

In this section we intend to put our patient's special events or celebrations, events that ought to be shared and celebrated by all, which of course we will ask if you want your special event included or not.

#### Clinic Events:

Dr. Stehmeier will be out of the office on July 17 and return again on July 26th. Everybody have a great summer vacation!

#### Amazing Health Fact:

Eat an apple everyday! You have a 36% chance of better surviving a stroke.

# The Wellness Journal

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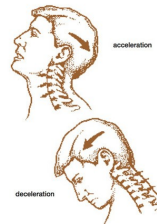
JULY 5, 2010

## New ICBC program for Chiropractic

Many of my patients have experienced motor vehicle accidents at some point in their lives. In fact, most people have experienced a fender bender of some sort or another. In most cases, people walk away from the accident and feel they are no worse for wear. In actuality, this is far from the truth. Research has consistently demonstrated that whiplash associated disorders can occur with accidents where the vehicle is going only 8 mph! So even though you walk away you most likely are still injured in some way. With these subtle whiplash injuries the problem may only present initially as a sore neck or headache for a few days which your body then adapts to leaving you pain free and feeling like nothing happened.

What actually happens in most

cases is the accident will cause a misalignment between the skull and atlas vertebra, or at least compound a pre-existing mis-



#### Have you been in or know someone that has been in an accident?

alignment, this will then offset the skull creating tremendous pressure on the soft tissue structures, which by the way, have been stretched and tensed beyond normal levels creating a

chronic injury if it is not restored back to normal position.

The ICBC program is a pilot program instituted with the BC Chiropractic Association. What it states is: Those who have been in an accident, no matter the severity, can see a participating chiropractor at no cost to them for as long as necessary to restore the person back to pre-accident status as is physically possible. In my opinion, this is a great program because it gives people who have been in an accident to receive the help they need with no out of pocket cost. The Kelowna Wellness Clinic is proud to be a participating clinic in this program, and if you have any questions about the nature of this program call us or ICBC.

### In the News...

#### A gut bacteria offers new hope for people with Celiac Disease

According to [statistics](#) from the University of Chicago Celiac Disease Center, an average of one out of every 133 otherwise healthy people in the United States suffers from the [digestive disease known as celiac disease \(CD\)](#).

Previous studies have found that this number may be as high as [1 in 33 in at-risk populations](#).

Unfortunately, it takes an average

of four years to reach a diagnosis if you're symptomatic, and this delay in proper diagnosis can dramatically increase your risk of developing other diseases, especially autoimmune disorders. For example, if you're diagnosed with celiac disease after the age of 20, your chances of developing an autoimmune condition skyrocket from the average 3.5 percent to 34 percent.

Undiagnosed CD is also associated with a nearly four-fold increased risk of premature death. So, what's the most obvious link between celiac, autoimmune disorders, and premature death?

Chronic inflammation.

**And chronic inflammatory and degenerative conditions are endemic to grain-consuming populations.**

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Probiotics have previously been shown to have anti-inflammatory potential, which this latest study confirms. And this is great news.

By decreasing serum CRP levels, and reducing the bacteria-induced production of pro-inflammatory cytokines, while simultaneously up-regulating the expression of anti-inflammatory cytokines, probiotics can offer significant benefits against celiac disease and other inflammatory diseases.

That said, there's no way around the fact that if you

suffer from any inflammatory condition – be it celiac, autoimmune disorders, or heart disease, just to name a few – you need to first and foremost **avoid grains**. So please understand that probiotics cannot be used as a way to maintain a grain based diet without suffering ill effects. Grains and sugars are highly *pro*-inflammatory, and while probiotics are *anti*-inflammatory, they cannot cancel out the detrimental effects of a diet high in starchy carbs.

Those with celiac disease know the importance of eliminating grains from their diet, as

many cannot tolerate even minute amounts of gluten, a protein most commonly found in wheat, rye and barley. But this message has still to take root in the collective mind when it comes to dealing with autoimmune diseases and other inflammatory conditions. The good news is, the combination of avoiding or eliminating grains, along with increased consumption of probiotic foods (or a high quality supplement) is a powerful combination that could bring new hope and increased health for millions of people suffering from celiac disease and other autoimmune disorders.

