

# Fox Valley Wellness News

## Fox Valley Wellness/ Midwest Hyperbarics™ Participates in National Study

Fox Valley Wellness Center/Midwest Hyperbarics™ is one of a select few nationwide to be able to offer wounded warriors an opportunity to help not just themselves, but fellow veterans.

The International Hyperbaric Medical Foundation (IHMF) is sponsoring a study on Hyperbaric Oxygen Treatment (HBOT) and Traumatic Brain Injury (TBI), Post-Concussion Syndrome (PCS) and Post-Traumatic Stress Disorder (PTSD).

TBI is considered the 'signature injury' of the Iraq and Afghanistan Wars. Preliminary findings from the LSU HBOT 1.5 Pilot study suggest that HBOT helps heal blast-induced brain injury and PTSD in U.S. Veterans.

According to a press release from IMHF, the first half of the HBOT 1.5 protocol "...produced the following significant improvements in Veterans: a 15 point IQ increase (the difference between a laborer and an engineer); a 40% reduction in post-concussion symptoms; a 30% reduction in PTSD symptoms; a 51% decrease in indices of depression, and a 25% increase in working memory."

The press release also notes that the vast majority of study subjects have returned to duty, work or school and have experienced quality of life improvements.



Picture credit: [www.veteranstoday.com](http://www.veteranstoday.com).

No other effective treatments exist for TBI or PTSD that are as effective as Hyperbaric Oxygen Treatment.

Hyperbaric Oxygen Treatment has been in use for over 50 years and is currently approved for 13 medical uses including air or gas embolisms, carbon monoxide poisoning, burns, cyanide poisoning, compromised skin grafts, necrotising infections and exceptional blood loss.

It may also be useful for venomous bites, fibromyalgia, stroke, sports injuries, autism and much more.

Persons wishing to learn more about the study, or to find out if they are eligible to participate, can go to [www.NBIRR.org](http://www.NBIRR.org), [www.clinicaltrials.gov](http://www.clinicaltrials.gov) or call (800) 288-9328.

Fox Valley Wellness Center/Midwest Hyperbarics™ is honored to be at the forefront of the effort to help our service men and women overcome these terribly debilitating issues.

## In the News

KIM WILDNER  
CH, HBCE



REAL Weight Release Program.

We expect news agencies to do their due diligence in researching news stories before reporting on them. What many people don't realize is that many 'news' stories are press releases issued by organizations with a vested interest in public opinion.

Hcg has been in the news a lot lately. This is not surprising, considering the efficacy of weight reduction programs utilizing Hcg.

However a large proportion of these news stories are wildly inaccurate at best. Most do not distinguish between medically supervised programs that use prescription Hcg and the scams

that have proliferated on the internet. Anything with the name 'hcg' is lumped together, regardless of whether or not actual Hcg is involved!

When Hcg is used for weight loss, people want to classify it in a way they are familiar with. For instance, one article said that Hcg is an appetite suppressant. It is not, per se. Granted, most people using Hcg are able to maintain a very low calorie diet with little to no hunger, but that is not because it is an appetite suppressant; it is because the Hcg instructs the hypothalamus to draw from a different fat store than would be drawn from otherwise. About 2000 calories of this 'survival fat' is burned for energy, liberating leptin. Thus, while few calories

are consumed orally, the energy requirements of the body are being met and typically there is little to no hunger.

Another contention of the uninformed is that anyone will lose weight on the amount of calories eaten during this protocol and that to lose weight as quickly as most people do on this program is dangerous.

This is applying 'conventional wisdom' to the unconventional. As just explained, fat is not burned the same way as in traditional diets. So while anyone would lose weight on 500 calories, they would be very uncomfortable, not be able to maintain, and they would lose muscle, which is dangerous. A medically supervised program (continued page 2)



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Please tell us what you would like to see in these pages!

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monitors body fat percentage in relation to body composition.

