

The Audible Release

Intelligent Eating – What, Why, and How



By Jen Gantzer, DC, MS, FACN, DACBN, LAc

As I continue our “Keeping Us Healthy” series for 2021, we introduce the concept of Intelligent Eating, and over the next 6 months address Intelligent Eating strategies in more detail including Antioxidants and Anti-Inflammatories, the importance of

supporting Digestion, Elimination, and the Gut-Brain Axis, Hydration and Alkalinizing, Intermittent Fasting and Ketogenic lifestyles, as well as the role Stress has on the body and how to live with it and best support and protect against it.

Intelligent Eating includes purposely choosing food for meals and snacks which support the body’s metabolic demands maximizing its amazing intrinsic abilities to repair and regenerate. Intelligent Eating optimizes nutritional dietary intake which maximizes cellular processes at the molecular level supporting optimal function which then prevents and slows aging and degeneration. Instead of *eating healthy* which many people WANT to do but don’t always know how to, I hope to shift the perception of eating healthy and the idea of dieting for health into the concept of *Intelligent Eating as a Dietary Lifestyle* where it’s a normal part of everyday, not a fad or a diet, thereby to support repair and regeneration, sustain anti-aging, and restore and/or improve quality of life in ourselves, our families, and our patients.

If Intelligent Eating is said to maximize cellular processes and support repair and regeneration, what exactly

am I referring to? Remember studying for board exams and you had to draw out the dreadful “TCA Cycle” also known as “Kreb’s Cycle” ... UGH, right?!! *How in the world is this going to make me a better chiropractor by drawing out these silly sounding molecules...* I’m sure many of you remember those thoughts studying for boards! Well... those little molecules we had to draw out and get tested on are the very reason we age or not, are sick or not, and repair and regenerate well or not because in its simplest explanation, its termed “Mitochondrial Function” and it’s how we sustain life and thrive, and it requires the cellular powerhouse the “mitochondria” to generate the “molecule of energy” known as ATP, Adenosine Triphosphate (1,2). We literally eat to make and sustain ATP; when the body and/or the smallest unit, the cell, stops being able to efficiently convert nutrition into energy as ATP, it’s appropriately called “Mitochondrial Dysfunction” and has been clinically correlated to virtually every disease state, especially the chronic, degenerative, and inflammatory ones and when “Mitochondrial Dysfunction” is reversed, disease states regress, and quality of life is restored (3,4).

How do we make ATP? Very simply, we convert the macronutrients Carbs, Fats, and Proteins into it through a series of *Essential Nutrient Vitamin and Mineral* dependent enzymatic reactions. Recall from March’s newsletter, *Essential Nutrients* are dietary components required to fulfil physiological roles that must be ingested since we cannot make them on our own yet need them. Since we need ATP every moment of every day in every living cell we need to

Continued on page 3

PCCS general dinner meetings resume in July
June will be the final month of “1 FREE online CE credit”
PLUS... June Social at the new waterfront
Caddy’s Madeira Beach
See page 4 for details



Seventh Annual Pinellas County Chiropractic Society

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MAY 13
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This is a trapshooting event that will be held at the Silver Dollar Trap Club in Odessa. No previous gun handling experience or equipment is needed, as there will be registered instructors to help each participant in the safe use and handling of the shotguns. There are no age restrictions for participating.

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Time: 10:00 AM
for squad assignments (must be prompt)

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generate ATP from macronutrients whether we just ate them or we stored them away and will break them down to retrieve them in between meals. To enzymatically convert macronutrient Carbs, Fats, Proteins into ATP this requires all the essential B-vitamins plus the Essential Minerals Iron, Sulfur, Copper, Zinc, Magnesium, Molybdenum, Manganese and to support glucose entry into skeletal muscle also the Ultratrace Essential Minerals Chromium and Vanadium. In order to build the machinery that powers these fabulous conversions and shuttles these essential nutrients to each peripheral tissue and then into the cell and further into the mitochondria we also need all 20 physiological amino acids, the basic units of proteins, of which 9 are essential and several more of the 20 can become conditionally essential when their physiological demand increases and these are the building blocks we need to build the shuttles and the ATP machinery, since the shuttles and the machinery are proteins (1,2,5). This means, in essence, to optimally sustain the generation of ATP and prevent/slow degeneration and aging and support repair and regeneration, we need to nutritionally sustain all the Essential Nutrients every day with *Intelligent Eating Dietary Lifestyle* strategies.

