

The

LIGHT



HOUSE

A Beacon of Health

**NATURAL HEALTH CENTER, P.C.
8001 CHICAGO ST. OMAHA NE, 68114**

Nov–Dec 2002

“Do You Need Drugs To Treat Cholesterol ?” Treating High Cholesterol Naturally...

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**The Cleansing Diet
Class Is Back ! See
Details Inside**

Cholesterol is a soft waxy substance that is a natural component of the fats in the bloodstream and in all the cells of the body. While cholesterol is an essential part of a healthy body, high levels of cholesterol in the blood (known as hypercholesterolemia) increase a person's risk for cardiovascular disease, which can lead to stroke or heart attack. When there is too much cholesterol circulating in the blood, it can create sticky deposits (called plaque) along the artery walls. Plaque can eventually obstruct or even block the flow of blood to the brain, heart, and other organs. A recent report indicates

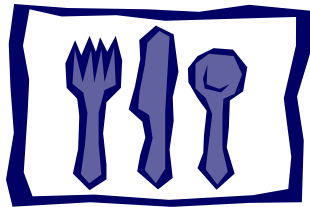
that more and more Americans have high cholesterol—the condition is most common among those living in Western cultures. While heredity may be a factor for some people, increasingly sedentary lifestyles combined with diets high in saturated fats appear to be the main culprits. A diet high in carbohydrates also contributes to high cholesterol levels. Carbohydrates include the “Whites”: white bread, white rice, white potatoes, white sugar. These are refined carbohydrates. Most of the nutrients and fiber have been taken out leaving empty sugary / starchy calories. The body can only use so much sugar / starch for fuel and the rest gets turned into stored fat and cholesterol.

The normal range for total blood cholesterol is between 140 and 200 mg per decilitre (mg/dL) of blood. Levels between 200 and 240 mg/dL indicate moderate risk, and levels surpassing 240 mg/dL indicate high risk. While total cholesterol level is important, it does not tell the whole story. There are two main types of cholesterol: low density lipoproteins (LDL) and high density lipoproteins (HDL). HDL is generally considered to be “good” cholesterol, while LDL is considered “bad.” Triglycerides are a third type of fatty material found in the blood. While their role in heart disease is not entirely clear, it appears that as triglyceride levels rise,

“THE CLEANSING DIET CLASS - BACK BY POPULAR DEMAND” by Jeanne Longenecker, RN, JD

After a holiday season of overindulgence, it's time to give your body a rest. Our unique cleansing diet program can do just that. This 4 week program will help you shed unwanted pounds, clear the cobwebs from your brain and add that certain spark back to your life and bounce to your step.

We had great success with our last class with many life changing benefits.



Proper diet is key to overall health and wellness

Jeanne Longenecker, Registered Nurse and Nutritionist will be teaching the classes and mentoring you through

the program. There will be a free introductory class on January 20th at 6:30 p.m. to explain the program and to begin to prepare for the class.

Classes will be held on 4 Mondays beginning February 3rd at 6:30 p.m. - 8:30 p.m. Cost is \$ 75.00 for classes and approximately \$125.00 for nutrition. Call 399-2020 to get signed-up

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Treating Cholesterol Naturally (Continued)

levels of "good" cholesterol fall. It is the complex interaction of these three types of lipids that is thrown off when a person has hypercholesterolemia. High cholesterol is characterized by elevated levels of LDL cholesterol, normal or low levels of HDL cholesterol, and normal or elevated levels of triglycerides.

Causes:

In some cases, abnormally high cholesterol may be related to an inherited disorder. Certain genetic causes of abnormal cholesterol and triglycerides, known as hereditary hyperlipidemias, are often very difficult to treat. High cholesterol or triglycerides can also be associated with other diseases a person may have, such as diabetes. In most cases, however, elevated cholesterol levels are associated with an overly fatty diet coupled with an inactive lifestyle. It is also more common in those who are obese, a condition that has now reached epidemic proportions in the United States, affecting as much as half of the adult population.