The fact of the matter is, if you want information on if or how weight loss occurs on this protocol, you need to ask someone who has lost weight and kept it off. You need to talk to people who have seen it work and who understand it...not people who are passing on bad information, intentionally or not.

This is not a conventional diet; it doesn't work in a conventional way; it cannot be viewed through a lens that applies conventional wisdom, much of which is based on little more than the way a calorie burns in a machine. This

ignores the fact that each body comes to where it is through a lifetime of unique experience that alters how it uses fuel... or stores it!

Weight gain (and loss) is a body/mind/soul experience. People gain weight for different reasons, and as much as some people don't want to believe it, it isn't always a matter of eating too much and/or moving too little. Sometimes it is eating the wrong types of calories thanks to faulty weight loss advice of the last 50 years that's done nothing to make us thinner and everything to make us an obese nation.

Sometimes a person is doing everything 'right' and still cannot lose

weight. People don't want to believe that, but it's true.

Hcg has helped a lot of people in exactly that situation.

It's not magic. Once the weight is off, lifestyle changes must be implemented to keep it off. Real work is required during the process of discovery that will allow a person to keep the weight off.

But with awareness and a mind/body approach, there's hope where before there might have been none.

**Kim Wildner, CH, HBCE**



**RECIPES**

**Mock Potatoes Crisps**

(Protocol and stabilization)

Ingredients:

1 cup (12-15) radishes, sliced thin  
Tossed with garlic and rosemary

During protocol, add no oil.

During stabilization, you may add olive oil.

Back at 350 degrees until tender inside and crisp outside.

(Contributed by Shelley)

**Dairy-Free Chocolate Ice Cream**

(www.healthyindulgences.blogspot.com)  
(For RWR-Stabilization and beyond)

Ingredients:

2 oz. 85% cacao chocolate, chopped  
9 Tbsp. erythritol or 7 Tbsp Xylitol, powdered in blender or coffee grinder  
1/4 tsp. pure stevia extract  
2 c. full fat coconut milk  
3 Tbsp. coconut oil  
1 Tbsp. pure vanilla extract  
2-3 Tbsp. rum (to keep ice cream soft and scoopable)  
A pinch pink salt  
1 fresh organic egg yolk  
1/4 c. chopped walnuts  
1 recipe ice cream chips (see below)

Melt together chocolate, erythritol, coconut milk, sea salt, coconut oil (in microwave about 30-40 seconds) until chocolate and coconut oil are melted. Blend with stevia, rum and vanilla until smooth. Add egg yolk and blend again. Pour into a class dish and cover tightly with plastic wrap. Freeze for one hour, then remove from freezer and whisk vigorously. Stir again after another hour, adding walnuts and chips. Then let freeze over night. Or, pour mixture into ice cream maker and make as directed.

35 carbs (whole batch)

Ice Cream Chips

Ingredients:

1 oz. 85% cacao chocolate  
1 Tbsp. plus 1 tsp. erythritol or 1 Tbsp. zylitol, powdered  
1 tsp. coconut oil  
Pinch stevia extract

Melt chocolate with powdered sweetener and coconut oil. Stir in pinch of stevia. Spread in a thin layer onto a sheet of wax paper or aluminum foil and freeze until set. Chop into small chunks. Keep chilled.

5.5 net carbs per batch

# Center Specific

Our in-house natural pharmacy offers a wide variety of products to enhance and support health! From vitamin supplement to cleansing regimens ; from homeopathic products to herbal; if you need a natural product, you'll probably find it here!

As spring approaches (as it eventually must!) many people are looking for natural ways to address their allergy issues. Below are just a couple of the helpful products Fox Valley Wellness Center/Midwest Hyperbarics™ keeps in stock.

**In the Spotlight**

*Sinatrol*

Sinatrol is produced by Ortho Molecular labs. It was developed for people who suffer from sinus related issues.

Sinatrol contains N-Acetyl Cysteine, Andrographis, Siberian Ginseng, Turmeric, Bromelain and Berberine Sulfate.

Why these natural ingredients?

