

NEW ONLINE:

New Video Testimonials

New Pictures



Chiropractic and Wellness on Pewaukee Lake has been named the official Chiropractor of the Milwaukee Wave! Dr. Diciaula has been working with the Wave players for the last 3 seasons providing treatment on a regular basis for relief and preventative care. Let's go Wave!

New Class Fall Schedule

Tuesday:

Yoga Flow -
9:00am -10:15am

Yoga Flow -
6:30pm - 7:45pm

Thursday:

Core Fusion -
8:30am - 9:45am

Womens Restorative Yoga-
10:00am - 11:15am

Saturday:

Vinyasa Flow- 9:00am
(Resuming 11/6)

Are you a new student or a student returning after being away from your practice for three or more months? Purchase an 8 pack of classes during the month of October and receive one class free. Please mention this special when purchasing your package.



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Fall Newsletter

Vitamin D better than vaccines at preventing flu, report claims



The risk of children suffering from flu can be halved if they take vitamin D, doctors in Japan have found. The finding has implications for flu epidemics since vitamin D, which is naturally produced by the human body when exposed to direct sunlight, has no significant side effects, costs little and can be several times more effective than anti-viral drugs or vaccine.

Only one in ten children, aged six to 15 years, taking the sunshine vitamin in a clinical trial came down with flu compared with one in five given a dummy tablet. Mitsuyoshi Urashima, the Japanese doctor who led the trial, told *The Times* that vitamin D was more effective than vaccines in preventing flu.

Vitamin D was found to be even more effective when the comparison left out children who were already given extra vitamin D by their parents, outside the trial. Taking the sunshine vitamin was then shown to reduce the risk of flu to a third of what it would otherwise be.

Altogether 354 children took part in the trial, which took place during the winter of 2008-09, before the swine flu epidemic. Vitamin D was found to protect against influenza A, which caused last year's epidemic, but not

against the less common influenza B. The trial, which was double blind, randomised, and fully controlled scientifically, was conducted by doctors and scientists from Jikei University School of Medicine in Tokyo, Japan.

The children were given a daily dose of 1200 IUs (international units) of vitamin D over a period of three months. In the first month children in the group taking the vitamin became ill just as often as those taking the dummy tablet. But by the second month, when the vitamin level in the children's blood was higher, the advantage of the vitamin was clear.

Anti-virals are also too expensive, and possibly too toxic, to be given to the population as a whole whereas vitamin D has additional benefits. The sunshine vitamin not only prevents bone fractures but is also believed to reduce risks of cancer, heart disease, diabetes and other illness, including various bacterial as well as viral infections. Vitamin D activates the innate immune system, enabling the body to produce several proteins such as defensin and cathelicidin which trigger cell activity and disable viruses.

Dr Urashima said: "Vitamin D and vaccine work by quite different

mechanisms. Vitamin D enhances innate immunity while vaccine enhances acquired immunity. So we do not have to select only one way of prevention, rather we should do both ways, I think." It fits in with the seasonal pattern of flu. There is an increasing background of solid science that makes the vitamin D story credible. But this study needs to be replicated. If it is confirmed we might think of giving vitamin D at the same time as we vaccinate."

Try our
Vitamin
D Vitality



Tanning Bed!
The only tanning bed in
the area approved by the
Vitamin D Counsel!

Vitamin D3-
5000—is a great
way to get the
Vitamin D



supplementation we may
need! (500 IU)

Rest up and Stay Healthy!

Sleep is our body's way of rejuvenating. It is during sleep that our energy levels are lowered, our muscles, tissues, and organs are repaired and revitalized and our mind is able to process memories and new information. Because sleep deprivation can lead to decreased cognitive function and disease, its value to overall physical and mental health should not be overlooked.

Here are some recommendations to ensure you optimize your nightly sleep.

- Get adjusted with the B.E.S.T technique!
- Get to sleep by 10:30 pm.
- Minimize exposure to bright lights at least 2 hours before going to bed.
- Sleep in complete darkness.
- Avoid consumption of stimulants (caffeine, sugar and nicotine) after lunch.
- Stay hydrated. Once dehydrated, the

body responds as if experiencing stress, thereby producing stress hormones which are awakening hormones.