Vitamins To Consider

There is considerable evidence that dietary antioxidants, particularly vitamin E, as well as folic acid, fiber, and soy can help to prevent the development of heart disease. Substances that have shown promise in lowering cholesterol specifically or that have

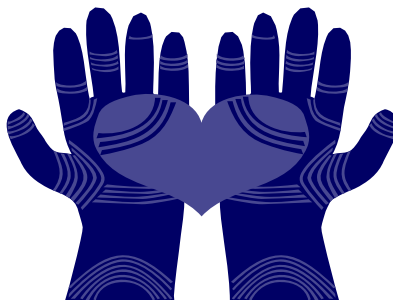
demonstrated benefit in preventing heart disease in people with high cholesterol are discussed below.

Fiber and Fiber Sources

have been shown to do the following:

- Reduce total and LDL cholesterol more effectively than a diet low in saturated fat and cholesterol alone
- Improve cholesterol and triglyceride levels as well as blood sugar in people with diabetes
-

Soy



Many studies have shown that replacing some animal protein with soy protein in the diet results in lower blood cholesterol levels.

Omega-3 fatty Acids

EPA and DHA

Numerous studies have reported the benefits of consuming fish oils, rich in the omega-3 fatty acids docosahexaenoic acid (DHA) and eicosapentaenoic acid (EPA), at doses ranging from 850 mg to 4 g per day for those with heart disease. Supplementation with DHA, for example, has been shown to reduce triglycerides and LDL levels and raise HDL levels.

Alpha-Linolenic Acid

Walnuts are one of the best sources

of the omega-3 fatty acid alpha-linolenic acid. Replacing a major portion (35%) of the monounsaturated fat in the Mediterranean diet with walnuts appears to significantly improve cholesterol and triglyceride levels in people with high cholesterol. Almonds, although not as well studied as walnuts, appear to have similar effects when used as a substitute for a portion of monounsaturated fats in low-fat diets.

Vitamin E

A number of studies conducted over the last 10 years have reported beneficial results from the use of vitamin E supplements for the treatment and prevention of heart disease including for those with elevated cholesterol levels.

Vitamin C

Preliminary evidence suggests that 1–2 grams of vitamin C may help decrease total and LDL cholesterol and triglycerides, and increase HDL levels.

Coenzyme Q10 (CoQ10)

Coenzyme Q10 (CoQ10), also known as ubiquinone, is an antioxidant that is essential for energy production. Levels of CoQ10 have been found to be lower in people with high cholesterol when they were compared to healthy individuals of the same age. Furthermore, when person with high cholesterol take statin drugs, CoQ10 levels appear to decline in direct proportion to the level of de-

Treating Cholesterol Naturally (Continued)

crease in cholesterol. This is particularly important to bear this in mind when statin drugs are used for long periods of time. Taking CoQ10 supplements, however, can correct the deficiency caused by statin medications without affecting the medication's positive effects on cholesterol levels.

Folic Acid (Vitamin B9)

High blood levels of homocysteine (an amino acid produced by the body) have been shown to increase the risk of heart attacks. Evidence suggests that high homocysteine levels are also related to low folate levels. This means that an adequate supply of folate and other B vitamins may be important, particularly for those with heart disease.

L-Carnitine

In several human studies, supplementation with 2 to 3 g per day of L-carnitine led to a significant reduction in total cholesterol and triglycerides, and to increases in HDL cholesterol levels.

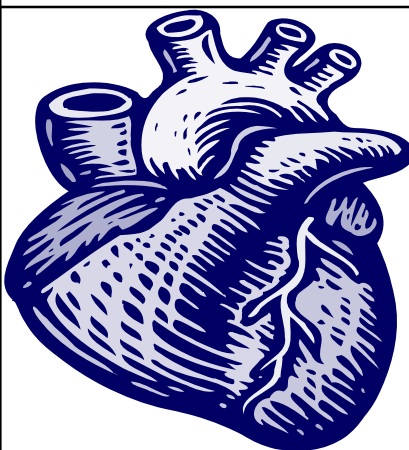
Policosanol

Policosanol is a rising star in the field of cholesterol lowering supplements, and for good reason. Several studies have confirmed Policosanol's amazing capacity to modify cholesterol levels. These studies showed that Policosanol worked better than the statin drugs—with no side effects. Ask for Cholarest S.C.

for your high cholesterol and LDL levels. It can also lower your blood pressure!

