

**Dizziness – It may not be coming from your ears**

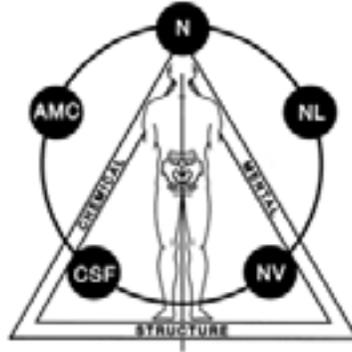
Many cases of dizziness have nothing to do with the ears. Some patients have gone to multiple ENT doctors and have taken numerous medications for their dizziness, all to no avail.

For many, the cause is in the neck. An experiment was done by a neurosurgeon in which he injected saline solution deep into the neck muscle resulting in immediate and severe dizziness (vertigo).

If you push in deep into the muscles of your neck and find that they are very tender, by over contraction of these muscles you can cause dizziness, or at least transient dizziness.

The solution is not as simple as just applying heat or massaging the muscles. These are only short term and temporary "fixes".

In the long run, you have to find out why the muscles are over contracted. This is usually due to a weakness somewhere else in the body. Once you find the cause, the treatment is to correct the reason the muscle is weak, strengthen the weak muscle and then reduce the tension in the over working muscle.



## Lung Function and Hypoxia

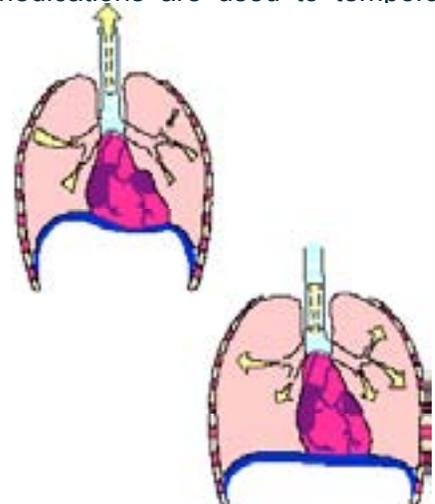
Cardiovascular disease is considered one of the most important areas where a person can help himself/herself prevent problems. There is an expression, "the breath of life". Our lungs are just as important as our cardiovascular system. Our lungs can be attacked by many different diseases and conditions that will interfere with the ability to get oxygen from the air and remove carbon dioxide from the body.

Hypoxia is a common condition where there is too little oxygen in too much carbon dioxide in the body. This leads to a decreased energy in the body, as well as generalized muscle aches and soreness.

The major disease that people think of as it relates to lungs is pneumonia. This condition obviously can cause death and has been referred to as the friend of the elderly. But the most common lung problem today is called, Chronic Obstructive Pulmonary Disease or COPD.

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COPD is a breathing problem that is secondary to three different conditions. These are asthma, chronic bronchitis, and emphysema. These conditions can start any age but worsen as we get older. The National Institute of Health has estimated that between 6 - 10% of the population is affected by COPD. It is a major cause of disability within the aging population. COPD is usually progressive and slowly destroys the lungs ability to function properly. Conventional medications are used to temporarily



reverse the limited breathing capac-

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# Treatment Options to Help You Sleep

Simple rules to follow:

Do not drink caffeine beverages after 3PM.

Restrict fluid intake after 7PM.

Keep the room as dark as possible - restrict all ambient light

Make sure your diet contains adequate levels of protein throughout the day

Do not watch programs that stimulate you such as violent shows for at least 3 hours before going to bed.

Do not engage in stressful activities for 5 hours before going to bed.

Have a cup of herbal tea containing valerian. It has a calming effect on your nervous system.

If the problem persists, try low dosages of melatonin.

## Sleep or lack of it as a cause of illness

Lack of sleep is a major problem-affecting people. The National Institutes of Health has estimated that sleeplessness generates almost \$20 billion a year in annual healthcare expenses and \$50 billion in lost productivity. Inadequate sleep is responsible for over a hundred thousand car accidents a year.

The causes of insomnia include chronic diseases, a variety of medications, alcohol and drug abuse, chronic stress, shift worker schedules, psychiatric or emotional problems and some hereditary conditions.

Insomnia is less common in young healthy people but is more prevalent as we age.

