



Choices Healthy Views

Doctors Choice

by Dr. Devin A. Mikles MD, MD(H), FACP

Migraine Headache and Food Sensitivity

The exact cause of migraine is still unclear. There is evidence of a profound role of inflammation of the membranes covering the brain (the meninges) in the generation of migraine, and there are also genetic factors. Environmental trigger factors are thought to play an important role as well. Many contributing factors may trigger the occurrence of migraine attacks and food is one of the most well-known.

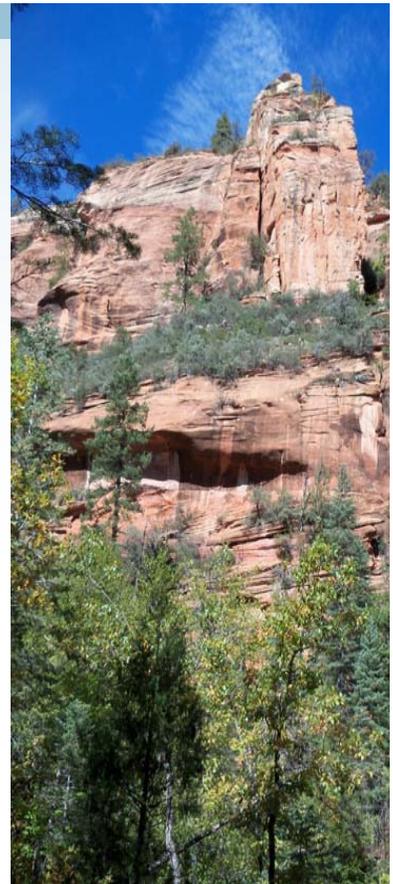
Since the 1930s has been suspected that hidden food allergy was linked to migraine. In the past, several studies showed significant improvement when patients were put on an allergy elimination diet. We know now that IgE-specific (immediate hypersensitivity) food allergy is related to migraine generation, and there has been much success with individualized diet in controlling migraine attacks. A number of studies on migraines in children found that 93% of children improved with a diet that avoided offending foods.

(Continued on page 5)

What's New at Choices



Karen M. Johnson, Family Nurse Practitioner, is now a certified medical examiner and can perform your CDL exam. To schedule your CDL examination please call our office at [\(928\) 203-4844](tel:9282034844) to schedule an appointment with this practitioner.



Inside this issue

- Recent studies on cardio health...2
- Not all CoQ10 is the same.....3
- Nutrition for cardio health.....3
- The benefits of acupuncture.....4
- The spine is divine.....4

Choice Integrative Healthcare of Sedona

95 Soldiers Pass Road
Suite B
Sedona AZ 86336

(928) 203-4844

www.choiceshealthcare.com

Recent studies on cardio health

by Peggi Cross, PhD

The following information is not meant to treat any disease or substitute for medical care. Please see your health care provider, if you think the information contained in these studies may be useful in your treatment. Remember that the best health care plan includes nutrition and mind & body exercises under the advice of your healthcare provider.

Coenzyme Q10 decreases all-cause mortality by half in randomized double blind trial

A multi-center randomized double blind trial following 420 patients with severe heart failure for 2 years showed that 300 mg/day of CoQ10 lowered the risk of a major adverse cardiovascular event (MACE) or death by any cause by half. "CoenzymeQ10 (CoQ10) occurs naturally in the body and is essential to survival. Coenzyme Q10 works as an electron carrier in the mitochondria, to produce energy and is also a powerful antioxidant. It is the only antioxidant that humans synthesize in the body. CoenzymeQ10 levels are decreased in the myocardium of patients with heart failure, with the deficiency becoming more pronounced as heart failure severity worsens. Statins are used to treat many patients with heart failure because they block the synthesis of cholesterol, but these drugs also block the synthesis of CoQ10, which further decreases levels in the body." Publication: European Heart Journal, 2013 Aug; 34(32): 2496-7.

