

Dr. Backstrom's CORE Nutritional Supplements

Nutritional Support for Stress

DSF or Core Level Adrenal

Recommended dosage: 1 tablet, 2 times per day, morning and noon

Nearly 80% of all health problems are stress related. Chronic stress depletes the immune system, which leads to illness; hormonal imbalances in adrenals, thymus, and other glands, which further depress immune function and deplete the body. Stress can impair digestion, increase adrenaline production, produce rapid heart beat, high blood pressure, lowered immune function, susceptibility to infections, cancer, greater muscle tension, back problems, skin disorders, anxiety, and depression. Stress promotes the formation of extra free-radicals that can damage body tissues. Learning coping and relaxation techniques, a diet of natural whole foods, nutritional supplements, and exercise can all help reduce stress and improve health. This product gives our adrenal glands the nutrition they need to replenish our depleted reserves from the stress of life. (Any bovine ingredients are obtained from organic, range-fed cows in Argentina)

TOTAL LIVER D-TOX

Recommendation: 1 capsules 3 x day, or as directed.

The liver has hundreds of functions. One that is most important is the secretion of bile. Bile is necessary for the digestion of fats, and to assimilate the fat-soluble vitamins, A, D, E, K, and calcium. Bile also converts beta-carotene into vitamin A and aids intestinal peristalsis, which helps prevent constipation. After nutrients have been absorbed into the blood stream through the intestinal wall, they are transported by way of the hepatic vein to the liver. Nutrients such as iron, B-12 and D, are extracted from the blood stream and stored in the liver.

The liver combines toxic substances, such as metabolic waste products, insecticides, residues, drugs, alcohol, and other harmful chemicals with nutrient dependent elements that convert them to less toxic substances. However, the intermediary products between phase I and phase II may be severely toxic until neutralized by phase II. Therefore, if there are insufficient nutrients available for the final conversion, illness, pain, etc., may result. These substances are then excreted by the kidneys. The liver is also responsible for regulating thyroid function by converting thyroxin (T4) into its more active form triiodothyronine (T3). This product helps the liver optimally perform all of its vital functions.

Total Probiotics

Recommendation: 1 capsules 3 x day, or as directed.

Bacteria: Good and Bad

Current dietary habits, wrong food combinations, excessive use of sweets and other refined carbohydrates and indiscriminate use of antibiotics have yielded many complications to our health. The sad note is that 50% of all antibiotics sold are used in the raising of animals for slaughter. They say this gives the animals a faster weight gain with fewer infections. What it gives us, is death of our normal intestinal bacteria. This yields symptoms of gas, indigestion, bloating, and yeast overgrowth.

Billions of beneficial micro-organisms are suppose to live in our intestinal track which keep the intestines clean by feeding on the putrefaction, waste, fungus, yeast and other harmful bacteria. These beneficial microorganisms also aid the body in producing the essential elements such as hormones, vitamins, and proteins that are needed to run our body.

Research is showing that each of these cultures attaches at different sights in the intestines and can live synergistically together. This product includes at least seven different bacteria along with other co-factors to optimally help restore your intestinal environment to a normal state of function.

Total Enzymes™

Recommendation: 1 capsules 3 x day, or as directed.

Enzymes and Health

All raw foods naturally contain the proper types and proportions of enzymes necessary to digest itself-whether in human consumption or in the eventual decomposition in the natural world. When raw food is eaten, chewing ruptures the cell membranes and releases the indigenous food enzymes to begin the selective breakdown of substrates. Protease breaks long protein chains (polypeptides) into smaller amino acid chains and eventually into single amino acids. Amylases reduce large carbohydrates (starches and other polysaccharides) to disaccharide including sucrose, lactose and maltose. Lipase digest fats (triglycerides) into free fatty acids and glycerol. Cellulases (not found in the human system) break the bonds found in fiber matrices, which envelop most of the nutrients in plants.

Overwhelming evidence shows that food enzymes play an important role in digestion by predigesting food in the upper stomach before hydrochloric acid has ever been secreted. Food enzymes are essentially destroyed at 118 degrees Fahrenheit, thus most modern methods of food preparation leave food devoid of digestive enzyme activity.

Several studies conducted at major universities have shown that the enzymes in saliva continue their digestive activity in the upper stomach and can digest up to 30% of the ingested protein, 60% of ingested starch and 10% of ingested fat during the first 30 to 60 minutes after consumption. Although salivary enzymes accomplish significant amounts of digestion, their activity is limited to a pH level above 5.0. Exogenous plant enzymes are active in the pH range of 3.0 to 9.0 and can facilitate the utilization of a much larger amount of protein, carbohydrates, and fat before HCL is secreted in sufficient amounts to neutralize their activity.

This product contains these two important enzymes as well as hundreds of other to help normalize your digestive process.

Lactase digests lactose (milk sugar) into glucose and galactose. Most mammals, including humans, have high intestinal lactase activity at birth. In some people, this activity declines to low levels during childhood and remains low in adulthood. It is estimated that approximately 70% of the world's population are deficient in intestinal lactase and therefore, presumed to be unable to digest dairy products. Supplemental lactase has been found to decrease the symptoms of lactose intolerance associated with the consumption of dairy foods.

Invertase is another disaccharidase that works to break down sucrose (refined table sugar) into glucose and fructose. The prevalence of processed and highly refined foods in the American diet means that we consume a great amount of this sugar.

Multi-Polar Magnet

Many people feel weak, have headaches or just feel ill generally when they work in front of computers, under florescent lights, or use cell-phones. They may never feel as good as they would like to. It may be this electromagnetic pollution causing these feelings. Even though we cannot do away with all of these abnormal bombardments, we can protect ourselves. A simple multi-polar magnet, no bigger than a credit card, energizes our energy field, protecting us. You'll see yourself stay stronger. You may also have more energy and generally feel better with continual use.

We recommend people wear the magnet all the time they are working with computer, etc. Our preference is to wear it all day long, every day. This little magnet is placed cloth side against your body. It takes only one card. Place in the pocket of your shirt or pants or some ladies even place it in their bra to have it next to their body. Most people wear it all day. Some feel they need more energy and find placing several under their bed (the mattress pad) helps them at night.

Questions: Contact Donald B. Backstrom, B.S., M.S., D.C.

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The above statements have not been evaluated by the FDA. The nutritional information, suggestions, and research provided are not intended to diagnose, treat, cure, or prevent disease and should not be used as a substitute for sound medical advice. Please see your health care professional in all matters pertaining to your physical health.