Sleep is divided into different stages. The most important type of sleep is slow wave sleep where deep sleep and REM sleep occurs. It is estimated that the amount of time we spend awake in the middle of the night increases by about 30 minutes every decade starting in middle age. So as we age, we spend less time in the real restful sleep. Poor sleep patterns are also more common in females than in males. For example, low progesterone levels have been associated with chronic insomnia. Additionally, stress, depression and condi-

tions associated with elevated inflammation have been shown to disrupt sleep patterns.

Sleep is vitally important to how you feel and your general health. Over the years, the average amount of sleep that people are getting is slowly decreasing. Early in the last century, the average amount of sleep was approximately nine hours. This has been decreasing to seven hours or less. What you do before you sleep can have a large impact on the quality of your sleep. The more active your mind is before you sleep the longer it will take to fall asleep and will prevent you from falling into a deeper sleep. Television programs that are depressing, such as crime and news, adversely affect your ability to get good nights sleep. Do not try to do activities which require intense mental work before going to bed, this also will decrease your ability to get into deep sleep.

Your bedroom should be as dark as possible. Lights, even a low-level light as produced by clocks, can adversely affect your ability to get into a deep sleep.

There is new evidence that an overactive immune system can

be at the root of many insomnia cases. Sleep studies have been performed that show immune chemicals called "cytokines" play a major role in normal sleep. There is a normal circadian rhythm to these chemicals and when these sleep cytokines are disturbed insomnia results. Cytokines are important because they are immune chemicals that cause inflammation. They are associated not only with sleep disturbances but chronic inflammation in the body that also results in cardiovascular disease and many other problems. One of the major causes of the rise in cytokine levels is obesity. The type of obesity that causes the greatest rise

**Inflammation  
disrupts the normal  
sleep patterns**

In cytokine levels is the so-called, "beer gut" fat which is centered around your abdomen.

As we get older we have a tendency to put on more fat here than any place else in our body.

Studies have shown that obese people are sleepier during the day and sleep more at night. Testing their blood showed a rise in these cytokines that are derived from the fat cells in their abdomen.

There is also a correlation between many

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patients who suffer from sleep apnea - a condition that causes people to stop breathing during the night and suddenly wake up and start breathing again, and abnormal cytokine levels in their body.

Stress also causes sleep disturbances. This is due to the secretion of cortisol - the stress adrenal hormone. Elevations in cortisol cause people to spend less time in REM sleep. Studies have shown that people under high stress, who produce higher levels of cortisol, wake up more frequently at night.

Many of you may be aware of a hormone secreted by the pineal gland called "melatonin". The proper production of melatonin depends upon light and darkness. During the day, tyrosine, an amino acid, is needed to let tryptophan, another amino acid, the precursor to melatonin, enter the pineal gland. In darkness the pineal gland releases the melatonin. Low levels of melatonin make it difficult to fall and stay asleep. Melatonin levels naturally start to decline

in our 50s. Melatonin production depends upon proper intake of amino acids but can also be adversely affected by chemicals such as fluorides.

Here are some simple steps to try to help you sleep better:

First, try to get to sleep at a reasonable time each night. Make sure that the room is as dark as possible.

Try playing some soft soothing music to fall to sleep, making sure you have a timer to shut it off when you're asleep.

If you must watch television before going to bed, watch something that makes you laugh. Avoid the news, especially programs with violence or crime solving.

Avoid foods that are stimulating for at least five hours before going to bed. These would include any food or beverages that contain caffeine.

Avoid smoking.

Don't exercise after 7 PM as this can raise your

metabolism and keep you awake.

Avoid sleeping late in the morning. Take naps during the day.

If you often wake up hungry in the middle of the night, this is usually indicative of low blood sugar levels. Try eating slow digesting proteins such as a couple ounces of cheese or lean turkey before going to bed and see if you don't sleep better through the night.

If you still had difficulty falling asleep, try taking magnesium, a natural relaxant and has a calming effect on the nervous system. You could also try increasing melatonin at low dosages and slowly increase the dosage, if needed. Many times, melatonin will induce dreaming.

There are some herbal teas they can also help you relax. These include chamomile, passiflora and valerian.

Lutein is a yellow phytochemical that works as an antioxidant to reduce damage created by free radicals. It is carotenoid and is related to vitamin A.

Lutein is found in the center of the retina of the eyes. It is generally found in colorful fruits and vegetables. Individuals who have high levels of lutein in their diet as well as other antioxidants have healthier blood vessels.

The plant sources include spinach, kale, carrots, zucchini and other deep green, orange and yellow fruits and vegetables. It is also found in egg yolks and animal fats. The only nut with reasonable levels of lutein is a pistachio nut.