Pantethine, a derivative of Vitamin B5, is a first step to lower LDL Cholesterol

"High serum concentration of low-density lipoprotein cholesterol (LDL-C) is a major risk factor for coronary heart disease." In a randomized controlled study, participants with low to moderate cardiovascular disease risk that were eligible for statin treatment were placed on 600 mg/day pantethine for 8 weeks followed by 900 mg/day for the next 8 weeks. The participants taking pantethine showed an 11% decrease in LDL cholesterol compared to a 3% decrease in persons placed on a placebo. In addition to lower LDL cholesterol, persons taking the pantethine showed significant increase in Coenzyme Q10 levels. Publication: Vascular Health and Risk Management, 2014; 10: 89-100.

Dietary magnesium intake is inversely associated with mortality in adults at high cardiovascular risk

A study controlling the diets of 7216 men and women to 1 of 2 Mediterranean diets (supplemented with nuts or olive oil) or to a control diet (advice on a low-fat diet) was done to evaluate the impact on cardiovascular disease and overall mortality. "After a median follow-up of 4.8 years, 323 total deaths, 81 cardiovascular deaths, 130 cancer deaths, and 277 cardiovascular events occurred. Energy-adjusted baseline magnesium intake was inversely associated with cardiovascular, cancer, and all-cause mortality. Compared with lower consumers, individuals in the highest tertile of magnesium intake had a 34% reduction in mortality risk (HR: 0.66; 95% CI: 0.45, 0.95; P < 0.01)." Higher dietary magnesium was therefore associated with lower mortality risk in individuals at high risk of cardiovascular disease. Publication: The Journal of Nutrition, 2014 Jan; 144(1): 55-60.

Omega-3 Fatty Acids for Cardiovascular Disease

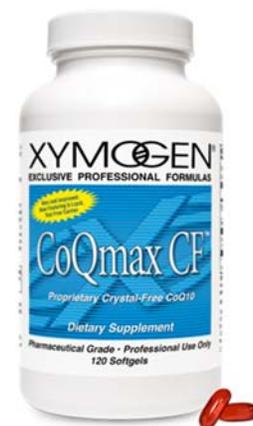
The omega-3 fatty acids (FA) found in fish oils, eicosapentaenoic and docosahexaenoic acids (EPA and DHA, respectively) have been shown to improve cardiovascular disease outcomes in many studies. Patients can achieve cardio-protective levels by either eating fish or taking supplements. "Two omega-3 FA formulations (both in the ethyl ester form) have been approved by the US Food and Drug Administration (FDA) for the treatment of patients with very high triglyceride levels (> 500 mg/dL); one contains both EPA and DHA, whereas the other contains only EPA." "The agents have been extensively tested in 2 patient populations, those with very high triglycerides and those with triglycerides between 200 and 500 mg/dL while on background statin therapy. In general, treatment with EPA+DHA appears to lower patient triglycerides more effectively, but in those patients with very high triglyceride levels, use of EPA+DHA also raised low-density lipoprotein cholesterol levels, whereas EPA alone did not." Publication: Postgraduate Medicine, 125, no. 6, (2013): 100-113.

Natural Medicine Store Favorites

provided by Brian Whitney

Not all CoQ10 is the same

CoQmax CF™ is XYMOGEN®'s proprietary, crystal-free, 50 mg CoQ10 for convenient higher dosing. The formula offers unparalleled absorption and bioavailability. CoQmax CF has been shown in clinical trials to be over eight times more absorbable than powdered CoQ10 and more than twice as bioavailable as other oil-based or so-called "Nano"-dispersed formulas on the market. CoQmax CF's proprietary multi-lipid carrier is a formulation that is unmatched for optimal utilization in the support of cardiovascular and energy-based health needs.*



“CoQ10 reduces the risk of death and major cardiac event by 50%.”

Nutrition Goals by Karen Johnson FNP, BC

Foods for heart health

Cooking up heart health requires no secret ingredients: it means making foods that are lower in saturated fats, total fats, reduced salt, and portion size is of importance. Reading the *Nutritional Facts* label will help you make smarter choices when wanting to know what product should you choose. There is a the “5–20” guide—an easy way to use the Percent Daily Value to compare the nutrients in similar foods. So, for nutrients you want to get less of, look for the Percent daily value of 5 or less, for nutrients you want more of, look for a Percent daily value of 20 or more. The amount of calories you intake in your diet should not exceed the amount you expend thorough body metabolism and physical activities per day. To calculate percent of daily calories, it's important to know protein and carbohydrates have 4 calories, and fat has 9 calories per gram.

