

The

LIGHT



HOUSE

A Beacon of Health

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“Metabolic Syndrome - The Next Epidemic”

By Dr. Shawn M. Schmidt

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Even before starting my practice 18 years ago I learned in chiropractic college the importance of nutrition. This became more and more evident over the years in working with patients from all walks of life and backgrounds. I have seen, just like the rest of you, a downward spiral in the quality of food through the overuse of herbicides, pesticides, ster-

oids and antibiotics in our food source.

Even just as scary is the amount of fast food and junk food we as Americans consume. **Let me pose this question to you, “How many meals in the last week have you made for yourself or your family that didn’t involve any take-out, prepared (boxed) or canned food?”** How many of us will stop and put premium gas in our

vehicles because we want our car to run it’s best and then pull the same car into a fast food restaurant daily for lunch?

This willingness to relegate food as a byproduct of living, or an annoyance to the amount of time we can spend surfing the internet or watching T.V. is really at the heart of the

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Oral Galvanism And Your Health

By Jim Jensen

In school we learn that to make a battery you need dissimilar metals and a liquid medium. This same battery effect can occur in the human mouth with the

placement of dental fillings. When talking about “silver” fillings most people don’t realize that they are made up of different metals such as mercury, tin, copper and others.

When placed in the mouth these metals can, along with the saliva, cause “oral galvanism”.

Oral galvanism can
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“Metabolic Syndrome - The Next Epidemic” (Continued)

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problem. This is one of the main reasons I elected to start our “Metabolic Program”.

What is Metabolic Syndrome?

Metabolic Syndrome is also called Pre-diabetes and Syndrome X. These names all encompass a condition in which the body does not regulate the blood glucose properly. For some individuals this may cause the blood glucose to rise too far, drop too low or a combination of both. No matter the situation, if the blood glucose is not staying within the normal range you are considered a Pre-Diabetic.

What are some of the symptoms of Metabolic Syndrome?

Some of the most common symptoms include, sugar or carbohydrate cravings, low energy levels at specific times of the day (such as 10:00a.m. and 2:00p.m.), general fatigue, dizziness, lightheadedness, inability to lose weight, feelings of anxiety or irritability that is brought on by fasting (not eating) brain fog, and hormone imbalances. These are a few of the symptoms or conditions that can be signs of Metabolic Syndrome.

Who is at risk for Metabolic Syndrome?

Really most of Americans are at risk of developing or already have Pre-diabetes. This is due to the fact that 60% of Americans are overweight. Here are some of the other risk factors

- **Family history:** If a parent or sibling in your family has diabetes.

- **Race or Ethnic Background:** The risk for diabetes is greater in Blacks, Native Americans, Asians, and Hispanics.
- **Being Overweight:** If you are 20% or more over your optimal



body weight. Also waist circumference: Men with a waist circumference over 40 inches and Women with a waist circumference over 35 inches.

- **Alcohol Use:** Heavy use of alcohol over years increases the risk.
- **Smoking:** According to one study, smoking from 16 or more cigarettes a day increases your risk for Type 2 diabetes to three times that of a non-smoker.
- **History of gestational diabetes:** Developing diabetes during pregnancy or delivering a baby over nine pounds can increase your risk. We also find a correlation of dysglycemia in children whose mothers had gestational diabetes.

What are some of the conditions that I can suffer if I don't take care of my Metabolic Syndrome:

- **Diabetes**
- **Heart Disease**
- **Stroke**

- **Arthritis**
- **Osteoporosis**
- **High Cholesterol**
- **Alzheimer's disease**

What can I do to help myself?

Earlier in this article I related the fact that I have started a “Metabolic Program”. **This is a structured course that was developed by a leading nutritional company based on the most recent scientific data on lifestyle and body composition.** It lasts 12 weeks, with 1 1/2 hour classes, meeting once a week.

In this course we perform Body Composition Measurements, determine caloric requirements, Laboratory testing as needed (at an additional fee), lecture on healthy lifestyle choices to include: diet, exercise, nutritional supplements, stress management and much more. We also will have different local guest speakers.

You will need to contact the office to find out the next start date. We will be holding the class in the conference room at Unity Church. **The cost of the program is \$184.00 and the estimated nutrition cost is \$45.00 per week. Classes are held every Monday from 6:30 to 8:30.**

As the great yoga master Sivanada once said, **“Every human being is the author or his own health or disease.”**

Best of Health,

Dr. Shawn M. Schmidt

“Oral Galvanism And Your Health” By Jim Jensen (Continued)

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occur to varying degrees with individuals and can be the source of numerous symptoms to include:

- Lack of concentration
- Memory Problems
- Insomnia
- Psychological problems
- Tinnitus
- Vertigo
- Epilepsy
- Hearing loss
- Eye problems
- Mouth pain

The type of current (positive or negative) can cause different symptoms. It should also be noted that oral galvanism is said to cause the acceleration of mercury outgassing, an entirely different and important health concern.

Routinely, through BioMeridian testing, we will have patients who show a possible galvanic response. The oral galvanism will actually interfere with the testing and these patients will then have to be referred to a

dentist who specializes in Biological Dentistry.

Through specialized testing called “Rita Testing” the dentist can determine which are the problem areas and in what order the materials in the teeth need to be re-



placed.

We have seen great improvements with patients with this condition when the offending materials are replaced. The most marked improvement came from a patient who had suffered chronic, severe “nerve pain” along his left side for years, which greatly affected his daily living. He had seen numerous doctors and was told on more than one occasion that it was all in his head and would need to talk to a Mental Health professional.

During his BioMeridian testing it was determined

that he had oral galvanism as well as TMD. He was referred to a Biological Dentist who prescribed and fitted a mouth guard until the materials could be removed. With the mouth guard in place his upper and lower teeth would no longer physically touch and this caused the galvanic response to greatly decrease. He reported that within about two weeks his symptoms improved by 75%! He did need extensive dental restoration but this finding started him on the road to recovery.

As you can see we at the Natural Health Center uses every tool possible and refer to other professional medical offices to determine the cause(s) of your health problems. If you wish to have BioMeridian testing it is done by appointment only following a consultation with Dr. Schmidt. To set an appointment call the front desk at 399.2020.

Best Of Health,