



# Natural Health & Wellness

## January 2018

### Volume 1: Issue 1

YOUR LOCAL SOURCE FOR NATURAL HEALTH AND WELLNESS!

## Our New Look

by Dr. Matthew J. Karminski

Happy new year everyone, and thank you for reading the first issue of our newsletter: Natural Wellness! At Karminski Chiropractic it's our mission to help others become the very best version of themselves, and we're always looking for new and exciting ways to do that! As many of you know, our practice has already grown from one doctor to three with Dr. Matt and Dr. Ashley joining the team, and this is only the beginning! That is why we've created this newsletter, decided to offer more services, and make some changes to our website. With 2018 just beginning we are all looking for ways to grow personally and professionally and we encourage you to do the same! Let 2018 be your fresh start or the year you finally stick to those healthy eating or exercise habits. Find the fire that ignites your passion and never let it burn out!

### Monthly Newsletter

We're constantly coming across cutting edge information in the fields of Health, Wellness, Nutrition and Fitness that we'd like to share with our patients. So we've decided that we'll be publishing a newsletter once a month with information we think you'll find interesting and hopefully useful! We will keep all future newsletters on our website. To start receiving our newsletter by email sign up at: [www.karminskichiropractic.com](http://www.karminskichiropractic.com)

### New Service: Advanced Laboratory Testing & Nutritional Analysis

Our office uses diagnostic testing (like blood work) to formulate vitamin and nutrient recommendations to YOUR body's needs, eliminating the guess work! These tests can also indicate if you're progressing toward the development of a serious illness or disease. Are you already taking medications? Get to the root of the problem with our nutritional analysis and see your personal health transform! By re-testing, we can monitor your progress and adapt your personal program based on how your body responds to treatment. To learn more, see our article on page 2 of this newsletter, or read about it on our website: [www.karminskichiropractic.com/services](http://www.karminskichiropractic.com/services)

What's in this issue

### Our New Look! P1-2

Take a look at what we've been up to, and what's in store for the new year!  
-An introduction by Dr. Matt

### Functional Laboratory Analysis P2-3

How you feel does not determine how healthy you are. If you're not getting tested, then you have no way of knowing what's going on inside. Learn more about our Advanced Laboratory Testing protocols.

### Is GMO in your food? P3-5

Making healthy food choices starts at the grocery store, know what type of products you are buying!

### Re-thinking Healthcare P5

Let's define what it means to be healthy and make clear decisions on how to get there.

-Closing remarks by Dr. John

Test	Result	Reference Range	Status
T4 Thyroxine	2.30	1.25 - 2.4	High
T3 Triiodothyronine	9.80	8.00 - 10.20	High
Free Thyroxine Index (FTI)	29.00	21.00 - 31.00	High
White Blood Count	2.80	4.00 - 10.00	Low
Hemoglobin	13.00	12.00 - 16.00	Low
Hematocrit	38.00	37.00 - 47.00	Low
MCV	10.20	83.00 - 101.00	Low
MCHC	88.00	32.00 - 36.00	Low
Reticulocytes	89.00	0.50 - 1.50	High
Neutrophils (DIFF-PLANS)	30.00	50.00 - 70.00	Low
Lymphocytes	170.00	80.00 - 350.00	Low
Monocytes	68.00	200.00 - 500.00	Low
Eosinophils	23.00	50.00 - 100.00	Low
Basophils	-5.00	0.00 - 1.00	Low
Platelets	3.00	250.00 - 400.00	Low
Prothrombin Time	1.00	11.00 - 13.00	Low
Partial Thromboplastin Time	2.90	28.00 - 35.00	Low

## Start Buying your Vitamins and Supplements Online: Welcome to Wellevate!

We know that making healthy choices can be time consuming, and searching in health food store aisles to find the correct vitamin/supplement can be a daunting and time consuming task. That is why we've partnered with Wellevate to bring you professional-grade vitamins and supplements from 300+ brands! By using an online dispensary, we can send you personalized product recommendations, can set refill reminders as well specific usage instructions just for you! With Wellevate you'll be able to enjoy unrivaled quality of supplements, affordability (all supplements are discounted from MSRP pricing), and Free Shipping (on all orders of \$49 or more). To get started, sign up at: <https://wellevate.me/karminski-chiropractic>