How do we maximize the intake of Essential Nutrients and macronutrient conversion to ATP with dietary choices? Food sources the highest in essential Vitamins and Minerals are primarily from plant-based sources including fruits, vegetables, legumes, nuts, seeds, and whole grains (1,2,6) and I strongly encourage a daily intake of phyto-green powders intermixed with alkalizing effervescent mineral and vitamin powders. An excellent evidence-based resource to learn more about the individual functional roles of each vitamin, mineral, and other vital supportive dietary agents as well as recommended dietary sources and daily intake for

each check out Oregon State's Linus Pauling Institute Micronutrient Center at www.lpi.oregonstate.edu (2). While including and increasing our plant-based sources, we also must sustain protein intake since the amino acids we need to build the machinery and shuttle important nutrients and hormones around the body depend on them and furthermore the body's protein demand can double to triple during times of injury, infection, and inflammation. Vegans and Vegetarians must be conscious of their plant-based protein sources and I recommend supplementing daily with a protein powder scoop. Alternatively, individuals on GERD medication or regular antacid ingestion also need to be aware some protein maldigestion occurs from these and there may be a protein deficit, and again I strongly encourage ingestion of a protein powder daily to ensure an optimal body balance of these vitally important building blocks (1,6). While encouraging the ingestion of more plant-based dietary nutrient food choices for vitamins/minerals and ensuring adequate protein it's best to avoid the foods that are debunked of these nutrients especially processed foods such as boxed or bagged items including many chips/crackers/cookies, many frozen or ready-made meals including microwaveable or tv dinners. It's best to food prep as many of your own meals as possible, include as many different colored fruits and vegetables, and include spices and herbs. There are additional health benefits of these nutritionally packed food sources and we dive into Antioxidants and natural Anti-Inflammatory food sources next month as we continue the series and will address Intelligent Eating strategies to increase Anti-Inflammatory foods while decrease Pro-Inflammatory foods and how that clinically impacts Pain and Degeneration. Until then... support your ATP!

1 Gropper S.S., Smith, J.L. (2013). Advanced Nutrition and Human Metabolism. 6th ed. Wadsworth: Cengage Learning.

2 Linus Pauling Institute, Oregon State Micronutrient Center. <https://lpi.oregonstate.edu/>

3 Muravchick S, Levy RJ. Clinical implications of mitochondrial dysfunction. Anesthesiology. 2006 Oct;105(4):819-37.

4 Natarajan V, Chawla R, Mah T, Vivekanandan R, Tan SY, Sato PY, Mallilankaraman K. Mitochondrial Dysfunction in Age-Related Metabolic Disorders. Proteomics. 2020 Mar;20(5-6).

5 Fürst, P. Basics in clinical nutrition: Proteins and amino acids. European e-Journal of Clinical Nutrition and Metabolism, Volume 4, Issue 2, e62 - e65

6 Richter, Amy. How do processed foods affect your health. MedicalNewsToday.com, medically reviewed 4-8-2020.

Monthly "limited time" 1 FREE online CE credit 2021 online available required courses include: ETH/RM/MED/FL/DOC

As an added member benefit during these months of cancelled general monthly meetings, members in good standing will be reimbursed for ONE online CE course of general or required topics, up to a value of \$15 per calendar month; including FCA's Chirolearn.org or any other online CE course.

Limit 1 per month; during cancelled general dinner meetings.

Instructions on the website www.pccschiro.org under Calendar.



14080 Gulf Blvd
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PCCS June Social

**Caddy's Madeira Beach
Tuesday June 29th 6:30 – 8:30 pm**

**To kick-off our exciting return to
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The Audible Release

is published 10 times per year
and unlimited downloads available online.

Dr. Jason Miller: Editor

The Audible Release provides news and information that is both educational and informative to the chiropractors and their associates in the Pinellas County area.

Society news, staff changes, personal announcements, photos and success stories are welcome. Articles about chiropractic procedures and issues concerning the practice of chiropractic should be submitted to the editor. Advertising inquires should be made to the publisher or visit us online at www.pccschiro.org

The deadline for ads and articles is the 7th of every month.

