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**IMMUNE SYSTEM BOOST: VS-C** is a herbal combination to strengthen the body’s immune system against bacterial and viral infections. VS-C contains herbs that have been used for centuries in Traditional Chinese Medicine to prevent and combat infectious diseases and relieve symptoms including fever, inflammation, muscle aches, pain, respiratory congestion and swelling. VS-C is best used as a preventive measure, but can also be taken at the first sign of symptoms and throughout illness.

VS-C can be used to combat pathogenic (disease causing) microorganisms that cause bacterial and viral infections, including the common cold, dysentery, food poisoning, influenza, respiratory infections and hepatitis. VS-C may also be helpful for Epstein Virus (mononucleosis), HIV Virus, malaria, typhoid fever, and herpes simplex virus 1.

VS-C contains the following herbs; dandeloin, purslane, indigo, thlaspi, bupleurum, typhonium, scute, cinnamon twig, licorice and ginseng. It is available in a liquid condensed form or pill form. We recommend taking VS-C during the flu season as a preventive measure.

**ANXIOUSLESS:** Ever feel anxious or nervous? This fast acting, non drowsy formula helps relieve the nervousness, worry and tension associated with daily living. Featuring sceletium tortuosum a time honored South African herb. The key nutrients that replenish your body’s stress coping reserves, Anxiousless targets feeling of anxiety from multiple pathways. Designed to quickly calm your mind, this proprietary blend of natural ingredients helps boost your mood and reduce fatigue. It promotes a feeling of confidence and security and is non habit forming.

The key ingredients in Anxiousless are; zembrin, L-Theanine, thiamin, magnesium, and zinc. Most people that take this product feel it working within an hour. There have been no side effects reported associated with taking this product.

**CURCUMIN:** Curcumin has been used for many centuries in Indian Ayurvedic medicine. It is an antioxidant rich turmeric extract plant that promotes a healthy inflammatory response while supporting the body’s immune, circulatory and glandular systems. Formulated for maximum potency, Curcumin features black pepper, which studies show enhances bioavailability. Black pepper may also aid with some occasional digestive discomfort. So instead of reaching for the ibuprofen which has harmful side effects such as liver damage, try curcumin

**CHIROPRACTIC IS RECOMMENDED BY TOP ATHLETES:** Tiger Woods’ success is likely due to a combination of inborn talent, an early start as a child, constant support from his father and family, long hours of practice, intense physical conditioning, and consistent chiropractic care. Even back when he was a student at Stanford University, he had discovered the benefits of chiropractic care.

During his college years he continued his rise to fame by winning the 1994 Amateur Golf Championship. Because he was outspoken about the help he got with chiropractic care, he was selected as one of four celebrities on the January 1995 Rosebowl Parade float celebrating the centennial of chiropractic.

Just before the Rose Bowl Parade, he was interviewed and said, “Being a chiropractic patient has really helped me a lot. When I was in a growth spurt, my back became very sore, and I was weak My chiropractor really helped me. Not only did he adjust my spine, he also gave me strengthening exercises to do. If you are tall and gangly like I am, or play sports, I would recommend chiropractic.”

**Natural vs. Organic Products**

**What's the difference--and how can you tell?**

*Kathleen Neves*

Now, more than ever, people are questioning what is being put into the skin care products they use. With terms such as "natural" and "organic" being used on all kinds of packaging, it's important to know not only what these terms really mean, but how they affect the way a product is labeled, the way ingredients are listed on the packaging, and the overall effectiveness of the product.

**Terms Defined**
What exactly does it mean when a product is labeled "natural" or "organic"? In the broadest sense, a natural product is something that originated from a plant or animal source, and an organic product is a natural product that was grown without the use of artificial fertilizers, herbicides, or pesticides. Many ingredients used in beauty, makeup, and skin care products are already derived from plant sources, but exact definitions vary.

In the world of skin care, the biggest difference between products labeled "natural" and "organic" is the amount of regulation imposed by the government. The US government does not regulate natural skin care products, which means anything can be labeled or described as natural, regardless of what it contains or how it was produced. Organic products, however, are heavily regulated by the government.

