



Hilltop WellNews

June/July 2009

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Special Interest Articles and Notes:

- Weight Loss and Detox program and bone density check – FREE June 16, at 6:16 p.m.

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Holy Cow, it's Been a Long Time!

Wow, it has been a long time since the last WellNews newsletter, and, for those of you who don't know, a lot has changed since then.

We have had the roof worked on for the last three weeks; West Broad Street has been under major construction; the clinic bathroom is in the process of receiving a makeover; we moved the billing in-house; and Keren and I will have a new addition to our family on July 21.

Now the first four events are pretty big deals, but not when compared to the fifth event! We decided that we will not find out the sex of the baby until he or she is born. You'll know as soon as we do!

As for the billing changes, we officially took over our own billing service on May 1, and we're still working out some kinks in the process, but things should be back to full swing in about a week.

We're also gearing up for a great health class on June 16, at 6:16 p.m. (easy to remember - 6.16.09 at 6:16 p.m.). We will be privileged to have Mr. Angelo Agon to discuss a Weight Loss, Purification and Detoxification program, as well as perform bone density checks for those interested.

Classes are limited to only 20 people, so call and reserve your spot today!

Why is Everyone Talking about Fish Oil?

Commentary: Dr. Scott

There is so much information and research available on the need for fish oil supplements. I'm sure you've heard of some of the benefits of taking high-quality fish oil.

But perhaps you just woke up from a 20-year slumber and have no idea what high-quality fish oil could do for you. I'd like to discuss seven key benefits of taking fish oil, and give you insight as to why I place trust in the fish oil my family and I take every day.

There are some terms in this article that you may not be familiar with – "omega 3 fatty acids", "EPA", "DHA" – these all refer to important parts of fish oil, essentially the parts of the oil that make it good for you!

So, without further ado, and in no particular order, here are my top seven reasons to take fish oil (it was actually hard to narrow it down to even seven!).

1. Better Brain Function and Higher Intelligence. I know I said these were in no particular order, but I did

put this one in the number 1 spot for a reason - pregnant and nursing mothers can have a great impact on the intelligence and happiness of their babies by supplementing with fish oil. We started giving fish oil to Jack almost as soon as he could chew up the capsules. I am convinced that it is a lack of omega-3 fats that predispose children to developing the brain injury from vaccines that results in autism, pervasive developmental delay, and ADHD. For adults, omega 3 improves memory, recall,

See Fish Oil, page 3

Avoid the bleached white flour and added sugar of other snacks and enjoy this delicious summer treat!



Increasing omega-3 fats, exercising, and eating better are great ways to invest in your future health and make the most of the summer and your life!



Recipe of the Month – Hummus & Crackers

Provided by Keren Gosselin

Hummus

- 2 cans chickpeas/garbanzo beans (drained; reserve liquid)
- ¼ C Tahini (sesame seed paste)
- 2-4 Garlic cloves (minced)
- ¼ C Fresh squeezed lemon juice (about 2 small lemons)
- 1 tsp Sea salt
- ¼ tsp Paprika
- 1-2 tsp Extra virgin olive oil

1. Start food processor and add ingredients in order given
2. Add reserved chickpea liquid to desired consistency (I like mine a little thicker)

Store in refrigerator and use as vegetable or cracker dip, or spread on sandwiches instead of store-bought mayonnaise or dressing.

Variations:

Add roasted vegetables i.e. red bell pepper, asparagus,

eggplant, sundried tomatoes, jalapeño peppers, green onions, cayenne pepper, olives, basil, cilantro, etc...

Homemade Crackers/Chips

- 6 Sprouted grain* tortillas or pita bread
- Olive oil
- Sea salt

1. Adjust oven racks to upper middle and lower middle lower positions; preheat oven to 350°
2. Using scissors, cut tortillas/pitas into 1-1 ½” squares (it’s okay if the pita layers separate)
3. Spread squares onto two large cookie sheets and sprinkle with olive oil and sea salt
4. With hands, rub the oil and salt all over the squares, making sure to evenly coat both sides

5. Place both cookie sheets in oven and bake until lightly browned on edges, turning squares and rotating pans every 5 minutes
6. Let crackers cool completely on wax paper before storing in airtight container

Variations:

1. Add garlic powder or Italian seasoning for flavored crackers
2. Cut tortillas into triangle for a “corn chip” look

*Sprouted grain tortillas/pitas can be found in the freezer section at Whole Foods, at The Clintonville Community Market or other health food markets. They are the healthiest option, but you can use any whole grain product; just be sure to check the ingredient list to avoid any sugar or unhealthy oils.

