vytorin shows no benefits to heart health but eating more**

**naturally saturated fat does?**  
*Read more on page 2.*

### Did You Hear the News?

**Eating artificial sweeteners are a quick way to put on weight.**

**There's a lot more in your water than you think.**

**Chiropractic Satisfies.**

*Check out the back page.*

## My Chiropractic Story

### Dr. Ryan McMichael

While in our last year at Chiropractic College, Dr. Aaron and I had the opportunity to work with U.S. Veterans at Jefferson Barracks VA Hospital in St. Louis, where we saw patients suffering with chronic pain. These veterans made great improvements while receiving chiropractic care. Knowing that we can positively affect the lives of those who have been in pain for so long is a large part of why I enjoy being a Chiropractic Physician.

I also know from personal experience how effective chiropractic care can be at preventing significant health problems and even routine illness, like a cold or flu. Chiropractic adjusting stimulates the body's immune system and helps us stay



well. I have received chiropractic care since birth and have been fortunate to live a very healthy life, much like my brother Dr. Aaron and our 3 sisters who have also benefited from chiropractic care. Get regular chiropractic care and see what it can do for you.

#### FAST FACT

**An estimated 7.5 million unnecessary medical and surgical procedures are performed each year.**  
-Gary Null, PhD.

## Drug Alert

### Vytorin Proves Expensive and Ineffective for Heart Patients

**Vytorin, a combination of cholesterol drug Zetia and statin drug Zocor, failed to live up to the hype of drug advertisements.**

Research on this expensive drug has shown it to be no better at reducing clogged arteries than generic drugs.

Zetia, which is prescribed to about 1 million people a week, failed to show any medical benefits. **While Zetia lowers cholesterol by 15-20 percent in most patients, no trial has shown that it can reduce heart attacks and strokes,** or that it reduces the growth of the fatty plaques in arteries that are believed to cause heart problems. (*New York Times*)

Merck and Schering-Plough, the sellers of Vytorin, completed the clinical trial in April 2006, but did not report the negative results until 2008.

**It has been estimated that the United States wasted over 5 BILLION dollars on these ineffective drugs.** (*abc news*)

If these drugs were effective at lowering cholesterol levels in patients, why weren't they effective at reducing heart attacks and strokes?

Total cholesterol levels below 180 mg/dl have been recommended for better health. **The all-cause death rate is higher in individuals with cholesterol levels lower than 180 mg/dl.** (*Circulation* 1992 86:3:1026-1029)

The public has been told heart disease is caused by consumption of cholesterol and saturated fat from animal products. **During the period of rapid increase in heart disease (1920-1960), American consumption of animal fats declined but consumption of hydrogenated and industrially processed vegetable fats increased dramatically.** (USDA-HNI)

Though saturated fats and foods high in cholesterol have been targeted as part of

the problem, man-made trans fats and hydrogenated vegetable oils appear to be more dangerous. **Margarine (hydrogenated vegetable oil) eaters have twice the rate of heart disease as butter eaters.** (*Nutrition Week* 3/22/91 21:12)

Coconut oil, which is high in saturated fat, is supposed to cause heart disease. **When coconut oil was fed as 7% of energy to patients recovering from heart attacks, the patients had greater improvement compared to untreated controls, and no difference compared to patents treated with corn or safflower oils.**



**Populations that consume coconut oil have low rates of heart disease. Coconut oil may also be one of the most useful oils to prevent heart disease because of its antiviral and antimicrobial characteristics.** (*JAMA* 1967 202:1119-1123; *Am J Clin Nutr* 1981 34:1552)

Research has actually shown cholesterol functions to protect blood vessels and is necessary for the body to function correctly. Additionally, **natural** saturated fat is an important part of our diet

Next time you cook choose the coconut oil or butter over margarine or other vegetable oils. Ask for more ways to keep your heart healthy. **MC**



# Nutrition Myth: A low-fat diet will make you “feel better...and increase your joy of living.”

**Fact: Low-fat diets are associated with increased rates of depression, psychological problems, fatigue, violence and suicide. (Lancet 3/21/92 v 339)**

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## **Eat foods that haven't been made in a lab.**

Eat real, fresh, whole foods to improve your overall health. Eat whole fruits and vegetables. Eat nuts and seeds for good fat and protein. Eat healthy meat that hasn't been pumped full of hormones, antibiotics, and fatty food scraps.

Lightly cook these nutritious foods to preserve their nutrients.

## **Eat healthy and save money.**

By preparing your own healthy meals, you can save yourself the cost of going out to eat or buying pricier packaged foods. Growing a vegetable garden is a great way to save money

and ensure your food is fresh and all natural.