Chromium

Brewer's yeast is an important source of chromium. Ninety percent of Americans are deficient in this important mineral. Chromium has demonstrated the ability to lower LDL levels in the blood and raise HDL levels.



Calcium

Preliminary studies in animals and people suggest that calcium supplements, in the range of 1,500 to 2,000 mg per day, may help to lower cholesterol. The information available thus far suggests that keeping cholesterol levels normal or even low by using calcium supplements (along with many other measures such as changing your diet and exercising) is likely to be more beneficial than trying to treat it by adding calcium once you already have elevated cholesterol. More research in this area is needed.

Vitamin B5 (Pantothenic Acid)

Research has shown that vitamin B5 lowers cholesterol. Studies are currently underway to determine if this vitamin helps prevent heart disease.

Herbs To Consider:

Hawthorn
Green Tea
Garlic
Red clover
Bilberry

As you can see there are a number of natural alternatives to treating high cholesterol. We have a selection of products that blend the nutrition and herbs you have just read about. Remember the most expensive supplements are the ones your body can't absorb and utilize. We have done your homework for you and have developed a high quality dispensary here at Natural Health Center.

If you would like to learn more about cholesterol and many other interesting topics relating to your overall health then attend one of the Health and Wellness Classes that Dr. Schmidt hosts twice monthly and if you would like to treat your cholesterol in a safer way, schedule an appointment with Jeanne Longenecker for a consulta-

“Toxins R Us”

by Jeanne Longenecker, R.N., J.D.

Extensive research shows that it is not a question of if we are carrying a burden of toxins in our bodies; but rather “how much” and to what extent they affect our health.

Common symptoms of toxin buildup (toxicity) include: **headaches, muscular aches and pains, and fatigue.**

But there is much more to consider:

Immunologic Toxicity may be a factor in asthma, allergies, skin disorders, chronic infection, and cancers.

Neurologic Toxicity affects cognition, mood, and neurological function.

Endocrine Toxicity affects reproduction, menstruation, libido, metabolic rate, stress tolerance, glucose regulation and more.

So how do you **Protect** yourself ?

1. Reduce your intake of and exposure to toxins.
2. Support your body’s detoxification capacity.

WE CAN HELP

We offer advanced detoxification support. Modern science has taught us that the detoxification process is heavily nutrient dependent (Vitamins, minerals, and other key food components). Therefore, adequate nutrition is essential for effective detoxification.

We have an outstanding detoxification program that offers simple, yet effective dietary guidelines in combination with a complete nutritionally balanced beverage. It is scientifically designed and clinically tested.

Take the “Toxicity Self Test” Add up the numbers to arrive at a total for each section, then add the totals for each section together for a grand total. If your score is between 3 and 5 in each category, your symptoms are mild and if you address them now you can avoid long term problems.

If your score between 5 and 8 in a category, your symptoms are moderate

and on the road to becoming a chronic problem. With some coaching and some lifestyle changes you can turn your health around.

If you score above 8 in any category your symptoms have probably been around for awhile and if allowed to continue, will lead to the development of chronic disease.

So if you would like to evaluate your health simply turn the page over and fill out the Toxicity Self Test or come to the “Intro Cleansing Diet Program”. If your overall score is approaching 50 or is over 50, you are definitely toxic. Call Jeanne Longenecker for individual help or join the Cleansing Diet Class in February. See the insert in this news letter for details. If you have any further questions you may contact Jeanne Longenecker at the office at 399.2020

(OVER)

Toxicity Self Test

**0 = Never or Almost
Never**

**1 = Occasionally
(effect not severe)**

**2 = Occasionally
(effect is severe)**

**3 = Frequently
(effect not severe)**

**4 = Frequently (effect se-
vere)**

Digestive System

- Nausea or vomiting
- Diarrhea
- Constipation
- Belching, passing gas
- Bloating feeling
- Heartburn
- Total**

Ears

- Itchy ears
- Earaches, ear infections
- Drainage from ears
- Ringing in ears
- Hearing Loss
- Total**