**Organic Isn't Easy**
The US Department of Agriculture (USDA) sets strict regulations for organic products: how ingredients must be grown and processed; where the word organic can appear on the product label; and how the label may be presented on the actual product. Growers must adhere to a special system of farming that maintains and replenishes the soil fertility without the use of toxic materials such as pesticides or fertilizers. Third-party certifiers appointed by the USDA enforce these regulations with annual inspections of organic farms and processing facilities.

The National Organic Program (NOP) is a government agency that works with the USDA to help regulate the use of organic ingredients in skin care products, and to make sure these types of products are correctly labeled. There are four labeling categories for certified organic products:

**- 100 Percent Organic**
Products that have been certified by the government as containing 100 percent organic ingredients. The product is permitted to display the USDA Organic label on the front of the packaging.

**- Organic**
Products that contain at least 95 percent organic ingredients. They are also permitted to bear the USDA Organic label on the front of their packaging.

**- Made With Organic Ingredients**
Only 70 percent of ingredients need to be organic for a product to be certified in this category. These products cannot use the USDA Organic label, but are allowed to have descriptive text on the product label to say it is made with organic ingredients.

**- Less Than 70 Percent Organic Ingredients**
These products cannot use the USDA Organic label, and the only place where the word "organic" can be used on the product's packaging is in the ingredient list on the back of the product.

**What's Natural?**The main reason why the federal government doesn't regulate natural skin care products is because there is no formal definition of what natural means within the beauty industry. Different brands may use the word in completely different ways. This creates confusion and frustration for the consumer.

In May 2008, the Natural Products Association (NPA), along with brands such as Burt's Bees, JR Watkins, and Yes To Carrots, created the Natural Standard for Personal Care Products. This voluntary standard is the closest thing the beauty industry has to a formal definition of natural. It consists of the following four components:

- Natural. At least 95 percent of the ingredients in the product must be formulated without any artificial ingredients, and minimally processed.
- Safety. The product must be completely void of any ingredients deemed harmful to human health by the US Food and Drug Administration (FDA).
- Responsibility. The product cannot have been used in any sort of animal testing.
- Sustainability. The product, its ingredients, and its packaging must be environmentally friendly. Ingredients should be biodegradable, if possible. The product's packaging should be made up of recycled materials, or at least be easy for the consumer to recycle.

To use the NPA Natural Seal on its label, a product must meet all four components, and its manufacturer must disclose all ingredient information, fully and accurately. The NPA Natural Seal is the closest equivalent for natural products to the USDA Organic label for organic products, but it is a voluntary standard that is neither required, nor endorsed, by the federal government.

While it's important to know the difference between natural and organic, it's no less important to make sure you're using the most suitable product. Just because a product is labeled "natural" or "organic" doesn't necessarily mean that it will be the best choice for your skin type, concerns, and conditions.

**MASSAGE GIFT CERTIFICATES AVAILABLE:** Now available for holiday gift giving. What better gift to give than the gift of massage. Purchase a gift certificate and receive a free 2 ounce bottle of our customized aromatherapy oils. We use all natural 100 % pure organic essential oils mixed by our licensed massage therapist Katheryn Resch. Choose from over 30 different aromas to mix and match.

**VITAMIN D3 TESTING:** If you shun the sun, suffer from milk [allergies](http://www.webmd.com/allergies/default.htm), or adhere to a strict [vegetarian diet](http://www.webmd.com/diet/vegetarian-and-vegan-diet), you may be at risk for [vitamin D deficiency](http://www.webmd.com/food-recipes/vitamin-d-deficiency). Known as the sunshine vitamin, [vitamin D](http://www.webmd.com/vitamins-supplements/ingredientmono-929-vitamin%2Bd.aspx?activeingredientid=929&activeingredientname=vitamin+d) is produced by the body in response to sunlight. It is also occurs naturally in a few foods -- including some fish, fish liver oils, and egg yolks -- and in fortified dairy and grain products.