Here are just a few of the many trusted brands we're able to offer you:



THORNE RESEARCH



## Advanced Laboratory Testing & Nutritional Analysis

### Setting a new Standard in Healthcare

In any healthcare industry a certain standard must be met and it must be based in scientific research and objectivity. Health isn't a guessing game, and how you're feeling shouldn't be the sole indicator of your health. If you're not getting tested, then you have no way of knowing how well your body is actually functioning. There is no general screening test more efficient, effective or affordable than a comprehensive blood chemistry panel. To fully understand your current health, and to determine nutritional strengths and weaknesses a physician must obtain information through proper blood testing as well as other objective diagnostic tools.

### The Difference

The traditional model of healthcare is one of disease management, not one of promoting health. Doctors run tests only after disease symptoms manifest, often times long after the disease has already caused internal damage and then they prescribe drugs to manage the symptoms of those diseases rather than address the underlying cause. At Karminski Chiropractic we do not treat disease, we help the body heal itself by figuring out what's wrong, then give the body what it needs to heal itself (proper lifestyle and dietary choices and specific nutritional supplements), and watch/measure the results. We are striving to re-frame the way we think about health care, and turn the focus to creating health not managing disease.

### The Testing & Analysis

Our advanced laboratory panel is made of up many different tests, which will help us get a complete picture of your health. Depending on your presenting symptoms, current medications and vitals; additional tests may be added. Some of the things we may test include: Blood Type, Glucose Levels, Comprehensive Metabolic Panel, Thyroid Panel, Liver Panel, Lipid Panel, Complete Blood Count, Ferritin, ESR, CRP, Creatinine Kinase, Vitamin D, Male/Female Hormone Profiles and Male/Female Cancer Profiles, Urinalysis, and Stool Analysis. We will analyze all the data from these lab tests and create a detailed report, in which we will outline all of our findings, and discuss recommendations.



Typically, labs only report if your values are outside of the “clinical range.” However, when we analyze your results we will look at the results more closely, and incorporate the Optimal or “Healthy” range in our reports. Optimal values are more narrow than the clinical range and are a better depiction of health. These ranges are designed with the concept of not waiting until test results reach “Clinical” before considering lifestyle changes. The point of optimal range is to “flag” test results that are heading towards Clinical. The whole idea is PREVENTION of disease!

### What to Expect

Before we order any testing, we’ll give you an extremely detailed symptom survey which you’ll fill out before coming to the office. Next, you’ll come in for your initial evaluation, where we will go over your survey together, ask you detailed questions, answer any questions you may have and take your vitals. After this appointment we will discuss the tests we’d like to order (such as Blood, Urine, Stool, Hair) and discuss our plan moving forward. We will give you a script which you will take to the lab, the lab will send us all the results, and then we will schedule a follow-up appointment with you to discuss your results and provide you with a detailed report outlining all of our findings, and discuss any lifestyle, dietary and individualized supplement recommendations.

## Is GMO in your food?

by Karminski Chiropractic

Have you seen the scientific evidence that genetically modified foods are 100% safe with no long term health related side effects? Unfortunately, neither have we. What started out to help world hunger, has unfortunately created damage to agriculture, wild life and human health.



### What is GMO?

A GMO, otherwise known as genetically modified organism, is a plant, animal and/or microorganism whose genetic makeup has been modified in a laboratory using genetic engineering or transgenic technology. <sup>(2)</sup> This has the potential to create unstable combinations of plant, animal, bacterial and viral genes that otherwise would not occur in nature. <sup>(2)</sup>

A company called Monsanto is the world leader in genetically modified (GM) crops. According to their website, they believe that they are helping to solve world hunger and there are no adverse side effects of consuming GM products. Sadly, the truth is that studies have been conducted and have demonstrated that GM products have the potential to cause tumors, digestive dysfunction, allergic reactions, liver and kidney damage. <sup>(7)</sup>

