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# YOUR HEALTH & NUTRITION

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Volume 2

A newsletter by Mohamed Nasr MD, ABHM, ANA, ACNC, ACIP

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## Alternative Medicine news alert

By Dr. Mohamed Nasr



The object of this article is to explain why we do not feel good, why do we have health issues and what can we do about it using alternative medicine. To explain that and understand how serious this problem is, we have to study the history of disease in the world around us over the past 200 years.

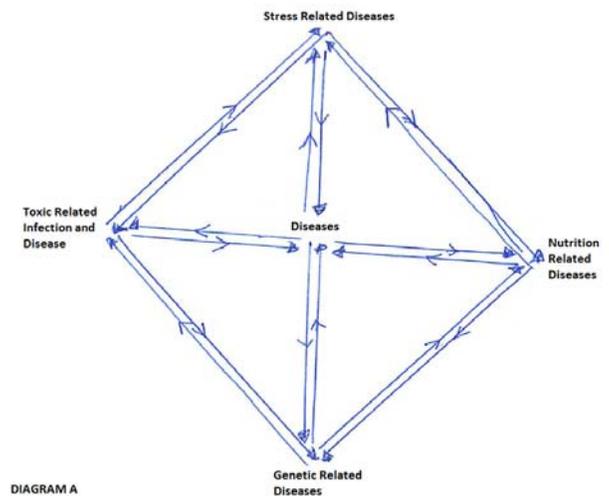
Over the past 200 years we have noticed that there is tremendous rise in the number of people dying from heart disease, circulation problems, cancer, diabetes, digestive problem, people having difficulty with their muscles, their bones, their memory, their liver, their kidney, their hormones. There are lots of diseases arising including even depression and psychiatric problems and anxiety, and for everyone of those problem you have to go to a specialist who is in that field and the result is always going to be either it is all in your head or drugs or surgery and there is very little concern about the relationship between nutrition, preventive medicine, and alternative medicine and the effect of stress and toxins around us in the environment and the infections and all of that.

If we look at the same period of time you will see that during the past 200 years there was a rise in those diseases. Also we noticed that there is change in the pattern of our diet in the last 200 years. The main nutrients that we consume which is protein, carbohydrates, fats, vitamins, water, mineral, fibers and oxygen has changed. There is a correlation between diseases and these things that I just mentioned.

Also, we have noticed that during the same period of time there is a rise also in the amount of toxins in the water, air and food. There is also rise in the amount of stress. There is also rise in the amount of genetic problems that is coming now that we have not seen in the past and if you keep blaming everything we have on your parents it is not going to work because some time 300 or 400 years ago the genes must have been normal and now it is becoming abnormal and why is that. Is it because the