*Taken from Mercola .com*

## Nature's Medicine: A vegetarian diet, is it healthy?

Many of my patients are on a vegetarian diet, some strict and others not so much. I have had discussions about being vegan with some of my patients and also the public when I give lectures for businesses or groups. Many believe that this is the most healthy diet that one can follow, which is not true. Others are vegetarian for religious beliefs or choose this diet based on moral convictions. I am not wanting to debate those positions because that is a belief which you are free and entitled to have, the only thing I want to clarify is the notion of being healthy and following a strict vegan diet.

In the human diet we are supposed to eat a balance of protein, carbs, and fats. It in fact is roughly a 1/3 split between these three groups. A vegan diet will usually lack one or many essential nutrients that can be found most easily in meat products such as Folic Acid, iron, Polyunsaturated fatty acids,

cholesterol, and in some cases protein. One can achieve these essential nutrients in a strict vegan diet but it is difficult to eat sufficient amounts with only vegetable based biomass. Most, not all, vegetarians will rely on non fiber carbohydrates such as grains, and milk products.

There are many arguments against eating meat such as the acid producing nature of meat, or the link between eating meat and cancer. While some of this may be accurate, the problem of eating meat is balanced if we were to eat the proper intake of fruits and vegetables. One interesting observation is the Inuit population. The Inuit diet is composed largely of meat and fat, yet cancer rates in that population of those that follow a natural Inuit diet are practically zero. As well, there is no scientific evidence that can conclude eating healthy animal protein is a poor dietary

choice.

In fact it is the contrary, eating organic healthy meat is full of essential fatty acids such as omega 3, Gamma Omega 6, and PUFAs ( which are used for energy and structural components of cells).

To summarize, the science shows eating a vegetarian diet is not the most healthy diet from which to live. One can receive all essential nutrients with a vegetarian diet but can only do so if supplementation is used, and if that supplement is derived from animal based sources such as fish oil for Omega 3. The argument for vegetarianism is mostly based on environmental, moral, or religious reasons, which are accepted and respected. That said, a natural diet is one that includes healthy animal meat sources.



# The Benefits of Massage Therapy: Tips for Soaking up the Sun

Happy Canada Day! Most of us here in the beautiful Okanagan enjoy spending our free time outdoors soaking up the sun. Nothing feels better than the warmth of the sun on our skin. Too much sun can be harmful, so be careful! UV rays can cause sunburn, skin cancer, eye damage and premature skin aging. Skin cancer is the most common of all cancer types. It accounts for an estimated 1/3 of all new cases of cancer in Canada and its incidence rate continues to rise. Tips from Health Canada to practice sun safety:

-Plan to be outside in the early morn-

ing or late afternoon.

-Stay in the shade between 11 a.m. and 4 p.m.

-If you are in the sun between 11 a.m. and 4 p.m., wear long pants, long sleeves and a hat with a wide brim to protect your skin from sunburn.

-Wear sunglasses that provide UVA and UVB protection.

-Use a sunscreen lotion or cream that is SPF 15 or more. **SPF** means Sun Protection Factor.

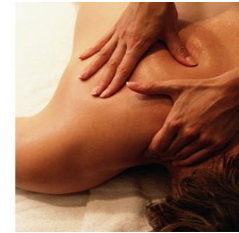
-Use a sunscreen that says "broad-spectrum" on the label. It will screen out most of the **UVA** and **UVB** rays.

-Put sunscreen on your skin 20 min-

utes before you go out and reapply 20 minutes after being out in the sun to ensure even application of the product and better protection.

-Sunscreen washes off so put more on after you go swimming or if you are sweating.

Stephanie Schmaltz, RMT



# From the Desk of Joyce: How to be a house guest

Our beloved Okanagan summer is here and so is company. I believe how to be a good house guest should be covered as part of common etiquette. Unfortunately some house guests have never learned and are short of common sense therefore, they need to be taught.

