

Boulder Natural Medicine Clinic, LLC. ~ Health Newsletter

Dear Patients & Friends,

With spring flowers, allergies also bloom for many of us. This month's article focuses on allergies, including the symptoms and remedies to manage both acute and chronic allergy symptoms. Additionally, in the article link, we have an excellent **Allergy Protocol** to help ameliorate many allergy symptoms.

Spring is also the perfect time for detoxing our bodies. Let's face it; we live in a toxic world. Trillions of pounds of chemicals are released into the environment each year, and some of them inevitably make their way into your body. Your detoxification system does an admirable job of eliminating toxins, but every once in a while it is a good idea to give your "detox" system a boost. Fortunately, in the realm of natural wellness, we have ample resources to help clear out excess toxins, whether through nutritional support, exercise or other therapeutic modalities.

Recently, Boulder Natural Medicine Clinic has formed an alliance with a wonderful local colon hydrotherapist. Her name is Madeline Angelus, M.A., of the **Center for Vibrant Health**, and she is a National Board Certified Colon Hydrotherapist located here in Boulder, as well as a Wellness Coach. Her work focuses on whole body cleansing, building, rebalancing and healing. As part of our new relationship with Madeline, we would like to extend an invitation to her

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upcoming **Open House on Sunday, April 13, 2008 from 1:00 - 5:00 pm**. This event includes Appetizers/Drinks, Music & Celebration, Aqua Chi Footbaths, Infrared Migun Massages, discounted Hydrocolon Therapy Sessions and more! For more information about Madeline's detoxification therapies or business location, please visit her website at www.HealthandCleansing.com.

The next time you stop by our office you may also pick-up one of Madeline's brochures to take with you. If you have questions about this information, please call us at 303-447-1339 or email us at info@bouldernatural.com.

With Thanks and Gratitude,
Erik Flatland, N.D., L.A.c. & Lynn McGuire, Ofc. Mgr

Article of the Month: **Allergies and Natural Remedies**



As spring arrives so do many allergens and I am often asked what "allergies" are. An allergy is your immune system's reaction to certain plants, animals, foods, insect bites and other chemicals. Your immune system protects you from diseases by fighting germs like bacteria and viruses, but when you have allergies, it overreacts and tries to "fight" ordinary things like grass, pollen, or certain foods. This causes the sneezing, itching, and other reactions that you get with allergies.

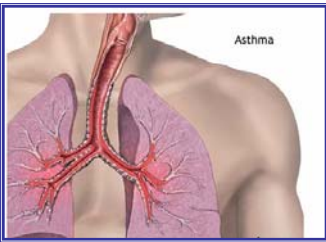
Sometimes it is difficult to tell the difference between a cold and an allergy because the symptoms can be similar. If your cold symptoms last more than 2 weeks, you probably have an allergy instead of a cold. Additionally, with allergies, your nose and eyes itch, whereas colds do not itch. The mucus, the stuff that comes from your nose or that you cough up, is different, too. With allergies, it is clear like water. With a cold virus, it is usually yellowish and thick.

When people use the term allergy or allergic reaction, they are referring to reactions that involve antibodies of the immunoglobulin E (IgE) class. IgE antibodies bind to special cells, including basophiles in the circulation and mast cells in tissues. When IgE antibodies that are bound to those cells encounter antigens, in this case called allergens, the cells are prompted to release chemicals that injure surrounding tissues. An allergen can be almost anything--a dust particle, plant pollen, a drug, or food -- that acts as an antigen to stimulate an immune response.

An interesting tidbit regarding allergies is that couples who live together are also likely to sneeze together, according to new research suggesting that hay fever may be "transmissible." The study of nearly 4,300 German adults found that those whose partners had hay fever were at greater risk of developing such allergies themselves. Moreover, the longer couples lived together, the higher the hay fever risk climbed.

If you are looking for **natural allergy relief**, [click here to continue reading this article.](#)

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Many people with asthma believe exercise is not an option for them, that it will do more harm than good. The truth is that most asthmatics would likely benefit from some form of regular physical activity.