Researchers have found that supplementing with lutein in combination with zinc and other antioxidants will slow down the progression of macular degeneration. Other studies have shown that it increases the visual performance and decreases light sensitivity known as "photophobia".

The most common source of lutein in supplements is from the petals of marigolds. This particular source has been used by chicken farmers to give the fat of the chicken a yellow tone.

## Alzheimer's and Diet

A 2007 study in the journal the Archives of Neurology found that a diet that was high in folate combined with other supplements was associated with the lowest risk of Alzheimer's disease in those over age 65.

The vitamins B12, B6 or folate alone had no effect, but when they were combined together they showed a dramatic decrease in the risk of developing the disease. The researchers speculated that the combination of these nutrients together reduced homocysteine levels and felt that this explained the lower risk of developing the disease.

# Food Allergies and Their Complications

Estimates on the number of Americans who suffer from food allergies runs from 30% to 50% of the population.

When food allergies are severe they cause symptoms such as stomach pains, itching, swelling in the face/lips and skin rashes. However, many people have more minor symptoms which are generally overlooked by the individual themselves. These can include joint or muscle pain, fatigue, brain fog, emotional changes and neurological problems. Unfortunately, many people never relate these symptoms to their food intolerances.

Food allergies or sensitivities can occur for a number of reasons. One reason is a direct reaction to the food itself or the additives that are found within the food. The other is the incomplete digestion of food and the substrates of that incomplete digestion causing the sensitivity symptoms.

When we eat we tend to think of the foods being inside our bodies when in fact they are still outside our bodies. We are a tube within a tube. The food we eat is outside of our body, inside the stomach and intestines. The food we eat is subjected to enzymes and hydrochloric acid that breaks the food down into little small units that then are passed through the lining of the intestinal tract into our bloodstream. Also, in our intestinal tract, outside of our body technically, are billions of friendly bacteria that are called probiotics. These friendly bacteria are destroyed any time you take an antibiotic. Another important factor in our intestinal

tract is that approximate 75% of our functioning immune system is in the walls of the intestinal tract.

There are a number of methods for testing for food sensitivities. These run from low-tech methods to extremely expensive laboratory tests. Skin patch testing is one of the least reliable methods for testing for food allergies. There is a more specific blood test that can be run called a RAST test. There are 2 low-tech methods for testing for food sensitivities that can be utilized. A simple one for the person to do at home utilizes their pulse rate. In this test you take your pulse rate for a minute before you eat and then repeated 10 minutes after you have finished eating. If your pulse rate goes up more than 6 – 8 beats per minute and you have not consumed something that is a stimulant like caffeine, it indicates that you have probably ingested something to which you are sensitive. You can then change your diet and try to isolate which food or beverage is causing this rise in your pulse rate.

Another method that has been used involves challenging the person by tasting a food and testing for weakening of their muscles. This method allows specific testing of foods and beverages as a screening test.

In the 1980s, a book published by Marshall Mandell entitled, 5 Day Allergy Relief Program essentially stated that many food sensitivities remain active for five days. Mandell advocated a rotational diet to help reduce sensitivity to these foods.

When you eat something you are

allergic to you create an antibody called IgE that interacts with cells containing histamine and heparin. This interaction causes a release of large amounts of histamine and other inflammatory chemicals. This is followed by an increase in pro-inflammatory chemicals in your body. This IgE antibody usually disappears from the body in a number of days, and if in fact is the cause of your symptoms, you can easily use a rotational diet to help control the reaction. However, there is another antibody that can be produced as a response to food sensitivity. This is known as IgG and when produced it can cause symptoms over a prolonged period of time. This chemical tends to cause widespread symptoms and conditions such as autoimmune disorders. The blood test the test for both of these components is called ELISA.

So let's summarize these points... food allergies are different than food intolerances because they cause different immune responses. Food allergies cause immediate and sometimes explosive symptoms often within hours of eating or ingesting the offending food or liquid. Food intolerances on the other hand, can cause symptoms that occur slowly over a long period of time and are harder to relate to the ingestion of the food.

Food allergies or food intolerance activates the brain's immune reaction and usually leads to trouble thinking or "brain fog". It can also lead to other reactions including emotional problems. In some individuals, sub-units of wheat, rye, and barley as well as other processed foods have been shown to

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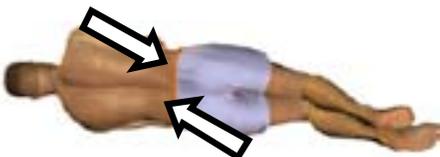
## Proper Sleeping Position

Lay down and be comfortable. Think about how you fall asleep. Some people are curled up in a ball and others sprawled out all over the bed. How do you feel when you get up, refreshed and ready to go or like you have been in a fight?