This is what I think company needs to learn: one of the first things is for the men: please urinate in the toilet not on the floor, if your aim isn't very good please clean it up. If you travel with a pet, they need to be house trained, and please trim their nails so it does not wreck the hardwood floor, thousands of dollars have been spent on hardwood and that is more important than the guest dog. If the guest dog carries a pungent odour they need to be bathed before they arrive, there is nothing worse than shampooing a carpet after a smelly dog.

As far as what house guests need to contribute is a personal choice, I am very grateful for help in the kitchen especially meal planning and cleanup. Stripping a bed before you leave is also a great touch, if

you have had your own bathroom please leave it clean for the next person. If you drink heavily, I do not consider this my problem so bring your own alcohol and if you are on a special diet that is also your problem, I don't cook different meals for everyone. I have seen enough winery tours therefore; guests are sent with a map to our local wineries and a wish for a great day.

I have learned that I will no longer

grocery shop, cook and clean all day while my guest are out sailing on my boat and using up my summer, so if we have been out all day the guests need to spring for a meal. Remember this quote from Ben Franklin "fish and company stink after three days" and do not presume you can stay longer without asking. So to our houseguests, please use some common courtesies and we would love to have you and your pets back.

# Clinic Corner: Some Quick Summer Notes

With the upcoming summer months Dr. Stehmeier will be out of the office from July 17 and will return again on July 26. if you have questions or concerns then the best way to reach Dr. Stehmeier is via email. He can be reached at [drstehmeier@gmail.com](mailto:drstehmeier@gmail.com) As well to remind all our new patients, if there is anyone that you feel will benefit from NUCCA chiropractic

adjustment then they can receive the initial exam and adjustment for only \$100.00 and any immediate family member for only \$50.00 . If there are any questions then please ask Joyce or Dr. Stehmeier, and remember the more referrals you send the more rewards you can receive from our referral reward program!



If you have a picture to submit then please do so as we would love to see what beautiful or interesting things you have seen. A picture says a thousand words, so who knows your picture may influence someone else for the better, so please don't be shy.

I enjoy a good comic. Here is one that actually seems to occur quite a bit in my office, not necessarily due to the hokey-pokey but sometimes it is not far off.

## Picture of the Month



## Eating Clean Recipe: Red Lentil and Carrot Soup with Coconut

### Ingredients:

2 cups red lentils  
1 Tbsp. oil  
2 onions, finely chopped  
4 cloves garlic, minced  
2 tsp. turmeric  
2 tsp. cumin seeds  
1 tsp salt  
½ tsp. cracked black pepper  
1 long red chili pepper or chili powder or hot sauce of choice  
1 can (28oz/796ml) diced tomatoes, including juice  
2 Large carrots, cut in half lengthwise and thinly sliced  
1 Tbsp. freshly squeezed lemon juice  
6 cups vegetable or stock  
1 can (14oz/398ml) coconut milk  
Thin slices of lemon, optional  
finely chopped cilantro, optional

1. Rinse lentils under cold running water. Set aside.
2. In a skillet, heat oil over medium heat, add onion, cook, stirring until soft. Add garlic, turmeric, cumin seeds, salt, pepper, chili pepper and cook, stirring for 1 minute.
3. Add tomatoes and bring to a boil, breaking up with the back of a spoon. Stir in carrots, lentils, lemon juice and broth.
4. Transfer mixture to slow cooker stoneware. Cover and cook on LOW for 8 to 10 hours or on HIGH for 4 to 5 hours, until carrots are tender and mixture is bubbling. Stir in coconut milk and cook on high for 20 to 30 minutes, until heated.
5. When ready to serve, ladle into bowls and top with lemon slices and cilantro, if using.

6. If you don't have chilli peppers, stir in your favourite hot sauce, to taste before serving.

**\*This month's recipe was graciously donated by one of our patients Joanne M.**

I love a good soup and this one is sure to be great as a side or main course this summer.

