

FREE

YOUR GUIDE TO OPTIMAL HEALTH

OPTIMAL WELLNESS

A PROACTIVE APPROACH TO HEALTHCARE

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Wellness is the single biggest factor that determines the quality of your life

Aging: Genetics, of course, can play a role in how well you age; but you would be surprised at how much the right lifestyle choices can determine whether or not you age “well”.

How you look: A good wellness program will improve your skin color and tone, your shape, your muscle tone and make you look better and younger

Your mood: Depression and anxiety are often the result of poor biochemical health. Studies have shown that proper nutrition and exercise can often outperform antidepressant drugs.

Your weight: This is not about going on a diet to lose weight. It is about getting healthy. A body that is healthy weighs what it ought to weigh.

Your energy: Do you get right out of bed in the morning? Or, do you have to hit the snooze alarm? Do you have plenty of energy? Or, are you tired all of the time? A good wellness program will ensure that you have plenty of energy.

Sleep: Do you sleep well? Or, do you wake up in the middle of the night? Balancing your body's chemistry with nutrition can help you to sleep well and wake up refreshed and energized.

Your immune system: How often do you get sick? A good wellness program can ensure that your immune system works optimally

and that you can stay healthy--even during cold and flu season.



WHAT IF THERE WAS A SINGLE ENTITY THAT CREATED A CANCER THAT NEVER EXISTED BEFORE, CREATED A SKIN DISEASE THAT NEVER EXISTED BEFORE AND QUADRUPLED CARDIOVASCULAR DISEASE IN MEN OVER 40?

It actually exists—and it happened within a single generation! It happened to Eskimos living in Northern Canada. Prior to 1940 these people ate the traditional foods of their ancestors—their diet had been the same for centuries. After 1940 military bases began to appear and many began to eat at base cafeterias, abandoning their traditional diet. This sudden increase in disease was caused by the American Diet. Eating the type of diet we take for granted causes disease. Some women developed breast cancer, which was unheard of before 1940. Teenagers began to have acne, another condition which didn't exist before they began eating a more “civilized” diet. Diabetes, heart disease, high blood pressure, obesity and gross obesity all became more common. This result happens pretty consistently when a population abandons its traditional diet and begins eating a Western diet.

Weston Price documented this very well in his book, *Nutrition and Physical Degeneration*.

BEGIN TO UNDO THE DAMAGE AND FEEL BETTER!

Along with the serious health issues mentioned earlier, poor diet can also be responsible for migraine headaches, sinusitis, fatigue, PMS, skin problems, impotence and most chronic health problems. Most people are amazed at the results when they begin to improve their diets and replace the depleted nutrients with quality supplements. If you are in pain, you absolutely need to be on this program.

IMPROVING THE DIET AND SOME SIMPLE SUPPLEMENTATION CAN CHANGE YOUR LIFE

We call it the cave man diet. If it wasn't available 10,000 years ago, it probably isn't good for you. You want to eat fresh, unprocessed food. You want vegetables to dominate your diet. You also need to be mindful of the kinds of fat in your diet; you should avoid hydrogenated and partially hydrogenated oil, and deep-fried food.

You absolutely need to replace the nutrients from a vitamin depleted diet. Your nutritional needs are unique to you, which is why we are offering a Wellness Evaluation (see the end of this report).



Inflammation: the enemy of wellness

Many of the diet and lifestyle choices that we make actually cause inflammation. Most of our chronic diseases are the result of inflammation. Inflammation can also cause problems with mood, weight and the immune system.

What causes inflammation?

Inflammation occurs because of certain chemicals produced by white blood cells in response to injury. Sometimes there is an overreaction to the injury and the inflammation can produce pain that is out of proportion to the injury. Drugs can inhibit inflammation by interfering with the production of inflammatory chemicals, but they also slow down the healing process. You can, however, reduce inflammation naturally--without slowing down the healing process.

You may have heard the names of some of the chemicals involved in inflammation in drug commercials. Three examples of these pro-inflammatory chemicals are prostaglandins, cytokines, interleukins and leukotrienes. Drugs that treat allergies and reduce pain and inflammation work by affecting these chemicals. Similarly, diet and supplements can also affect the amount of these chemicals and the inflammation that they produce.

The chemistry of inflammation

The chemistry of pain has been widely studied. Much of the

research involves measuring the amount of the chemicals that are involved with inflammation. Scientists can tell if food can produce inflammation or reduce inflammation by measuring the chemicals produced during inflammation. For example, mice have been studied at the University of Buffalo. The mice were genetically bred to age rapidly, have immune system abnormalities and a tendency to develop autoimmune diseases. When fed a diet containing omega-3 fatty acids and vitamin E, the mice produced lower levels of inflammation-producing cytokines when compared to mice who were not given omega-3 fatty acids and vitamin E.

Other research has shown that sugar, refined food and processed food can all increase chemicals that produce inflammation. Insulin insensitivity can produce inflammation. Insulin insensitivity is the result of eating too many refined carbohydrates (refined sugar and starch products, like sweets, pasta and white bread). People with insulin insensitivity tend to be overweight usually carrying excess weight in their belly, thighs and buttocks. Studies have shown that people who are overweight tend to produce more inflammatory chemicals than people who are not overweight.