The easy answer to poor sleep is that your mattress is too hard, too soft or just worn out. Before we blame the mattress, futon or water-bed, let's examine the position you sleep in.

When you lay down, your muscles should be relaxed. This makes sense. However, the position that you lay in can stop many of your muscles from relaxing evenly. This results in constant pulling on your spine while you are recumbent. When you get up, these muscles are sore because they have worked all night.

Let's start with you lying on your side. The first important position is the angle of your legs. The more problems you have with your pelvis and lower back, the more specific the angle of your legs should be. If you rub the muscles on both sides of the lower back, these should be soft. If these muscles are tender or contracted, raise or lower your legs. Find the position where these



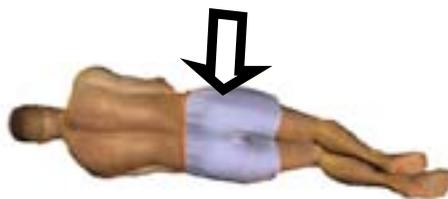
muscles are relaxed. This is especially important if you have any low back problem. Sleeping for hours with these muscles contracted just aggravates the local injury, severely retarding the healing process.

Rub the muscle on the outside of your pelvis. If this area is sore, place a pillow between your legs.



The correct height and separation between your legs will dramatically reduce the tenderness over this muscle.

If you lay on your back when you fall asleep, have someone reach in under your back and rub the mus-



cles beside the spine. If these are tender, place a small pillow under the knees and see if this reduces the tenderness. This is more common in people who are sleeping on

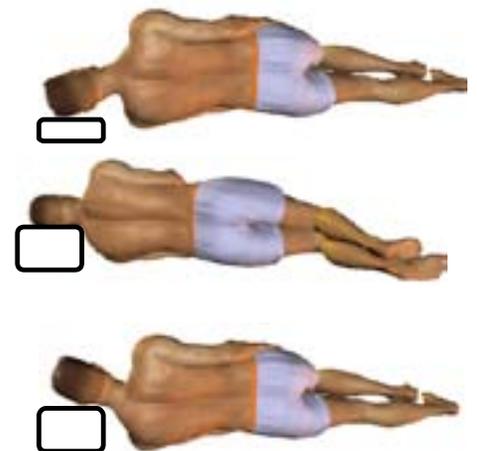
extremely hard mattresses.

If you can't find a correct position on your bed, try another bed. If your mattress is too soft, worn out or too hard, you will find it difficult to find a relaxed position for your spine.

The next thing to check is the height of your pillow. The function of the pillow is to support your neck and head. The height depends on whether you sleep on your back or on your side. On your side, the pillow has to fill the space from the tip of your shoulder to your neck.

Lay on your side with your pillow under your neck. Reach up and rub the muscles on the front and side of your neck. If these are tender, your pillow needs to be altered.

It is just as bad to be too high or too low. If you view the spine from the side, the neck should be sup-



ported in a direct line with the back. The head should not angle down or up. Find a pillow or combination of pillows that supports your neck

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**Common Symptoms  
of a Magnesium  
Deficiency**

- Insomnia
- Anxiety, hyperactivity,  
restlessness
- Constipation
- Muscle spasms, twitches,  
soreness
- Difficulty swallowing
- Back aches
- Headaches
- Chest tightness and  
difficulty breathing
- Heart palpitations
- High blood pressure
- Extreme fatigue
- Osteoporosis

**Magnesium functions**

- Gives appropriate rigidity  
and flexibility to your  
bones
- Increases bioavailability of  
calcium
- Helps normalizes blood  
pressure
- Reduces kidney stone  
formation
- Promotes restful sleep
- Eases muscle cramps and  
spasms
- Lowers cholesterol and  
triglycerides
- Decreases insulin resistance
- Helps reduce strokes and  
atherosclerosis
- Reduces cluster and  
migraine headaches
- Enhances circulation
- Relieves fibromyalgia and  
chronic pain
- Encourages proper  
elimination

# Nutrient: Magnesium

Magnesium is the fourth most abundant mineral in the body and is essential to good health. Approximately 50% of total body magnesium is found in bone. The other half is found predominantly inside cells of body tissues and organs. Only 1% of magnesium is found in blood, but the body works very hard to keep blood levels of magnesium constant. Magnesium is needed for more than 300 biochemical reactions in the body. It helps maintain normal muscle and nerve function, keeps heart rhythm steady, supports a healthy immune system and keeps bones strong. Magnesium also helps regulate blood sugar levels, promotes normal blood pressure and is known to be involved in energy metabolism and protein synthesis.