Bone Density Check and Weight Loss Class

On June 16 at 6:16 p.m., we will have the privilege of having Mr. Angelo Agon come to the clinic and give an exciting and informative class focusing on Weight Loss, Purification, and Detoxification of the liver and blood. It has also been confirmed that he will be bringing a bone density tool to test anyone willing to participate.

As is normal for this type of event, there will be food and light refreshments available for the attendees. Also, special deals will be available to those who attend, and there will be 2 massages raffled off during the class period.

We are incredibly excited and fortunate to have Mr. Agon speak with us. Please join myself and others at this

incredible event and learn some powerful tools to improve your health and take control of your future. I know you will not be disappointed!

Because spots are limited to the first 20 registrants, we kindly ask that this be an adult-only event. Don’t wait to register – it’ll fill up fast!

Fish Oil...

Continued from page 1

reasoning and focus. It's not uncommon to hear comments that patients feel they're getting younger and smarter.

2. Less Pain and

Inflammation. Whether good or bad, pain is a motivator – probably the most potent motivator. Omega 3 fatty acids, particularly EPA, have a very positive effect on the inflammatory response. Through several mechanisms, they regulate the body's inflammation cycle, which prevents and relieves painful conditions like arthritis, prostatitis, cystitis and anything else ending in "itis."

3. Protection from Stroke and Heart Attack. When plaque builds up on arterial walls and then breaks loose, it causes what's known as a thrombosis, which is a fancy way of saying 'clot.' If a clot gets stuck in the brain, it

causes a stroke. When it plugs an artery, it causes a heart attack. Research shows omega 3 fatty acids break up clots before they can cause any damage.

4. Cardiovascular Health.

Omega 3 fatty acids have also been proven to work wonders for your heart and the miles and miles of arteries and veins that make up your cardiovascular system. They help to lower cholesterol, tryglicerides, LDLs and blood pressure, while at the same time increasing good HDL cholesterol. This adds years to your life expectancy.

5. Less Depression and

Psychosis. Making you smarter is not all omega 3 does for your brain. Psychiatry department researchers at the University of Sheffield, along with many other research studies, found that omega 3 fish oil supplements "alleviate" the

symptoms of depression, bipolar, and psychosis¹. There is also new and current research on the benefits for those with dementia and Alzheimer's.

6. Lower Incidence of

Childhood Disorders. This is a little redundant to #1 on the list, but studies show that children (and adults) with ADD and ADHD experience a greatly improved quality of life when taking fish oil supplements. And those with dyslexia, dyspraxia and compulsive disorders have gotten a new lease on life thanks to omega 3 oils.

7. Reduction of Breast, Colon and Prostate Cancer.

And finally, omega 3 fish oil has been shown to help prevent three of the most common forms of cancer – breast, colon and prostate. Science tells us that omega 3s accomplish this in three ways: they stop the alteration from a normal

healthy cell to a cancerous mass; they inhibit unwanted cellular growth; and they cause apoptosis, or cellular death, of cancer cells.

So you can see why knowing these benefits is the second most important thing you can do for your health...can you guess what number one is?

That's right! You have to put your knowledge to work. Eat more cold water oily fish and start taking good quality pure omega 3 fish oil supplements regularly.

If you have questions about the fish oil you are currently taking, or if you're looking for more direction in obtaining excellent quality fish oil, give our office a call – we'll do our best to help you make informed decisions!

Sources:

1. Journal of Affective Disorder Vol. 48(2-3);149-55.

How do I Choose a Quality Fish Oil Supplement?

So, you've read the benefits of fish oil and now you're ready to start reaping the benefits yourself...how do you choose the best one?

There are hundreds to choose from, and many of these choices would be good ones, but sadly, most are poor choices. Take a look at this quick-list of choosing high-quality oil before you buy the cheapest bottle you find.

- The best oil comes from fish that come from cold,

deep, and clean ocean waters. "Cold and deep" is important because these types of waters are the ones that are native to the fish with the highest beneficial omega 3 fatty acid content. "Clean" is important because much of the world's ocean waters are polluted, and, therefore, many once beneficial fish now harbor contaminants like PCB's, mercury, and more.

