

Live the

# ADVANCED LIFE

#12

Your health & wellness newsletter

August  
2015

55 Years of  
FABULOUS

Happy Birthday  
Dr. Mike!  
August 17th, 1960



Don T. is quite the fisherman, here he is with a 26 lb Redfish. It measured 42 inches! He's too big to eat, and back at the bottom of the lake with his scaley friends.

Stephanie and her beloved son, Nick, pose in front of the George Washington Arch in NYC.



Ray and his grandson Zane look awfully dapper in their matching straw hats and white tees.

Two secrets on your Birthday:

1) Forget the past, you can't change it.

2) Forget the present, I didn't get you one.



Pat & Russ pose with their prize pup Dazzle. He's gotten so big! You can see his baby picture in the Feb 2015 edition of The Advanced Life.

Please take just a moment of time to say 'Hello' to our newest Preceptor from Palmer College of Chiropractic, Dr. Zhang Yu Wei! She is originally from Xi'an, China (the city where they found and unearthed those world famous Terra Cotta Warriors) but she has been in the United States for about 13 years. When Dr. Yu came into our country at age 17, she could not speak a word of English. After only 2 years she was enrolled in the University of Louisiana where she graduated in 2011 with a Masters in Biology. She went directly into Chiropractic College because she was so intrigued by what Chiropractic does and it's philosophy of life and healing. "I'm so impressed by the results that patient's received with Chiropractic care", related Dr. Yu Wei, "and I love that there's no chemical or pharmaceutical involvement."

Dr. Yu Wei will be here with us until mid-September, learning everything she can about our practice - from adjusting to scheduling patients. "I really like this clinic a lot", she mused, "everyone is so nice and really happy!" We are also very glad to have her with us.

Dr. Mike



  
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& PHYSICAL MEDICINE

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August 2015

# Happy, Healthy Microbes = Happy, Healthy YOU!

By: **Natasha O'Connor**

In our society, the word 'bacteria' has a horrible connotation. Ever since the discovery of penicillin, science focused on the use of antibiotics to kill off harmful bacteria. However, did you know that there is also 'good bacteria'? They are busy in our guts keeping our bodies functioning. Give these microbes a little credit! Scientists have now documented how beneficial microorganisms play a critical role in how our bodies function. While studying the effects of microbes in our gut, it's become clear that the influence goes beyond the gut. Scientists have documented that the mix of bacteria that populate our gut helps strengthen our immunity against allergies, eczema and asthma. Furthermore, they have now experimented with a correlation between the gut and our emotions.

Sadly, the western diet and modern day hygiene have made our modern guts look like Death Valley in comparison to our ancestors. Scientists have done studies in the lush rainforest's of Venezuela, targeting the remote Yanomami tribe. Members of this indigenous tribe have been hunter-gatherers for more than 11,000 years, living off the plants, animals, and other sources in the mountainous area of the Amazon rain-forest. The scientists took fecal samples from this tribe and brought them back to New York to see what bacteria populated the guts of the Yanomami.



This study was headed by M. Gloria Domingues-Bello, who is a microbiologist at the New York University School of Medicine. She and her team found that after testing the fecal samples, the tribe had about 50% more diverse bacteria in the gut than the average American. She says that as cultures around the world become more "Western" they lose bacteria species, and they start having higher incidences of chronic illnesses connected to the immune system, such as allergies, Crohn's, autoimmune disorders and multiple sclerosis. Domingues-Bello says that we certainly have



lost species of microbiomes with important functions. Obviously, diet plays an important role in populating the gut with microbes but another thing to think about is that the Yanomami have never

been exposed to antibiotics before Domingues-Bello and her team studied them. "Antibiotics kill bacteria in the gut, and sometimes species don't come back," Dominguez-Bello says, "This is especially true with children, whose microbiomes are in the process of getting assembled. Impacts on the microbiome at a young age can have long-lasting consequences."

Now that people are realizing that bacteria can actually be beneficial, there is now a growth in research between microorganisms and body function, including emotional health. Emotional health can be a crucial factor in your overall health. Like Dr. Mike said, emotional stress can cause subluxations, which cause dysfunction in the body. John Cryan, a professor of anatomy and neuroscience at University College Cork in Ireland says, "The gut-brain axis is the collective communication pathway between the gastrointestinal tract and the brain." Information travels along the vagus nerve, which extends from our guts to our brains. Have you ever heard the expressions "gut feeling" or "gut instinct" or someone brave described as "gutsy"? It's not surprising that they found the brain and stomach to be so interconnected scientifically.

A few years back, Cryan and his colleagues published the findings of a simple experiment. They took a strain of lactobacillus, which is one of the most commonly used probiotics, or beneficial microorganisms.

They fed it to one group of mice every day for a month, and they looked to see if the rodents' behavior changed. The results, Cryan says, were striking.

"What we found was that the animals that were fed the lactobacillus — compared to those that were just fed a regular broth — were a lot less anxious. And they behaved almost as if they were on Valium or Prozac."

Other labs doing similar animal experiments have also shown that probiotics can influence their emotional state. Obviously, mice don't have to go to work, produce marketing reports by noon for the staff meeting, cook nutritious dinners for their mice family, or have other stressors that humans tend to have so they have started experimenting on people.

...continued on back page.