Stop by the local farmers' market for fresh produce at a good price. Check out [localharvest.org](http://localharvest.org) to find a farmer's market near you.

Drinking water instead of soft drinks, processed fruit juice, sugary energy drinks, or coffee can add up. Ask your Doctor of Chiropractic

for more ideas on how to eat better and save money.

**Eat better and live better.** Making simple changes in your lifestyle could prevent or postpone expensive chronic diseases and related treatment costs in the future. Start making changes now that can prolong your life and make living better. **MC**

<<Fast Fact: Drinking 2 cups of beet juice a day significantly lowers blood pressure according to a 2008 study.>>

## SUPERFOOD: ONIONS

Onions are used in more kitchen recipes than any other ingredient to provide extra flavor. With spring/summer onions reaching their peak, now is a great time to enjoy the health benefits of onions.

The same sulfur-containing compounds that are responsible for onions' pungent smell and their eye-watering effects are responsible for their health benefits. So, the next time you cut onions, you can appreciate that the stronger their smell and the more your eyes tear, the more health benefits you will be gaining with every bite!

The numerous health benefits of onions (as well as shallots and scallions) include:

- 1. Blood sugar-lowering effects.**
- 2. Regular consumption can lower cholesterol and blood pressure, helping prevent atherosclerosis and reduce the risk of heart attack or stroke.**
- 3. Support gastrointestinal health.** Eating onions (as little as two or more times per week) may significantly

**reduce risk of developing colon cancer.** Natural chemicals found in onions have been shown to **reduce the number of colon polyps.**

**4. Protective against many cancers** (oral cavity, pharynx, esophagus, colorectal, laryngeal, breast, ovarian, prostate, and renal cell).

**5. Maintain healthy bones.**

### 5 Spice Onion Soup

2 onions cut in half and sliced thin  
6 cloves garlic, sliced  
salt & pepper to taste

#### Broth:

1 medium onion chopped  
6 cups + 1 TBS chicken or veg broth  
1/2 cup fresh peeled ginger, sliced  
6 whole cloves  
1 cinnamon stick, about 4 in long  
3 star anise  
1/2 tsp dried fennel seeds  
6 whole dried med shiitake mushrooms  
1 TBS soy sauce  
1 TBS molasses

1. Heat 1 TBS broth in medium pot. Sauté chopped onion on medium heat 5 minutes, stir frequently, until translucent. Add all broth, and next 8 ingredients, and stir. Bring to a boil, reduce heat to medium low. Simmer broth ingredients briskly for 20 minutes, uncovered.

**6. Anti-inflammatory effects decrease inflammation of arthritis, asthma, and respiratory congestion.**

Choose organic produce when possible to avoid chemicals and irradiation, which may lead to a significant decrease in its nutritional content. Store onions in a ventilated basket or bowl in a dark place, and away from potatoes to avoid spoilage.

Try the recipe below and enjoy the health benefits of onions.

Find out more at [www.whfoods.com](http://www.whfoods.com)

**MC**



Strain, while still hot, and return liquid to pan. Discard all but mushrooms.  
2. While broth is simmering, slice onions thin. In separate medium skillet, heat 1 TBS of soup broth over medium heat. Sauté sliced onions over medium low heat in broth, stirring often for about 15 minutes, until translucent. Add garlic and sauté for another minute.  
3. Slice shiitake mushrooms saved from broth and return to soup along with sautéed onions and garlic. Season with salt and white pepper to taste.

[www.whfoods.com](http://www.whfoods.com)

## **DID YOU HEAR the NEWS?**



### **Want to Gain Weight? Eat artificial sweetener.**

A Purdue University study found that eating artificial sweeteners in diet drinks or food causes the body to crave more food, and **gain weight.**

### **What's in Your City Water?**

**Probably more than expected. A vast array of pharmaceuticals - including antibiotics, anti-convulsants, mood stabilizers and sex hormones - have been found in the drinking water supplies of at least 41 million Americans, an Associated Press investigation shows. Many drugs taken pass through the body and into our water without being filtered out.**

**A 6 month study of 1555 patients found that patients receiving treatment from a chiropractor had the greatest satisfaction & lowest health care costs compared to patients treated by medical doctors or orthopedic surgeons - N. Engl J Med 1995 (Oct 5); 333 (14): 913-917.**

**Don't forget - YOU  
have the right to  
choose your Dr. for**

McMichael Chiropractic Clinic Hours: Mon/Wed/Fri 8am-6pm ~ Tues 9am-6pm ~ Th/Sat 9am-noon

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