The types of foods you eat are important for a healthy heart. Soluble fiber foods found in cereal grains, fruits, vegetables, and legumes are

helpful in lowering cholesterol. Foods that contain CoQ10, Magnesium, and Omega 3 fatty acids are very important in heart protection and function. Magnesium plays a role in the active transport of calcium and potassium ions across cell membranes, a process that is important to normal heart rhythm. Dietary intake of green leafy veggies, legumes, nuts, seeds and whole grains are good sources of magnesium. The Federal Government's *Dietary Guidelines for Americans, 2010* includes a new recommendation that adults eat 8 or more ounces of a variety of seafood (fish or shellfish) per week because it provides a range of nutrients, including omega-3 fatty acids and Coenzyme Q10, which are both essential for energy and transportation of nutrients good for our body. CoQ10 is made naturally in the body, but disease, low dietary intake or higher body use of CoQ10 can result in deficiency leading to possible heart failure, high blood pressure and chest pain. It is recommended to take CoQ10 as a



supplement due to the variation in the amount obtained from foods sources.

So, a healthy heart needs foods rich in Magnesium, CoQ10, Omega 3's and balance of antioxidants. Foods to include in daily dietary intake would include fresh fruits, dark leafy green veggies, veggies, whole grains, legumes, low fat milk, soy milk, yogurt, lean meats, poultry and fish, eggs, nuts, and beans. There are several recipes to help you plan great tasting meals available at nutrition.gov website.

** These statements have not been evaluated by the Food and Drug Administration (FDA). These products are not meant to diagnose, treat or cure any disease or medical condition. Please consult your doctor before starting any exercise or nutritional supplement program or before using these or any product during pregnancy or if you have a serious medical condition.*

Alternative Care Treatments

ARE YOU MISSING OUT ON THE BENEFITS OF ACUPUNCTURE?

Beverly Coleman, MPH, L.Ac

Complementary Health Practices Available at Choices

- Acupuncture
- Botanical Medicine
- Chiropractic
- Cold Laser Therapy
- Homeopathy
- Intravenous Infusions
- Mind/Body Medicine
- Neural Therapy (NT)
- Neuromuscular Therapy
- Nutritional Therapy/ Counseling
- Relaxation, Visualization
- Stress Management
- Traditional Chinese Herbal Medicine
- Ultraviolet Blood Irradiations and Ozone Therapy

Approximately one half of the world's population uses Acupuncture to help them maintain good health. In the U.S. Acupuncture is now the fastest growing of all the complementary [to Western bio-medicine] healthcare options.

If you are 50+, Acupuncture probably was not introduced to you by your parents , as the West did not know much about the *many* benefits of Acupuncture until recently. But, today, many people 50+ have misconceptions and/or down right fears about Acupuncture. But, let me assure you, if it were dangerous, very painful or not effective, it wouldn't be growing so fast and have so many satisfied patients testifying about the benefits of Acupuncture.

To make sure Choices' patients are informed about the benefits of Acupuncture, in Choices' newsletters, I will share with you some of the amazing Acupuncture results I have seen in my 40 years as a health practitioner. Once you experience it, you will ask yourself, "What took me so long to accept the magic-like benefits of Acupuncture?"

During the year I will be discussing the following subjects in Choices' Newsletters.

ACUPUNCTURE (and HERBS) FOR

- **headaches**
- **lowering blood pressure improving circulation (especially in the legs)**
- **stroke prevention and rehabilitation**
- **faster resolution of shingles**
- **sciatica**
- **increasing energy, immunity and longevity**

For more information on any of the above topics or if you would like to make an appointment for Acupuncture, please call Choices at 928.203.4844 or Beverly at 928.204.9233.



