

This Month: **Dr. Roslyn Thompson**



Dr. Roslyn Thompson is a graduate of Life University, the University of the West-Indies School of Nursing, and Florida Southern College. She has gained acceptance into the International Chiropractic Honor Society, Pi Tau Delta. Dr. Thompson continues to study nutrition and phytotherapy as she currently practices out of the New Hope Chiropractic Wellness Center.

Nutrition Supplementation

At this month's meeting, Dr. Thompson greatly stressed the importance of nutrition supplementation, through vitamins, to aid the body in self-healing. Why supplementation? It is suggested that autoimmune diseases (like Lupus) can come from an outside source. Dr. Thompson spoke about one outside source that can cause such body ailments, our food. She stated that the food today is

lacking in beneficial vitamins due to the added antibiotics, growth hormones, and mass production of many producers. By using vitamin supplements, daily, the human body can restore its lost vitamins, gain a healthy balance mentally and physically; and, thus receive support for whatever is breaking it down to cause disease.

There are **three types of vitamins** known in the fields of Nutrition and Phytotherapy - **whole food** vitamins, **crystalline** vitamins, and **synthetic** vitamins. Whole food vitamins are vitamins that have not been altered. They are as nature intended - nothing added, nothing taking away - dosed in small milligrams. Crystalline vitamins are vitamins that are derived from parts of a whole food vitamin. These may have some additives and are dosed in large milligrams. Lastly, synthetic vitamins are made in a lab, dosed in large milligrams, and consists of additives. The best for your body? Whole food vitamins. What contributing factors do whole food vitamins have

for a person with Lupus?

Whole Food Vitamins and Lupus

Whole food vitamin supplementation can assist a Lupus patient in accomplishing extreme cellular nutrition giving the body that healthy glow without going out in the sun or using prescribed drugs. Of the many beneficial vitamins needed to aid your body, the four listed below are noted as being excellent in the overall health of someone with Lupus.

Vitamin C - boosts your immune system.

Vitamin E - great for the skin's overall health outside [epidermis] and inside [the dermis].

Essential Fatty Acids (EFAs) - lowers blood pressure, lowers cholesterol, and may assist in minimizing flare-ups (obtained from eating quality Mackerel, Salmon, raw nuts, and grape seed oil).

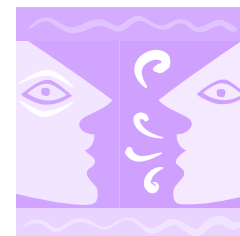
Antioxidants - vitamins or plant derived nutrients (phytonutrients) that inhibits oxidation in the body (found in green

Upcoming Meetings

September 25, 2007

October 23, 2007

November 27, 2007



Meetings are held the fourth

Tuesday of every month at

Arnold Palmer Hospital

Classrooms 1 & 2

92 W. Miller St.
Orlando, FL 32806

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Visit the
DLF Support Group Page
and sign up to have the
monthly newsletter
emailed to you directly.**





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teas, grapes, bok choy, flax seeds, whole grains, and legumes).

For a great selection of whole food vitamins, take a trip to your local health food store and speak with a licensed nutritionist on staff. Personally, read the ingredient labels to insure the quality of the product. Remember, spending a little more money on better vitamins now, can save you on larger doctor bills later.

New Hope Chiropractic Wellness Center

As head of the New Hope Chiropractic Wellness Center, Dr. Thompson stated that chiropractic care is a great asset to an ailing body. Today, there are many alternative solutions for Lupus patients to receive chiropractic care without the anguish of pain or complications. Dr. Thompson mentioned that a chiro-adjustment "is like a neurological tune-up that helps the nervous system work better;" and, a healthy nervous system means healthier organs. As Dr. Thompson often stated at the meeting, "there are things out there . . . [to help

the body] . . . [just] . . . do the research and you can find the answers." One place with some answers is The New Hope Chiropractic Wellness Center.

The New Hope Chiropractic Wellness Center began in 2002 to fuel "the health status of the community through education and good, affordable chiropractic care." Services and treatments provided includes: Lower back pain, Sciatica, Injuries from automobile accidents, Arthritis, Neck and shoulder pain, Fibromyalgia, Migraines/Headaches, and Joint Pain all with a gentle chiropractic technique and No Waiting! Nutritional counseling, food allergy testing, permanent weight loss, and In House X-rays are also offered. Stop in for a visit. The New Hope Chiropractic Wellness Center welcomes a visit from you!

