

FIRST AID  FOR THE WONDERFULLY MADE!

Presenter

Nathaniel Hamm

DC, FNP-C

Nathan Hamm, DC, FNP-C is a board-certified Doctor of Chiropractic and Family Nurse Practitioner. His dual specialty gives him a unique perspective on health and wellness as he believes in more than just treating patients when they are sick or symptomatic. By encouraging patients to be active participants in their health, he promotes proper diet and nutrition, exercise, and healthy lifestyle choices with a strong focus on prevention.

Dr. Hamm conservatively prescribes medications when medically necessary but strongly believes that food matters – you are what you eat – and that proper nutrition and supplementation is the best medicine.

Originally trained in chiropractic, Dr. Hamm specializes in the non-surgical management of joint and musculoskeletal conditions, with an emphasis on spine related disorders. By viewing injury and illness from a bio-psycho-social model he is dedicated to treating patients from an integrative, holistic, and evidenced-based approach; striving to create a partnership with them to maintain physical, mental, and spiritual health.

My hope for you...

It is my hope that the information presented can help lead you into a more optimal health and wellness, and improve the quality of your life!

Nathan

New York Conference Women's Fall Retreat

FIRST AID  FOR THE WONDERFULLY MADE!

Vitamins and Minerals for Optimal Health and Wellness

Nathaniel Hamm

DC, FNP-C

...I pray that you may enjoy
good  *health*
and that all may go well with you...

3 John 1:2

New York Conference Women's Fall Retreat

Presentation Overview

Proper nutrition is the basic tenant of achieving optimal health and wellness. Unfortunately, our food has been adulterated through power farming, pesticide use, and genetic modification (to name a few reasons). The quantity and quality of nutrients and minerals in our foods is not what it was 50-60 years ago.

Years of eating nutrient deficient foods has created nutrient deficiencies in our bodies – which leads to illness and chronic disease. This is why it is important to choose organic foods whenever possible and to supplement basic vitamins and minerals to restore these deficiencies and provide optimal health.

This lecture will explore a handful of vitamins and minerals that provide support to multiple body systems-with a focus on women's health. Some of the nutrients we will discuss are iodine, boron, magnesium, selenium, vitamin D3, and vitamin K2; and how they can potentially impact conditions like fibromyalgia, fibrocystic breast and ovary disease, thyroid issues, osteoporosis, and cancer.

One website I recommend for more information on healthy eating is foodmatters.com

In Good Health,

Dr. Nathan Hamm

Notes

Notes

9 Foods You Should Eat the Moment You Feel Stressed

Laurentine Ten Bosch

If you're feeling stressed and overwhelmed you may reach for certain foods to make you feel better. This is not a problem, so long as the foods you're eating are actually helping you manage your stress and not making the situation worse.

Eating 'comfort foods', like a bag of chips, that are high in sugar or processed carbohydrates can provide a short-term relief from stress but leave you feeling worse in the long run and can actually be damaging to your health.

We know how easy it can be to grab a sweet treat that's all too convenient, and how tricky it can be to make healthy food choices when your body is exhausted and you're feeling under pressure. So we've prepared a list of stress-busting, calm-inducing foods that you can keep on hand when you know you've got a busy week coming up or you're already feeling under the pump.

These top foods are proven to help boost your feel-good hormones, lower your blood pressure and reduce cortisol levels, which will help you balance your moods and feel calmer.

- ▶ CAPSICUM
- ▶ SPINACH
- ▶ SALMON
- ▶ WALNUTS
- ▶ SESAME SEEDS
- ▶ COOKED TOMATO
- ▶ AVOCADO
- ▶ DARK CHOCOLATE
- ▶ TURKEY

To learn why these foods work and how to eat them, visit <http://www.foodmatters.com/article/9-foods-to-keep-you-calm>

If you know you're a 'comfort eater' when you're stressed, stock up on these healthy, calming foods to help you balance your emotions and keep your calm.

Supplements: What to Look For!