- Exercise, but be mindful that intense cardiovascular activity can increase cortisol levels.
- Try unplugging all electrical appliances in your bedroom. Stop using computer, cell phone, etc. 2 hours before bed.
- If you still have problems sleeping, talk to your doctor, some relaxant supplements might be helpful.



Blackberry Rhubarb Crisp (Gluten-free!)

Ingredients:

2 cups blackberries (fresh or frozen)
 3 cups rhubarb, cut into 1/2" pieces
 2/3 cup sugar
 2 Tablespoons gf flour
 1 Tablespoon melted butter
 1/2 teaspoon grated orange peel
 1/2 teaspoon cinnamon

Preheat oven to 375 degrees F.

Add rhubarb, blackberries, 2/3 cup sugar, 2 Tablespoons flour, 1 Tablespoon melted butter, orange peel and cinnamon to a large bowl and mix to blend. Divide mixture between 6 ramekins. Place ramekins on a baking sheet and bake for 10 minutes.

Add topping ingredients to a small bowl and mix to blend. Equally divide the crumb mixture on top of the ramekins and bake

For Topping:

2/3 cup brown sugar
 1/3 cup toasted chopped pecans
 1/4 cup gf flour
 2 Tablespoons melted butter

"Let the beauty of what you love be what you do."
 - Rumi

"Only from the heart can you touch the sky" - Rumi

Coconut water contains organic compounds possessing healthy growth promoting properties that have been known to help :

1. Keep the body cool and at the proper temperature.
2. Orally re-hydrate your body, it is an all natural isotonic beverage.
3. Carry nutrients and oxygen to cells.
4. Naturally replenish your body's fluids after exercising.
5. Raise your metabolism.
6. Promote weight loss.
7. Boost your immune system.
8. Detoxify and fight viruses.
9. Cleanse your digestive tract.
10. Control diabetes.
11. Aid your body in fighting viruses that cause the flu, herpes, and AIDS.
12. Balance your PH and reduce risk of cancer.
13. Treat kidney and urethral stones.
14. Boost poor circulation.

Benefits to Drinking Coconut Water

Drinking coconut water has many benefits. Coconut Water is naturally :

- Low in Carbs
- 99% Fat Free
- Low in sugars

"It's a natural isotonic beverage, with the same level of electrolytic balance as we have in our blood. It's the fluid of life, so to speak." In fact, during the Pacific War of 1941-45, both sides in the conflict regularly used coconut water - siphoned directly from the nut - to give emergency plasma transfusions to wounded soldiers.

Most coconut water is still consumed fresh in tropical coastal areas - once exposed to air, the liquid rapidly loses most of its organoleptic and nutritional characteristics, and begins to ferment.

- Coconut Water is more nutritious than whole milk
- Less fat and NO cholesterol.

- Coconut Water is More Healthy than Orange Juice
- Much lower calories.

- Coconut Water is Better than processed baby milk
- It contains lauric acid, which is present in human mother's milk.

- Coconut water is naturally sterile
- Water permeates through the filtering



husk.

- Coconut water is a universal donor
- Its identical to human blood plasma.

- Coconut Water is a Natural Isotonic Beverage
- The same level we have in our blood.

- Coconut water has saved lives in 3rd world countries.

"Coconut water is the very stuff of Nature, biologically Pure, full of Natural Sugars, Salts, and Vitamins to ward off fatigue and is the next wave of energy drinks BUT natural", according to Mortin Satin, Chief of the United Nation's Food & Agriculture Organization.

- Coconut water contains more potassium (at about 294 mg) than most sports drinks (117 mg) and most energy drinks.

- Coconut water has less sodium (25mg) where sports drinks have around 41mg and energy drinks have about 200 mg.

- Coconut water has 5mg of Natural Sugars where sports and energy drinks range from 10-25mg of Altered Sugars.

- Coconut water is very high in Chloride at 118mg, compared to sports drinks at about 39mg.

We carry Zico Pure Premium Coconut Water
 \$2.99 (14oz)



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