P.O. Box 7515
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"LIKE" the *Pinellas County Chiropractic Society* on Facebook

Website enhancements are continuing to be successfully implemented.

If you have not already, be sure to check your "designated member page" which contains your unique URL web address for the listing.

Contact us if any edits or updates are necessary and be sure to use your unique PCCS member URL to enhance your marketing and web exposure.

More updates still to come.

Calendar of Events

MARK YOUR CALENDARS

Monthly Dinner Meetings

Resume in July

In-Person & Virtual for 2021

Join us In-Person

Last Tuesday of the Month

St. Pete Marriot 6:30-8:30 pm

Join us Virtual via Zoom

www.pccschiro.org/annual-calendar

July/Sept/Oct Speakers:

Brain Injury Enhanced Imaging

Telemedicine How To/Do's/Don'ts

Thermography Cancer Screening

June Social in-person Kick-off

Caddy's Madeira Beach; pg-4

April Board meeting 13th 12:30pm Zoom

May Board meeting 11th 12:30pm Zoom

June Board meeting 8th 12:30pm Zoom

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Contact Jennifer Comey, Executive Director, with any questions regarding membership at ed@pccschiro.org

We appreciate your support of our society which works hard to serve & represent you.

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STAGES OF EMBARRASSMENT

You walk into the conference room with a newfound confidence, having just been promoted to Partner in one of the most prestigious law firms in the state. New suit, perfectly configured hair, tan, trim and unafraid... dragging about two feet of toilet paper attached to your obscenely expensive Italian shoes. You are now only moments away from experiencing that feeling of foolishness, confusion and extreme awkwardness, more commonly known as embarrassment. We've all been there. But did you know that there is a form of embarrassment that occurs in clinical circles, especially among radiologists? Actually, there are three stages of this form.

All radiologists strive to achieve an accurate diagnosis when interpreting an image but, in reality, few conditions exhibit findings that are considered pathognomonic. So rather than arriving at a single possible diagnosis, a differential is generally reported. The first Stage of Embarrassment (SOE) occurs when the radiologist misses the correct diagnosis but includes it in the differential. This SOE is not unusual and only results in injury to the ego. The second SOE occurs when the radiologist misses the diagnosis and does not include the correct diagnosis in the differential. This is truly embarrassing, especially in front of peers. In the third SOE, the diagnosis is missed, the correct response is not included in the differential and the radiologist never heard of the condition. At some point, this happens to most radiologists. The usual reaction is anxiety, loss of confidence and an overall sense of incompetence. This is truly considered a learning experience.

The SOE is actually a measurement of one's training and experience. A layperson would almost

always experience the third stage since there are a vast number of conditions unknown to that person. At the other extreme is the highly trained and experienced physician that has seen or otherwise heard of nearly all conditions in their specialty. Most physician experiences with SOE reside somewhere in the middle. The chief of radiology in a major medical center is likely to have experienced some first and second SOE, but rarely experiences the third stage. The first year resident is more likely to have experienced numerous first and second SOE and a considerable amount of stage three. A subspecialty radiologist is likely to experience few third SOE situations but many more outside of that specialty. The number of conditions that may lead to the third SOE is considerably long for the non-radiologist while the numbers of first and second SOE vary. So what is the practical application of the concept of SOE?

The radiologist functions as a team player in the management of a patient's care. This is achieved by helping direct the referring physician to the appropriate diagnosis and ultimately the optimum patient care. The concept of stages of embarrassment incentivizes the radiologist to do better and to continue learning. The same applies to the clinician. SOE exists in all specialties, and it should provide the impetus to try to achieve the very best for the patient and avoid any level of the SOE. The goal of any physician should be to stay current and remain focused on their specialty. The SOEs are amplified when you practice outside of your knowledge base and level of expertise. Don't find yourself dragging toilet paper from your heel!

Terry D. Sandman, DC, MPH, DACBR
drtssandman@aol.com

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Message from the PCCS President

I am excited to share with our current and potential new members several changes we have implemented for this upcoming 2021 membership year including updated website with enhanced member directory, general meetings hosted both in-person and virtual via Zoom once we can safely return to socially distanced general meetings, and online application and renewals accepting Venmo/Paypal. We are also working to establish member advertisers who offer discounted products/services especially to our PCCS members and look forward to continuing to offer additional opportunities for our community of PCCS chiropractors and valued sponsors.

