



# THE CENTER FOR INTEGRATIVE MEDICINE

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## Introduction

The Center for Integrative Medicine (C4IM) is a multi-disciplinary office specializing in musculoskeletal disorders, utilizing state of the art treatment protocols (chiropractic, physical therapy, acupuncture, nutrition and bioidentical hormones). Athletes, professional dancers, as well as average people are evaluated by our director Frank Bredice. Dr. Bredice has 30 years of clinical experience, as well as extensive athletic training/experience as a former member of the U.S. Olympic medical team and All-American track & field athlete. Acupuncturist Jimmy Liu is the newest addition to our clinic, he has a Bachelors of Holistic Medicine and a Masters of Science in Acupuncture and Oriental Medicine. Dr. Liu specializes in the modern technique of Trigger Point acupuncture which he acquired in his extensive studies in China. This technique dramatically accelerates the healing process of muscle spasm compared to traditional acupuncture. We share our office with the Kochan Institute for Healing Arts Research. Andrew Kochan, MD - the medical director and founder is the foremost authority in the United States on PROLO Therapy and Apathery. Dr. Kochan also has offices in Santa Barbara, CA.

## Taking Care of Yourself

This season we must all be aware of the extra stress on our bodies. Aside from the normal daily stress, there is the stress associated with the present and foreseeable future economic situation. I am asking all of my patients to take extra care regarding their immune systems which are adversely affected by stress (our bodies respond to emotional, chemical, structural and thermal stressors). The correct amount of quality sleep, exercise (even just 30 minutes 3X a week can make a huge difference), and nutrition should be augmented by whatever type of calming techniques that work for you. (Examples would be: meditation, yoga, chanting, etc.) Research shows that just 10 minutes a day of one of the above techniques significantly enhances mood and dissipates the chemical reactions to stress. Chiropractic adjustments, acupuncture and muscle balancing are also important tools to enhance our immune systems. So, begin now to eat better – get more quality rest – take the recommended supplements – exercise and do some form of meditation.

## What is Omega 6/Omega 3 Fatty Acid Balance?

Human beings have evolved on a diet with a ratio of omega 6 to omega 3 of 1 to 1. Our present western diet consists of foods that cause the ratio to be a very out of balance 15 to 1. The omega 6 oils are pro-inflammatory and the omega 3's oils are anti-inflammatory. For this reason, nutritional experts recommend that we

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greatly increase our omega 3 oil intake. Pro-inflammatory omega 6 oils are found predominantly in grain fed animals and eggs and also in vegetable oils such as safflower, sunflower and corn. Olive oil which is considered neutral (not pro or anti-inflammatory) should be the oil of choice for salads, cooking, etc. Omega 3 fatty acids are predominately found in green leafy vegetables, flax seeds, and walnuts. However, they are most abundant as EPA-DHA found in fatty fish.

Balancing the ratio of omega 6/omega 3 reduces the risk of coronary problems, arthritis (both osteo and rheumatoid), diabetes, bowel disorders, and cancers, especially of the breast, colon and prostate. Your first step in achieving fatty acid balance is to eat less land animal fat and fatter fish such as wild salmon. You should also take supplemental EPA-DHA in either liquid or gelcap forms. For vegetarians or vegans you can substitute flax seed – either ground or in oil form. I suggest that you buy a quality brand of fish oil that is enteric coated (a coating designed to only open after passing the stomach and entering the small intestine) because if you belch up fish oil one time, you will find it very difficult to ever take it again! We can evaluate your need and requirement for fatty acid supplementation in our office.

*Did you know that Dr. Bredice has a Masters degree in Biochemistry and has been consulting patients with nutrition for over 25 years? Please call the office to schedule an appointment for nutritional consultation.*

### **Posture – more than trying to sit or stand up straight**

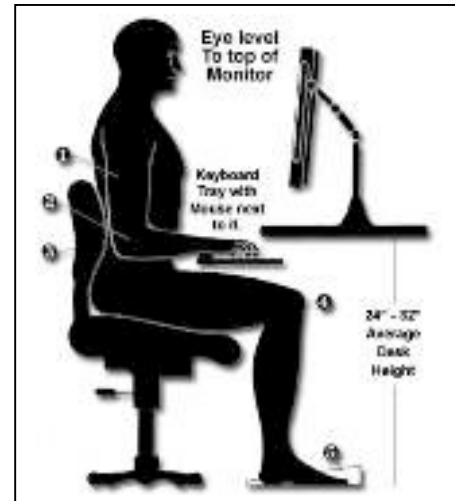
“Round shoulderedness” is caused by one or more of the following:

- Genetic predisposition
- Poor nutrition (osteoporosis)
- Improper sitting position
- Overdeveloped pectoral muscles
- Underdeveloped shoulder retractor muscles
- Unbalanced musculature in general
- Unsupportive bras
- Skeletal misalignments

The age of computers has allowed us to work efficient, yet longer hours. Unfortunately, improper positions and body angles has led to a tremendous increase in neck, middle and low back injuries. It has also led to various syndromes like carpal tunnel. Anyone who sits at a computer needs to either self evaluate or have an ergonomic expert evaluate their home or work station. Our office can provide this service.

We have encountered a musculoskeletal syndrome consisting of weak neck flexors (front of neck), weak

shoulder retractors (between shoulder blades) and overly tight pectoral and sub occipital muscles. This situation is easily correctable with a combination of in-office and home/gym procedures. If you suffer from neck pain, jaw pain, middle and upper back pain, or headaches the above mentioned syndrome should be considered.



### **Trigger Point Acupuncture**

Acupuncture has many different styles, theories and techniques. In our office, most patients experience “Trigger Point” acupuncture. This style works to remove muscular tightness and most effectively eliminates knots. The needle is manipulated to make the muscle spasm or twitch involuntarily. As a result, the muscles are immediately relieved from the tightness. The side effect is no more than a day or two of soreness similar to what you would feel after a good work out, the good kind of hurt. Trigger point acupuncture can bring the muscle back to its original state of well being. This drug free procedure is one of the safest and fastest ways for physical rehabilitation.

### **Endurance Exercise Reduces Fat Surrounding the Heart**

Fat surrounding the organs, particularly in the abdomen, decreases metabolic health, which can lead to heart attack, diabetes and stroke. Heart fat (epicardial fat) restricts movement of the heart and increases blood pressure. Abdominal fat promotes insulin resistance, which interferes with important chemicals that regulate blood flow and blood pressure. A Japanese study found that a 12 week program of endurance training (three times a week for 60 minutes) decreases abdominal and epicardial fat. Blood pressure decreased in direct proportion to decreases in heart fat. Exercise is an effective technique for decreasing abdominal and heart fat and improving metabolic health. (*Journal of Applied Physiology*, 106: 5-11, 2009)

## **Menopause – Andropause???**

Almost everyone is aware that women enter into a hormone cycle known as menopause but did you know that men enter a similar cycle called andropause? This male cycle occurs in middle to late middle age and consists of any and all of the following symptoms:

- Lack of mental drive
- Lack of physical drive
- Depression
- Loss of bone density
- Loss of muscle mass
- Erectile dysfunction
- Loss of libido
- Changes in cardiovascular profile
- Changes in urine flow

All of these symptoms are due to a combination of decreased testosterone and/or increased estrogen. A history, physical and lab work confirm this diagnosis which in our office is treated with a combination of nutrition and hormone balancing. If you or your loved one exhibits any of these symptoms you should contact this office for more information.

### **Testing protocols**

- Blood analysis
- Urinalysis
- Saliva Analysis
- Stool cultures
- Bioimpedance analysis (Body composition testing)
- MRI
- 64 slice CT scans – cardiac

## **What is PROLO Therapy?**

Prolotherapy is an injection technique that was developed about 80 years ago to stimulate the growth of normal cells and tissue at specific locations selected by the physician. The solutions used for this injection consist of growth factors (whole blood or platelets) or materials which stimulate growth factor production (dextrose, sodium morrhuate) inducing cell migration, proliferation, and protein (collagen or cartilage) synthesis.

Dextrose, when injected at concentrations ranging from 15% to 25%, causes a localized injury to the tissue initiating the healing cascade. This process culminates in production of growth factors in the tissue injected. This is identical to what happens after any injury to tissue which results in cell damage or bleeding such as a skin laceration or sprain or tear of a ligament. Injection of dextrose into a joint results in a strong release of growth factors into the synovial fluid resulting in cartilage repair.

