



# Boulder Natural Medicine Clinic, LLC

## Boulder Natural Medicine Clinic

*February 2008 Health Newsletter*

**By Erik Flatland, ND, LAc**

---

Greetings Patients & Friends!

As we leap into February, I think of Punxsutawney Phil and his end of winter predictions. As I hike through the snow, I wonder how soon I can hike with the warmth of the Colorado sun shining upon my face without bracing against the cold. Often times we forget the added benefit there is to winter weight-bearing exercises or to the health value of vitamin D that we absorb when we are outside enjoying the winter weather. With these thoughts in mind, the idea of preventive health is more than just being aware of potential diseases and injuries, it means taking an active role in your own well-being all year round.

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 (and others when you share our newsletter with them).

This month's feature articles focus on strengthening your body through calcium supplementation, weight-bearing exercise and healthy nutrition, and the importance of adequate calcium consumption levels to optimize many bodily processes.

Outside just eating adequate levels of calcium through daily nutrition or through supplementation, weight-bearing exercises play an important role in strengthening the skeletal system and preventing osteoporosis. Please remember to read the entire newsletter for "bone-a-fide" exercise tips (yes...pun intended), and healthy eating to strengthen your bones and your body.

If you have questions or concerns regarding your calcium levels, or would like to check how well your body is absorbing calcium, please contact us at [Boulder Natural Medicine Clinic](#) for an evaluation. To contact us or to schedule an appointment, call 303-447-1339 or email us at [info@bouldernatural.com](mailto:info@bouldernatural.com).

Warm Regards & a Happy Valentine's Day !

*Erik Flatland, N.D., L.A.c. & Lynn McGuire, Ofc. Manager*

Boulder Natural Medicine Clinic  
2885 Aurora Ave. Suite 29  
Boulder, CO 80303



## What you really need to know about Calcium?

We all need we need calcium to keep our bodies and mind healthy and vital. Calcium, in fact is the most abundant mineral in the body. It makes up 2% of the total body weight and more than 99% of the body's calcium is in our bones. In addition to its major function in building and maintaining bone and teeth, calcium is important in much of the body's enzyme activity. The contraction of muscles, release of neurotransmitters, regulation of heartbeat and the clotting of blood all depend on calcium.

According to medical anthropologists, calcium intake among Paleolithic people (who ate no dairy products and little meat or fish) averaged 1,500 mg per day. Actual current intakes of hunter-gatherer tribes have been calculated at 2,100-3,000 mg per day. In contrast, the average daily calcium intake of the adult woman in the USA is 500 mg.

Several diseases, including osteoporosis, hypertension and colon cancer, are linked to a drop in calcium intake from vegetable sources and to increased dietary phosphorus from meat, fish and grains that have been occurring over the last several centuries. Phosphorus and calcium compete for absorption in the intestine. Some types of soda contain phosphorus as well as meat and other fleshy protein foods. Protein, sugar, sodium, caffeine, and alcohol also increase bone breakdown and calcium excretion.

Presently, the primary source of most individuals' dietary calcium is dairy products. Plant foods rich in calcium include tofu, kale, spinach, and other green leafy vegetables. The rate of calcium absorption from kale is superior to that of milk. Other members of the cabbage family, such as broccoli, cauliflower, turnip, collard, mustard, Brussels sprouts and of course, cabbages, are as beneficial as kale.

Calcium absorption varies widely with age, genetics, and intestinal capability. Everyone's system is a little bit different. Studies show that while one person absorbs one type of calcium, another person does better with a different source and a third person needs a combination of calcium types. Several factors including hydrochloric acid production, vitamin D status and food allergies affect calcium absorption. A thorough examination of your diet, personal and family medical history, activity level and hormone status are vital to understanding what type of calcium supplementation you should be taking.

Various medical conditions are associated with calcium, including: anxiety, insomnia, depression, fatigue, muscle and joint pain, muscle spasms and cramps, osteoporosis, seizures, birth defects, miscarriage, high blood pressure, irregular heart beat, cardiovascular disease, stroke, aneurysms, PMS, painful periods, rickets, and higher risk for some cancers. While adequate calcium intake prevents most of these conditions, greater calcium supplemental intake is required to manage some of them including PMS, hypertension and osteoporosis.

Calcium article continued...



## Boulder Natural Medicine Clinic, LLC

Pre-menstrual syndrome and painful periods are helped by the addition of mid-cycle calcium. It is thought that as a woman's estradiol level fluctuates so does their calcium level. A double blind study of calcium in women with PMS showed a significant relationship between PMS symptoms and calcium intake. Supplementation of 1,200 mg/day calcium in 466 women with moderate-to-severe-recurrent PMS resulted in a nearly 50% reduction of PMS symptoms after three months of use.

Individuals with low calcium intake are at increased risk of hypertension. Notably, as a person ages, their risks for hypertension naturally increases as one's arteries become less elastic and blood pressure naturally rises some. Maintaining adequate calcium intake should lengthen the time a person has normal blood pressure.

