



Dr. K's Health Korner

Important Notices

I will be out of the office on Monday, February 27 until March 3, 2006. If you are due for a tune-up or have a nagging pain you want to address, please give me a call and I will get you in the week of the 20th or March 6th.

Latest Happenings

A website is in the works and should be up and running in about a month or two. It will have several pages of interest and offer a lot of information from foot conditions to golf fitness.

Due to the great response and interest in detoxification, I am committing this month's newsletter to the subject. I am also extending the discount until March 30 on detox kits. (50 dollars off Standard Process Kits). I can say from personal experience that this is a wonderful thing to do for yourself and for your health. I felt like I was 23 again! I had energy, I felt like waking up in the morning, I was sleeping better, and my mental health dramatically improved. The biggest thing was that over the 21 day program, I lost 9 pounds and went from 14% to 12% body fat. The bottom line is if the liver is not functioning at full capacity, ALL other organs systems suffer and fail to work at optimum levels.

Don't forget to schedule a tune-up visit if you are feeling stiff and it's been a while. Ideally it is recommended to get treated once a month to maintain the progress you have made and also to prevent future degeneration of joints and minimize the severity of injuries if one were to occur.



Dr. Jeffrey S. Kurtz
Chiropractic Physician

Nutrition Spotlight: SP Cleanse by Standard Process

SP Cleanse uses the effects of over 20 foods to support and enhance the detoxification process. It differs from most detox products in that it addresses all the phases of cleansing instead of overenhancing a certain phase with a high dose of isolated nutrients. SP Cleanse is a whole food approach that provides antioxidants to protect against the flu like symptoms of a "healing crisis" involved with a detox program.

Top Story: Detoxification

Are you toxic? In today's environment of air, land, and water pollution deregulation, contaminants have found their way into the critical elements required to survive as a species. The body has an amazing capacity to adapt to the environment, however, it does not always constitute a healthy existence. Add mental stress and a western diet, and you get the formula for all the long term chronic pain and internal syndromes such as diabetes, fibromyalgia, heart disease, and hormone imbalances.

The liver has several functions. Not only does it filter and eliminate toxins, but it also works to break down hormones for excretion. A couple of examples: 1: Estrogen left over after menstruation needs to be broken down and eliminated. If this doesn't occur, chronic syndromes like PMS or menopause symptoms develop. 2: The stress hormone cortisol has to be cleaned out of the blood regularly or it accumulates. The buildup of cortisol in the blood has been proven to be connected with emotional imbalances, weight gain around the abdomen and buttocks.

The liver has two processes when it breaks down a toxin. 1: The toxin is broken down into free radicals. We have all heard how bad free radicals are. They can be even MORE toxic than the original toxin. 2: The free radical is attached to an antioxidant by enzymes to make the free radical a water soluble molecule that can be eliminated in the urine. Due to lack of antioxidants in the western diet, a buildup of free radicals is typical and the health problems linked with free radical damage occur. These include cancer, heart disease, or allergies.

There are two detox programs that I give my patients. The first encourages a digestive system detox with supplements that pull toxins from the liver and scrubs the intestines. It is 21 days long. The other is a homeopathic detox that flushes out the lymph system (the sewer of the body) and pulls the garbage out of the fat cells. It is 90 days long and entails adding drops of homeopathic solution to the water you drink (or should be drinking) everyday. I recommend doing the first, waiting 2-3 weeks, and doing the homeopathic. If you have questions about detoxing or want more details, feel free to email or call me. Have a great day!

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.