Vitamin D is essential for strong bones because it helps the body use [calcium](http://www.webmd.com/vitamins-supplements/ingredientmono-781-calcium.aspx?activeingredientid=781&activeingredientname=calcium) from the [diet](http://www.webmd.com/diet/default.htm). Traditionally, vitamin D deficiency has been associated with [rickets](http://www.webmd.com/a-to-z-guides/rickets-vitamin-d-deficiency), a disease in which the bone tissue doesn't properly mineralize, leading to soft bones and skeletal deformities. But increasingly, research is revealing the importance of vitamin D in protecting against a host of health problems.

Symptoms of bone pain and muscle weakness can mean you have a vitamin D deficiency. However, for many people, the symptoms are subtle. Yet even without symptoms, too little vitamin D can pose health risks. Low blood levels of the vitamin have been associated with the following: Increased risk of death from cardiovascular disease, Cognitive impairment in older adults, severe asthma in children and Cancer.

Research suggests that vitamin D could play a role in the prevention and treatment of a number of different conditions, including type1 and type 2 diabetes, hypertension, and glucose intolerance. **Causes of Vitamin D Deficiency**

**You don't consume the recommended levels of the vitamin over time**. This is likely if you follow a strict vegetarian diet, because most of the natural sources are animal-based, including fish and fish oils, egg yolks, cheese, fortified milk, and beef liver.

**Your exposure to sunlight is limited.** Because the body makes vitamin D when your [skin](http://www.webmd.com/skin-beauty/default.htm) is exposed to sunlight, you may be at risk of deficiency if you are homebound, live in northern latitudes, wear long robes or head coverings for religious reasons, or have an occupation that prevents sun exposure.

**You have dark skin.** The pigment melanin reduces the skin's ability to make vitamin D in response to sunlight exposure. Some studies show that older adults with darker skin are at high risk of vitamin D deficiency.

**Your**[**kidneys**](http://www.webmd.com/urinary-incontinence-oab/picture-of-the-kidneys)**cannot convert vitamin D to its active form.** As people age their kidneys are less able to convert vitamin D to its active form, thus increasing their risk of vitamin D deficiency.

**Your digestive tract cannot adequately absorb vitamin D.** Certain medical problems, including [Crohn's](http://www.webmd.com/ibd-crohns-disease/crohns-disease/default.htm) disease, [cystic fibrosis](http://children.webmd.com/understanding-cystic-fibrosis-basics), and [celiac](http://www.webmd.com/digestive-disorders/celiac-disease/default.htm) disease, can affect your intestine's ability to absorb vitamin D from the food you eat.

**You are**[**obese**](http://www.webmd.com/diet/what-is-obesity)**.** Vitamin D is extracted from the blood by fat cells, altering its release into the circulation. People with a [body mass index](http://men.webmd.com/weight-loss-bmi) of 30 or greater often have low blood levels of vitamin D.

**OMEGA 3 DEFICIENCIES:** If you want to find out if you are getting enough Omega 3 fatty acids from your diet and whether you have the correct balance of essential fatty acids we now have an at home finger prick test to determine if you have these deficiencies.

Signs of an Omega 3 fatty acid are dry skin, lifeless hair, cracked nails, fatigue, depression, dry eyes, lack of motivation, aching joints, difficulty in losing weight, forgetfulness, breast pain. If you have also tried to lose weight by going on a low-fat or no-fat diet, you are likely to be deficient in these essential fats. It is now estimated that we are getting ten times more Omega 6 fats from our diet than Omega 3 and over the last century there has been an 80% decrease in the consumption of these Omega 3 fatty acids.

When you eat Omega 3 fats they are converted to substances that have an anti-inflammatory effect on the body.

Many of the women we see in the clinic have been taking evening primrose oil supplements – an Omega 6 fatty acid – for many years as it can be helpful with PMS. But you can end up with too much Omega 6 and not enough Omega 3 in your body. Some women are also taking combinations such as Omega 3, 6, and 9 in supplement form because they have heard that we need a good balance of all the Omega fatty acids. This is true, but you have to take into account what your own levels may be in the first place. It is no good adding in more Omega 6 if you have already got enough or in fact too much in your body. (You can now have a blood test to tell you if you have the correct levels of Omega 3 to Omega 6 in your body.) Ask about our at home finger prick test for Vitamin 3 or Omega 3 deficiency.