Colon cancer is also associated with a low dietary intake of calcium, while those with higher intakes are at lower risk. Many studies have repeatedly borne this out. If a person is taking medicines that reduce calcium absorption (H-2 blockers, Proton Pump Inhibitors, and diuretics) or has a low to moderate dietary intake of phosphorus, they would be smart to maintain a 1,200 mg/day intake of calcium.

Osteoporosis is still a problem in the United States. Calcium intake alone is not a curative. Peak bone density occurs in one's twenties and having a greater bone density early in life is probably the single most important factor in preventing osteoporosis. Adequate bio-identical hormone replacement, if appropriate, is a smart bone-building option. Calcium intake and ABSORPTION are necessary to consider. The absorption rate in clinical trials varies, and 40% of women in the trials could not absorb enough calcium to stay in calcium balance even though they were ingesting 800 mg/day.

Other nutrients such as magnesium, boron, strontium and vitamins D & K are vital to the absorption and utilization of calcium. Calcium intake should be maintained with a total balanced dietary and supplement approach. I typically recommend that people supplement calcium at 600-1,200 mg per day.

Please contact me for further information for a morning urine sample test to test your current calcium levels to better optimize your calcium absorptive levels and overall health. This simple urinalysis test costs only \$25.00.

To review DRI (Dietary Reference Intake) reference ranges for Calcium, go to <http://www.acu-cell.com/acn2.html>.

*[Don't miss our calcium product specials at the bottom of the newsletter!](#)*



## Healthy Eating:

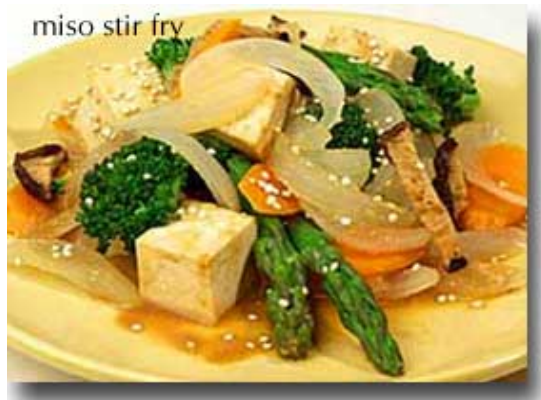
### For more Calcium--Eat more of the following

- Legumes
- Sardines & Cold water fish
- Organically grown fruits and green leafy vegetables
- Shrimp, cod
- Soy foods
- Flaxseed, walnuts
- Olive oil
- Apples
- Drink more green tea

Note: avoid caffeinated coffee, soft drinks, refined sugar and excess meat or salt.

### Miso Stir Fry (For this & other great recipes go to [www.whfoods.org](http://www.whfoods.org))

This vegetarian dish utilizes many vegetables that are full of flavor and superior nutritional value. Feel free to ad lib any vegetables that suit your taste when preparing this dish as the more vegetables, the greater the nutritional value ☺



**Prep and Cook Time:** 25 minutes

#### **Ingredients:**

- 1 TBS dried organic hijiki seaweed soaked in
- 3/4 cup warm water (save water)
- 1 medium onion cut in half and sliced thick
- 1 TBS minced fresh ginger
- 3 cloves garlic pressed
- 1 medium sized carrot peeled & sliced thinly
- 2 cups small broccoli florets, about 1/2 inch pieces
- 1 cup shredded green cabbage
- 4 oz firm light tofu, cut into 1/2 inch cubes
- 2 TBS light miso dissolved in 2 TBS seaweed water
- 2 TBS soy sauce
- 2 TBS rice vinegar
- Sea salt & white pepper to taste
- 1 tsp toasted sesame seeds

#### **Directions:**

1. Begin preparing by rinsing and soaking hijiki seaweed in about 3/4 cup hot water, and chopping all the vegetables. After about 10 minutes, squeeze hijiki to remove excess water. Save the water.



## Boulder Natural Medicine Clinic, LLC

2. Heat 1TBS of seaweed water in a stainless steel wok, or large skillet and stir-fry onion and carrots in seaweed water over medium high heat for 2 minutes, stirring constantly.
3. Add garlic and ginger. Keep stirring constantly. Ginger may stick a little to the pan. Do not worry about it, as it will come up when liquid is added. After about 2 minutes, add broccoli. Stir-fry for another 2 minutes.
4. Add cabbage, miso mixed with seaweed water, soy sauce, rice vinegar, hijiki, and tofu.
5. Continue stir-frying for another 2 minutes stirring constantly. Add salt and pepper. Sprinkle with sesame seeds and serve.

**Serves: 6**

### **Serving Suggestions:**

- Serve with Brown Rice

### **Healthy Cooking Tips:**

Make sure your vegetables are cut and ready before you start to stir-fry. This way you can be sure not to over cook them. By slicing your carrots thin and cutting broccoli into small florets they can cook el dente without needing to be blanched first. In addition, the cabbage will start to release water and dilute the flavor of your dish if you cook it too long. By slicing it thin and only cooking a couple minutes it will be fresh and crisp without tasting raw, and won't release its liquid.