- Only take oil labeled as

molecularly distilled, or triple filtered. Even the cleanest waters still have toxins; investing in filtered oil ensures removal of any toxins that may have been present.

- Stick with a company that has a proven history and track record of environmentally safe practices and clinical effectiveness. There are many fly-by-night vitamin companies out

there, most having no guarantees of safety or purity. Hilltop Wellness & Chiropractic uses only the best supplement companies with third-party unbiased testing and guaranteed purity and quality standards. Actually, the two companies we use have each been around for 50+ years!

The Natural Life – Snack “Foods”

90% of the money Americans spend on food is spent on processed foods, and 70% of processed foods have genetically modified foods in them.

It will take your body 153 days to fully process the negative effects of the trans-fat in one serving of French fries. Think you're not eating any trans-fat? Look in the ingredients of the last thing you ate today – trans-fat is also called hydrogenated oil or partially hydrogenated oil.

Food – *n. any nourishing substance that is eaten, drunk, or otherwise taken into the body to sustain life, provide energy, promote growth, etc...*

I would like to challenge you to go through your cabinets, pantry, and refrigerator and take an inventory on all the snack “foods” you have on hand. Snacks in most people’s homes consist of chips, crackers, granola bars, candy, Pop Tarts, bagels, flavored yogurt, frozen foods, Jell-O, cookies, fruit snacks, microwave popcorn, and so on. The problem with these foods is that, by definition, they are not really foods – they’re just something to fill your stomach and satisfy your need to munch. In the meantime, you are filling your body with not just excess, empty calories, but also unhealthy oils and refined sugars and grains, which are a detriment to your health, energy levels, and long-term well-being. So let’s look at what “foods” to avoid and how to make everything you put in your mouth count, and not just in calories.

Let’s start with sugar. Sugar is added to everything from pickles, to salsa, to bread, to applesauce, to cereal... the list goes on. When any sugar is consumed, it requires B-complex vitamins,

calcium, and magnesium for digestion. Fruits and vegetables are complex carbohydrates and have enough of these nutrients within them to assist our bodies in the digestion process. However, simple carbohydrates - such as refined sugars - do not, and therefore, rob our nervous system, bones, and teeth of these needed nutrients. This constant drain of calcium and magnesium reserves results in osteoporosis, arthritis, and an overall weakened immune system. If that weren’t bad enough, the body has a very limited ability to store carbohydrates, so to compensate for the carb overload, it releases insulin to store the carbs as fat. With natural sugars and carbohydrates present in foods that are necessary and vital for health and proper nutrition (i.e. vegetables, fruits, whole grains, etc.) it would be wise to consume these foods in their natural, unprocessed state without any added refined sugars. Healthy sweeteners include, honey, pure maple syrup, brown rice syrup, stevia, and agave nectar. The healthiest grains are ones that are sprouted (i.e. Ezekiel Bread products), but other whole grain products are at least better than refined, bleached flours which have been stripped of what little nutrients they once possessed.

Next up: oils. The problem with trans-fat is it leads to clogged arteries, heart disease, and lower good cholesterol which, indirectly, leads to high cholesterol. Thankfully, the danger of trans-fat has been made more public; however, they are still lurking in your diet without you even knowing it. The FDA requires food labels to list trans-fat only if there is more than half a gram per serving. So how do you know if a food contains trans-fat even if the label says “zero”? All vegetable oils (corn, safflower, sunflower, canola, sesame, soybean oil, margarine, and vegetable shortening) are damaged by high heat and turn into trans-fat, so any product with these oils in the ingredients list contains trans-fat. Another problem is that one serving of trans-fat has a half life of 51 days. This means after 102 days of the trans-fat being in the body, there will still be 25% of the original amount remaining, and the body will take about 153 days to rid itself of the trans-fat consumed in one side of fries. And that’s just one serving! Think of all the products you eat regularly that contain these dangerous oils. Your system is being saturated and bombarded and cannot catch up to properly detoxify itself. The oils that are safe and beneficial to eat are extra virgin olive oil, coconut

Snack Foods ...

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oil, properly distilled fish oil, and moderate amounts of flaxseed oil. These oils are not hydrogenated, resulting in a shorter shelf-life and are more expensive for manufacturers to use. It is difficult to find products made with these oils.

