

SUN Exposure

Antacid meds don't stop the burn, they make the burn

Ever wonder why when you feel that burn in your stomach, the doctor prescribes you an antacid and you just wind up feeling it more and more? That's because they are actually making it worse!

Initially when you feel that burn in your stomach or throat, it's an indication of a **decrease** of stomach acids. We all have tendencies to eat foods that irritate us or dilute our digestive enzymes (by drinking way too much with our meals). Either way, the stomach acid has to be at a certain level in order for the lining of the stomach to produce a very necessary mucus that helps protect and sooth it from the acid. Lowering the acid by any means, inhibits that process. So then you feel a burn. You go to a doctor who apparently forgot his physiology lessons the moment he stepped out of medical school, and prescribes you "antacids" or "proton pump inhibitors." Now

your acidity feeling gets worse and the doc keeps telling you to take more, never actually solving the problem—removal of the irritating foods or cold



drinks.

Medications like Nexium, Prilosec, Prevacid and Aciphex, are responsible for

actually giving stomach acid problems to healthy people. A study, published in *Gastroenterology*, stated they are associated with an increase risk for osteoporosis and bone fractures, diarrhea, potentially deadly cases of pneumonia and so much more.

Take a look at your diet—sugary foods, refined carbohydrates, pasteurized dairy, and fried foods, can all aggravate the system. They can cause you body to react in way that tells you "hey stop feeding me this!" Also ask yourself "Am I drinking too much with my meals? Do I drink very cold fluids

with my meals?" This too can cause literally a shut-down of the digestive ability of your stomach. Sometimes it's even as simple as having a zinc deficiency—which helps produce the stomach acid.

So before you run to a pharmacy or doctor for the burn, think about what your doing. Your best bet (as long as you do not have a bleeding ulcer) is 1 teaspoon of RAW apple cider vinegar during your meal. That will restart your digestive juices, help produce that mucus for the lining, and give you nutrients to help overall digestion.



Is More Better?

By Gary Rose, LMT, CPT

As a trainer, I really like to train people who are motivated. Occasionally though, it is an overzealous desire to progress that can lead a trainee toward overtraining or an overuse injury. There are 2 approaches to take – one for someone new to exercise and another for someone coming back to exercise.

If all you do is work, commute, sleep, and eat – exercise will shock your body, and the reaction will be too much too soon. My suggestion for the newbie is ½ hr, 3 days a week, of compound exercises (multi-joint movements). Do not isolate any one muscle or muscle group as this will be an assault

to the body and you will be rewarded with massive soreness (the kind that can dissuade you from continuing). For those of you returning do not try to do the same level and volume you used to.

So not in those categories? Exercising regularly? Great. Have you thought about any of your joint pain, especially knees and shoulders? Chances are you are not giving you are not giving your body time to recover. You also may be repeating the same movements week after week, causing repetitive motion issues.

A few suggestions regarding rest, 1-if you must train everyday (remember no more than 30 minutes), be sure to have 2 easier days in the mix; 2-learn about



periodization especially if you're goal oriented; and 3-listen to your body. A sore shoulder could be a whisper that you don't want to amplify into a shout - potentially tearing the ligament/tendon.

Regarding repetitive movement, remember change your routines as much as possible. Make sure you have excellent posture and never rush through an exercise. Also try to do the exercises you avoid, because you probably need them! Use your imagination because exercise was never meant to be boring or monotonous.

Recipes for Health

Prosciutto-wrapped chicken with mozzarella

- 6 slices prosciutto di parma
- 2 chicken breast halves
- 1/4 lb mozzarella, cut into 6 slices
- 4 basil leaves
- 1tbsp melted butter
- 1/2 tsp lemon juice
- Pinch of salt

Preheat the oven to 400F. Arrange 2 slices of prosciutto slightly overlapping on a plate. Place a chicken breast in the center of the prosciutto slices, and top with 3 slices of mozzarella. Place 2 basil leaves on

the mozzarella, and sprinkle melted butter. Season well. Wrap the prosciutto around the chicken and filling, then place a 3rd slice of the prosciutto over the top of the package lengthwise and tuck the ends in underneath. Repeat to make the other package. Brush the casserole pan with the butter, place the chicken packages in a casserole pan and put the cover on top. Bake for 10 minutes, remove the cover and cook for another 15 minutes until the chicken is cooked thru and there is no trace of pink. Squeeze over a little lemon juice before serving.

Serves 2 (from The Big Book of Low Carb recipes)



Applied Kinesiology and Pregnancy

During pregnancy a mother's ligaments, muscles, and spine go through many changes. Adapting to the stress of a growing child inside the uterus can cause many symptomatic changes in the body. The affects of these changes may cause discomfort for the mother, interference to the nervous system, and may affect the health of both the mother and the baby.

How does Applied Kinesiology help? If there is an imbalance in the muscular system, this will cause an imbalance in the spine and nervous system, which regulates everything in our bodies. Applied Kinesiology is a very gentle and safe way to diagnose and treat

these muscle imbalances and the mother without stressing the baby. Many ancillary therapies are contraindicated during pregnancy; however Chiropractic with Applied Kinesiology is very safe, and has no contraindications during pregnancy.

