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## Dr. Siegfried's Health News

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May 2010      A Newsletter for Dr. Siegfried's Patients

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### Women Only, Actually Men Too

#### **What's Inside!!**

**\*Spring Time Specials**

**\*"Women Only, Actually Men Too"**

**\*Free Reports: Foods That Help Foods That Hurt**

**\*Windsor Study**

**\*Natural vs. Synthetic**

**\*There is a difference**

A recent section of the Sunday Oregonian, February 28, 2010, had a publication on women and cancer. All the "world class cancer therapies" available, etc. etc.

Also was a big ad by a local law firm: ***ATTENTION: WOMEN CURRENTLY TAKING HORMONE REPLACEMENT THERAPY (HRT).***

Basically the ad said that any woman currently taking HRT (hormone replacement therapy) should contact their doctors immediately to discuss safe alternatives. Because many women have developed breast cancer after taking synthetic HRT and have legal options. Because scientific evidence connecting synthetic HRT with breast cancer has once again been reaffirmed in a court of law. And the drug companies manufacturing these synthetic HRT drugs will now be held accountable in courtrooms across the country.

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For more info go to [www.wdolaw.com](http://www.wdolaw.com), click on HRT-literature summaries.

WHAT IS A WOMAN TO DO??? Look to your diet, supplements, etc.

Prevention is the key. Pure and simple. Well. Maybe not so simple. Not with all the chemicals in our foods and environment. But there is hope. And you can be empowered nutritionally from a dietary and supplement standpoint. In addition, you can be empowered from a “body work” standpoint of chiropractic care, massage, home traction, exercise, etc. Your body is not deficient in synthetic, man-made chemicals/drugs.

First, nutritionally, avoid the “white plague”: white flour, white sugar, pasteurized milk/soy/rice products. Try to only eat organic, non-genetically engineered (gmo’d) food. Whole Foods, New Seasons, Trader Joe’s, People’s Co-op are good places to shop. Read all the labels. If you don’t understand a term on the bottle/can/jar/box, you may want to do like they say in New York: Forgedaboutit.

Fresh should be the order of the day. Or join a food buying group: Thundering Hooves.com in Portland, or Abundant Life Farms in Dallas/Newberg/McMinnville. The best, unadulterated water is either Earth-2-0 or Chrystal Springs. In McMinnville: Albertson’s, Roth’s, The Dollar Store have them at competitive prices. Or, you can have Earth-2-0 delivered to your home.

Study the primitive/indigenous people and how they stayed well and also how they treated cancer. No “world class cancer therapy” in those societies, just simple, holistic methods. You just have to know what they did/took. We have many products/methods available to help. But let me be clear: I DO NOT CLAIM TO TREAT CANCER. But I can guide you on successful methods that have been used.

Some of the best overall resources to get well, stay well, be well are the Price-Pottenger Studies and Books: specifically Nutrition and Physical Degeneration by Dr. Price, The Pottenger Cat Studies by Dr. Pottenger, Sally Fallon’s Nourishing Traditions. And join the Price-Pottenger Nutrition Foundation and receive their quarterly journal. Go to [www.ppnf.org](http://www.ppnf.org)

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To begin with very simply, call/e-mail and ask for my FREE REPORT:  
FOODS THAT HELP, FOODS THAT HURT.

Now to the issue of supplements, which are essential. Not vitamins, extracts, isolated fractions, purified, nutraceutical, phytochemicals, bio-identical hormones, and all the other oxymoronic words being used these to describe so-called nutrients. I realize that is quite a statement. But let me explain.

HORMONE REPLACEMENT THERAPY should really be called HORMONE MAKE YOUR OWN THERAPY. Because if your body is fed well and your nervous system has no interference, then your body will make the hormones you need. That said where to you start? Well, I gave you a few pointers above to start with. But there's more...

#### WHAT YOUR BODY NEEDS: Nerve Supply

Every cell and tissue in your body needs proper nerve supply (the spark plug), blood supply, lymphatic supply. Plus food, water, oxygen. Now you have a good running system.

Nerve supply? Make sure you get regular chiropractic adjustments. A chiropractic adjustment does wonders for your nervous system. Just ask someone who has been under regular chiropractic care for awhile. World-class and professional athletes know the benefits of chiropractic care. Your nervous system needs to be adjusted as well. Your nervous system is your power supply in the body.

In fact, when your nervous system is not functioning properly, your structure/posture is off. When your posture is off, your power supply from the brain is down. And some scientific research says that when this is the case, you can lose up to 90% of the energy output from the brain. This means all systems down line from the brain will suffer. A FREE COPY OF THE WINDSOR REPORT is available if you like. Just ask. It is a summary of research done in the 1930's at the University of Pennsylvania which shows that when nerves are pinched, the organs suffer because they are not getting their full power supply.