N-Acetyl Cystein is a powerful mucolytic that helps break down mucos viscosity allowing sinuses to drain. This makes conditions in the sinus less conducive for bacteria and fugus to grow.

Adrographis is an immune enhancing agent, as is Siberian Ginseng. These help support the

## Our Natural Pharmacy

body's natural defenses. Recent studies show andrographis helps significantly reduce the severity, duration and symptoms of the common cold. When taken for prevention, one study showed twice the reduction of the incidence of the of the common cold compared to a placebo.

Turmeric and Bromelain reduce inflammation that can contribute to sinus pressure and pain.

Berberine Sulfate is a salt form similar to the berberine alkaloids found in Goldenseal, a plant known to have natural antibiotic properties. \*

*Natural D-Hist.*

Natural D-Hist provides nasal and sinus support for the height of the growing season.

Natural D-Hist contains Quercetin, Stinging Nettles Leaf, Bromelain, and N-Acetyl L-Cysteine.

Why these natural ingredients?

Quercetin is natural found in onions. It is a mast cell stabilizer and a powerful natural flavonoid. Quercetin has been shown to inhibit certain compounds that typically affect sinus and respiratory health.

Studies show Stinging Nettles have both promising mechanisms and clinical results for supporting nasal passageway health. While further study is needed, trials have shown stinging nettles demonstrate measurable differences vs. placebo after only one week.

Bromelain is a strong pineapple enzyme with proven mucolytic properties. As such bromelain supports normal mucosal tissue function and enhances the absorption of quercetin.

N-Acetyl L-Cysteine is an amino acid that is a natural mucolytic. It reduces the viscosity of mucus. Studies have shown individuals have been treated effectively without side effects when given NAC.

Kristine or Kim would be happy to assist you in finding any supplements you may need to maximize your well-being!



**Get to know our staff!**

Tamara Stone offers therapeutic massage and body work at Fox Valley Wellness. Tamara graduated from the Blue Sky School of Massage and Therapeutic Bodywork in September of 2010.

Appointments are offered Mondays, Wednesdays and Fridays between 9 am and 7 pm and may be scheduled by contacting the Fox Valley Wellness office at 920-922-5433, or by contacting Tammy directly at 920 251-8780

CALENDAR OF EVENTS

May 9/10

Kristine Pershing and Megan Tinkle attended a Traumatic Brain Injury (TBI) conference in the Wisconsin Dells to talk about the National Brain Injury Res- cue and Rehabilitation (NBIRR) study featured on page one. Look for patient testimonials in future issues!

June 11/12

Kim Wildner has been invited to speak at National University Hospital, Singapore. She will be presenting on Kangaroo Care at the Natural Birth Weekend for Professionals, and will be included on an expert panel during the public portion of the event.

# This Just In!

## SUPPLEMENTS DEPARTMENT

We have a new supplement available for brain health.

Prevagen Professional is a natural supplement that reduces brain cell death by up to 50! It contains 'Calcium-binding proteins' that buffers excess calcium that can damage brain cells and affect brain function.

Prevagen contains all natural ingredients, including 'aequorin', a naturally-occurring, calcium-binding protein found in jellyfish.

Prevagen users have seen results within 1 month!

## AESTHETICS

Brittanie's Thyme products are now available!

The Brittanie's Thyme line prides itself on 'organic integrity.' This line of certified organic skin care includes a number of fantastic products that our aestheticians are very happy to offer.

Products include:

Citrus Facial Cleanser-works with skin's natural protection, non-drying and refreshing.

