



## Wellness Newsletter

August 2008

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### Greetings!

The Institute for Optimal Health is excited to announce new services to help with all of your wellness needs. We are now offering B12 shots that will help boost immunity and acupuncture services to help with overall well-being.



We hope everyone is enjoying the end of the summer season and we hope to see you soon. If you would like to make an appointment for one of our new wellness services or a wellness evaluation, please call the office at 610-642-2644 or email me at [kmiskin@shantimedspa.com](mailto:kmiskin@shantimedspa.com).

### Acupuncture



Acupuncture has been practiced in China and Asian countries for thousands of years. It aims to restore and maintain health through the specific stimulation of points on the body using thin metallic needles. According to this practice, health is achieved by maintaining a "balanced state". Disease is caused by an internal imbalance of qi, or vital energy along the pathways known as meridians. The qi can be unblocked by using this practice.

Peyton Theodore, LAc, is the owner of Enlightening Souls in

Wayne. She offers various services including Cosmetic Acupuncture, Oriental Medicine, Total Cleanse Program, Customized Nutrition, and Soul Colors.

Peyton Theodore's approach to Acupuncture offers a way to live the best life and become enlightened in this New Age. For more information on her services, please click on the link below. If you are interested in making an appointment in our office, please call 610-642-2644.

**[Read More](#)**

## Deconstructing Meat Labels

Understanding meat labels can be very confusing. The following is some basic information to help you make more informed decisions when it comes to choosing your meats.

Organic: According to the USDA, organic meat, poultry, eggs, and dairy products come from animals that are given no antibiotics or growth hormone.

Natural: Natural is not interchangeable with organic. This refers to a product that is minimally processed and does not contain artificial ingredients. However, the use of antibiotics or growth enhancers can be used in these products.

Free Range: This refers to animals that are raised in an open air environment. Free range does not mean that the chickens venture outside and if they do, they are allowed 5 minutes of open air time. It also doesn't mean that they were raised without antibiotics or hormones. No other meat besides poultry carrying this title has been regulated by the USDA.

Grass-Fed: This is a cattle, sheep, or bison that have grazed on grass or hay and have eaten nothing but their mother's milk since birth. Pigs and poultry are grass fed if they had grass as a large part of their diet. This does not mean hormones or antibiotics were not used.

Marine Stewardship Council: This council is an independent global nonprofit that was created to ensure that the catch of marine resources maintain environmental bio-diversity, productivity, and ecological processes. They promote sustainable fishing practices.

Use of Hormones: Man-made hormones have been used in poultry and livestock for years with the purpose to fight disease or control the growth and metabolism of an animal. Dairy cows are given hormones to increase milk production, and the increase in hormones may lead to more infections that require the administering of antibiotics. There is concern that frequent exposure to the antibiotic residue that remains in the milk or dairy products can be a health concern for people in the long term. A common genetically-engineered hormone that is administered to dairy cows to increase their milk production is Recombinant Bovine Growth Hormone (also called recombinant Bovine Somatotropin (rBST)). Dairy that is labeled rBGH-Free or rBST-Free is produced by dairy cows that were never administered this hormone. Additionally, organic milk is rBGH free.

## Vitamin B12



All B Vitamins help the body to convert carbohydrates into glucose (sugar), which is burned to produce energy. They are essential in the breakdown of fats and protein and play an important role in maintaining muscle tone, lining the digestive tract, and promoting the health of the nervous system, skin, hair, eyes, mouth, and liver.

B12 is very important in maintaining healthy nerve cells and forming of red blood cells to help iron function better in the body. It can also help control blood levels of homocysteine, enhance the immune system and mood, and improve the body's ability to withstand stressful conditions. B12 can be used to treat or prevent anemia,

heart disease, Alzheimer's Disease, depression, burns, osteoporosis, cataracts, HIV, breast cancer, and male infertility.

A deficiency of B12 can cause fatigue, shortness of breath, diarrhea, nervousness, and numbness or tingling sensation in the fingers and toes. People that cannot absorb Vitamin B12 from the digestive system are at risk for a deficiency. Vitamin B12 is found in meat, milk, and other dairy products. Since most people do not get enough B12 in their diet, supplementation is recommended by taking a vitamin or getting injections from a healthcare provider that can assess for any possible interactions.

**If you are interested in more information or would like to get a Vitamin B12 shot, please call our office to make your appointment. Injections only cost \$25 and they are recommended monthly in those individuals that do not have any contraindications.**