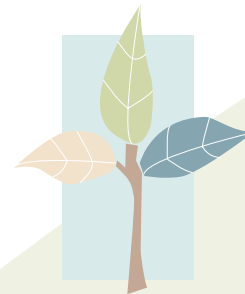


Vital Balance

Gottengborg Chiropractic Clinic Newsletter
October 2010



21-day Purification Program

Instead of feeling rested after a midsummer vacation, my body felt exhausted. I think this had more to do with what I had put into my body over the last several months. I felt challenged to eat differently and reconsider what I was putting into my body. In other words, to give my body a “vacation” from the constant work required to clear toxins out of my system.

Symptoms of toxic build-up might include things like indigestion, bloating, sugar cravings, unstable blood sugar levels, and weight gain. It might mean mood changes, poor thinking, recurring headaches and for others, allergies, food or chemical sensitivities, or recurring infections.

Wanting to get a fresh start, I chose to do the 21-day SP Purification Program. The Purification Program challenges you to eat healthy, exercise, and take whole food supplements. Not easy, but definitely rewarding. This easy-to-follow program emphasizes whole, organic, and unprocessed foods; whole food supplements; and water. Vegetables and fruit are eaten from days 1-10, with select proteins added at day 11.

It has proven to be clinically effective.

Whole food supplements, taken during the program, aid in detoxification and provide nutritional support. Here are some of the HealthBuilding products we may recommend in your case.

SP Cleanse contains 20 different whole foods and botanicals, helping maintain healthy liver detoxification and kidney function, and support a healthy gastrointestinal and lymphatic system.

SP Green Food consists of five organically grown whole food concentrates that support liver detoxification and combat free radical damage.

SP Complete, a whole food nutritious supplement shake, delivers powerful antioxidant protection to support liver detoxification and immune function.

Gastro fiber or Whole Food Fiber provides dietary fiber to maintain regular elimination and a healthy gut. This might be one of the most significant components that sets this apart from other detoxification programs. Soluble fiber is useful in maintaining healthy gut flora, improves digestion/absorption and supports normal bowel regularity and consistency. In addition, it creates the right environment for the re-establishment of healthy gut flora.

Included in the kit is an all-in-one purification guide. It describes the program and offers a FAQ section; tear-off shopping list; program-friendly shake and salad accent recipes and finally; a daily journal.

As I’m writing this article, I’m beginning day 13 and feeling better. I’ve noticed an increase in my energy level, some relief around the waistline, and I’m just “feeling better.”

THIS ISSUE:

• 21-day Purification Program

• Iodine Is A Nutritional Essential

• What To Do Without A Gallbladder

• Why Use Hair Tissue Mineral Testing To Design Nutritional Programs?



Dr. Gottengborg



Iodine Is A Nutritional Essential

- ▶ Are you physically fatigued or mentally sluggish?
- ▶ Are you irritable and restless?
- ▶ Do you experience a metallic taste in your mouth from time to time?
- ▶ Or do you just wish to prevent iodine deficiency?

As Food Fallacies are Promoted, Deficiency on the Increase

Here are some examples of Food Fallacies that while promoted can contribute to a deficiency.

- Iodine was removed from bread and replaced by bromide which inhibits iodine uptake.
- Sea salt & iodized salt intake was further reduced through a campaign against “salt-induced” high blood pressure.
- Egg yolks, another source of iodine, were taken off the plate by a misdirected fear of cholesterol intake and iodine was reduced in dairy processing.

With so much information about the negative effects of iodine deficiency how could we go so wrong? The answer is our thinking is based on a model of drugs and medicines rather than foods. Whole foods sources of iodine are safe and should be part of your healthy lifestyle.

We can provide a simple test you and your family can perform together which indicates your likelihood of having a deficiency. From there we can tell you what you might need to do to reverse the effects of iodine deficiency.

Why Use Hair Mineral Analysis to Design Nutritional Programs?

A window into the cells

Nutritional physiology takes place at the cellular level, not within blood or any other location. What you eat is not as important as what is reaching your body cells.

Tissue mineral analysis is unique in that it inexpensively provides information directly about cellular activity-the main site of nutritional metabolism.

What To Do Without A Gallbladder

I'm going to pick this article up where I left off a year or so ago. The question is what to do without a gallbladder.

First of all, accept the fact that while you may feel better you would still be healthier with a gallbladder than without. Its principle function is to store and release bile while supporting fat digestion.

Without a gallbladder, the liver drips bile into the small intestines constantly and in the company of a fat-laden meal is unable to achieve significant bile production. This holds true for the fat-soluble vitamins, like A, D, E, and F (flaxseed, fish, and other oils).

And remember this disability is long-term or in other words, permanent.

A lack of bile and bile salts can contribute to constipation, diarrhea, dry skin, a light colored stool, foul-smelling gas, or any combination of the above.

Here's a list of three supplements that we commonly recommend.

Cholacol: is for the bile-deficient person. This should be a lifetime support for any person without a gallbladder. It is intended to be taken with each and every meal.

Cholacol II: contains bentonite (an adsorbent) along with the bile salts. The value of this substance is as a binding detoxifier. This is principally used for people with a toxic bowel, diarrhea or who experience 'dumping syndrome.'

Fen-Cho: this product combines the herb fenugreek seed and the bile salts found in Cholacol. The fenugreek has a mild laxative effect and is principally for the person experiencing mild constipation.

UPCOMING ISSUE:

Cholesterol Success Stories <<
David's Detoxification Update <<