



# KELLING Chiropractic Center

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NEWSLETTER

February, 2017

### Take the Steps Now to Reduce Your Risk of Dementia and Alzheimers for You And Your Family

Within the last 3 months, I have visited with several patients who are or have been caring for their elderly parents and/or family members and in doing so, they have reached a point where they can no longer take care of themselves.

It is very difficult to watch a loved one who's health is failing mentally, physically or both. It takes a great deal of strength and patience to care for that individual. It can be draining physically, mentally, emotionally and spiritually. There is no shame in asking for help or admitting when you are no longer able to do it.

Occasionally, I come across some helpful information that I want to share. Recently, there have been several outstanding studies showing that diet and supplements can slow the effects of Alzheimers and dementia.

The proper supplementation of Omega-3's(DHA and EPA) and B vitamins can significantly alter the symptoms and brain deterioration. Plus, the addition of a "Mediterranean Diet" has shown to be extremely promising in the prevention of these diseases as well.

My Mother lived with me for two years while suffering from dementia. As her symptoms worsened, I found that I was no longer able to care for her. I have always wished I could have done more for her at that time.

It is my recommendation that we all should make these dietary and supplement changes in an effort to improve cognitive function and maintain mental sharpness and clarity.

Making these little changes today could have a big impact on your health for you and your family tomorrow.

*Dr. Kelling*

### Taking Steps to Prevent Your Brain From Shrinking

The uncomfortable truth is that our brains do shrink as we age, but there is a huge difference between normal and unhealthy. For example, in people with Alzheimers disease, the part of the brain known as the hippocampus, crucial for memory, begins shrinking long before any symptoms appear.

Alzheimers disease is the most common form of dementia, followed by vascular dementia. There are clear risk factors, and the more of them you have, the greater your risk of developing Alzheimers. Among the known risk factors are heredity, eating a high-glycemic inflammation-promoting diet (processed and junk foods), stress, chronic sleep issues, using acid-blocking drugs for long periods of time, and *Candida* yeast infections in the brain.

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## **Omega –3's Protect the Brain**

Dutch and American researchers recently investigated the relationship between consuming fish rich in omega-3's and cognitive decline. Their study focused on 915 men and women, who had an average age of 81 years. People in the study were tracked for five years, and none showed significant signs of cognitive decline when the study began.

People with high intakes of fish rich in omega-3s were better in perceptual speed, which involves comparing letters, objects, and patterns. The omega-3's have also been linked to having larger brain sizes. Researchers at the University of South Dakota analyzed blood levels of the omega-3s-EPA and DHA in 1,111 women whose average age was 78 years. The researchers took brain scans to determine the size of the women's brains.

When the researchers followed up eight years later, they found that women with the highest blood levels of both EPA and DHA had the largest brain sizes. In fact, the size of the women's hippocampus, which is involved in memory, was substantially larger compared with women who had low levels of EPA and DHA. Only the combination of EPA and DHA seemed to influence brain size, not either nutrient by itself.

## **B Vitamins May Prevent Brain Shrinkage**

The Oxford University researchers tracked the health of 107 men and women, ages from 61-87, for five years. They used MRI scans to measure brain size, along with blood tests to measure levels of B12 and folic acid as well as homocysteine and methylmalonic acid and indirectly measured activity of those vitamins.

Although all of the subjects had vitamin B12 levels in the normal range, people with lower levels of the vitamin were six times more likely to experience brain shrinkage during the five years of the study. Vitamin B12 levels "may be an early marker of brain atrophy and thus a potentially important modifiable factor for cognitive decline in the elderly", wrote the researchers. Previous studies have found an association between low levels of vitamin B12 and cognitive impairment. Some cases of apparent dementia have been reversed with vitamin B12 supplements or injections.

Two other studies show the benefits of B vitamins in memory and other aspects of cognition. In one, 266 seniors were given a combination of folate and vitamins B6 and B12 or placebos for two years. People taking the vitamins maintained their ability to plan, organize, and prioritize tasks, while these abilities deteriorated among those taking placebos. In addition, they had decreases in blood levels of homocysteine, a marker of stroke risk and B-vitamin deficiency.