IVETTE RIEKSTS

Every body is different, and everyone has varying needs. What your body requires to reach optimal daily health can be totally different to someone else. But there are a few things to keep in mind when selecting which supplements are the perfect fit for you. As a general guide, we make sure to tick these 4 boxes before trying anything new:

1. Natural or High-Quality Synthetic Ingredients

When it comes to choosing your day-to-day supplements, always do your best to find natural food derived options instead of those that are separated from the other life-giving nutrients. Remember, synthetic supplements may be important for high-dose chronic conditions, but for day-to-day supplementation, natural whole food forms are best.

2. Scientific Evidence to Support Health Claims

This usually takes a little bit of exploration on your part, but if the supplement is making outrageous claims, or promises you a miracle cure without any research behind those statements, then you should be cautious about whether or not it's the best choice. Check the label or the manufacturer's website for resources including links or references to journal articles to show that you're getting the best supplement for you.

3. What You Are Looking to Treat

If you are supplementing to treat a particular condition, then it may be necessary to take very specific types of supplements, and sometimes synthetic supplements, for a shorter duration of time to achieve high enough doses for the desired effect. If you are just looking to maintain great health however, natural supplements are your best option so that they can be absorbed, metabolized and used by the body as if they had been ingested as food.

4. Your Requirements

Some vitamins are higher strength than others. And while you may assume that the higher the dose the better, your needs should dictate the levels you require. When choosing a lower dosage you have the flexibility to boost your intake when needed rather than consistently take large doses, which in some cases can cause a toxicity or interfere with other medications (even natural ones!). It's best to consult your integrative doctor or naturopath for specific doses.

5 Ways to Tell If Your Vitamins are Real or Fake

Adapted, www.foodmatters.com

Some manufacturers of commercial vitamin and mineral supplements add synthetics to vitamin products, typically to increase the vitamin's potency, but many synthetics are made from derivatives of coal tar - a known carcinogen found in cigarette smoke.

1. **Look for the words "100 percent natural" on the product's label.** Manufacturers can claim "natural" on their products if at least 10% of the product comes from natural food sources. The Organic Consumers Organization recommends looking for products that contain "100 percent plant-based (or animal-based) on label.
2. **The "food source" list on the products label.** If there isn't a list of natural food sources, then the product is synthetic. Look for food sources such as yeast, fish, vegetable and citrus.
3. **Identify whole foods in the ingredient list instead of the particular nutrient.** Look for foods on the list of ingredients that contain a certain vitamin, such as "acerola cherry powder," which contains vitamin C. If you can identify "vitamin C" in the ingredient list, you can almost guarantee that the vitamin is synthetic.
4. **Look for salt forms on the product label,** a synthetic added to supplements for increasing the stability of the vitamin or mineral. Some of the salt forms to look for include acetate, bitartrate, chloride, gluconate, hydrochloride, nitrate and succinate.
5. **Learn how to read the product's label by looking for keywords that indicate the supplement is synthetic. Words that end in "ide" or "ate" indicate that the product contains salt forms, which are synthetics.** For instance, if you see chloride, hydrochloride, acetate or nitrate on the list of ingredients, the manufacturer used synthetics for the product.































Tips and Warnings

Talk to the pharmacist before purchasing a vitamin or mineral supplement. A pharmacist can identify a natural or synthetic vitamin supplement, and help you learn to identify them yourself. Let your pharmacist know if you are allergic to any foods or medications. Never take a new vitamin supplement without talking to your doctor first.

To read the complete article, including *Common Synthetic Vitamins to Avoid*, head to www.foodmatters.com

HEALTHY FOOD

VITAMINS, MINERALS AND SUPPLIMENTS

				
WHITE	YELLOW	RED	PURPLE	GREEN
 Immune system	 Low cholesterol	 Healthy heart	 Healthy heart	 Protection of stomach
 Protection of stomach	 Healthy heart	 Healthy blood vessels	 Healthy blood vessels	 Healthy bones
 Low cholesterol	 Healthy joints	 Skin protection	 Improve your memory	 Eye protection
 Healthy heart	 Eye protection	 Cellular rejuvenation	 Cellular rejuvenation	 Immune system
 Healthy gut	 Preventing cancer	 Preventing cancer	 Protecting of the urogenital system	 Preventing cancer