



Hilltop WellNews

Spring 2010

Hilltop Wellness & Chiropractic 2527 West Broad Street, Columbus, OH 43204
www.hilltopwellness.com hilltopchiro@gmail.com (614) 279-2525

Quote:

"America's health care system is neither healthy, caring, nor a system."

Walter Cronkite (1916-2009)

Individual Highlights:

New Year...	1
Chiro Philosophy	1
Keren's Recipe	2
Naturally Yours	2
Vita-Minute	3
Deals, Newsletter Notes, and More	4



New Year...New Format!

This year seems to be flying by, and I don't think I'm the only one to notice. Of course, time flies fastest for the people who are busy-bodies, and we're doing a pretty good job of falling into that category. We'll be trying a new format for the newsletter – a couple running-topic categories to keep things a little more focused. Feel free to email me your critiques and criticisms!

As many of you have noticed, we're working on several projects around the office – as usual. We're in the process of putting up new trim, so please forgive the sawdust mess on the carpet and the smell of paint

in the air. We also have tentative dates to have the parking lot paved and the wheelchair ramp re-vamped in May or June. If you arrive for an appointment to find the parking lot roped off, please feel free to park on South Richardson or in front of the office on West Broad Street.

In order to improve our services, we've released a patient-satisfaction survey to everyone with an email address on file. From results gathered so far, it seems there is a strong interest in acupuncture, as well as some interest in health classes resuming. We'll be looking into all the suggestions as they arrive.

More surveys will likely follow – thank you to those of you who have responded. There will be a drawing in April - you are welcome to take the survey anonymously, but if you choose to leave us your name and contact information, you will be entered in our drawing for:

- 1) A free nutrition counseling session (30 minutes) and \$25 worth of products
- OR---
- 2) A free one-hour massage.

To enter the drawing, go to <http://www.surveymonkey.com/s/FYCNYB>

The Chiropractic Philosophy: Good Health

How would you define "good health?"

Many people answer this question by saying, "good health is feeling well."

In actuality, "feeling well" is nice, but it has very little to do with having good health. There is much more to being healthy than just how you feel!

The World Health Organization defines health as: "...a state of optimal physical, mental, and social well being and not *merely*

the absence of disease or infirmity." Webster's defines health as: "...a state of wholeness in which all organs are functioning 100%, 100% of the time."

Health is not just how you *feel*, it's how you are *functioning!* Think of this: thousands of Americans die of heart attacks each year - and the heart attack is their first sign of disease. A lack of "symptoms" is a poor measure of health because symptoms usually show up late in a disease process.

How many times have you been to the dentist to hear the dreaded words, "you have a cavity, and it's pretty bad"? Most disease processes do not occur overnight...they take years and years to get to the point when they are identified. You can't wait until symptoms show up before deciding to act!

My definition of "wellness" is 'the process of attaining health, vitality, and happiness -naturally.'

continued on page 3

Avoid the bleached white flour and added sugar of other snacks and enjoy this naturally sweet treat!



Healthy Treats

By Keren Gosselin

Peanut Butter Oat Squares

- 1 ¼ C Honey
- 1 ¼ C Peanut Butter
- 1 tsp Vanilla
- 1 Egg
- 2 C Rolled oats
- 1 ½ C Sprouted or whole grain flour
- ¾ tsp Salt
- ½ tsp Baking soda

1. Preheat oven to 350 degrees.
2. In a large bowl combine honey, peanut butter, egg, and vanilla.
3. In a medium bowl combine oats, flour, salt, and baking soda. Add to honey mixture.
4. Spread into a 9x13 inch cake pan. Bake for 15-20 minutes – do not brown. Remove when edges are firm but middle is still soft and indents when touched.
5. Cool to room temperature before cutting.

Naturally Yours: The Bradley Method

After Scott and I were married in 2002, we moved to Iowa where he earned his doctorate of chiropractic. It was there where we became pregnant with our first baby. Having a passion for all things natural, we searched for birth class that promoted all-natural techniques. We found The Bradley Method, which is proven to be the most effective natural-birth method, and it fit right in with our lifestyle ideals. In June 2006, we became proud, all-natural parents to 9 lb 4oz. baby Jack – the “Bradley Way.”