### **NOTE:**

**If you would like to contribute to our recipe section of the newsletter, please forward your favorite recipes to [info@bouldernatural.com](mailto:info@bouldernatural.com) . We would love to post them in the next month's newsletter!**



## Exercise of the Month: Stability Ball Wall Squat & more!

In addition to getting the recommended daily amount of calcium and supporting nutrients, and by maintaining a healthy diet, weight-bearing exercises can help increase bone density and may help reduce the risk of osteoporosis.

When bone is stressed through physical activity and muscle movement, it becomes stronger. Weight-bearing exercises stimulate tissue growth in bone and muscles and as a result, strengthen the body's structure.

The core of your body -- your trunk -- is where your center of gravity is located. Strong core muscles provide support to your spine and the following exercises are a great way to strengthen this area, as well as other important muscle groups.

Here is a simple weight-bearing exercise that you can do in the comfort of your home. A stability ball is a great fitness tool to have at home for core strengthening and flexibility enhancement. After walking for warm-up, a simple stretching routine for 10 minutes before exercising and 10 minutes afterward is recommended.

### Stability Ball Wall Squat:

A great way to squat without straining your back is the stability ball wall-squat. It works your gluteals, quads, and hamstring and requires you to contract your core muscles. This exercise will allow you to go through the full range of motion of a squat while keeping your back supported.

**Step 1:** Start with the ball pressed between your lower back and the wall. Position your feet shoulder-width apart so that your weight is on your heels as if you are going to sit in a chair. Press your back into the ball for support.





## Boulder Natural Medicine Clinic, LLC

**Step 2:** Begin the descent keeping your core muscles tight and continue to press your back. Descend to a ninety-degree angle at the knee joint.



**Step 3:** Keep your back pressed on the ball and extend your knees and return to the starting position.



**Step 4: NOTE:** As leg strength increases, decrease your pressure against the ball.

### The Importance of Walking:

It is as simple as putting one foot in front of the other. When it comes to **improving bone mass and osteoporosis prevention**, experts agree that aerobic walking is a great way to go. It is easy, it does not cost anything and you can incorporate it into your day. Other variations on walking that can be equally effective include Tai Chi, Dancing, Hiking, Step Classes and taking the stairs instead of the elevator.

*(Exercise tip provided by the American Council on Exercise—[www.acefitness.org](http://www.acefitness.org))*

*Scroll down for Calcium Product specials...*



# Boulder Natural Medicine Clinic, LLC

## **CALCIUM PRODUCT SPECIALS: Save 20% off each product (prices valid until 2/29/2008)**

### **Osteo-Mins AM 60 caps:**

**Reg \$15.99 Sale \$12.79**

Supplement Facts

Serving Size 2 capsules

Servings per container 30

Amount per serving

Two capsules contain:-----% Daily Value

Zinc (as zinc citrate)-----20 mg-----133%

Selenium (as selenomethionine)-----50 mcg-----71%

Copper (as copper gluconate)-----1 mg-----50%

Manganese (as manganese citrate)-----5 mg-----250%

Molybdenum (as molybdenum amino acid chelate)-50 mcg-----67%

Boron (as boron aspartate)-----3 mg-----\*

Silicon (as silicon amino acid chelate)-----10 mg-----\*

Strontium (as strontium citrate)-----500 mg-----\*

\*Daily Value not established.

**Directions: Two capsules daily in the a.m., or more as directed by your doctor.**



### **Osteo-Mins™ PM with D+K1, K2 240 caps:**

**Reg \$23.99 Sale \$19.19**

Supplement Facts

Serving Size: 8 capsules

Servings Per Container: 30

Amount Per Serving:

Vitamin D3 (as cholecalciferol) 1000 IU

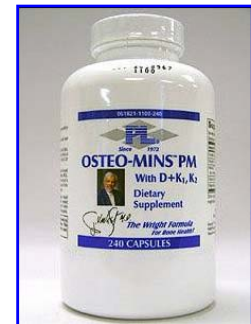
Vitamin K1 (as phytonadione) 1000 mcg

MenaQ7™ Vitamin K2 (as menaquinone 7) 100 mcg

Calcium (as calcium citrate) 1000 mg

Magnesium (as magnesium citrate) 300 mg

**Directions: Eight capsules daily in the p.m., or as directed by a doctor.**



**The Osteo-Mins AM & PM formulas are normally purchased together, buy both formulas on sale for \$31.98.**

### **Cal-Mag Citrate Effervescent 8oz by Thorne Research**

**Reg \$12.29 Sale \$9.83**

Ingredients:

Each (5.2 g) Scoop Contains

Vitamin C (as Ascorbic Acid) 500 mg

Calcium (Citrate/Ascorbate) 500mg

Magnesium(Citrate/Ascorbate) 200mg

Glycine 500 mg

\*Daily Value (DV) not established

**Dosage: 1/2 to 1 scoop once daily**



***Product special continued...***



# Boulder Natural Medicine Clinic, LLC

To purchase any of these great calcium products, please give us a call at (303) 447-1339 or send us an email to [info@bouldernatural.com](mailto:info@bouldernatural.com) indicating which products you would like to purchase. Alternately, [click here](#) to download a copy of our supplement listing.

---

## **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.



[\[Top of page\]](#)