## **Better Together: Combining the Omega-3s and B vitamins**

Consider the omega-3's and B vitamins foundational supplements for brain health-taken regularly, they work synergistically to build a solid foundation upon which you can build a healthy structure.

In an article published in the *American Journal of Clinical Nutrition*, researchers described a study in which they asked 168 seniors with MCI to take a combination of folate and vitamins B6 and B12 or placebos for two years. The subjects also underwent brain MRI scans at the beginning and end of the study.

In this case, the researchers analyzed the results in terms of the subjects' blood levels of omega-3's which would have come from either food or supplements. The B vitamins slowed brain atrophy by an amazing 40 percent-*but only in people who had high blood levels of the omega-3's.*

*SOURCE: Natural Grocers-November, 2016*

## How to Talk to People with Alzheimers or Dementia



### Never...

### Instead...

Reason	Divert!
Shame	Distract!
Lecture	Reassure!
Say "Remember?"	Reminisce!
Say, "I told you..."	Repeat and Regroup!
Say, "You can't!"	Find Out What They Can Do!
Command or Demand	Ask and Model!
Condescend	Encourage and Praise!
Force	Reinforce!

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## Smart Ways to Maintain Your Brain

- 1. Healthy Heart=Healthy Brain**  
 Think of your next cardiologist appointment as your neurologist as well.
- 2. Bacteria Could Help Anxiety and Depression**  
 Eat a diet containing fermented foods and supplement with a quality probiotic.
- 3. Exercise**  
 Exercise, gardening, dancing...all promote neurons in part of the brain that control memory.
- 4. Control Glucose Levels**  
 Diabetes has been linked to cognitive problems.
- 5. Learn more "Stuff"**  
 Continually challenge yourself with new, complex tasks: New sport, second language, etc.

## Music and Alzheimers or Dementia

I was raised on country music with artists such as the late and great, Conway Twitty, Merle Haggard and George Jones.

Music was and still is a very important aspect of my life. So, when my husband and I were searching for something to watch on TV one night, we ran across a documentary on Glen Campbell's struggle with Alzheimers titled "Glen Campbell-I'll be Me".

Glen Campbell's family, friends and physicians along with the film crew did an awesome job documenting this fabulous man's daily life in such a way as not to exploit in any manner. What I found most amazing as the disease progressed was the fact that show after show, Glen would get up on stage and pick and sing just as well as he did in his prime. Even though he struggled at times to recall where the bathroom was in his own home, the date or President of the United States, he sang every note in true Glen Campbell fashion.

Music has power to shift moods, bring back memories, manage stress and enhance sleep. The Alzheimers Foundation of America is a great resource for caregivers of Alzheimers or Dementia and are implementing music as part of a patient's care plan.

The AFA recommends music from the patient's early adult years, 18-25, to spark engagement and memory. Unfamiliar music has proven to be therapeutic as well as it does not carry any emotion or memories.

*Tammy Mines*



## The Best 5 Foods to Fight Heart Disease

### Blueberries

Inflammation in your artery walls can increase your risk for a heart attack. Studies suggest that eating just a cup of blueberries a day can help to reduce that inflammation. Fresh or frozen will do the trick.

### Beets

Beets have been shown to unleash helpful compounds called nitrates into your blood, expanding your vessels and improving blood flow. Chop and toss into your salad or add to your favorite juice recipe.

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### **Nuts**

Almonds, walnuts and pecans are all good. Nuts contain heart-healthy fats, protein and fiber. Snack on unsalted raw nuts to improve heart health.

### **Fatty Fish**

Salmon, sardines, herring and canned light tuna are all rich in omega-3 fats. Strive for at least twice a week consumption.

### **Legumes**

Beans and lentils are loaded with soluble fiber. Aim for 5 to 10 grams of fiber a day; a cup of legumes provides two grams. Canned or fresh will do the trick.

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## **Seasonal Affective Disorder-How to Deal with Those Winter Blues**

The Holidays are over, tree is down, presents all unwrapped and decorations are boxed up until next year. Nothing to do now but to anticipate arrival of Spring.

**SAD** is a fairly common condition that occurs as the sunlight dwindles in the autumn, starting in September and October. Often, January and February are the worst months. SAD is considered a mental disorder but there are varying degrees with the milder version being considered the winter blues.

