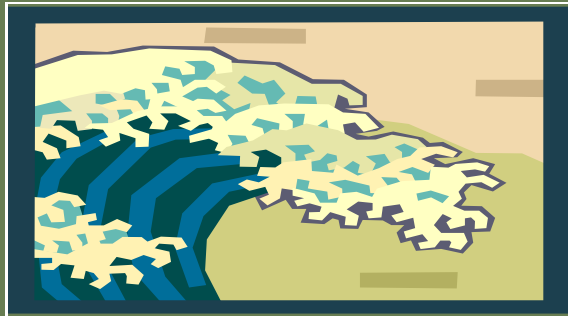


June 2008



Boulder Natural Medicine Clinic, LLC. ~ Health Newsletter

Dear Patients & Friends,

By simply reading our newsletter and applying some of its ideas, you are doing your body and mind a great service, and it is an outstanding way to start giving back to yourself.

Yeah, summer fun has begun! Let's see there's volleyball on Wednesday nights, biking on Saturday, hiking on Sunday, and work in between! Maybe you have other activities that you enjoy more but simply put, summer in Colorado is so great! I hope that everyone takes a minute in his or her busy summer schedule to take a quick gander at our June newsletter! In fact, why not take it with you to the lake or pool and share some health tips or natural medicine information with your friends!

This month's feature health article covers [Intravenous Therapies](#) and its many health benefits and applications.

Continue reading to review our fitness health tips and healthy recipes, or simply to peruse our monthly product specials! Have a fun & safe summer!

To contact us or to schedule an appointment, call 303-447-1339 or email us at info@bouldernatural.com.

Warmest Regards,
Erik Flatland, N.D., L.A.c. & Lynn McGuire, Ofc. Mgr

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Article:

Intravenous Therapies

This month, Dr Flatland discusses the benefits and different types of intravenous therapies that we currently use at the clinic. There are many different kinds of intravenous therapies for both general and specific uses, and they include chelation therapy, the "Meyer's cocktail", as well as magnesium, glutathione, and vitamin C intravenous therapies.

Chelation therapy is a treatment that can add years to your life. Intravenous Chelation therapy, a simple office procedure using ethylene-diamine-tetraacetic-acid (EDTA) reverses and slows the progression of atherosclerosis and other age-related and degenerative diseases. Symptoms affecting many different parts of the body often improve for reasons that are not yet fully understood. Blood flow increases in blocked arteries to the heart, to the brain, to the legs, and all throughout the body. Heart attacks, strokes, leg pain and gangrene can be avoided using this therapy. The need for bypass surgery and balloon angioplasty often disappears after chelation. Published research also shows that chelation therapy acts as a preventive against cancer.

[To continue reading this article...Click here](#)

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Exercise Tip of the Month

Fitness Tips: How to get Heat-Acclimated this Summer!

The best method for acclimating to the heat is to exercise aerobically in a hot environment. For safety reasons, the initial exercise bouts may last as little as 10-15 minutes.

[Click here to continue reading article.](#)

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Nutritious Recipe of the Month

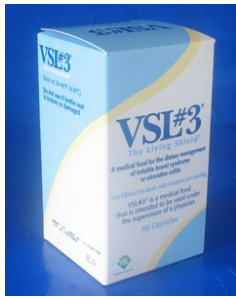
Quinoa Salad with Herbs & Asparagus

To view this recipe, [click here!](#)

If you have a recipe that you would care to share with other patients and friends, please send them to info@bouldernatural.com . Please let us know if you wish your recipe to remain anonymous in the monthly newsletter. Thanks! ☺

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Product Specials for June 2008



VSL #3 is one of the best high potency probiotic out on the nutraceutical market today! The capsules contain 225 billion per serving and the sachets have 450 billion bacteria per sachet.

SAVE 20% on 1 bottle of VSL #3 (60 capsules) or on 1 box of higher potency unflavored sachets.

Save 25% off each when you buy 2 or more boxes!

To learn more about probiotics or VSL#3 [click here.](#)

Please feel free to contact us if you have any questions about this product.

(Sale pricing good through June 2008)

To order, simply [click here](#) or call (303)447-1339; or fax (303)447-1316. For our supplement fax form, [click here.](#) (Please note that product pricing on our faxable order form are subject to change).

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* 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.

Heal a Friend Program

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 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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If you have a product or service question or request, please write to info@bouldernatural.com

If you'd like to read past e-newsletters and or past articles, visit <http://www.bouldernatural.com/resources.html>

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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To contact us here at Boulder Natural Medicine Clinic, call or stop by for a visit:

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



Boulder Natural Medicine Clinic, LLC
2885 Aurora Ave, Suite 29
Boulder, CO 80027
Phone: (303)447-1339
Fax : (303)447-1316
Web: www.bouldernatural.com
Email: info@bouldernatural.com

Boulder Natural Medicine Clinic's Office Hours:

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

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