### What Are Other Harmful Effects of GMO?

#### **Increased Toxicity:**

Typically, when we consume plants the toxic level is considered low enough to not warrant any potentially side effects. There is a concern that by adding an “exotic gene” into a plant could increase toxicity in us. How does this happen? An article written by Dr. Ryan Bentley, “Genetically Modified Organisms”, states that certain bacterial genes are inserted into crop seeds to allow farmers to spray otherwise deadly doses of weed-killer directly on the crop without killing it. Seeds such as bacterium *Bacillus Thuringiensis* (Bt) are inserted into the soil and used as an insect-killing pesticide inside of every cell of the plant. When insects consume the plant, they get a mouthful of potential toxins which in turn causes the insect’s stomach to erupt...killing the insect. If it can harm or kill an insect, what can it do to humans?

## Decreased Nutritional Value

Genetically modified plants could possibly have lower nutritional value when compared to its traditional counterpart. This may be due to nutrients that are unavailable or indigestible. <sup>(6)</sup> One example came from a study back in 2003, which showed a strain of

GM soybean produced lower levels of phytoestrogen compounds. Phytoestrogen compounds are used to protect us against heart disease and cancer. The GM soybeans had lower levels when compared to traditional soybeans, thus not supplying the body with the nutrients it needs. <sup>(6)</sup>

### Top 10 Foods That Contain GMO <sup>(1)</sup>:

- Corn - this includes corn flour, meal, oil, starch, gluten and syrup. <sup>(2)</sup>
- Soy – Soy makes up over 70% of products in US Supermarkets. It can be found in cereals, breads, soy milk, pasta and meats. Soy may be linked to infant mortality and infertility. A two-year study was conducted by Russian Academy of Science on hamsters who consumed GM-soy fed. The study concluded that after 3 generations, the hamsters became infertile. There was also a higher rate of infant mortality on hamsters' pups. <sup>(9)</sup>
- Sugar - Products that are listed as sugar and not pure sugar cane could potentially be a product of sugar cane and GM sugar beets. <sup>(5)</sup>
- Aspartame
- Hawaiian Papayas - The first GMO papaya crop was administered in Hawaii. It was originally meant to help create a way to have a virus-resistant plant against a common papaya virus called Ringspot Virus. It worked for a period of time, but when the population asked for non-GM papayas it was too late. Cross contamination occurred making it virtually impossible to find a non-GM papaya out of Hawaii. If you are looking for a non-GM papaya, try to find papaya out of the Caribbean. <sup>(8)</sup>
- Canola - Canola oil is also known as Rapeseed Oil. It can be found in many processed foods, as well as used as a cooking oil.
- Cotton- Close to 90% of the cotton grown in the US is genetically engineered with Bt toxin and sprayed with Monsanto's herbicide called Roundup. One report states that, "In the U.S., it typically takes a third of a pound of toxic agricultural chemicals to produce a pound of cotton—that is, the amount of cotton it takes to make one T-shirt. Several pesticides used on cotton are known carcinogens, including Roundup." <sup>(10)</sup>
- Dairy
- Zucchini
- Crook Neck Yellow Squash



### How Do You Avoid Foods that Contain GMO's? <sup>(5)</sup>

Make sure to READ your food labels. Select foods that are labeled 100% organic or with the Non-GMO Project Seals. The US government only allows foods that are GMO free to be labeled 100% organic and Non-GMO Project Seals.

Avoid processed foods. On average, about 75% of processed foods at the grocery store contain ingredients such as: aspartame, sodium ascorbate, citric acid, vegetable protein, lactic acid, maltodextrins, monosodium glutamate, sucrose, sodium citrate and ethanol. An example of this are cookies, soda, bread and chips. <sup>(2)</sup>

Meat/Eggs – Unless specified on the label, products may be from cows injected with the GM bovine growth

hormone or from animals fed GM soy or corn feed. Look for labels stating no rBGH, rBST or artificial hormones.<sup>(5)</sup>

Genetically modified foods are just one of the many culprits in today's society that is causing disease. By knowing deficiencies and toxicities that make up one's metabolic analysis, one can evaluate their lifestyle and make better choices to optimize their health. It's not easy knowing where to start. That is where your experienced nutritionist can help you by analyzing your comprehensive blood analysis and hair tissue mineral test. Ask us today on how you can start on your way towards better health!