# NOW YOU'RE COOKIN'

ADVANCED  
L I F E

## Ingredients

1 lb or so of cooked chicken  
chopped up  
4 ounces soba noodles  
1 cucumber (can swap for other  
veggies, too)  
1 handful of green onion  
1 handful cilantro  
2 tablespoon of sesame seeds  
red chili flakes or sriracha

## For dressing

3 tablespoons of sesame oil  
2 tablespoons rice vinegar  
2 cloves garlic finely minced  
1 tablespoon fresh ginger  
minced (I use a fresh paste)  
1 tablespoon of soy sauce  
splash of water

## Chopped Chicken & Sesame Noodle Bowl

This cold noodle recipe is super simple, yet SO delicious and reminiscent of Summer with the cool cucumbers, fragrant cilantro and ginger. My mom would always make this whenever there was leftover chicken available. It's definitely a favorite one bowl meal of mine. *♥Natasha*



Peel cucumber and chop into 1/2" pieces, wash green onion and slice thinly. Follow instructions on how to cook the soba noodles, while the noodles are cooking put all ingredients for dressing in a large bowl and whisk (or stir vigorously with a fork). Once noodles are cooked, drain and rinse with cold water then leave them to drain thoroughly. Add the chopped chicken, cooked noodles, cucumber, and green onion to the bowl with the dressing and toss it all gets coated. Season with salt if necessary. Garnish with the sesame seeds and cilantro leaves. If you're feeling feisty, add some chili flakes or some sriracha and enjoy! I prefer to serve this either room temp or chilled in the fridge for a little bit.

Made from buckwheat flour, **soba noodles** have a nutty flavor and work well as a base for stir-fries and salads. They offer an alternative to wheat pasta if you follow a gluten-free diet, but check the label to make sure the brand you choose doesn't contain wheat ingredients.

## 5 Reasons You Should Be Drinking NanoGreens Daily



**#1. 1 scoop daily = 10 servings of NON-GMO, ORGANIC, DARK GREEN VEGGIES...and yes, you need to eat more greens, everyone does.**

**#2. The other alternative is to buy a juicer, organic veggies, clean them, cut them up, juice them, and clean up. It's a hassle, and you probably won't do it. 1 scoop daily is about \$1.30 per serving! That is extremely reasonable.**

**#3. 1 scoop daily = A complete spectrum of organic anti-oxidant protection (slow down aging and speed up healing).**

**#4. One serving provides a fortified army of enzymes and fiber, which reinforces optimal digestion and gut bacteria. This leads to fat loss, resilient energy, and the regeneration of damaged internal tissue.**

**#5. These greens boost and invigorates the immune system which allows your body to take care of everything from the common cold to the excess growth of cancer cells.**

**DON'T BE A CHEAPSKATE,  
FEED YOUR BODY WELL!**



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For instance, a study published in The Journal Brain, Behavior, and Immunity in 2011, researchers at Leiden University in The Netherlands recruited 40 healthy volunteers. In order to assess their vulnerability to sad moods, all 40 participants filled out questionnaires at the beginning and end of the study. Out of the 40 people, twenty took a probiotic which contained a mix of eight strains of bacteria for one month. The other 20 volunteers took a placebo that looked the same as the probiotic so nobody knew what they were taking. After one month, the researchers found that the participants taking the probiotics answered these questions significantly more positive than they had at the beginning. "What was different is that they reported less aggressive thoughts and less ruminative thoughts," Steenbergen said, "they were less reactive to negative thoughts and feeling."

To conclude, are you eating enough fermented foods to help populate your gut? I hope what everyone takes away from this is to find out what other options there are before going on antibiotics for something minor, this is one reason why I love essential oils. They have an innate knowledge of what bacteria will benefit your body and what bacteria is bad, a number of them are "anti-bacterial" without eliminating the ones your body depends on. Secondly, there are really good probiotic supplements

you can take. Ask Dr. Mike or Dr. Tah which they use or recommend. Here are some foods that you can eat to populate your gut and strengthen your immune system and keep you happy.

**1. Ginger Beer** - This beverage originated in the 1800s in England. It is a natural probiotic due to the fermentation process. Look for a brand that does NOT have High Fructose Corn Syrup. Drink as a treat once in a while.



**2. Kefir** - This thick and tangy yogurt-like beverage is made by adding kefir grains to milk, which causes fermentation to occur. It's also a great source of protein with about 11 grams per serving. Look for kefir in the dairy or natural-foods section of your grocery store.

**3. Kim-chi** - The fermented vegetable side dish/condiment gets its spicy flavor from garlic, salt, chili peppers, and vinegar. It's popular in Korea, where it's served at every meal either by itself or mixed with noodles. Try adding kim-chi to soups, sandwiches, or stir-fry. Look for it in the refrigerated section of your grocery store or in an Asian market. You can even try to make your own.



**4. Kombucha Tea** - This beverage originated in China and dates back 2,000 years. The refreshing beverage is made by fermenting sweetened black tea. Find it in the refrigerated section of your grocery store or pick up your own home-brew kombucha kit. Dr. Mike & Stef have a kombucha growing in their fridge, maybe they'll give you a baby if you're really interested.



**5. Sauerkraut** - Sauerkraut is shredded cabbage that has been fermented, which fosters the growth of probiotics. Some packaged varieties are pasteurized, which could destroy the healthy bacteria, so opt for raw, refrigerated varieties. Look for it in the refrigerated section of your grocery store.



## Oil Spotlight On Guard



Great oil for back to school as it's a natural disinfectant both for your body and environment.

On Guard can be taken internally on a daily basis to maintain healthy immune function. It can also be used on surfaces throughout your home as a disinfectant and non-toxic cleaner

**Ingredients:** Wild Orange, Clove, Cinnamon, Eucalyptus, and Rosemary

### Primary Benefits:

Supports healthy immune function - Energizing and uplifting aroma  
Protects against environmental threats - Cleanses surfaces  
Purifies the skin while promoting healthy circulation

**Want to save 25% on doTERRA CPTG Essential Oils and all their other awesome products? Become a Wellness Advocate! Ask Natasha for more details and other promotions going on during August!**

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