Since then, I have been sharing our miraculous birth experience with anyone who would listen. In July, 2009, using the Bradley Method, I was able to give natural birth to our second son, Van, who weighed in at 9 lbs 1 oz. Wanting to reach out to as many expectant parents as I could about how fulfilling and empowering natural birth can be, I decided to become a Bradley instructor.

With the overuse of medication, intervention, and technology, women’s faith in their innate ability to birth life has been lost. The Bradley Method supports, encourages, and empowers the expectant mother, through education, that her body was superbly designed to give birth naturally. With proper nutrition, simple exercises, and relaxation, a woman can prepare her body for a healthy and natural labor and birth, as well as achieve the main goal of the Bradley Method – a healthy mother, healthy baby, and healthy family.

The Bradley Method not only utilizes simple, common sense techniques, but emphasizes the role of the father and the family unit as it adjusts and works together to bring in a new member. The course is designed to teach the couple to tune into the mother’s body during pregnancy and labor. Couples will learn and practice three types of relaxation: physical, mental, and emotional. The techniques are practiced during the 12-week course in order to give the body time to learn the skills and to help the mother find out which ones work best for her and refine them through practice – all prior to labor (think of it as learning how to swim before being tossed into the deep end of the pool).

Over a 12-week period, the couple will learn about the importance of the following ideals and how to achieve them:

- Natural childbirth
- Active participation of a loving, supportive, and dedicated husband/coach
- Excellent nutrition - the foundation of a healthy pregnancy
- Avoidance of all drugs during pregnancy, birth, and breastfeeding (unless absolutely necessary for the life of the mother and/or baby)
- Training - 12 weekly classes starting in the fifth or sixth month of pregnancy and continuing until birth
- Relaxation and natural breathing (not breathing techniques or breathing patterns)
- Understanding and

- working with your body
- Learning about and how to recognize each stage of labor
- Immediate and continuous contact with your newborn
- Breastfeeding
- Consumerism and positive communication with each other and hospital staff
- Creating a birth plan
- Taking responsibility for the safety of your birth
- Preparing for unexpected situations (such as emergency childbirth and cesarean surgery)
- Typical hospital procedures and protocol
- Starting the family off in a healthy way

By taking responsibility for their own birth experience through education and practice, the couple is equipped to face labor with confidence and excitement, instead of with fear and uncertainty. There is a better way – the Bradley Way.

Classes will be held on Friday nights, from 7 – 9 p.m. beginning April 30th. The cost is \$225 per couple which includes a workbook, handouts, and all other class material. A \$50 deposit is required to hold your spot since class size is limited. Contact me if you are interested or if you have additional questions about the course.

Naturally yours,
Keren

kerengosselin@gmail.com



VITA-MINUTE: Vitamin D and Its Role In Fighting the Flu

A new study has confirmed that vitamin D plays an important role in activating your immune defenses against infectious diseases like the flu. Ideally, the best way to get your vitamin D is by exposing your skin to sunlight. The vitamin D generated in your skin from exposure to UV-Bs in sunlight acts as a pro-hormone, rapidly converting into 25-hydroxyvitamin D, or vitamin D3.

Vitamin D deficiency has already been linked to a wide spectrum of diseases including heart disease, cancer, diabetes, depression, autoimmune disease, and many others.

The new study discovers that activation of immune system cells to fight infections needs definite help from vitamin D. When your body's immune system recognizes foreign invaders like bacteria or viruses, it sends activating signals to the vitamin D receptor (VDR) gene. The VDR gene then starts producing VDR protein, which binds vitamin D in the T cell.

Then the vitamin D bound and activated DVR produces a specific protein - which allows the immune cell to get started fighting the infection. Dr. John Cannell has also reported that **vitamin D helps produce antibacterial peptides that help protect against the flu. That is why in winter (when there is little sunshine) people are more prone to vitamin D deficiency and getting infected with flu viruses.**

Unfortunately, the vast majority of people in the U.S. cannot possibly receive enough UV-B to generate optimal levels of vitamin D from September to mid-April. Also keep in mind that sunny and hot weather is not necessarily a reliable indicator of the amount of UV-B present. If your latitude is above 30 degrees north (Columbus is at 40 degrees) or below 30 degrees south, you will likely benefit from vitamin D supplementation from September to mid-April. In those cases, you can either opt to use a safe tanning bed, or take an oral form of

vitamin D3 (cholecalciferol).