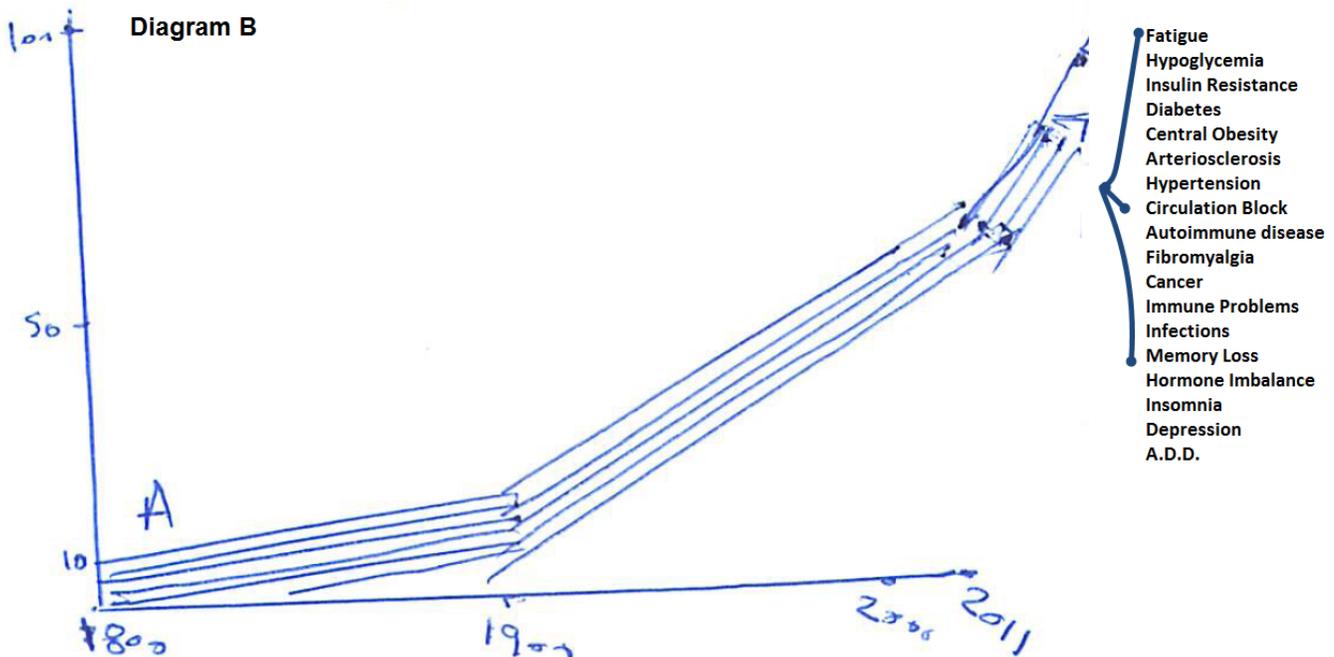
stress, is it because of the chemicals, is it because of poor diet and object of this article today is to shed light on these problems and make you understand that there is correlation between all of that.

*Diagram (A)* below shows what the causes of disease are.



1. Which is on the right side of the diagram, it is diet, nutrition and oxygen related.
2. Stress related (at the top).
3. Metabolic problems are also causing disease, such as development of cancer, infections, hormone imbalance, circulation problems
4. Toxicity (on the left) includes infections of virus, bacteria, Lyme, and different things, parasites, candida and others.

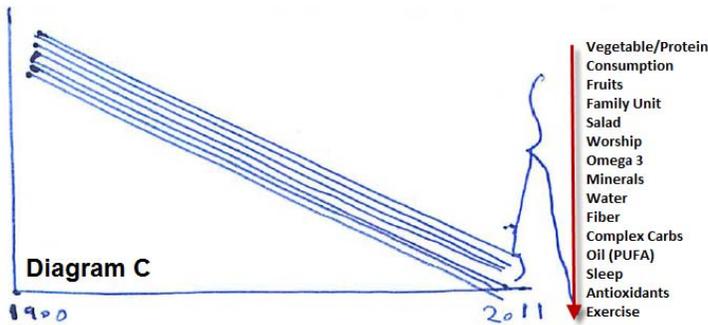
All of these things, the #1 which is diet related can cause the disease. The stress can also contribute to that. Lack of sleep and also lack of faith, because faith plays a very important role in prevention of disease also. You believe that there is a creator over there that take care of you, created Adam and eve and you, and take care of you and also you have to appreciate that creator and worship him properly and with the good nutrition and treating the metabolic problems, I think we can overcome the genetic problem, which #1 is the nutrition problem that happened in the past 200 years. There was change in the fundamentals of nutrition. (SEE *diagram B Below*)



- Number one nutrient that I would like to discuss is protein. Protein in the past was mainly from vegetable protein, the majority, and some of it from milk or cheese and some from fish or chicken or beef or turkey but that is very little. We have noticed in the last 200 years that there is more consumption of animal products like pork and less consumption of vegetable protein like lentils and beans and soy protein and that will contribute to the developing of disease.
- The carbohydrate is the energy source, which in the past the main source of carbohydrate was the whole wheat, whole oats and complex carbohydrate in its natural form, however, in the past 200 years we have consumed more of simple carbohydrates like sugars and juices and even in the form of either sugar itself or the form of juice or form of candy and things like that and that also contribute to disease.
- The third thing is fat. The fat also changed. It used to be that human race consumed vegetable fat which is polyunsaturated fatty acids and if they consume animal, it will be from fish which has omega 3, but now this pattern has changed. We started consuming saturated fat and also lard and animal fat and that has also contributed to disease.
- Water. We used to drink just natural healthy water from our wells, but we started consuming things like alcohol, Coke, Pepsi, all kind of soft drinks and forgetting about the role of water itself at 8 glasses minimum per day. It has a very important role in detoxifying the body and helping the metabolism.
- The vitamins started going down in our diet in the past 200 years, because of the soil. To make a vitamin the soil must have trace minerals in it and the air must not have any toxicity in it and the water. So if the soil is lacking, for example, of minerals that comes from organic fertilization such as magnesium, manganese and cobalt and even cyanide. The plants take those minerals from the organic soil and makes vitamins out of it and stores the rest of the minerals in the form of calcium and