Dr. Gantzer DC, MS, DACBN, FACN, LAC

ABOUT THE PCCS

The goal of the PCCS is to preserve, promote, protect, and advance the Chiropractic Physician profession. The PCCS was founded in 1952 and is a camaraderie of chiropractors and chiropractic students who are proactive and passionate about our chiropractic profession. Most importantly, your PCCS membership annual dues along with several annual fundraising PAC events support the chiropractic profession and aid to maintain our Florida chiropractic scope of practice.

We understand the current COVID economic stress and sincerely appreciate your 2021 FL chiropractic financial support.

2021 Meetings and Events

We typically host 8 monthly member general meetings, a social mixer, a holiday party, and 3 annual events; the exception is the current cancellation of general meetings under the safety and precautions of COVID. General Meetings will remain postponed until further notice awaiting CDC post-holiday updates; returning as soon as possible. Upon return, hopefully during the first quarter, and new for 2021, our general meetings will be offered both virtual and in-person to increase meeting availability for those who cannot travel or are not comfortable attending in-person.

The 8 general meetings are held the last Tuesday of the month which begin at 7:00 pm with pre-meeting networking at 6:30 pm as members and sponsors begin to arrive. Dinner is followed by a featured speaker on a Chiropractic related topic with the meetings concluding around 8:30pm.

In lieu of the general meetings we cannot host in-person at the onset of 2021, the board of directors are intimately working on other avenues of monthly online education and other member benefits, which we are excited to be offering.



PCCS 2021 Membership Application & Invoice
January 1, 2021 thru December 31, 2021

The following will be displayed in the website member directory

Name: _____

Credentials and Post-doctorate certifications:

Circle all that apply: DC MS LAc DABCI DACBN DACNB DACBSP DACBR DICCP

Select One: New Member / Renewal / New Member 1st Year DC

Renewals Only: complete below IF YOUR CONTACT INFO has changed

Office or Company Name: _____

Office or Company Address: _____

Multiple office locations: _____

Email: _____

Office Phone: _____ Office Fax: _____

Cell phone (for PCCS communications): _____ On directory? Y / N

*Membership is for the chiropractor listed above only & is non-transferable.

New Members and Renewals:

Annual Dues with a \$50 voluntary contribution to the PAC = \$225.00

Annual Dues = \$175.00

1st Year DC: Graduated in 2020

1st Year Licensed D.C. Annual Dues +\$50 contribution to the PAC = \$149.00

1st Year Licensed D.C. Annual Dues = \$99.00

ONLINE APPLICATION AND RENEWALS NOW AVAILABLE

www.pccschiro.org/join-now

Online Pay Options: Venmo/Paypal

Join by Mail: enclose this completed form & check payable to:

PCCS

P.O. Box 7515

Seminole, FL 33775-7515

NEW FOR 2021: General Meetings will be held In-Person and Virtual via Zoom to accommodate travel and social distancing**

****General Meetings will remain postponed until further notice awaiting CDC post-holiday updates; returning as soon as possible**

PCCS membership annual dues support the chiropractic profession and Florida scope of practice;
thank you for your chiropractic financial support

Know someone interested in joining as a DC/Sponsor/Advertiser; www.pccschiro.org click "Join Now or Get Involved"

Email Jen Comey, Executive Director ED@PCCSChiro.org or Dr. Gantzer, President drgantzer@gmail.com with questions.

*Contributions to the PCCS-PAC are not deductible as charitable contributions for federal income tax purposes.



Audible Release

The Pinellas County Chiropractic Society
P.O. Box 7515
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www.pccschiro.org

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Philip Friedman and the FL Legal Group team have represented many individuals and medical providers helping them protect their rights against the insurance companies.

RECOVERED MILLIONS OF DOLLARS FOR PCCS MEMBERS, AND PROUD SUPPORTERS OF PCCS FOR A DECADE.

Philip A. Friedman, Esq., MBA

AREAS OF PRACTICE

- HEALTH CARE CLINIC COMPLIANCE
- PERSONAL INJURY (NO-FAULT)
- PIP
- IME
- EUO
- PERSONAL INJURY (BI)
- CIVIL LITIGATION
- INSURANCE LAW
- PIP BILLING COMPLIANCE
- FEE SCHEDULES
- SINKHOLE



813-221-9500

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