Works Cited:

1. Renter, Elizabeth. "Top 10 Worst GMO Foods for Your GMO Foods List." *Natural Society*, 1 Oct. 2015, [naturalsociety.com/top-10-worst-gmo-foods-list/](http://naturalsociety.com/top-10-worst-gmo-foods-list/).
2. "GMO Facts." *Non-GMO Project*, [www.nongmoproject.org/gmo-facts/](http://www.nongmoproject.org/gmo-facts/).
3. Vinje, E. "Bacillus Thuringiensis (Bt) for Pest Control." *Planet Natural*, 17 Feb. 2017, [www.planetnatural.com/bacillus-thuringiensis/](http://www.planetnatural.com/bacillus-thuringiensis/).
4. <https://blogs.webmd.com/health-ehome/2013/03/how-can-you-avoid-genetically-modified-food.html>
5. Bentley, Ryan. "Genetically Modified Organisms (GMO's)." *Vessels That Thrive*, 13 May 2013, [www.vesselsthatthrive.com/category/genetically-modified-organisms-gmos/](http://www.vesselsthatthrive.com/category/genetically-modified-organisms-gmos/).
6. "Genetically Modified Organisms (GMO's)." *GMO: Harmful Effects*, 2013, [ehs.umn.edu/current/5103/gm/harmful.html](http://ehs.umn.edu/current/5103/gm/harmful.html).
7. "Why GMOs Can Never Be Safe | GMO Dangers." *Mercola.com*, 6 Aug. 2013, [articles.mercola.com/sites/articles/archive/2013/08/06/genetic-modification.aspx](http://articles.mercola.com/sites/articles/archive/2013/08/06/genetic-modification.aspx).
8. McCleaves, Heather. "How to Choose a Papaya That Is Not Genetically Modified." *One Green Planet*, 19 June 2017, [adrenalfatigue.org/adrenal-function/http://www.onegreenplanet.org/vegan-food/how-to-choose-a-papaya-thats-not-genetically-modified/](http://adrenalfatigue.org/adrenal-function/http://www.onegreenplanet.org/vegan-food/how-to-choose-a-papaya-thats-not-genetically-modified/).
9. Brassard, Susan. "Dangers of GMO Foods." *LIVESTRONG.COM*, Leaf Group, 3 Oct. 2017, [www.livestrong.com/article/216714-dangers-of-gmo-foods/](http://www.livestrong.com/article/216714-dangers-of-gmo-foods/).
10. Cummins, Ronnie. "Beyond Monsanto's GMO Cotton: Why Consumers Need to Care What We Wear." *Organic Consumers Association*, 24 Feb. 2017, [www.organicconsumers.org/essays/beyond-monsantos-gmo-cotton-why-consumers-need-care-what-we-wear](http://www.organicconsumers.org/essays/beyond-monsantos-gmo-cotton-why-consumers-need-care-what-we-wear).

## A look ahead

by Dr. John Karminski

As we celebrate the start of a new year in each of our lives, we should take the time to appreciate how far we've come and thank all of the people who have helped us get there. I'm grateful for my loving wife and family who bring me unending joy. I'm thankful for the two wonderful Doctors who have joined my Solo-Practice and helped develop it into a healthcare team: Dr. Matt and Dr. Ashley. And to you, my patients for continuing to trust us with the most valuable resource you have, your health! Without YOU we would not have a practice, and we would not be able to achieve our vision of helping others create optimal health. Thank you for all of your referrals, all of your kind words throughout the years and for helping us live out our dream!

As we look forward into the future we should all strive to become the best version of ourselves both physically and mentally. We should all realize that the body that we have is the only one we get! If there's something we can do to better ourselves now, it will pay dividends upon dividends of benefit to our future self. It's never too late to start that workout program or start making healthier eating choices. Make the decision today to do something to better your health, and never look back!



**Yours in Health,**  
***Karminski Chiropractic***