



**SPECIAL CLINIC AND PATIENT EVENTS:**

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 June 25th and return again on June 29th

**Quotable Quote:**

“ Adversity does not build character it reveals it.”

# The Wellness Journal

VOLUME 1 ISSUE 4

JUNE 1, 2010

## The Referral Reward Program

One of the greatest compliments that a patient can give me is a referral of a friend or family member to the clinic. It tells me that you trust I can help your loved ones, which I greatly appreciate. In my short time of practice here in Kelowna I have already received many referrals from existing patients. As I reflect on that I feel the need to say thank you. What I have decided to do is to send out a small token of appreciation for anyone that refers in 3 patients or more that start care, starting June 1. For any patient that refers in 10 or more people I will reward them further just to show my appreciation. To all those that already have referred in friends and family members thank you again.

As well, for all our new patients,

anyone that is referred into our office the initial fee of \$295.00 is cut down to \$100.00 and any immediate family member that is



**Have you had your family checked for spinal misalignment?**

a dependent would be only \$50.00, and this includes all the initial exams, x-rays and first correction. Many of my patients have family members that would benefit from the NUCCA spinal

correction so this will allow them to do that.

A study from the American journal of pain management showed “that posture controls every physiologic function of your body from breathing to hormonal control.”

This is why patients I see tell me of how so many other things have improved besides the initial complaint that they came in for, and cannot believe that a little correction behind the ear can do so much.

It is really incredible to see the results that can occur with people which is why I want to make it easy for those that think they may have a problem to get their head on straight.

## In the News...

### A link to High Blood Pressure and Obesity

Obesity rates have paralleled sugar consumption trends in Western civilization. Although the obesity epidemic is relatively recent, obesity is not a new phenomenon.

In 1860, the prevalence of a BMI (body mass index) of 30 or higher (which defines obesity) was 1.6 percent among 50 year-old men. By 1900, it had tripled,

and it has sharply increased over the past century. Like obesity, hypertension was also rare prior to the twentieth century:

In 1900, only 5 percent of the population had a blood pressure of 140/90 or higher. By 1939, 10 percent of adults had blood pressures above 140/90.

Today, 31 percent of adults are

*hypertensive.*

Prior to 1940, there was no such thing as a cardiologist because there was no need for them. That was only 70 years ago! The first reported angina was in 1929. In 1950, there were 500 cardiologists in the United States. Now there are 35,000. What is driving this eruption of cardiovascular disease? Cont.



One key factor: the explosion of sugar in the Western diet.

#### Sugar linked to Uric Acid:

It's been known for ages that meats and purine-rich foods can raise uric acid, but it turns out that one of the most profound ways to raise uric acid is by consuming the simple sugar *fructose*.

The chemical name for regular table sugar is sucrose, which is made up of two simple sugars, fructose and glucose, that are linked together.

Glucose and fructose are different types of simple sugars. After they are separated apart and broken down in your body they are metabolized using completely separate pathways. Glucose is utilized by every cell in your body -- in fact, your body was designed to use it for energy.

But fructose breaks down into a variety of waste products that are bad for your body, one of which is uric acid. As it turns out, uric acid drives up your [blood pressure](#).

How does it do this?

Uric acid inhibits the nitric oxide in your blood vessels, and nitric oxide helps your vessels maintain their elasticity. Nitric oxide suppression leads to increases in blood pressure.

In fact, 17 out of 17 studies demonstrate that elevated uric acid levels lead to hypertension.

Sugar is a killer! The more we eat the more health problems we accumulate. My advice would be to try and wean yourself off sugar. You will be happier and healthier if you do.

## Nature's Medicine: Vitamin D linked to Asthma

Researchers have discovered that African American children with asthma in metropolitan Washington, DC, are significantly more likely to have low levels of vitamin D than healthy children.

This study supports recent research that suggests vitamin D plays a greater role in the body than just keeping bones healthy. Vitamin D deficiency has been recently linked to a variety of non-bone related diseases including depression, autoimmune disorders, and now asthma.

The research team found that [86 percent of the children in the study with asthma had insufficient levels of vitamin D](#), while only 19 percent of non-asthmatics had these low levels.

Only 5 to 37 percent of American infants meet the standard for vitamin D set by the American Academy of Pediatrics.

Although breast milk is the perfect food in every other way, it's often low in vitamin D. Since

humans originated in equatorial areas with year-round sunshine, babies in the distant past wouldn't have needed to get vitamin D from breast milk. Many mothers also are vitamin D-deficient. Based on these facts, [researchers now recommend that most babies should take a daily vitamin D supplement, reports USA Today](#).

#### What is the best source of Vitamin D?

The answer is SUNLIGHT. In order to get the daily requirement of vitamin D from sunlight you would need to have direct summer month sun exposure on your arms and legs for a minimum of 10-15 minutes per day. This is why vitamin D deficiency is so common in non-tropical climates, especially in the winter months. Of course in the industrial nations neither the climate nor the season are accurate determinants of the amount of sun exposure be-

cause most people spend the majority of their time inside or covered up when outside.