One very important and under emphasized function of the body during pregnancy is the proper support of the ligaments and tendons within the pelvis. These structures need to be balanced in order to allow the pelvis to expand normally. A subluxated pelvis will cause an imbalance in the ligaments and muscles that support the uterus and can prevent the pelvis from moving properly. This can cause undue stress on the baby and prevent proper positioning as well. If the baby is unable to position itself it can lead to discomfort for both the mother and the baby, and may lead to a difficult birthing process, painful labors, and potentially unnecessary medical intervention.

One particular chiropractic technique used to balance the pelvis and ligaments during pregnancy is known as "The Webster Technique". This technique is most commonly used in the 3rd trimester for mothers whose babies are positioned either breech or transverse. This technique has been shown to be very effective and safe.

Chocolate Truf-

Want to enjoy a delicacy without the guilt? Try these handmade chocolate truffles, made with ingredients that contain many health benefits.

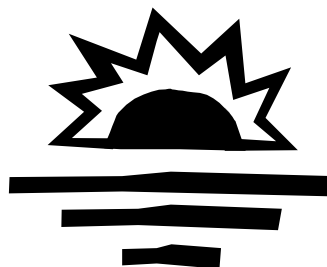
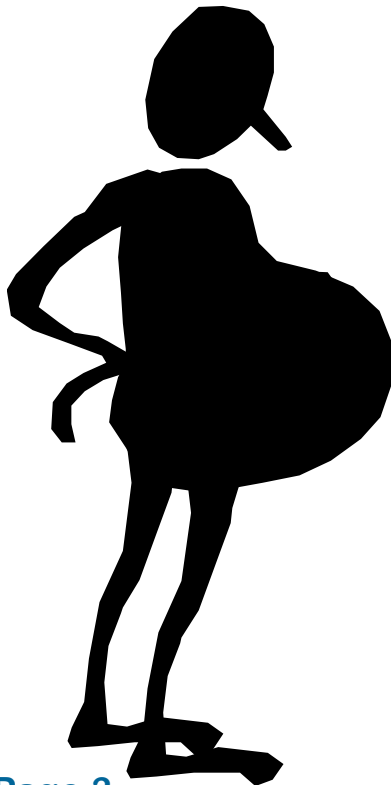


This variety box contains 6 truffles: 2 regulars, 1 with a sweet chili powder, 1 with walnuts, 1 with sea salt, and 1 with coconut.

- ALL ORGANIC
- FAIR TRADE
- HANDMADE

Special: \$10 a box

In my office I have helped many woman conceive, helped them during their pregnancy and have even helped a few woman who were over due to induce pregnancy naturally. If you are currently pregnant, or know someone who is, and you are researching information regarding your health status, chiropractic is a great place to start. If you have any questions or concerns please don't hesitate to ask Dr. Arce, or myself at www.MINOND.com



See you
next year!!

EXERCISE for Body and Mind

Gomukhasana

Volume 2, Issue 6

Also called “cow’s head” or “cow face”, helps with hunched posture. It stretches the spine, arms, spine, shoulders, and neck. Also improves lung capacity.

Sit in a comfortable position on a mat or in Thunderbolt position (shown). With left hand, reach behind your back from below; the palm turned outward. Move your hand up towards the middle of your back without straining.

Raise your right arm next to your right ear. Bend at the el-

bow and reach over your right shoulder. Interlock the fingers. Use a towel or tie if your fingers can’t touch.

Keep your body erect. Elbows should point up. Breathe normally. Hold for 8-10 seconds.

Unlock your hands, shake your arms out and repeat on the other side.



Did You Know?

The best thing you can do for yourself for the oncoming winter season is take enough fats, especially saturated fatty acids. Since sun exposure is at an all time low during the winter days, vitamin D as well as vitamin A and other enzymes need to be consumed in greater quantities. You will have to be very **proactive** in attaining these necessary nutrients and to stave off the signs and symptoms of deficiency, such as SAD (seasonal affect disorder), dry skin, low libido, etc. Great sources for vitamin A, D, etc, are all animal fat. Naturally fermented cod liver oil (**except no substitutes**), butter, lard, and butter oil. And don’t forget to get them from organic, sustainable, sources.



It is health that is real wealth and not pieces of gold and silver

Mahatma Gandhi

W
h
a
t

i
s

t
h
i
s
?

WATER, SOY PROTEIN CONCENTRATE, REDUCED FAT CHEDDAR CHEESE (PASTEURIZED PART-SKIM MILK, CHEESE CULTURE, SALT, ENZYMES, ANNATTO (COLOR), VITAMIN A PALMITATE), WHEAT GLUTEN, CORN OIL, CONTAINS LESS THAN 2% OF METHYLCELLULOSE, **HYDROLYZED CORN PROTEIN**, WHEAT GLUTEN AND SOY PROTEIN, SALT, CARAMEL COLOR, CHEESE POWDER (CHEDDAR CHEESE, [MILK, CHEESE CULTURE, SALT, ENZYMES], CREAM, SALT, SODIUM PHOSPHATE, LACTIC ACID), DRIED ONIONS, **YEAST EXTRACT**, **NATURAL FLAVOR** (NON-MEAT), SESAME OIL, **DISODIUM GUANYLATE**, **DISODIUM INOSINATE**. BROWNED IN CORN OIL. CONTAINS: SOY, MILK, WHEAT, SESAME.

the original
BOCA burger

Naturopathic Sun LLC

Marizelle Arce, ND

10 Downing St, NY

Phone: 917-282-5622

Www.Naturopathicsun.com

drarce@naturopathicsun.com