The ABCs of Asthma Twelve percent to 15 percent of the population are considered asthmatics and suffer recurrent attacks of breathlessness. The severity of an asthma attack can vary greatly, from slight breathlessness to respiratory failure. Common symptoms include wheezing, a dry cough and tightness in the chest.

Attacks may be brought on by an allergic response, a respiratory infection, tobacco smoke, air pollutants, anxiety or stress. Exercise induced asthma (EIA) is usually brought on by vigorous aerobic activity.

Exercising with Asthma

Despite the fact that asthma may be brought on by aerobic activity, exercise may still be a desirable option for many asthmatics.

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The Cruciferous [krew-SIH-fer-uhs] vegetable family is named for their cross-shaped (crucifer) flower petals. Research of this family of vegetables indicates that they may provide protection against certain cancers.

Cruciferous vegetables contain antioxidants (particularly beta-carotene and the compound sulforaphane). They are high in fiber, vitamins, particularly Vitamin C, and minerals.

Cruciferous vegetables also contain indole-3-carbinol (I3C). This element changes the way estrogen is metabolized and may prevent estrogen driven cancers.

Cruciferous vegetables also contain a kind of phytochemical known as isothiocyanates, which stimulate our bodies to break down potential carcinogens (cancer causing agents).

However: Raw cruciferous vegetables contain thyroid inhibitors known as goitrogens.

Goitrogens are naturally occurring substances that can interfere with function of the thyroid gland. Goitrogens get their name from the term "goiter," which means an enlargement of the thyroid gland. If the thyroid gland is having difficulty-making thyroid hormone, it may enlarge as a way of trying to compensate for this inadequate hormone production. However, the benefits of consuming these nutrient-dense foods outweigh the risks of eating them; therefore, people who have diagnosed hypothyroid function should simply consider steaming cruciferous vegetables.

LIST OF CRUCIFEROUS VEGETABLES

Arugula	Bok Choy	Broccoli
Brussels sprouts	Cabbage	Cauliflower
Chard	Chinese cabbage	Collard greens
Daikon	Kale	Kohlrabi
Mustard greens	Radishes	Rutabagas
Turnips	Watercress	Horseradish

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Allergy Relief Supplement SALE: 20% of each of the following:

- ✚ **Quercetin** - Vital Nutrients - 250 mg
- ✚ **Bromelain** - Pure Encapsulations - 2400 GDU - 500 mg (60 or 120 capsules)
- ✚ **Vitamin C with Bioflavonoids** - Vital Nutrients - 500mg or 1000mg bottles with either 100 or 220 capsules

(Sale pricing good until 4-30-2008)

Dear Patients: If you are currently using a different brand, please call to see if your current brand is on special. If you have any questions about which brand is best for you, please call our office @ 303-447-1339.

You may also order by email by [clicking here](#). For faxing order, send faxes to (303)447-1316. For supplement fax form, [click here](#).

These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure or prevent any disease.

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The Heal a Friend Program for 2008

Referrals are the best compliment that you can give us here at Boulder Natural Medicine Clinic. If you know of anyone that could benefit from our services, or that would appreciate reading our newsletter, please forward this newsletter to them with our compliments.

Additionally, we would like to give back to our wonderful patrons with a new incentive program. This program, called the "Heal a Friend Program", offers reward incentives to show you our appreciation when you pass on the good word regarding our nutritional products and naturopathic services.

For your friends and families, they benefit from Naturopathic Wellness, Health Education and Healing; as for you, you will benefit from cost savings towards new purchases, and or services at Boulder Natural Medicine Clinic.

For every referral that completes a New Patient consultation with Dr Flatland, we would like to give you a \$25.00 reward towards your next office visit or \$30.00 towards your next supplement purchase. This program provides win-win benefits both for you and for those whom you refer to us.

As always, we thank you for your loyalty and patronage.



Links to our Newsletter Subscription, Newsletter Archival, Comments & Questions, Office Location, Office Hours, etc...can be found below.

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To learn about Boulder Natural Medicine Clinic or Dr Erik Flatland, call (303)447-1339 or visit <http://www.bouldernatural.com/index.html>

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Click the globe icon link below for a map to our office:



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Monday - 9am - 5pm
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Wednesday - 9am - 4pm
Thursday - 9am - 5pm
Friday - by appointment

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