



Boulder Natural Medicine Clinic, LLC

December 2007
Newsletter

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Dear Patients and Friends:

We extend our Holiday Greetings to you and your families. With 2008 nearly upon us, let us prepare for a healthy and happy year!

Every month we will be sending you our health eNewsletter. They will be full of information that you can apply to make every day a healthier and happier day.

This newsletter focuses on Adrenal health and energy/fatigue issues, how to avoid adrenal exhaustion, and ways that you can support your adrenal health through nutritional support and IV (intravenous) therapy. We have also included an Adrenal Stress Index Test in the full article on adrenal fatigue.

Are you interested in healthy nutrition? We have also added a recipe area to encourage healthy holiday cooking choices. If you have a healthy recipe that you would like to contribute to this newsletter, please send it to info@bouldernatural.com.

As a reminder, with the holidays approaching quickly, please take special note of our Christmas holiday hours at the end of this newsletter.

Please enjoy a festive and healthy Holiday!

Erik Flatland, ND, LAc.

TO READ ABOUT DR ERIK
FLATLAND (CLICK PHOTO)



Interested in learning
more about Boulder
Natural Medicine Clinic
and the health services
and nutritional products
that we offer?

Please give us a call at the
office 303.447.1339 or
visit our website at
www.bouldernatural.com

If you have not had a
health check-up in some
time, please contact us
to schedule an annual
evaluation appointment.

Adrenal Fatigue

Many of our patients come to us because of fatigue, insomnia, weight gain and depression. Often the underlying problem is adrenal fatigue.

Every patient who comes to our clinic with these symptoms gets an adrenal fatigue test, which consists of a series of cortisol level tests. The results in a majority of these cases are remarkably consistent: only 1% of the patients tested have cortisol levels indicating healthy adrenal function, while 99% suffer impaired function, ranging from significant adrenal stress to complete adrenal exhaustion.

The effects of adrenal dysfunction can be profound: fatigue and weakness, suppression of the immune system, muscle and bone loss, moodiness or depression, hormonal imbalance, skin problems, autoimmune disorders, and dozens of other symptoms.

The good news is that adrenal fatigue can be relieved. Let us look at the relationships between stress, high cortisol levels and adrenal fatigue, and then we will look at how you can give your adrenals more support through nutritional and therapeutic interventions.

To understand how adrenal fatigue develops and to discover ways in which to prevent it... [Click here to read the entire article.](#)

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HOW TO CONTACT US

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Dr Flatland's Office Hours:

Monday - 9am - 5pm
Tuesday - 9am - 5pm
Wednesday - 9am - 3pm
Thursday - 9am - 5pm
Friday - by appointment

Recipe of the Month (Contributed by Tracell Weiss)

APPLE PIE

Ingredients

1 cup ground raw walnuts
1 cup pitted dates, soaked in alkaline water for 15 min
1/2 cup raw sunflower seeds, soaked for 20 min, drained & rinsed
4 cups shredded apples (any variety)
2 1/2 tsp cinnamon
1/2 cup fresh apple juice
1/2 cup shredded coconut for garnishing
2/3 cup raisins, dried figs, or prunes (your choice!)



Directions

Using a food processor, mix 2/3 of the shredded coconuts, all of the walnuts, dates, and sunflower seeds until well mixed. Once smooth enough press the mixture into a pie shell to make your crust. Set aside for now. Place the grated apples in a large mixing bowl. Blend the cinnamon, apple juice and raisins together, and pour it over the grated apples. Mix thoroughly to form your apple filling. Fill the piecrust with the apple filling and garnish it with more shredded coconut. Serve or refrigerate for later. If well covered, it should keep for 2 days in your fridge.

