

Dr. K's Health Korner

Latest Happenings

Hello Everyone,

I hope you all are doing well and are looking forward to a good holiday season. Things are happening and I am looking forward to a great new year.

I will be in the office until December 22 and will be returning January 3rd for the holiday.

I would like to announce that I will be giving lectures next month on the topic of detoxification and some basic digestion issues. Dates are still to be determined, but there will be several occasions of which anyone can attend. Seating is limited, so once the dates are finalized, I will need anyone interested to register. It is open to patients, friends, family, etc.

I will be putting together future lectures on hot topics such as adrenal fatigue, basic nutrition/drug alternatives, and possibly chronic fatigue/Fibromyalgia.

For those of you that have been meaning to get a tune up, better get something scheduled before your deductible renews in January. I am in the office on Mon, Wed, and Fri until December 22.



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: Bloating Holiday

We have all done it. Probably more times than we'd like to recognize. Overeating during the holiday season seems to be as much of a tradition as the holidays themselves. As a result, millions of people across the globe eat themselves to the point of sickness and suffer from extreme bloating and nausea from indigestion. Well I got news for you; it doesn't have to be that way! I'm not even going to tell you that you can't eat everything is sight either. So what's the answer?

Zypan

Zypan is a supplement that I give a lot of my patients for reflux and I even take it myself. It is made from whole food concentrates and there is nothing synthetic about. It boosts your natural acid levels in the stomach which dramatically improves digestion. Bloating occurs from overeating, but more from gas that is produced by fermenting food in the gut. The food ferments because there isn't enough hydrochloric acid to break it down quickly and efficiently, therefore the warmth of the gut rots the food. The food then creates its own organic acids which are more corrosive to the gut lining and gives that burning sensation of heartburn.

Several of my patients swear by Zypan. I know from my own personal experience that my usual routine was to gorge myself silly and then spend the rest of the afternoon on the couch feeling very uncomfortable. Zypan taken before the meal prevents that feeling. If it is taken after the meal, it is just as effective at reducing the bloated "blah" feeling.

I attached a great PDF file to this newsletter on the misconception of indigestion and the consequences of taking acid-stopping medications. It is very enlightening and I would recommend you look it over. I will touch on it in my detox lectures next month as well.

If you would like more information or have questions, feel free to email me. I would be more than happy to discuss these topics with you.

I will be offering Zypan for 8 dollars off the retail price (\$38) until I leave for the holiday (December 22). If you would like some please call or email me so we can make arrangements for pick up. If you would like it sent directly to you from the office, shipping will apply.

I would like to wish everyone Merry X-mas and Happy New Year.

Dr. Kurtz does not claim to diagnose, treat, prescribe, or cure any illness. For a specific diagnosis, see your primary care physician.

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.