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## EXERCISE

Blood supply and lymphatic supply are circulated, purified and nourished by exercise. And by the way, your hormones will benefit by being made and distributed to the necessary organs by exercise in addition to proper nerve supply, as mentioned above.

Choose your favorite and most enjoyable exercise. Consider some regular exercise to help your body make its own hormones and help your mind in the process.. Walking, swimming, yoga, bicycling, hiking, pilatte's, etc.

### Foods/Fats That Make Hormones

Now, about supplements and foods that make hormones: Can you say FAT? GOOD FAT? And what does this mean? And MINERALS. And what does this mean? Let's talk about the foods first. Really simple-like. Again, my FOODS THAT HELP, FOODS THAT HURT REPORT is helpful here.

All this talk/advertising/marketing, etc, on oils/fats/omega's, etc can be boiled down to a few things to concentrate on. Why? Because if you eat good fats and oils, and your digestion is working right, your liver will take the good fat and make cholesterol out of it and then hormones out of that. But first things first.

What are good food fats/oils? And why are they good fats/oils? Because good fats/oils have the fat soluble vitamins A,D,E,F,K. Vitamin F (the omega group) is the one touted recently as the most important.

**Fats/Oils:** There are two kinds: Vegetable and Animal. Only organic/raw/non-gmo'd of course. Flax, olive and wheat germ oil are probably most common to the western world. Available in stores but you must know the company, the processing, etc. Coconut, palm, sesame, pumpkin, sunflower and others are fantastic as well. There are others but for our purposes now we want to keep it simple. In fact, in my practice, a wheat germ/flax combo from Springgreen is one of our most popular blends. But I am ahead of myself.

Why the distinction between vegetable and animal fats? Vegetable fats are good for many reasons but they are missing something the animal fats have. Some

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biochemist's call it "animal protein factor". Other's "specific dynamic action". This means, in the final analysis, the animal fats are better for hormone production most of the time. But not always. And hormones are sources of power and new cells. This is what hormones do in the final analysis. Of course, the vegetable fats help in this regard, but between the two, animal fats are more diversified in their use in the body and therefore superior.

**Fats/Oils:** Animal Fats: Most commonly butter, milk cream, fat from steak, chicken, fish, etc. Depending on the culture, there are other common animal fats. For us in the west, these are the most common. As stated above, these are superior. And they must be consumed as fresh as possible or they plug up the digestion/liver/hormone production.

Both vegetable and animal fats are considered to be ESSENTIAL FOODS. This means they should be eaten daily. Not all together but certainly one or two of them. And not necessarily every day but at least a few times a week. Ex. Buttered toast, butter in cooked oats, butter for cooking. Broiled or baked chicken or fish, organ meats, etc. The oils/fats from these foods are very good tasting and important for us. In fact, organ meats are one of the best sources but we are so civilized now we don't eat them much in the west. But they are valuable. The assumption, of course, is that the animals are raised naturally.

WHOLE FOOD SUPPLEMENTS THAT HELP TO MAKE  
HORMONES: Not Bio-identical synthetic hormones.

Now, regarding SUPPLEMENTS. A supplement is defined as anything in addition to the regular diet. Supplements that are WHOLE FOOD CONCENTRATES are best because they are the closest to whole foods you can get. And they are necessary due to the fact that our food quality is simply not what it should be, even if organic, etc, notwithstanding the government intervention into the organic arena. And they should be raw and uncooked and foods, not the menagerie of oxymoronic synthetic/isolated names mentioned above. Ask for my FREE REPORT ON NATURAL VS. SYNTHETIC and THERE IS A DIFFERENCE.

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### WHERE DO YOU START????

You can have any of the following conditions and benefit from natural HRT, male or female. By the way, men need these natural hormones as well as women. IN fact, all ages need proper hormone production. Not just women with pre, peri, or post menopausal conditions. Although women have been the target by the drug companies. Men with ED are now being targeted to use all the different drugs. But they don't have to.

So where do you start with WHOLE FOOD SUPPLEMENTS regarding HRT? Fats/Oils and food concentrates that support the female and male systems. What we use in the clinic is Wheat germ oil or wheat germ/flax combo. Cod liver oil. We currently recommend Springgreen's liquid Cod Liver oil and Blue Ice from Green Pastures. Also Essential Balance which has sesame, pumpkin, and sunflower oils in capsule form. A great vegetable source.

