

An Apple a Day Keeps the Doctor Away

For centuries, people have been using apple cider vinegar as both food and medicine. It is used as an energizing tonic and a natural remedy for many common ailments.

Apple cider vinegar is formed from the fermentation of apple juice to hard apple cider, followed by a second fermentation to apple cider vinegar. It retains all the nutritional benefits of the apples from which it was made along with the extra acids and enzymes produced during the two fermentation steps. It is the combination of these ingredients, which give apple cider vinegar its health benefits.

The best type of apple cider vinegar is made from cold pressed, organically grown whole apples – in which no chemicals or preservatives have been added, and which contains the “mother of vinegar.” The “mother of vinegar” is the natural gelatinous substance formed during the second fermentation step. It will settle to the bottom of the bottle so it is important to shake the bottle prior to pour-

ing in order to obtain all the nutrients.

The health benefits of apple cider vinegar are numerous. Taken before meals, it stimulates stomach acid production, thereby improving digestion and absorption of nutrients. Apple cider vinegar also has antiseptic properties, deterring the growth of pathogenic bacteria and yeast. Apple cider vinegar contains pectin, a water-soluble fiber, which absorbs water, fat, toxins, and cholesterol in the digestive tract and removes them from the body. Its pectin content also helps improve glucose metabolism and lowers blood pressure. In addition to water-soluble fiber, apple cider vinegar contains insoluble fiber. This insoluble fiber aids in digestion and elimination, promoting regular bowel movements. When taken daily, apple cider vinegar will also ward off mosquitoes, ticks, and fleas.

For maximum benefit, take 1-3 tsps of apple cider vinegar in 8 ounces of water 15-20 minutes before meals.

Sarah Axtell, 5th year Naturopathic student



SAVE A TREE

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Treat the Cause: A Patient Testimonial

Before I began naturopathic medical care, I was depressed and anxious. It took all of my energy just to make it through the day. Getting tasks accomplished was difficult, and I was angry all of the time. Relationships with my children and husband suffered. Dr. Becker took the time to talk to me and ran several lab tests. She determined which body systems were not functioning properly and worked at fixing

them. I now have the energy to do more than just make it through the day. I am no longer depressed, anxious, or angry.

Most importantly, I am finding great joy in being with my family again. I intend to continue using naturopathic medicine. It makes much more sense to me to identify and treat the cause of the problem, rather than just treat just the symptoms. I am more knowledgeable about my health

now and as a result, do things to keep myself and my family healthy. Naturopathy is not just about healing the body; it is about educating the mind so that the body does not get sick in the first place. I am so thankful for Dr. Becker and naturopathic medicine for healing me, and not just masking my symptoms.

Patient of Dr. Allison Becker,

Autumn, The Element of Metal

Autumn is the time of year when plants begin to wane, leaves of deciduous trees turn beautiful colors and fall to the ground, and the earth begins to prepare for winter dormancy. It is about condensing and consolidating, beginning to go within, and letting go. The organs associated with the metal element are the lungs and large intestines.

The lungs facilitate the breath, the rhythm of life; replenishing energy, calming the mind, and circulating blood and chi. Taking time to focus on the breath, to deepen the breath, and to allow the exhalation to be slightly longer than the inhalation can pause a busy day, dispel a tense moment, and bring alignment with the rhythm of life.

The large intestines are a place where waste is consolidated and then eliminated. Daily bowel movements are essential in letting go of what we do not need. Constipation can lead to a multitude of health problems including gas,

bloating, headaches, skin problems, stuffy nose, chronic sinusitis, as well as being emotionally backed up.

Fiber in the diet is important for keeping the bowels moving effectively. Fresh fruits and vegetables are the best sources of fiber, with a goal of including 5-7 servings



of vegetables and 1-3 servings of fruit daily.

Dr. Robin DiPasquale, Madison, WI

Chia Gruel

Chia, *Salvia hispanica*, is a plant in the mint family native to Mexico and Guatemala, whose seeds contain 25% fiber, mostly soluble. Chia seeds are also high in omega-3 fatty acids and protein. One of the recommended ways to include Chia seeds in the daily diet is to eat it as gruel. Chia seeds are available at most health food stores or natural pharmacies.

Ingredients:

- 2 Tbsp Chia seeds
- 1/2 - 3/4 cups liquid of your choice (water, juice, or milk- hemp, almond, rice or organic cow milk)
- 1/2 tsp ground hemp or flax seeds
- 1/4 cup berries or other fruit of your choice

Directions:

Soak Chia seeds in desired liquid. Then add ground seeds and fruit. Allow the mixture to sit for 10 minutes before eating.

*For added benefit, drink with a cup of herbal tea, which will help your body absorb and utilize this highly mucilaginous food.

Dr. Robin DiPasquale, Madison, WI