Emotions

- Mood swings
- Anxiety, fear, nervousness
- Anger, irritability
- Depression
- Total**

Energy / Activity

- Fatigue, sluggishness
- Apathy, lethargy
- Hyperactivity
- Restlessness
- Total**

Eyes

- Watery, itchy eyes
- Swollen, reddened, or

- sticky eyelids
- Dark circles under eyes
- Blurred / tunnel vision
- Total**

Head

- Headaches
- Faintness
- Dizziness
- Insomnia
- Total**

Heart

- Skipped heartbeats
- Rapid heartbeats
- Chest pain
- Total**

Joints / Muscles

- Pain or aches in joints
- Arthritis
- Stiffness, limited movement
- Pain, aches in muscles
- Feeling of weakness or tiredness
- Total**

Lungs

- Chest congestion
- Asthma, bronchitis
- Shortness of breath
- Difficulty breathing
- Total**

Mind

- Poor memory
- Confusion
- Poor concentration
- Poor coordination
- Difficulty making decisions
- Stuttering, stammering
- Slurred speech
- Learning disabilities

Total

Mouth/ Throat

- Chronic coughing
- Gagging, frequent need to clear throat
- Sore throat, hoarse
- Swollen or discolored tongue, gums, lips
- Canker sores
- Total**

Nose

- Stuffy nose
- Sinus problems
- Hay fever
- Sneezing attacks
- Excessive mucus
- Total**

Skin

- Acne
- Hives, rashes, dry skin
- Hair loss
- Flushing or hot flashes
- Excessive sweating
- Total**

Weight

- Binge eating / drinking
- Craving certain foods
- Excessive weight
- Compulsive eating
- Water retention
- Underweight

Other

- Frequent illness
- Frequent or urgent need to urinate
- Genital itch, discharge
- Total**

Grand Total

“You’ve Asked For It & It’s Finally Here” Spinal Flexibility Classes

This class is for those with pain from musculoskeletal back and neck strain. **It is an integral part of your care here at Natural Health Center.**

You will learn a safe , effective, low cost approach to back rehabilitation without drugs or surgery.

You’ll also learn how your daily activities may be hurting your back and to modify them to prevent pain and injury. You’ll become more sensitive to early signs of an impending “Back Attack” and

learn what to do to ward it off.

No matter how serious your back problem is , rehabilitation and progress toward recovery are quite possible.

You can regain control of your life and free yourself from pain and disability.



Classes will be held as follows:

- **Monday Jan 13th 5-6 p.m.**
- **Wed Jan 29th 5-6 p.m.**
- **Mon Feb 10th 5-6 p.m.**
- **Wed Feb 12th 5-6 p.m.**

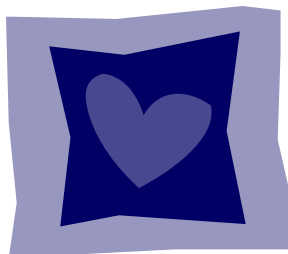
Cost is \$ 25.00 and your insurance will be billed for this class.

So stretch those fingers and **call the office at 399-2020** to get signed-up as class sizes are limited.

“How to Live With Fibromyalgia and Chronic Fatigue” By Jeanne Longenecker, R.N., J.D. and Doni Yoast

Here’s the class you’ve been waiting for! If you are ready to feel better, don’t miss this opportunity. Doni Yoast and Jeanne Longenecker combine their expertise to bring you the latest nutritional news. Doni has learned to successfully live with fibromyalgia and she is eager to share her journey with you. Doni is also a professional cook. She will be cooking up healing foods for you to sample.

Jeanne will explain the latest theories as to the causes of fibromyalgia and Chronic Fatigue, why each person is biochemically unique, and our individualized approach to diagnosing and managing your manifestation of disease.



This two hour class will be held on Monday January 27th from 7:00 P.M. to 9:00 P.M. at McFoster’s Natural Kind Restaurant (Located at 302 So. 38th Street Omaha, NE)

Come taste and see how easy it can be to adopt healthy cooking skills. To sign-up and reserve your space at this wonderful event, call 399-2020. The cost for the class is \$35.00.