The point is that the lifestyle you lead and the food you consume can influence the amount of pain you feel. Research appearing in the *Journal of the American Medical Association*

(2004;292:1440-1446) indicates that the Mediterranean diet may protect the blood vessel lining and reduce inflammation. In the study, the chemicals that produce inflammation were actually reduced by the diet.

Most disease is the result of inflammation. Heart disease, Crohn's disease, allergies, and even cancer all are inflammatory conditions. By getting inflammation under control, you not only reduce pain but improve your health in general.

A physiotherapist with Denmark's Olympic Committee recently conducted a study in order to document the anti-inflammatory properties of diet and supplementation. This was tested for the first time in 1996 on a group of rowers from Denmark's National Rowing Team. The study found that a combination of antioxidants and essential fatty acids may be an effective treatment for the inflammation in injuries commonly like 'tennis elbow' and 'golf elbow'.

Antioxidants neutralize free radicals. This limits their destructive impact, which is why athletes must make sure to get adequate amounts of antioxidants to protect themselves against stress injuries. Essential fatty acids are important since they support the body's production of beneficial type 1 and type 3 prostaglandins (chemicals that actually counteract pain and inflammation).

The amount of antioxidants in your food especially important if you want to reduce pain and inflammation. Another aspect of your diet that can reduce pain and inflammation is the type of fats and oils you consume.

According to research done by Dr Richard Sperling of the Brigham and Women's Hospital, fish oil may reduce inflammatory substances produced by white blood cells. If you suffer from an inflammatory disease like rheumatoid arthritis (RA), the type of fat in the diet can alter the immune system's inflammatory response.

The intake of omega-3 polyunsaturated fatty acids (PUFAs—like fish oil) in many industrialized countries is relatively low. Research has shown that increasing the amount of omega-3 fatty acids in the diet can improve a number of health conditions, including atherosclerosis, heart arrhythmias, multiple sclerosis, major depression, autoimmune diseases and inflammatory diseases in general. In addition, omega-3 PUFAs have been shown to alleviate pain in patients with rheumatoid arthritis, inflammatory bowel disease and other painful conditions.

Anti-Inflammatory Diet

A large part of the pain and inflammation suffered by an individual is due to biochemistry. It makes sense; pain medication offers relief by affecting biochemistry. It stands to reason

that other ways of affecting the body's biochemistry (like diet and supplements) can also affect pain and inflammation. There are foods that increase inflammation and there are foods that can reduce inflammation. When you understand this, you can make lifestyle changes that may reduce or even eliminate the amount of pain medication you need to take.

With knowledge about the chemistry of inflammation we can design a dietary regimen that will actually reduce pain and inflammation. In our office, we have developed an anti-inflammatory diet. Below is a short re-cap of some of the dietary advice that can help to restore wellness.

Diet is the Key

The supplements help to undo the damage, but diet builds the foundation.

Absolutely avoid refined sugar and grains that are not whole grains: Sugar stresses the endocrine system, creates inflammation and damages digestion. Avoid artificial sweeteners as well. If you must sweeten something, use a little honey or fruit juice. Refined grains are no different than sugar. Eat brown rice, not white rice. Read labels.

Eat fat sensibly: Avoid deep fried food, hydrogenated and partially hydrogenated oil, roasted nuts and vegetable oils that have been extracted using heat or chemicals. Good fats are permitted these

include cold-pressed oils, extra virgin and virgin olive oil, raw nuts and avocados. Have all of these that you wish.

Eat plenty of fresh fruits and vegetables: "Plenty" means that at least 70% of the volume of the food you eat should be fresh produce (mostly vegetables), and most of that should be raw. Potatoes, corn and rice do not count as vegetables.

Drink plenty of water: Drink less tea and coffee, avoid soda and make water your principle drink.

Go on a "caveman" diet: If the food comes in a bottle, box or a can, stay away from it. Stay away from packaged foods, convenience foods, foods loaded with additives, canned foods, frozen foods, and artificial sweeteners. Eat food in its natural state. Obviously some foods that are natural are available in packages, such as oatmeal and whole grain bread. These foods are permitted. The idea is to eat natural foods.

Eat slowly: Chew food until it is liquid. Put your fork down between bites. Eating slowly improves your digestion and increases absorption of nutrients.

What about taking supplements?

You may have noticed that supplements, like antioxidants and omega-3 fatty acids have been mentioned throughout this report. Get professional advice before taking supplements. If you take a substance that you do not need, it will not help.

Supplement need varies from individual to individual. You can call our office and we can help you with an individualized program.

SCHEDULE YOUR FREE WELLNESS EVALUATION NOW:

We'll build a customized personal wellness program to help you:

- ✓ **reduce stress**
- ✓ **get to your ideal weight**
- ✓ **improve your mood**
- ✓ **increase energy**
- ✓ **decrease the effects of aging**
- ✓ **balance your biochemistry**

WHAT'S YOUR WELLNESS SCORE?

TAKE OUR FREE HEALTH RISK
ASSESSMENT TO FIND OUT NOW

YOUR HEALTH IS TOO IMPORTANT
TO LEAVE TO CHANCE!

CALL NOW TO TAKE OUR FREE HEALTH RISK
ASSESSMENT AND FIND OUT YOUR
WELLNESS SCORE.

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