What You Need to Know about Dosing

It's also important to realize that even though the recommended daily allowances (RDA's) for some age groups have recently been increased, they're still woefully inadequate for most.

For example, at the end of 2008, **the American Academy of Pediatrics doubled its recommended dose of vitamin D for infants, children and adolescents, raising it from 200 to 400 units per day. But recent research reveals children may need ten times that amount** in order to receive the health benefits that optimal vitamin D levels have to offer.

Based on the latest research, many experts now agree you need about **35 IU's of vitamin D per pound of body weight.** This recommendation also includes children, the elderly, and pregnant women. However, keep in mind that

vitamin D requirements are highly individual, as your vitamin D status is dependent on numerous factors, such as the color of your skin, your location, and how much sunshine you're exposed to on a regular basis. Although these recommendations may put you closer to the ballpark of what most people likely need, it is simply impossible to make a blanket recommendation that will cover everyone's needs.

Ideally, you'll want to maintain a vitamin D level of 65-80 ng/ml year-round - the only way to determine your optimal dose is to get your blood tested. I recommend using Lab Corp, as they utilize the most accurate test for vitamin D levels.

Sources:

- » [Food Consumer March 7, 2010](#)
- » [Nature Immunology March 7, 2010 \[Epub ahead of print\]](#)
- » [Reuters March 7, 2009](#)
- » [American Journal of Clinical Nutrition March 10, 2010 \[Epub ahead of print\]](#)

Philosophy *continued from page 1*

I strive to create an environment that will allow you improve the quality of your life by creating wellness, so you can live your life to its fullest. I honestly believe most people think they have no say in their health...they think "whatever happens, happens," when the truth is that we each create our own health situation. Yes, some of us have been handed certain cards, but it's still up to each

individual to make the most of what God gave him (or her). Would you rather live the typical North American lifestyle and unknowingly allow various diseases to progress to a level of crisis before you seek action, or choose a lifestyle of wellness so that your body functions at an optimal level? Most people would probably choose the second option if asked the question; but when

making choices in life it's obvious most people choose the first option, thinking they won't be affected by their choices. I chose the second option, and I know I'm better off because of it.

If you are reading this article, you have probably made the decision to take action for yourself as well.

Congratulations! Now take the next step and encourage

the rest of your family and friends choose the second option, too...they can begin their "health" journey by having their spines checked for misalignments.



Hilltop Wellness & Chiropractic

2527 West Broad Street
Columbus, OH 43204

Phone:
(614) 279-2525

E-Mail:
hilltopchiro@gmail.com

HOURS:

Mon: 9-12, 2-6

Tues: 2-6

Wed: 9-12, 2-6

Thurs: Closed

Fri: 9-12, 2-5

Sat: 9-12, 1st & 3rd of the month



We're on the Web!

Visit us at:

www.hilltopwellness.com

What a Deal!

On Sale: \$1 off our popular Vitamin D supplement (12% off)

Also, we are offering an extension of the \$4 off Tuna Omega Oil offer. Cost is only \$15 for a two-month supply, and it is also available in an orange-flavored chewable form for children and adults who have difficulty swallowing.

Newsletter Notes

- **Bradley Method:** Call the office today to learn more about The Bradley Method, our newest natural childbirth course.
- **Drawing:** Visit our website and sign up for the newsletter – you'll be sent a link to take our patient satisfaction survey and get a chance to enter the April 15th tax-day drawing.
- **Save Resources:** We are dedicated to conserving natural resources. Please consider leaving your email with us on your next visit to save paper and stamps for these newsletters.

About Our Organization...

Here at Hilltop Wellness & Chiropractic, we believe that your body was given the amazing power to heal itself, if given the right tools. We do not believe that you were created with a shortage of

aspirin, or a deficiency in Maalox, so you will never hear recommendations of drugs to cover up the real source of the problem. Rather, as a chiropractor, I promote addressing the

heart of the matter so your body can do what it was designed to do – heal naturally, from the inside, out.

Hilltop Wellness & Chiropractic
2527 West Broad Street
Columbus, OH 43204