“So what’s left to eat?” you may ask. Well, whole, natural food that is made by you is the best answer I can come up with. Baked goods made with whole grain flours and honey; vegetables dipped into hummus made with olive oil; granola made with coconut oil and sweetened with honey; dehydrated fruit (not dried,

sweetened fruit out of a package); fresh, local fruits of the season; “chips” made with Ezekiel Bread tortillas or pitas baked with olive oil and sea salt to dip in homemade salsa, hummus or guacamole; or organic popcorn popped in a pot on your stove with olive oil. By eliminating all processed snacks in the house, and by being prepared with having healthy ingredients on hand, you’ll have no choice but to eat healthfully. And your family will have no choice either, because that’s all there is to eat. There are pre-made foods and snacks out there made with healthy

ingredients, but you have to read all labels. You cannot assume the terms “natural” or “organic” means that all the ingredients are healthy ones. It sounds like a lot of work, but it’s a lot easier than dealing with diabetes, weight issues, heart disease, or other long term health problems you’ll be preventing.

There is so much in life we cannot control. You owe it to yourself and your family to make good decisions in areas you can control. By eating as healthy as you can on a daily basis, your body has a better chance of dealing with the

occasional and unexpected “hazardous” encounters. Eating healthy is not a matter of will power, but one of knowledge. Now that you know, I hope you are willing to make some healthy changes in your family’s snacking habits – your health depends on it.

Naturally Yours, Keren



“I’m Taking Fish Oil...But I Get a Nasty Aftertaste!”

I hear comments like this very frequently, and the issue definitely needs to be addressed – why do some people get a fishy or foul aftertaste when supplementing with fish oil? There are two very easy explanations, and they depend on the symptom.

- A foul or “rotten” aftertaste means the fish oil you are taking is of low quality. It is most likely rancid or from impure sources. As soon as the capsule is dissolved in the stomach, the true flavor of the poor-quality oil is released. The remedy to this problem is simple – invest in a better quality oil.

- A fishy aftertaste means you are taking a better quality fish oil, but you don’t have enough acidity in your stomach to properly break down the oil. This comment is common with those taking antacids and those over age 45-50 because stomach acid production decreases around this age. The remedy for this is to take a supplement called Betaine Hydrochloride, which is an acid similar to the naturally occurring hydrochloric acid manufactured in the stomach. Individuals with this complaint should read my blog article on antacids:

<http://hilltopwellness.blogspot.com/2009/04/new-s-flash-acid-reflux-caused-by-too.html>

There are only very few supplements that I strongly recommend everyone take, and one of those is fish oil. (In case you’re wondering, others are probiotics, B-complex, and a multivitamin.)

If you have these or other concerns about fish oil, I would urge to you schedule an appointment for discussion – I’d love to talk with you about it and find a way to maximize your body’s potential for healing and life.



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Mon: 9-12, 2-6

Tues: 2-6

Wed: 9-12, 2-6

Thurs: Closed

Fri: 9-12, 2-5

Sat: 9-12, 1st & 3rd of the month



We're on the Web!

Visit us at:

www.hilltopwellness.com

What a Deal!

Our featured article focuses on the benefits of a high-quality fish oil supplement.

To allow more people to have access to great fish oil, we are having a sale on the best and highest quality fish oil available to health-conscious individuals.

Tuna Omega Oil – 120 capsules: regularly \$19, NOW \$15 (almost 25% off!)

Now available in a Chewable Tuna Omega Oil (for children and those with difficulty swallowing) – 120 capsules: regularly \$19, NOW \$15 (almost 25% off!)

Newsletter Notes

- **ATTENTION:** We are looking for testimonies from current patients. Please go to the "Testimonials" tab of the web site, and enter to win one of two nutrition packages! Entries may also be in writing.
- **Summer Construction:** During the summer months, parking may be congested; please feel free to use the street-side parking on S. Richardson or on W. Broad Street.
- **Save Resources:** We are dedicated to conserving natural resources... please consider leaving your e-mail with us on your next visit to save paper and stamps for these newsletters.

About Our Organization...

Here at Hilltop Wellness & Chiropractic, we believe that your body was given the amazing power to heal itself, if given the right tools. We do not believe that you were

created with a shortage of aspirin, or a deficiency in Maalox, so you will never hear recommendations of drugs to cover up the real source of the problem.

Rather, as a chiropractor, I promote addressing the heart of the matter so your body can do what it was designed to do – heal naturally, from the inside out.

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