Early signs of SAD include difficulty waking up in the mornings, fatigue and lack of energy. As the condition worsens, some often become depressed, express loss of appetite and experience difficulty focusing at work. Lack of concentration, focus and withdrawing from family and friends are often signs as well. People living in the cloudier, colder north regions are often affected more-so than those in the sunnier southern states. Some studies have suggested that women are affected by a factor of three to one over men.

### **If you are Someone you Know is Suffering from SAD**

**Make your Environment Brighter:** Open the blinds, let the sunlight in whenever possible. Artificial light has been proven effective as well.

**Exercise:** Try to get at least 30-35 minutes of exercise each day. Briskly walking, in bright light is most beneficial in beating those winter blues.

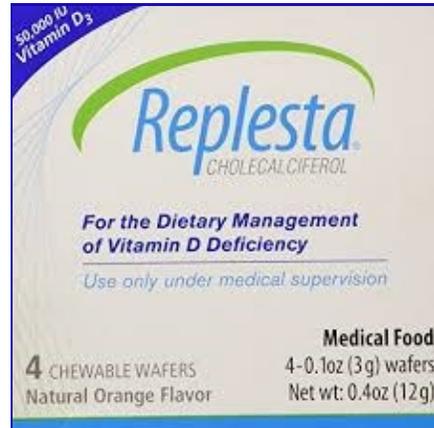
**Plan a Vacation:** If at all possible, head south for a few days. Getting a break and heading to the beach is often just enough to get you through the rest of winter.

**Turn up the Tunes:** Turn on favorite, feel-good music. Listening to cheery music will lift your spirits, often giving you a little energy boost.

**Get Outside:** The idea of layering and bundling up is not an ideal motivator, but just getting outside and taking a walk will improve your mood and boost your energy level.

## Vitamin D Deficiency Symptoms

1. Weight gain
2. Bone softening (low bone density) or fractures
3. Fatigue and generalized weakness
4. Muscle cramps and weakness
5. Joint pain (most noticeable in the back and knees)
6. Blood sugar issues
7. Low immunity
8. Low calcium levels in the blood
9. Mood changes and irritability
10. Depression



If you are experiencing any of these symptoms or suspect your vitamin D levels are low, talk to your doctor about boosting your levels. **Replesta** is a product we offer here in our office and is a medical food in a wafer form containing 50,000 IU vitamin D. Once your levels are stored, discuss a maintenance dose with your health care professional.



### Did you Know???

**Most cereals and yogurts don't have the nutrients eggs do. So next time someone asks you how you like your eggs...say you like them A LOT!!**



### Dr. K's Tea Time

**"A man should never be ashamed to say he has been wrong, which is but saying in other words that he is wiser today than he was yesterday."**

*Alexander Pope*

**"To dare is to lose one's footing momentarily. Not to dare is to lose oneself."**

*Karen Kierke*

**"A misty morning does not signify a cloudy day."**

*Ancient Proverb*

*"For I know the plans I have for you", declares the Lord, "Plans to prosper you and not to harm you, plans to give you hope and a future."*

*Jeremiah 29:11*

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**ALMOND CHOCOLATE CHIP COOKIES**

**MAKES 16 COOKIES**

**PREP TIME: 5 minutes**

**COOK TIME: 15 to 17 minutes**

½ cup organic coconut palm sugar

1 organic egg, beaten

1 teaspoon vanilla extract

⅜ teaspoon sea salt

1 cup organic unsalted almond butter

1 cup dark chocolate chips (70% cacao)

¼ cup cocoa nibs

⅜ teaspoon fleur de sel or another large crystal salt

Preheat the oven to 350°F. Line a baking sheet with parchment paper. Combine sugar, egg, vanilla, and salt in a bowl and mix well. Add the almond butter stirring to combine. Incorporate the chocolate chips and cocoa nibs. Using a 2-tablespoon scoop, evenly space scoops of the mixture on the baking sheet. Press down with a spatula or back of the spoon to slightly flatten. Sprinkle each cookie with a bit of fleur de sel. Bake for 15 to 17 minutes, until the cookies bounce back when touched. Cool on the baking sheet for 5 minutes, then using a spatula transfer to a cooling rack. Allow to cool for another 10 minutes.



***A MASSAGE WILL MAKE A GREAT GIFT FOR***  
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