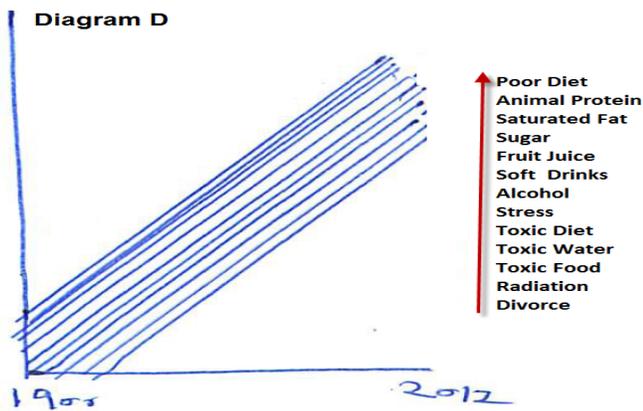
- magnesium and potassium for us and now this mineral has changed, because we started using the fertilization of nitrogen phosphate and potassium MPK, and a few trace minerals added to the soil but not enough. I wonder if any farmer will dare, and I am a farmer myself, will dare to put cyanide in the soil because cyanide is one of the minerals and cobalt that will be absorbed by the plant to make cyanocobalamin which is vitamin B12. How the plants are going to make vitamin B12 if those are missing and even if the soil was organically fertilized nowadays, the air around it has a lot of oxidant, free radicals or let's say if you have orange tree in organic soil, it has vitamin C or wheat has vitamin E and in the air you have free radicals like nitrous oxide, ozone and sulfur oxide and many of those, those are going to destroy the antioxidant vitamin in the plant and you will be consuming the vitamins, not all of it but the majority of it. So the orange juice you are going to get out of that is sure to taste sweet because it has sugar, but does it really have the antioxidant vitamin C it is supposed to have? Of course not.
- The other problem besides that also is that there was a change in amount of fiber we consume. In the last 200 years there was less and less salads being consumed and fibers and that also contributed to disease.
  - Also, there is another issue that is oxygen. More than 200 years ago we walked a lot, we consumed lots of oxygen and then feel good about it and now we are using lots of mechanized machineries, even the TV we watch at home we have to use remote control just as if you walked to the TV and turned it off you might have a heart attack or something or if you have to use blender to blend eggs for you or the dough, because if you use your hand you might hurt it so this mechanized system caused lack of exercise and contributed to disease. That is the part I want to say is the major part that caused most of our diseases of the skin, muscles, bones, digestive, brain, kidney, liver, hormones, lung and blood.

*Continued on page 3*



The second issue here is the stress. In the last 200 years there is more stress, less sleep, getting together as a family and talking and having a good time and more watching TV and playing with computers and electronics. So the social structure of the family fell apart. The stress became very obvious at home, at work, and every place. Divorce rate went up and disease develops. Stress causes these diseases I mentioned in the skin and the muscles and the bones and all these things, it does cause it. The stress causes also nutritional deficiency because stress consumes antioxidants and minerals and water. So stress itself cause nutrition problem, and the nutrition problem causes stress. People who have deficiency of minerals like magnesium and calcium and people with stress require more of nutrients and antioxidants so they can cope with the stress.