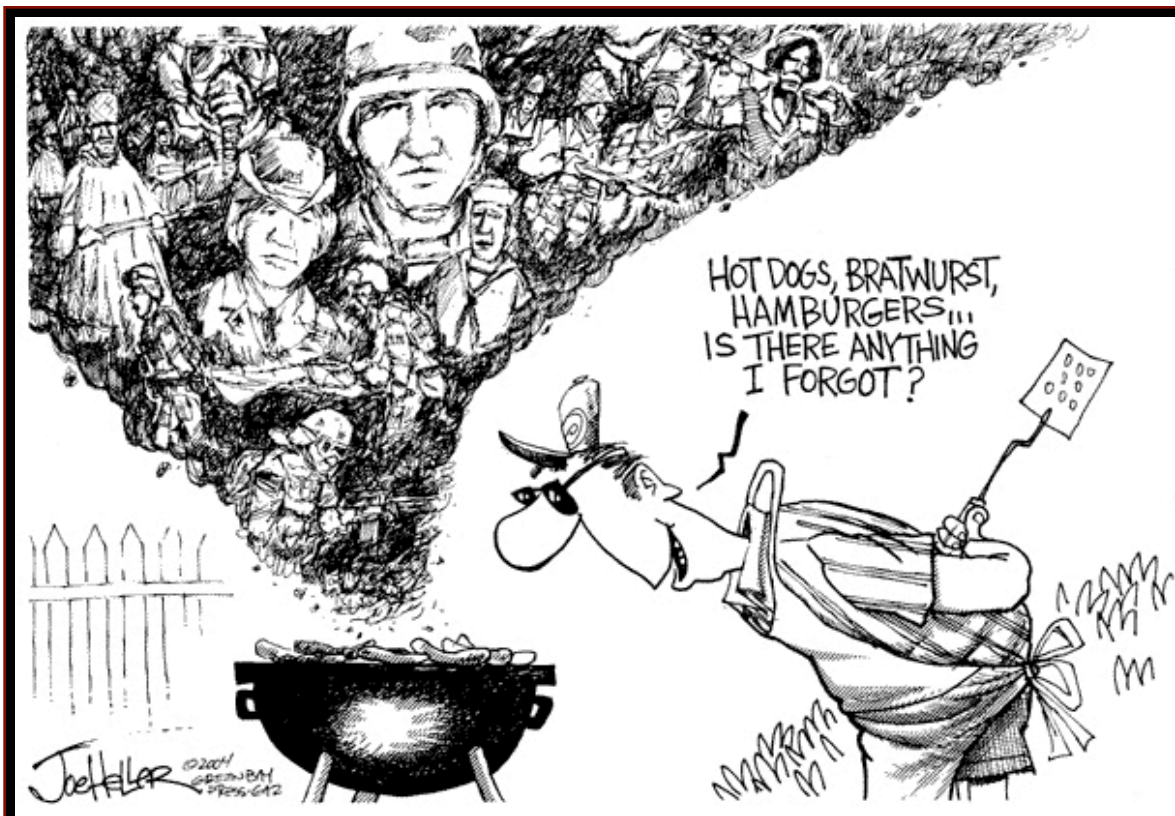
Almond Oatmeal Facial Scrub-exfoliates, smooths and softens. Best used with Citrus Facial Cleanser.

Gentle Facial Toner-Calms and encourages fresh, healthy complexion.

Organic Acne Treatment-reduces inflammation, dries and heals.

Protective Moisturizer-provides skin with excellent protection. Contains antioxidants, the omega's vitamins A,B,C, D, and E, essential amino acids and beneficial botanicals.

The 'Full Breath' line of Brittanie's Thyme products, to ease the discomforts from common colds and sinus congestion from allergies is also a timely addition to our product offerings.



Artwork used with permission of the artist. <http://www.hellertoon.com/main.html>

In our next issue:

- How to navigate the medical billing system
- Ask our nurses!
- New products
- Get to know our staff... and much more!



## A special message...

Welcome to the inaugural issue of Fox Valley Wellness Center/Midwest Hyperbarics™ newsletter!

I once heard a quote: "An overnight success takes 12 years to develop." That would appear to be true.

It is hard to believe that it has been nearly 13 years since my late wife Julie and myself decided to take the giant leap when we felt that medicine needed to be more personal, more dependent on the cause and we decided to formulate our motto, "Look for the cause, don't just treat the symptoms."