So, if you are not getting a minimum of 15 minutes per day of direct summer sunlight on bare arms and legs (without sunscreen) then you need another source of vitamin D. The best dietary source of Vitamin D is cod liver oil. You must use a cod liver oil that is pure and free from any pollutants, so when shopping around for an oil to buy make sure the bottle has the phrase molecularly distilled or pharmaceutical grade written on the label. For information on what is a good supplement, check out the February newsletter on the website.

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



## The Benefits of Massage Therapy

Happy Victoria Day! I hope everyone had safe and exciting long weekend. I enjoyed my weekend by backpacking out to a lake near Silver Star Mountain in Vernon. To my surprise we hiked through a small snow storm that thankfully let up after we set up camp. I'm sure many of you got to enjoy a round of golf or two this weekend. If you're wondering why your back, elbows, knees or shoulders are sore, that round of golf may be the cause. Golfing can be strenuous on the muscles which can lead to injuries. Massage therapy can help alle-

viate pain and reduce the risk of injury as well as improve flexibility of muscles which may help to improve your swing. **Just a reminder that first time clients will receive 50% off their first one hour massage. Existing clients will save \$20 on a one hour massage for each new client they refer.** To book an appointment call The Kelowna Wellness Clinic at 250-448-9097. I will be away from June 16<sup>th</sup> until June 29<sup>th</sup> hiking the West Coast Trail on Vancouver Island.

Stephanie Schmaltz, RMT



## From the Desk of Joyce: Protect our Coastlines, Please

Black gold is in the news again; in 2009 Canada shipped 2,431,000 barrels per day of oil. I hate the thought of increasing the number of oil tankers on BC's pristine coastline but, as the need for oil in foreign markets gets stronger, it will be pulled out of the north with even greater vengeance. However what most people don't know is that under Canadian law all vessels over 350 registered tonnes are required to use the services of a

marine pilot when entering the waters of British Columbia. The marine pilot is then responsible to safely navigate the ship to its port of call. I believe that this is why we have had so few accidents so far.

In my opinion, transporting oil is a ticking time bomb, it is not a question of if there will be an oil spill on BC coastline but when. We have to be more stringent with the ships registered under questionable foreign flags and our Ministry of Envi-

ronment teams must be well prepared and ready. An oil spill would be environmentally devastating to this province. I hope the Canadian Coast Guard Waterway Management takes a good look at what has happened in the USA and protects our marine environments with the highest priority.

## Clinic Corner: Rewarding the Referral

With the upcoming summer months I am wanting to let people know when I will be out of the office.

I will be away from June 25<sup>th</sup> and return on June 29<sup>th</sup> and then I will be away again for a vacation from July 16<sup>th</sup> and return to work on July 26<sup>th</sup>.

If there are any concerns while I am

away then please email or call as I will check my messages regularly.

As well, I am greatly appreciative of the referrals that my patients send me, as that is what keeps the clinic expanding and growing. As a thank you all, all patients who send three referrals to the clinic will receive a gift from us starting June 1 as a token of thank you and friendship.

I hope that everyone is doing well and holding their corrections, don't forget to do the prescribed exercises as this will keep you mobile for the rest of your life. I know it is sometimes difficult to find the time but you will not regret making the effort. If there are any questions or concerns about anything at all please do not hesitate to call.



**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.**

If anybody knows me that well they will know that I really like to golf, as with many people here in the Okanagan. I decided to put in this lovely picture showing the beautiful Bear course at Okanagan Golf club. This is just one of many great courses in the area. I enjoy the challenge of this sport along with the time it gives me to recharge my batteries. In the future I look forward on golfing regularly with my wife and family.

## Picture of the Month



## Eating Clean Recipe: Garlic-Ginger Stir Fry

### Ingredients:

2 Cups Organic Broccoli Tops  
 2 Cups Organic Carrots sliced diagonally  
 1 Onion thinly sliced lengthwise  
 3-in piece of ginger root grated or finely sliced  
 6 cloves garlic, minced finely  
 1 Cup shiitake mushrooms thickly sliced  
 1/2 cup green peppers, sliced lengthwise  
 1/2 cup red peppers sliced lengthwise  
 4 Tbsp sesame or olive oil  
 Tamari sauce to taste

1. Heat oil until hot in a large skillet over medium-high heat.
2. Add onions, ginger, and garlic and stir quickly with a wooden spoon until onions are golden brown.
3. Add broccoli, carrots and tamari.
4. Stir quickly until tender but still firm and brightly coloured
5. In a separate skillet add mushrooms and sauté until brown and tender
6. Add green and red peppers and heat for about 3 minutes.
7. Add mushrooms and peppers to broccoli mixture. Enjoy!

\*This month's recipe was found by Joyce from the website [alive.com](http://alive.com)



Eating clean and healthy means eating appropriate amounts of vegetables. The diet should really consist of 80% fruits and vegetables. When scientists study those that are the most healthy, they find that they are people who eat **only** fruits and veggies, lean meat and nuts and seeds. If you try and eat this way you will not have many health problems that Canadians deal with everyday.