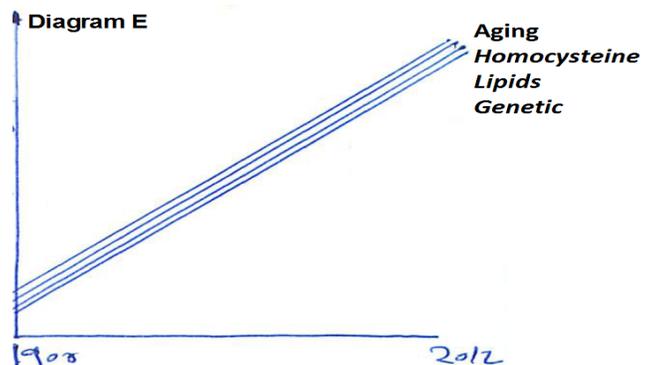
So they both affect each other, the nutrition problem causes more stress more disease, and stress causes more disease and lack of nutrition, and nutrition causes more stress and so on. They are interconnected.



They will go to the metabolic problems that happened in the last 200 years we started seeing a problem with our bodies. We saw more problems in the skin and heart, circulation, digestive system and every part of the body. These problems presented in the form of cancer, in the form of symptoms that you don't feel good, and also signs that you have some changes in your blood tests and development of these diseases has led to decrease of the immune system and also exposed to more toxins inhibit the immune system which causes more disease and then now to be able to deal with these disease you have to go to back to #1 nutrition and #2 management of stress and #3 you have to start investigating

how you are going to treat skin problems and skeletal problem, muscle problems, digestive problems, brain problems, kidney, liver, hormones, lungs, and blood. How you are going to deal with all of that? which vitamins you would take? Which mineral? How much? everybody is different? In my practice we have found that the nutrition plan for everybody changes. This is why we recommend it that the patient to be analyzed and we will find out their hormones and their metabolism and their immunity and their infections and toxicity and the degree of stress and the genetic problems and nutrition problem and then we recommend you know more nutrition to certain people than others.

Having these diseases in the body also causes stress. I am sure when you know that you have high blood pressure, you cannot sleep well because you have headaches and the same thing if you have infection like Lyme or connective tissue syndrome or viruses, this is will cause burden on the body and causes more diseases.



All of these three factors in conjunction with your parents did not gave you the perfect genes because they were exposed to nutrition deficiency. They were exposed to stress and they had problem with sleep. Since the development of electricity, about 200 years ago people went to sleep when the sun set, a little bit after, and wake up at the sunrise like birds. But now they stay awake until midnight and they wake up at either 5 o'clock in the morning and they do not get enough sleep or they wake up at noon and that is just not the right kind of sleep. So these are three factors and are the main problems that are creating the disease. Unless we address these issues we are not going to succeed in curing these problems or treating these problems. In my practice, I have combined the management of the nutrition part and management of the stress and the proper diagnosis and the proper genetic formation and we found out that when you deal with those things properly, people will have better results. For the last four years we have probably the best results in survival in the patients who take care of themselves nutritionally and spiritually and exercise and detoxify their body and do all of that, those people have survived a lot more especially if the nutrient they take, the protein or the carbohydrate or the vitamins or whatever they are good quality, then we find out this patient have good results.

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## CONTACT US

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## CALENDAR OF EVENTS

**October 18th - 07:30 PM - Lecture by Dr. Nasr**

Fight the cold and Flu Season

Hotel Bollero, 920 East Northwest Highway

Palatine, IL

**October 29th - 7-9 PM - Lecture by Dr. Nasr**

County Inn and Suites-Meadow Conference Center

850 Kepler Drive Suite B

Green Bay, WI

**December 8th - 7-8:30 PM - Lecture by Dr. Nasr**

Immune System from Allergies to Cancer

Best Western Midway Hotel

1005 S. Moorland Rd

Brookfield, WI

In the future issues I am going to be speaking at specific ailment and what to do about it and we are going to start with the digestive system that means the chewing, the saliva, the esophagus, the stomach problem, the absorption problem, the elimination problem, the detoxification from the liver problem, and how to improve it and then in the future volume we will discuss cardiovascular problem and many other ailments and what is the best nutrition and best way to manage it. Please stay tuned for our next volume which will discuss this in more detail.

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