**What foods provide magnesium?**

Green vegetables such as spinach are good sources of magnesium because the center of the chlorophyll molecule (which gives green vegetables their color) contains magnesium. Some legumes (beans and peas), nuts and seeds, and whole, unrefined grains are also good sources of magnesium. Refined grains are generally low in magnesium. When white flour is refined and processed, the magnesium-rich germ and bran are removed.

<b>FOOD</b>	<b>Milligrams (mg)</b>	<b>%Daily minimum</b>
Halibut, cooked, 3 ounces	90	20
Almonds, dry roasted, 1 ounce	80	20
Cashews, dry roasted, 1 ounce	75	20
Soybeans, mature, cooked, 1/2 cup	75	20
Spinach, frozen, cooked, 1/2 cup	75	20
Nuts, mixed, dry roasted, 1 ounce	65	15
Shredded wheat, 2 rectangular biscuits	55	15
Oatmeal, instant, prepared 1 cup	55	15
Potato, baked w/ skin, 1 medium	50	15
Peanuts, dry roasted, 1 ounce	50	15
Peanut butter, smooth, 2 Tablespoons	50	15
Wheat Bran, crude, 2 Tablespoons	45	10
Black eyed Peas, cooked, 1/2 cup	45	10
Yogurt, plain, skim milk, 8 fluid ounces	45	10
Bran Flakes, 3/4 cup	40	10
Vegetarian Baked Beans, 1/2 cup	40	10
Rice, brown, long-grained, 1/2 cup	40	10
Lentils, mature seeds, cooked, 1/2 cup	35	8
Avocado, California, 1/2 cup pureed	35	8
Kidney Beans, canned, 1/2 cup	35	8
Pinto Beans, cooked, 1/2 cup	35	8
Wheat Germ, crude, 2 Tablespoons	35	8
Chocolate milk, 1 cup	33	8
Banana, raw, 1 medium	30	8
Milk Chocolate candy bar, 1.5 ounce	28	8
Milk, reduced fat (2%) or fat free, 1 cup	27	8
Bread, whole wheat, 1 slice	25	6
Raisins, seedless, 1/4 cup packed	25	6
Whole Milk, 1 cup	24	6
Chocolate Pudding, 4 ounce	24	6

ity, but the condition continues to slowly worsen.

The most common symptom of COPD is a chronic cough or a shortness of breath accompanied by mild to moderate exertion. Approximately half of COPD patients have their symptoms as a result of smoking.

Particles in the smoke combined with other environmental chemicals are inhaled causing irritation of the cells that line the tubes leading to the lungs. These tubes are referred to as bronchioles and the little sacs at the end of them called the alveoli. This chronic irritation leads to inflammation in the lungs. The inflammation causes white blood cells, your immune system, to release free radicals into the tissues and mucus inside the airways. These free radicals damage the lining of the lungs. Another complication is that the white blood cells fill the walls of the bronchioles and alveoli leading to swelling, scarring and obstruction of airflow. Basically, your lungs lose their elasticity or capacity to expand.

Other causes of inflammation include chronic viral infections and food additives. The food additive that causes most problems is called glutamate. MSG, monosodium glutamate, is a common food additive that is added to enhance flavor. It is found in many types of food other than Chinese food.

The cells in your lungs have what are called glutamate receptors. When exposed to high levels of MSG, these receptors can overreact and lead to spasm of the bron-

chioles. Glutamate can also cause an increase in free radicals, similar to smoking, results in inflammation in your lungs. It is a good idea to look for signs of MSG in the foods you buy. It is many times hidden as in hydrolyzed protein. Other food additives that act this way are the artificial sweeteners like aspartame or NutraSweet.

Basically, COPD is caused by chronic inflammation in the lungs and is caused by environmental pollutants, most commonly from smoking, air pollution, cleaning agents, exhaust fumes and other volatile chemicals. The chronic inflammation caused by these obnoxious substances is not limited only to the lungs can be found throughout the body. It affects mitochondrial function. These are the small energy units inside the cells of our body. When these are affected, our total energy decreases causing chronic fatigue.