The true test for the animal oils is whether or not they have the X-Factor that Dr. Price found among the primitive indigenous foods. Typically it was found in butter oil, cod liver oil and other animal fats. Without the X-Factor, the oil/fat was not as effective because it was therefore processed in some way. Which also means that many of the current oils/fats available to us in the stores are not as good as they should be and therefore could be doing more harm than good. Ex. adulterated wheat germ oil will cause calcium deficiency, synthetic vitamin D will cause kidney and liver problems. If the oil is not fresh, it will in time cause the opposite effect that it was designed to help nourish. So again, fresh oils are the best. And to be sure, you need to know the company backwards and forwards and where they get their products and how they process them, etc. This is where I excel if I may say so myself. I don't know it all by any means but I can guide you as well as anyone. Guaranteed.

FEM PLEX for women and MALE SUPPORT from Nutriplex are the other 2 products that are highly recommended as essential daily supplements. Femplex has nutrients that support the female economy. Male support as well. By the way, any of our supplements with animal products come from New Zealand from

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animals that graze and are not fed or exposed to chemicals. Chlorophyll Perles are the best for natural vitamin K from the vegetable world. We use Standard Process Fat-Soluble Chlorophyll Perles.

The mineral products I recommend as a rule are the Springgreen #30, Nutriplex Green Nutrients, and Maine Coast Seaweed Support. These products provide the “mineral activators” that Dr. Price said are essential for our health. Some patient’s need more than others. Following the bottle recommendations are a good start.

In a nutshell, these mineral activators feed, for example the Thyroid with Iodine, adrenals with copper, pituitary with manganese, liver with iron, etc. But these must also be in combination with other nutrient factors. NOT AS ISOLATED FRACTIONS.

Any male or female would benefit from these products, some needing more than others depending on age, condition, etc. But all can benefit from a daily “dose” of Cod Liver Oil, Wheat Germ/Flax oil, Essential Balance, Chlorophyll Perles , Male Support or Femplex, and the greens and seaweed. BRIEF CONSULTATIONS WITH ME REGARDING WHAT MIGHT BE BEST FOR YOU ARE FREE.

A lot of products you say? Well, you’re right. But these nutrients don’t come in a pill or capsule. Not if they are natural, WHOLE FOOD CONCENTRATES. At the same time, this is why it is so important for us to eat as well and many varied foods as possible. Certain foods are good for certain conditions.

Case in point: Dr. Price found that in Belgian Congo, a pregnant woman with a huge goiter, living at the 9000 foot level was sent down to the 6000 foot level to gather special plants and prepare them so her children would not get goiter. They just figured this out over time. Other cultures would rely on food from the sea. This is why fish and minerals from the ocean and more specifically kelp/seaweed products can be so valuable for hormone problems. But you must be patient. And occasionally, someone may be allergic. So that needs to be addressed. Everyone is different. Dr. Roger Williams, Ph.D. wrote a book years ago called **Biochemical Individuality** addressing this very subject.

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## SO LET'S SUMMARIZE.....

To summarize, every cell and tissue in your body needs a proper nerve supply, blood supply, lymphatic supply. As well as food, water, oxygen. How your body operates depends on these factors being met. OF course, stress levels of all kinds can affect our health as well. But as a rule, if the

above conditions are met, your body will function at a higher level, for a longer period of time, in spite of the stress. There are exceptions to every rule. But these are the rules.

I haven't even addressed the issue of mental/emotional stress. However, based on the work of Hans Selye, M.D., there are positive and negative stresses. We obviously need as much of the positive as possible. Relaxation will help produce natural hormones in the body. Relax, repair, rejuvenate, recover. Choose something you enjoy that helps you.

Dr. John Ott, who wrote the book "Health and Light" years ago, and who recently died at 99, said we should daily sit in the sun, eyes closed, no glasses, look into the sun, and relax and let the rays of the sun feed our nervous/hormonal system. A great, relaxing "exercise".

Hopefully information like this will empower you to help your body function better. But as a matter of record, I have to say the FDA has not evaluated my comments and therefore you should check with your Doctor (me if you like!!) if you have questions.

Dedicated to your health, the Doctor is in....

*Dr. Siegfried*

P. S. Any woman who has had children, hysterectomy, weak abdominals ( men too), prolapsed uterus, bladder,etc., could benefit from the SLANT BOARD. This is a fantastic way at home to help all the organs as well as the spine relax and be tractioned using gravity to your advantage. Laying on it 20 minutes at a time will help so much. Call us for a FREE BROCHURE or call for your own to 888-243-3279.

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