We started slowly with a minimum staff at the Pioneer location, growing into our present location on Knights Way 8 years ago. We continue to grow and remodel, adding skilled and dedicated staff as well as more and varied options, making Fox Valley Wellness Center/Midwest Hyperbarics the best medical practice

possible...because it is based on a true philosophy of total wellness and balance.

We continue to grow because of the directions our patients have led us. Hyperbaric Medicine, Lyme Disease, Cancer and male hormone balancing were areas not on my radar when I started this practice. Now these have become some of our specialty areas. My patients have been patient patients as we've continued to learn, reshape, reformulate and relearn our medicine. I thank you all for that.

Indeed, I want to thank all of the people who have made this journey to our present reality. I have the absolute best staff in the world! They are professional, responsible, dedicated, compassionate, emotional (at times) and are like my family. THEY have made this clinic the class act that it has become.

But we are not done. I will be adding a second physician, a second naturopath, additional nurs-

ing personnel and additional administrative staff. We are beginning a new Aesthetic program and incorporating facial therapy, hydrotherapy, massage, organic chemical-free cosmetics and skin products. Our acupuncture program will expand into additional days and hours.

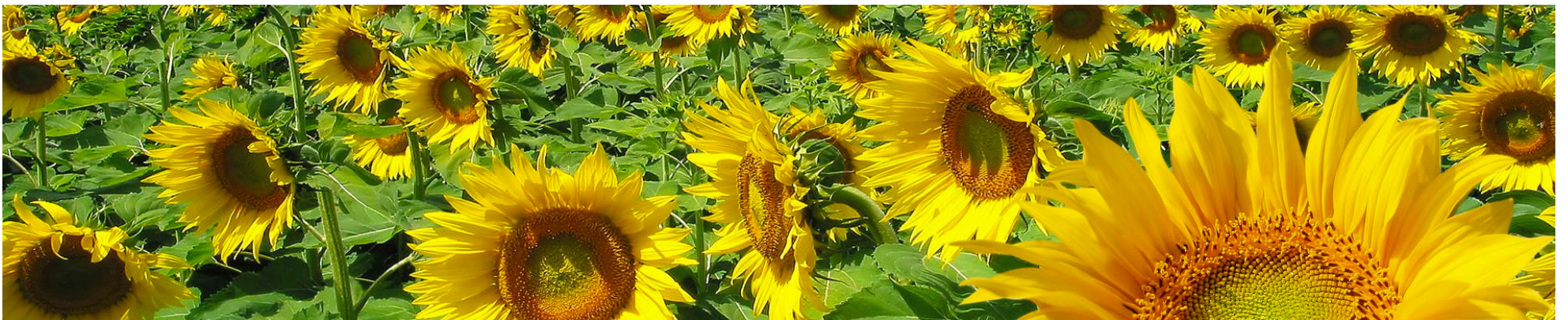
Finally, I want to thank my late wife Julie. She made this clinic what it is today. I never could have done this trek without her and I will always be thankful to her for that. For those of you that did not know her, it is a loss. For those of you that did, I am sure you miss her as much as I do.

Thank you for making my dream a reality. I promise the future letters will not be so sappy.

Stay happy, healthy and wise.

Dr. Steve.

## Summer is almost here!



## Next Issue...Natural pest repellents!

We are always trying to better meet your needs! The goal of this newsletter is to not only acquaint you with the many offerings at Fox Valley Wellness/Midwest Hyperbarics™ but to build community.

If you have testimonials, recipes, questions or comments, please share! Would you like to see a particular feature on a regular basis? How can we best serve you? Let us know by emailing: [info@foxvalleywellness.com](mailto:info@foxvalleywellness.com), subject line 'newsletter comments'.

Ask Our Nurses questions should be sent to [info@foxvalleywellness.com](mailto:info@foxvalleywellness.com) with the subject 'Ask Our Nurses'. Please be aware they are only able to answer generic wellness questions in their column and cannot speak to personal medical issues.