

Dr. K's Health Korner

Latest Happenings

Hello Everyone,

Happy new year! I hope all of your resolutions are still going strong.

I'm happy to announce that I will be giving lectures starting February 8th. The first one is on Detoxification, Health, and Weight Loss. It covers a wide range of health topics ultimately leading to what detox is and how it works. It's a great opportunity to learn how food affects your body and the eventual consequences of making poor and uninformed choices. By the end of the lecture you will understand how to make better choices and to see through the marketing of trendy bio-junk food. I will discuss the conventional approach to health vs. the alternative approach vs. the systems approach.

Due to the lack of space, I am only able to accommodate 6-7 people at a time. I will be giving the lecture on the 2nd and 4th Thursdays of the month starting at 6 pm. These are tentative dates and I will confirm them in advance. Please send me an email at drkurtz@preferhealth.com to register. Guests are welcome. If one lecture is full, I can put you in the next one if you like.

You can't be healthy on a diet of misinformation. Mainstream health care isn't the answer. Come to find out how take back control of your health and de-age yourself.



Dr. Jeffrey S. Kurtz
Chiropractic Physician

Nutrition Spotlight: ProOmega by Nordic Naturals

Fish oils contain Omega-3 fatty acids which are a large component of cell membranes. Most fish oil in stores is rancid because of its exposure to heat and light. They also often come from contaminated sources and have low amounts of DHA and EPA. ProOmega is molecularly distilled, eliminating PCB's and heavy metals. 2 perles provide over 1 gram each of DHA and EPA. Definitely more bang for the buck.

Top Story: Trans Fats vs. Essential Fatty Acids

Trans fats are becoming a public concern as people are becoming more aware of the consequences of eating them. They are banned from restaurants in some cities the first to be New York. Some say it is an invasion of privacy while others are grateful.

What is a trans fat? A trans fat is a fat that has been bubbled with hydrogen gas to bond and stabilize all of the fragile bonding sites to prevent rancidity. By doing so, it also prevents the fat from participating in healthy function. Cell membranes are made from essential fatty acids (omega 3's and 6's), but when trans fats are present, they displace the EFA's and take their place in the structure of the cell membrane. Trans-fats weaken the cell membrane and reduces the cell's control of what enters and exits the cell. This can lead to several problems including premature aging and cell death. When the cell's DNA is affected, mutations in the DNA occur and eventually cancer develops. When the trans-fats replace the EFA's in the cell membrane, the surface area and flexibility of the membrane can be reduced by as much as 70 percent. Why is this important? Because when hormones circulate in the blood, the larger surface area improves the likelihood that a hormone will hook on to the cell's receptor site (kind of like a lock and key) where it can have its positive effects. Example: A cell with trans fats in its membrane doesn't link up with insulin so that blood sugar can enter the cell for energy. The cell starves, becomes brittle, and then bursts releasing its inner contents into the blood. Inner contents are seen as foreign invaders and an immune response follows. Have this occur frequently for a number of years and conditions like cardiovascular disease develops.

There is good news by the way. If we include enough omega 3's and 6's in the diet and avoid the hydrogenated and partially hydrogenated oils (trans fats) we can restore the integrity of cell membranes and improve cell vitality and function. Since cells form tissues and tissues form organs, the ultimate result is better organ function and better health. Omega 3's are found in fish and flax oils. Omega 6 is found in olive oil, black currant seed oil, and borage oil. 60% of your brain is made up of EFA's. 1/2 of that is made of specifically DHA (omega 3 is converted to DHA). How can anyone expect anything other than brain atrophy, decreased IQ and memory, and diseases like Parkinson's and Alzheimer's when they don't get the basic building materials to rebuild the brain tissue? You can't. EFA's are that important and should be a part of everybody's supplement and nutrition program.

Make sure to check your oil for rancidity! Otherwise you are taking a big dose of fatty free radical. Here's How: [Rancidcheck](#)

I hope to see you at a lecture and have yourself a great day!

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 drkurtz@preferhealth.com or call 847-440-7981. Just type "remove me" in the subject line.