Recent studies have shown that many infants with breathing problems were related to the health status of their mothers during their pregnancy. It has been shown that if the mother's diet contained selenium, antioxidants, vitamin D 3, zinc and vitamin C, the child had a dramatic decrease in the chance of wheezing attacks and asthma. These nutrients appear to be critical for proper development of the child's immune system.

There are a number of things that can be done to help the patient with COPD. On the biochemical side, consider increasing the consumption of foods that are high in selenium, zinc and omega-3 oils. At the same time, you should eliminate or dramatically reduce your intake of chemicals such as glutamate, artificial sugars and artificial colors in your foods. Harmful

chemicals are also found in plastic bottles, especially the soft plastic bottles and should be avoided.

To aid the lungs to function better, structural work should be done to ensure that your ribs move properly. To ensure the muscles that are used in the function of respiration and are fully functional, practice utilizing these muscles daily. Common problems that are found when checking the patient are failure of the diaphragm to expand and contract appropriately, the large muscle of respiration, to work efficiently and a decreased movement in your rib cage, (incomplete sentence)

A very simple test for this is to put your hands at the lower margin of your ribs and to take a deep breath. See if your ribs move out to the side. You can take a tape measure and place it around your rib cage at the level of the bottom of your breastbone. Let your breath all the way out take a measurement and then take as much care in issue can and take another measure. This measurement is considered your grid expansion. When you're younger this should be between 4 and 5 inches, it decreases slowly with age but should always be even in the elderly above 2 1/2 inches. If you have decreased expansion, you will have decreased breathing capacity and hypoxia.

## Pillows

What the pillow is made from can make a difference. At one time, buckwheat pillows were advocated for patients with allergies. The problem was that some people reacted terribly to the buckwheat.

Another over looked problem is what you wash your sheets and pillow cases in. You can be sensitive to the residual chemicals left in after washing.

What you wash your hair can also make a difference even if you have short hair. Obviously, when you lie on your side with long hair, it will fall close to your nose. However, the chemicals in your hair products also impregnates the pillow case and can cause problems.

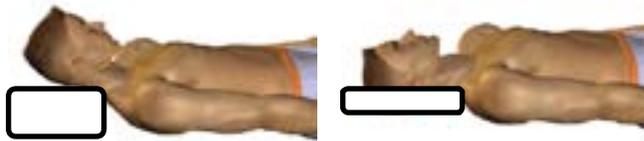
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so that there is little to no tenderness in the neck muscles.

If you lay on your back to sleep, you will need less support than when you are on your side. If you have your pillow height elevated above the optimum, you will have increased contractions in these same neck muscles.

Now you have the optimum position for you to fall asleep in. If you wake in the night in another position, reposition yourself back into the ideal position.

You should practice getting into the correct position by rubbing the associated muscles, ensuring that you have attained your optimum sleep position.



### In July -

- Thyroid
- Water the overlooked nutrient
- Carpal Tunnel
- Eye Health
- Stretching for the legs
- Iodine
- Chocolate and strokes
- Guidelines for choosing nutritional supplement

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lead to neurological problems. Gluten is a common allergen and it interferes with the absorption of nutrients from food. It is commonly associated with balance and coordination problems. The most common foods that result in allergies are soy, cow's milk, eggs, legumes, shellfish, fish, grains containing gluten, and nuts, such as peanuts.

Another cause of food intolerance is called "leaky gut syndrome". In this condition, incompletely digested food particles pass through the lining of the intestinal tract. The common causes of "leaky gut" are chronic food allergies leading to inflammation, anti-inflammatory medications like aspirin, chemotherapy, stomach acid-blocking medications, steroids, excessive alcohol consumption, chronic stress, chronic yeast or other bacterial infections, and nutritional deficiencies.

If you suspect that you have food allergies or food sensitivities, begin keeping a daily log of what you eat and your symptoms. Take your pulse rate before and after you eat and notice if there's any differences. Try a diet of organic foods and remove all artificial chemicals from your diet. You can then go to a doctor trained in applied kinesiology to use muscle testing as a screening test for all the possible foods or beverages that you suspect could be causing your problems. If needed, you could then do the blood tests or begin an elimination diet coupled with nutritional support to normalize digestion, rebuild the lining of the intestinal wall, and increase probiotics to normalize the organisms in your intestinal tract.