

“The Doctor of the future will give no medicine but will interest his patients in the care of the human frame, in diet, and in the cause and prevention of disease.” -Thomas Edison

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Points of Interest:

- **Nutrition Tips Part 2**

Spinal Health and Correction Center

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Nutrition Tips Part 2

VITAMIN D

Vitamin D has an **anti-inflammatory** effect which helps decrease pain and cellular death. It is also important for building bone and maintaining bone density. It greatly improves immune function.

360 patients had an unknown cause of low back pain for greater than 6 months. Blood vitamin D levels were tested. 299 of the 360 had deficient vitamin D levels. The deficient people were given a vitamin D supplement. After 3 months, the 299 subjects defined as deficient reported a disappearance of low back pain. In total 341/360 were relieved of their chronic low back pain.

Vitamin D is created in our body by the sun. People in Wisconsin get little sun in the winter so vitamin D is essential to supplement to maintain an **anti-inflammatory** state. To get vitamin D take supplements or go to a tanning bed. If you choose to go to a tanning bed, make sure the tanning bed has UVB rays

in order to get a sufficient amount of vitamin D. Food sources include fatty fish like salmon, UV irradiated mushrooms, beef liver and cod liver oil. Flax seed is another source of vitamin D.

TURMERIC, GINGER and BOSWELLIA

The healing benefits of these have been known for over 2500 years. These have a major **anti-inflammatory** effect to decrease pain and cellular death.

Turmeric acts as a Cox inhibitor much like ibuprofen. It also has an anti-cancer effect.

Ginger has the same effect especially with arthritic pain and digestive problems.

Boswellia, found in pineapples, also has a major **anti-inflammatory** effect.

So cook with ginger, turmeric and eat more pineapple.

Thank you for the referral of your family and friends.