



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.

You can take vitamins, minerals, and antioxidants by the handful, exercise regularly, and still suffer poor health. How can this be? Please read this month's feature article on [detoxification](#) and you will discover why.

Continue reading to review our fitness health tips and healthy recipes, or simply to peruse our monthly product specials!

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

Warmest Regards,
Erik Flatland, ND, LAc & Lynn McGuire, Ofc. Mgr

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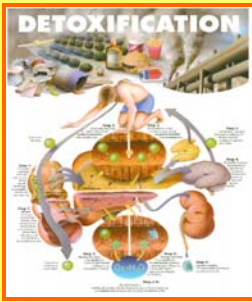
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Main Article:



Spring Detoxification

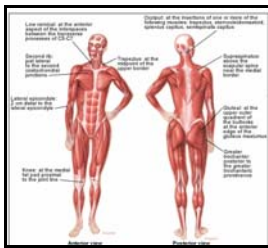
When we talk about detoxification, some people get confused about what it really means, and it can mean different things to different people.

This month, Dr Flatland discusses the benefits of a good cleansing program, why detoxification is important to our overall health and more importantly ways to detoxify our bodies safely.

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Exercise Tip of the Month



Exercise and Fibromyalgia

By Brad A. Roy, Ph.D.

In July 1996 the U.S. Surgeon General's office released a landmark report warning all Americans that physical inactivity is hazardous to our health. The report went on to recommend that all individuals accumulate a minimum of 30 minutes of moderate daily physical activity.

For a growing number of Americans diagnosed (and many undiagnosed) with fibromyalgia syndrome (FS), the recommendation may seem like an audacious task. For these individuals, just getting out of bed and moving about can be a challenging and frequently painful experience.

Individuals with FS often go through the day feeling like they have the flu. Simple chores and tasks are left undone and concentration often wanes, leading to increased emotional strain and even depression.

Fibromyalgia (pronounced "fie-bro-my-al-jia") is not a disease but a collection of symptoms (referred to as a syndrome) characterized by widespread musculoskeletal aches and pains, stiffness, fatigue and muscle spasms. The exact etiology of FS has not been identified although a myriad of mechanisms have been proposed, including inability to acquire appropriate sleep, microcirculation disturbances, hormonal changes and others.

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Roasted Red Pepper Stuffed Chicken Breasts

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 May 2008



**SAVE 20% on 1 bottle (30 servings) of
MediClear nutritional / cleansing food,**

Or

**SAVE 25% off each when you buy 2 or
more bottles.**

Jump-start your detoxification program with this wonderful physician endorsed nutritional product. To learn more about MediClear, [please click here](#). Also, please feel free to contact us if you have any questions about this product.

(Sale pricing good through May 2008)

To order, simply [click here](#) or call (303)447-1339; or fax (303)447-1316. For our supplement fax form, [click here](#).

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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 Referral 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 \$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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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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