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**New Canaan Chiropractic Newsletter**

"Experience the Difference"

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As we get into a heavy-use swimming pool season, I wanted to share some helpful info on how to deal with all that chlorine.

For those who are sensitive to that bleaching, water sanitizing agent, I have some suggestions of how to better cope with the reactions this highly reactive substance can produce. As a xenobiotic (a foreign chemical) agent, it causes tissue damage and certain types of allergenic reactions. The hypochlorous acid which is produced can be neutralized by using **Taurine** – a conditionally essential amino acid.

Taurine has been used clinically in the treatment of cardiovascular diseases, seizure disorders, diabetes, high cholesterol, Alzheimer's, eye and liver disorders, cystic fibrosis, and alcoholism.

Dietary sources of taurine include meat and seafood, especially shellfish such as muscles, clams and oysters. Those who do not eat these foods regularly may be at risk for taurine deficiency. Because taurine is essential for heart function, immune function, glucose metabolism, and nervous system health, low levels of taurine should be avoided and corrected with dietary changes and/or supplementation.

Taurine is one the most important nutrients for promoting heart health. It strengthens the muscle, plays a role in regulating contractility, increases circulation and stabilizes blood pressure by dampening the sympathetic nervous system. It acts as a natural diuretic by keeping potassium and

magnesium inside the cell and keeping excess sodium out. And it does it without poisoning cells or acting against the kidneys like prescription diuretics do.

Getting back to the immune/allergy connection – taurine is the most abundant amino acid in our white blood cells. It is the shield these infection/allergy fighters use to protect themselves in their battle against all invaders.

Taurine also helps stabilize blood sugar in both Type I and Type II diabetes by increasing insulin receptor activity, diminishes asthma attacks as an antioxidant assistant in lung tissue, and helps bile remain in a liquid state reducing gallstone formation. It is also a neurotransmitter with anticonvulsant properties and can improve symptoms of depression and epilepsy.

Few adverse reactions are associated with taurine supplementation. One to four grams per day is well tolerated. Those with ulcers should be cautious – it may increase stomach acid secretion. Other medical conditions that require medications will need to be monitored for changes or reductions when taking taurine.

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**☺ 1/2 Off Coupon ☺**

Good for any non-discounted exam, treatment or consultation.

**Call 966-9777 to schedule an appointment.**

**Offer Expires 7/30/05**

Excludes motor vehicle accidents, workers comp, and Medicare.