For more information on Dr. Roslyn Thompson's procedures and the New Hope Chiropractic Wellness Center, please visit www.newhopechiro.com or call #407-682-3888. On the other hand, if you prefer to visit the New Hope Chiropractic Wellness

Center in person, it is located at 220 N. Westmonte Drive, Suite C. / Altamonte Springs, FL. 32714.

***Before following any specific regimen for health, you should contact you health care professional.**

Health Food Stores

Whole Foods Markets

www.wholefoodsmarket.com

Chamberlain's

www.chamberlins.com

(has a staffed, licensed, nutritionist there to answer questions).

Wild Oats Natural Marketplace

www.wildoats.com

Puritans Pride

an online store for purchasing Vitamin supplements. Log onto

www.puritanspride.com .

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Coming September 25


We are proud to welcome back

Dr. Brenda Montané, M.D.

Dr. Montané comes to us with over twenty years of experience in General Pediatrics and Pediatric Nephrology. She has been honored for "Best Doctors in America" in 2002, 2003 and 2004. Besides being an author to numerous books and articles published throughout leading medical journals of today, Dr. Montané is a Co- Principal Investigator in a Multicenter Study to evaluate pharmacokinetics, dose response, effectiveness and safety of **Toprol XL** in pediatric subjects.



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 **A Big Thank You to
Everyone Involved with the
Dorough Lupus Support Group
for a Fantastic Five Years!** 

August 28th was a special day for the Dorough Lupus Foundation's support group. This month marked its 5th year anniversary. Five years of developing, planning, and success. Great job! The support group, held at Arnold Palmer Hospital, optimistically looks forward to the years to come.



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**2007 DLF ANNUAL
CRUISE INFO**



December 15-22

- ✦ **Port Canaveral, FL**
- ✦ **Cozumel**
- ✦ **Belize City**
- ✦ **Costa Maya Nassau**

For more information visit:

http://www.doroughlupusfoundation.org/files/Dorough_Lupus_07.pdf

For a limited time the DLF Gift Shop is offering a 2-for-1 special on many items! Stock up on your items before October, which is Lupus Awareness Month!



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Don't Forget...

**October
is
Lupus
Awareness
Month**

**YOU CAN MAKE A
DIFFERENCE!**

Find a way to show your support for finding a cure and educating people about Lupus. For the month of October, wear a pin, bracelet, shirt or hat that has "LUPUS" on it. Many people have heard of Lupus, but don't really know what it is. Wearing those items gives people a chance to ask questions find out more. One simple word can cause such fear and devastation. By showing your commitment during the month of October, this word will represent hope and education! Better still...why just one month?




LUPUS
 Foundation of America
 Greater Florida Chapter

**23rd Annual
Lupus Awareness Seminar**

Saturday, October 13, 2007
 9:00 AM - 1:30 PM
 Orlando Museum of Art
 N. Mills Ave. & Rollins St.
 Orlando, FL

CME/CE Credits for Health Professionals
Free Registration
 To register or for more information,
 call (800) 684-9276 or visit
www.lupus-seminar.org

PROGRAM	
8:45 - 9:00 AM	Sign-in & Coffee
9:00 - 9:10 AM	Welcome
9:10 - 10:00 AM	Cognitive Difficulties Associated with Lupus <i>Elizabeth Kozora, PhD, ABPP/ABCN</i>
10:10 - 11:00 AM	Lupus and Kidney Disease <i>Mark S. Segal, MD/PhD</i>
11:00 - 11:40 AM	Brunch
11:40 AM - 12:30 PM	Coping with the Pain of Lupus <i>Sally M. Marlowe, ARNP</i>
12:40 - 1:30 PM	Healthy Living Strategies for People with Autoimmune Disorders <i>Barbara J. Nickerson-Estrada, MS.Ed, RN</i>

Advance registration required. No fee for registration or parking. On site registration day of the seminar will be limited by remaining available seats. Registration can be done online or by phone.