

Dr. K's Health Korner

Latest Happenings

I hope everyone had a great summer and is ready for all the wonderful changes that come with fall. The return of routines and new resolutions has come.

Notice: New Fall Office Hours: Mondays, Wednesdays, and Fridays starting September 18.

I have a new website up and running: www.preferhealth.com

It has a lot of information about our office, treatments, specialties, and you can even request an appointment online. In the age of our current technology, a telephone is no longer required to make an appointment.

Other things coming up: I have a press release coming out soon about common supplements and how to take them. It may even be released on television. The publications are yet to be determined.

Advanced Training: I am training for an advanced degree in chiropractic sports medicine. It includes training for all types of sports specific injuries, sports nutrition, and natural performance enhancement.

Current Special: Get your gut in shape! If your energy level is in the gutter, you could have a leaky intestinal lining caused by food allergies. Get 20% off your supplements when starting a new program. Call or email now for more details.



Dr. Jeffrey S. Kurtz
Chiropractic Physician

Nutrition Spotlight: Dessicated Adrenal by Standard Process

This product is the nuts and bolts of adrenal glands. Used initially and in concert with protomorphagens, this product boosts energy levels by supporting the adrenal glands and enabling them to balance blood sugar. It comes from bovine adrenal glands and is intended for short term use. It is great before athletic events and for the person who gets bad afternoon cravings. It helps with sleeping and with mood as well. DA brings exhausted adrenals back to life and can change the quality of life dramatically in a short amount of time.

Top Story: Adrenal Glands and Blood Sugar

Just about every patient that walks into my office can say that in one way or another they wish they had more energy, less stress, and they could feel better overall. Put simply, years of abuse can exhaust adrenal glands to the point of symptoms. Adrenal fatigue is not recognized by the western medical community unless it is at the extremes of dangerously low or high activity. Blood tests will come back within normal ranges, yet the patient will still feel tired and is left to deal with the symptoms.

Adrenal glands have many functions, but one of the most important functions is assisting with control of blood sugar levels. The sequence of events that occurs is quite interesting and is frighteningly familiar with most people.

Blood sugar is supposed fluctuate throughout the day, going up after eating and back down after. The pancreas releases insulin which lowers blood sugar by allowing it to flow into the tissues. When the tissues absorb enough sugar and levels drop in the blood, the adrenals release cortisol if no food is eaten. Cortisol is a GOOD hormone at reasonable levels. It mobilizes fat and protein from muscles which is converted to sugar in the liver. Blood sugar then rises.

If the adrenals are exhausted, cortisol is not released and blood sugar gets too low. The brain senses the deficit and responds by giving you a craving, especially for something sweet. If you eat something sweet, your blood sugar spikes quickly and you get a "sugar buzz" for a short while. 30 minutes later you crash because of the flood of insulin that was released in response to that sweet treat. This cycle repeats 3-4 times a day and over time can wear out a person.

Supporting the adrenals through diet, supplements, and lifestyle changes can break the cycle and restore more balanced blood sugar levels. Caffeine and stress are 2 of the biggest contributors to adrenal fatigue. If you are suffering from fatigue and feel like you don't have control of your health, chances are you don't. Give me a call and we can go over what needs to be done to recover your vitality and increase your quality of life. I heard once at a seminar, "Your life is only as good as the functioning of your adrenals." 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.