Thus, prolotherapy is useful in cases of lax ligaments such as in non-specific low back pain. When there is disc degeneration and/or a disc bulge and associated narrowing of the intervertebral disc space. The intervertebral ligaments are then too long for the distance between origin and insertion of the ligament resulting in functional instability. This causes tightening and spasm of the small intersegmental as well as larger muscles in the back which are attempting to stabilize the narrowed unstable segment. This instability also injures the annulus of the disc and irritates the facet joints. These factors singly or in combination can cause the pain the patient is experiencing. Injuring the loose ligaments with an injection of dextrose induces healing and creation of new ligament tissue at the correct length. This stabilizes the segment and takes the pressure off all these components which oftentimes alleviates the pain.

Tendinopathies, such as tennis elbow, do not involve physical injury (cell death or bleeding) to the tissue and can be chronic and very painful for years without healing. Injection of the tendon with proliferant, but not steroid, initiates the cascade which leads to healing of the tendon.

*Dr. Bredice can by history and physical examination determine if you are a candidate for Prolotherapy.*

## **Low Testosterone Linked To Poor Health in Aging Men**

Testosterone and the biologically active free testosterone decrease with age in men. These changes are linked to decreases in muscle and bone mass, poor sexual performance, psychological depression, declining physical performance and poor mental function. Low testosterone levels in aging men increase the risk of heart disease, diabetes and prostate cancer. A review of literature by Dr. BB Yeap, from the School of Medicine and Pharmacology at the University of Western Australia, concluded that it is difficult to separate the effects of declining testosterone from the normal effects of aging. Low testosterone could be a consequence of declining metabolic health commonly seen in aging men. We need long-term, well-controlled studies to separate the effects of aging from declining testosterone levels and their effects on physical well-being and performance. (*International Journal of Impotence Research*, 21: 24-36, 2009)

Contact the Center for Integrative Medicine for an appointment for hormone evaluation.

## **Vitamin B Deficiency Associated With Cognitive Impairment**

Vitamin B deficiency is associated with cognitive impairment in mice, as well as elevated homocysteine and microvascular changes in the brain. High levels of homocysteine predispose to cerebrovascular disease and Alzheimer's disease in humans.

Mice were fed one of two diets designed to increase homocysteine, or a control diet, for 10 weeks. One diet was deficient in folate, vitamin B12, and vitamin B6; the other was enriched in methionine (an amino acid). B vitamins are necessary to break down homocysteine, while methionine rich diets increase homocysteine production.

Spatial learning and memory were evaluated with a water maze test. Mice given the vitamin B-deficient diet had impaired test performance compared with the other groups. Brain examination revealed that both diets, and especially the vitamin-B deficient diet, reduced brain capillary length and density, and these changes correlated with both elevated homocysteine and slower performance on the water maze test.

The findings suggest that microvascular changes may underlie neurodegeneration associated with hyperhomocysteinemia, and offer hope that B vitamins could be protective. (*Proceedings of the National Academy of Sciences USA*, 2008)

## **Green Tea Decreases Abdominal Fat**

Green tea is a popular weight-loss supplement that also improves blood sugar regulation and influences fat cell turnover. While is not a magic bullet that instantly improves metabolic health, it helps. Kevin Maki from the Provident Clinical Research, in Bloomington, Indiana showed decreases in total abdominal fat, subcutaneous abdominal fat (under the skin), and blood triglycerides (blood fat) in people consuming a green tea beverage containing 625 mg of catechins and 39 mg of caffeine for 12 weeks, compared to a placebo (green tea without catechins or caffeine). The people also did 180 minutes per week of moderate-intensity exercise.

Caffeine and catechins – particularly epigallocatechins-3gallate – speed metabolism and fight fat. Other studies found that green tea extract increases the conversion of testosterone to estrogen in fat cells, which might have negative effects in bodybuilders. Green tea is an effective fat fighter that complements the effects of exercise. However, bodybuilders should use it with caution. (*Journal of Nutrition*, 2009)

## **Greater Calcium Intake Correlated With Lower Body Mass Index**

A recent issue of the journal *Nutrition* published the findings of Brazilian researchers of an association between greater calcium intake and lower body mass index in men and women.

Researchers at the University of Sao Paulo evaluated data from 1,459 participants in the Health Survey of the State of Sao Paulo. Calcium intake was calculated from the responses to participants questionnaires.

A higher incidence of overweight and obesity was found among those whose calcium intake levels were in the lowest half of participants. For those whose intake was less than 398.5 mg per day, the risk of being overweight was 24% higher than the risk experienced by those whose intake was in the top 25% at 593.7 mg or more.

"Further clinical research on the effects of calcium on fat metabolism must be pursued with randomized clinical trials," the authors recommend.

*Journal Nutrition*. Nov 2008