The Spine is Divine by Mary DeRose DC

The nerve roots coming off the spinal cord are responsible for sending messages to and from the brain, muscles and other structures and organs throughout the body. These signals allow the brain to interpret our internal and external environments, i.e, hunger, body temperature, blood sugar, blood pressure, pain and tactile sensations to name but a few. If there are blockages or impingements the communications become scrambled making it difficult or impossible for the body to function normally. The spine is delicate and has been described 'like an expensive and temperamental sports car that's beautifully designed and maddeningly unreliable.' Issues causing neck and back pain range from physical injury to degenerative disc and joint disease, commonly called arthritis. In slow spinal decay the symptoms may not occur until the condition

is well advanced, i.e., pain, reduced range of motion, scar tissue, and chronic nervous system irritation. Chronic pain can cause a pain loop that continues even after healing of the effected area. 'The more it fires, the more it's wired'.



(Continued on page 5)

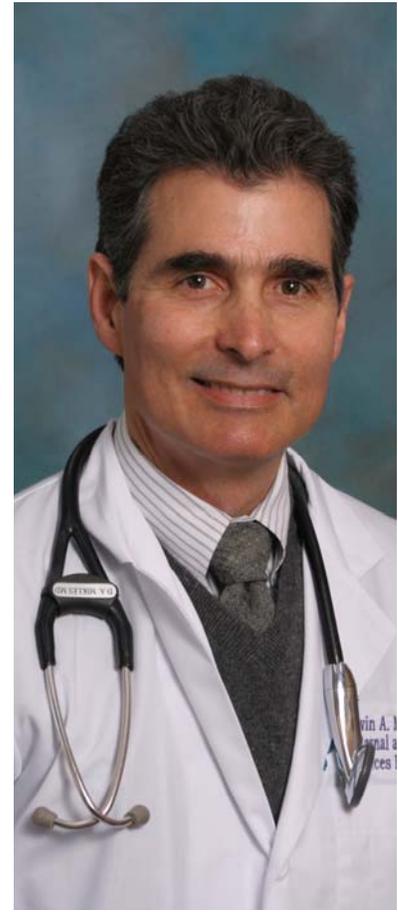


Migraine Headache and Food Sensitivity (continued)

Non-IgE antibody (delayed hypersensitivity) mediated mechanisms, such as those related to IgG antibodies, have also been proposed in food allergy. IgG antibodies against food antigens have been found to be correlated with inflammation in obese individuals. Several studies reported significant improvement in irritable bowel syndrome (IBS) by food elimination based on IgG antibodies against food antigens. Other studies have shown a beneficial effect of a diet guided by IgG antibodies to food in migraine patients. Recently, researchers reported preliminary evidence that IgG-based elimination diets successfully controlled the migraine without need of medication.

Some foods (such as cheese, chocolate or wine) are thought to be one of the well-known reasons triggering of migraine attacks according to consistent reports from the patients. Research has found that over 70% of migraine sufferers exhibited at least one reaction provoked by food. Many found relief from their symptoms on a special diet. Many of the most common food triggers are known to contain high levels of the amino acids tyramine or phenylalanine. It has been reported that diet with low-fat intake could reduce the headache frequency and intensity.

It's clear now that allergy and adverse food reactions related to food sensitivities can trigger various types of headaches, especially migraines. If you suffer from migraine, ask your Choices provider about the *Comprehensive Antibody Assessment* blood test available at Choices, which measures the IgE and IgG antibody levels to over 120 foods and inhalants, and provides a safe and convenient method for determining immediate and/or delayed immune reactions that may be triggering recurring headache symptoms.



The Spine is Divine (continued)

The body treats the restricted motion and soft tissue damage of a malfunctioning joint like a broken bone by depositing calcium on adjacent joint surfaces attempting to splint them together, i.e. bone spurs and fusions. Chiropractic adjustments will support the health of the spine and other joints, removing impingements and allowing the body to heal itself. I have been a chiropractor for nineteen years and have been practicing at Choices Healthcare for over a decade, however my practice is not limited to Choices patients and I welcome new patients and accept most major insurances. I adjust using an Activator, a low force instrument, and have been Advanced Certified with Activator Methods since graduating from Life Chiropractic University in Marietta, GA in 1995. The Activator is ideal for all body types and all ages. It delivers a thrust before the muscle can contract and is more specific than a typical manual adjustment.