For more raw recipes similar to this one, please go to <http://acidalkalinediet.com/recipes>

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If you would like to receive our E-newsletter you can [SUBSCRIBE HERE!](#)

[ORDERING SUPPLEMENTS](#)

IF YOU WOULD LIKE TO ORDER SUPPLEMENTS OR SEE IF WE CARRY A PARTICULAR BRAND PLEASE CONTACT US BY PHONE AT 303.447.1339 OR SEND AN EMAIL TO INFO@BOULDERNATURAL.COM

OR

SUPPLEMENT ORDER FORMS MAY BE DOWNLOADED FROM OUR WEBSITE AT WWW.BOULDERNATURAL.COM

Product Specials of the Month

- Mention this newsletter to receive 15% off any "Products of the Month" purchase. Offer valid from 12/12/2007 through 12/30/2007.* Phone Orders - Please call 303.447.1339 or Fax Order to 303.447.1316 For Email Orders - send order requests to info@bouldernatural.com

*Because we will be closed for a week during the holiday, we will honor the product special for all orders placed by the end of the first week in January 2008. Thank you.

Carlson Cod Liver Oil: From the deep, unpolluted waters near Norway, Carlson brings you the finest cod liver oil which is naturally rich in Vitamin A, Vitamin D3, EPA and DHA.

Recommendation: Take 1 teaspoonful per day.



Supplement Facts		
Serving Size 1 Teaspoonful		
	Amount Per 1 Teaspoonful	% DV
Vitamin A	700 - 1200 IU	14-24%
Vitamin D	400 IU	100%
Vitamin E (as d-Alpha tocopherol)	10 IU	30%
ALA (Alpha-Linolenic Acid)	40 - 60 mg	*
DHA (Docosahexaenoic Acid)	500 - 590 mg	*
EPA (Eicosapentaenoic Acid)	360 - 500 mg	*

Notes: This product is regularly tested (using AOAC international protocols) for freshness, potency and purity by an independent, FDA-registered laboratory and has been determined to be fresh, fully potent and free of detectable levels of mercury, cadmium, lead, PCB's and 28 other contaminants.



Potent C Guard (Perque): PERQUE Potent C Guard is considered by many as the purest buffered Vitamin C available. It is totally free of allergens, including corn and is fully buffered.

Recommendation: Take 1 rounded half-teaspoon a day.

Ingredients: Vitamin C (100% l-ascorbate, fully reduced, corn-free)-1,584 mg Potassium (ascorbate)-99 mg; Calcium (ascorbate) 40 mg; Magnesium ascorbate 16 mg; Zinc (ascorbate) - 600 mcg

Does not contain: Wheat, gluten, corn, starch, sugar, soy, yeast, sulfates, phosphates, preservatives, casein or other milk/dairy derivatives.

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OFFICE LOCATION:

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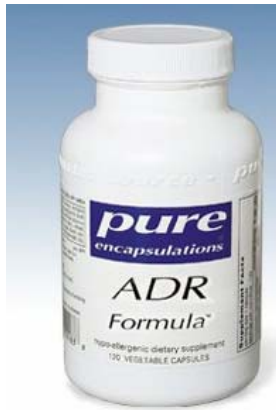
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TO VIEW A MAP OF OUR
LOCATION, CLICK ON THE
MAP BELOW.



ADR (Pure Encapsulations): Support for the adrenal glands. This formula combines the whole adrenal and adrenal cortex with a combination of herbs that nutritionally supports the adrenal glands by a wide range of physical, chemical, and biochemical factors.

Recommendation: As a dietary supplement, take 2-4 capsules daily, in divided doses, between meals.

Ingredients: Per capsule: Panax ginseng extract (standardized to contain 27-30% total ginsenosides) 200 mg. Eleutherococcus senticosus extract (standardized to contain 0.8% eleutheroside E & B) 100 mg. licorice (standardized to contain 12% glycyrrhizic acid) 100 mg. whole adrenal 150 mg. adrenal cortex 75 mg. calcium pantothenate (B5) 100 mg. vitamin C (as ascorbyl palmitate) 15 mg.

If you would like an individualized supplementation assessment, please contact us @ (303) 447-1339 to schedule an office appointment.
Thank you.

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

DECEMBER HOLIDAY OFFICE HOURS: Our office will be closed for the Christmas Holiday from Monday 12/24/2007 through Tuesday 1/1/2008. We will re-open for business on Wednesday 1/2/2008. Have a happy & healthy holiday!

Referrals are always the best compliment to our office. If you know of someone who would benefit from our health services & products, please forward them our eNewsletter. Thank you.

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