



Welcome to Dr. K's Health Korner

Greetings from Dr. Kurtz

First I want to thank all of the people who made this possible; all of my wonderful patients. This is the first issue of a newsletter that will give loads of information on all types of topics ranging from spine health, foot mechanics and orthotics, orthopedics, whiplash injuries, digestive disorders, golf fitness, and personal training tips. There will also be information on nutrition and news on the effects of pharmaceutical drugs. Be assured that you will find something of value each month that you can apply to your lifestyle. Thanks again for reading and let's get started!

Latest Happenings

Recently I attended the 3rd of a 4 seminar series on whiplash and traumatic brain injuries from motor vehicle collisions. The seminar was given by Art Croft who is a chiropractor in California and has been conducting studies and research on whiplash for 25 years.

At the end of the series in September, a certificate will be awarded. The training even includes education on giving depositions, testifying in court, and fighting for the rights of the crash victims.



Dr. Jeffrey S. Kurtz
Chiropractic Physician

Nutrition Spotlight: Zypan by Standard Process

Zypan has several organic ingredients, but has 2 main functions as a supplement. The first is to increase stomach acid with betaine hydrochloride, which comes from the beet plant. The second, to provide pancreatic enzymes which help digestive reaction progress normally. This supplement is excellent for those patients with GERD due to a lack of acid in the stomach. It literally eradicates bloating after eating large meals and increases protein breakdown and absorption.

Top Story: Heartburn: Too much or Too Little Stomach Acid

Heartburn affects a large majority of our population. It involves the regurgitation of stomach acid into the esophagus (tube that connects mouth with stomach). It can be caused by several circumstances. Heartburn, otherwise known as GERD (gastroesophageal reflux disease), can be caused by too little or too much acid in the stomach, a weak, dysfunctioning diaphragm, or a hiatal hernia. More often than not, it is caused by too little stomach acid. HERE'S WHY: When food enters the stomach, it mixes with acid secreted by the lining of the stomach. The muscles of the stomach contract to churn and mix the contents. When stomach acid is low, the stomach churns and mixes harder and the pressure can force acid back up into the esophagus causing heartburn. Often we mistakenly take an antacid for the problem, but why does it help? It neutralizes the acid that is present which prevents the burning sensation felt when it is refluxed. The result: virtually no stomach acid present to break down proteins and food enters the rest of the digestive system in its predigested form. Nutrients are then too large to be absorbed by the intestines and the food also can back up constipating the person. Also affected is the pancreas which secretes enzymes and insulin but is but is only triggered to do so if the food is acidic when entering the intestines. In the long term, use of antacids like the purple pill can damage acid producing cells and perpetuate malnutrition (mostly lack of proteins).

How do you know the difference if you have too much or too little acid? Timing of the heartburn: after eating (too little), between meals (too much).

By the time a person reaches age 50, the acid production in the stomach is only 15% of what it was when the person was in their 20's. Heartburn occurs at all ages, but most commonly in middle aged individuals.

What you can do: Don't wait. Long term GERD can lead to esophageal cancer. Find the cause of your GERD and address it. I have treated several patients with good success with a little supplementation and education. If you know of someone suffering from this or other problems, please feel free to have them call for a free consultation.

To remove yourself from the mailing list or to ask questions, please email me at fixinbacks@yahoo.com or call 630-776-3061. Just type "remove me" in the subject line.