



# Boulder Natural Medicine Clinic, LLC. ~ Health Newsletter

## Dear Patients & Friends,

*"Sometimes our light goes out but is blown again into flame by an encounter with another human being. Each of us owes the deepest thanks to those who have rekindled this inner light." - Albert Schweitzer*

This month's feature health article discusses [Natural Immunity](#) and some health factors to stay well this season. For you fitness buffs, be sure to read how to determine your best target heart rate while exercising by reading our [fitness health tip](#). If the new year has left you without new recipes, take a look at our healthy [recipe section](#) for an easy post holiday entree. I've also included a new section called [News Tidbits](#), to keep you updated on new alternative medical studies and media announcements. Also, Be sure to glance at our monthly [product specials](#) for great New Year supplement savings!

May each of you enjoy and create a healthy and prosperous New Year!

If you need to contact us or to schedule an appointment, please call 303-447-1339 or email us at [info@bouldernatural.com](mailto:info@bouldernatural.com).

Be Well & Happy New Year!

Yours in good health,

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

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## New Year Reminder on Natural Immunity

This time of year I see many people every day who are suffering from a cold or flu or are busy caring for their families who are sick. I also hear from people who may not be sick yet but they are concerned for their health because so many people around them are sick. I am hearing from people who have a cold and just when they think they are getting better - they get sick again.

Yes, it is important that people living in close community with others cover their mouth when sneezing and wash their hands frequently when ill and other such sanitary measures. But more important is how well is your body able to handle these pathogens.

How can we make sure we can fight off pathogens? Here are some important health factors:

- **Eat whole organic foods that includes lean meats/poultry, whole grains, and a plethora of vitamin-rich, non-starchy vegetables**
- **Consume good fats like extra-virgin olive oil, coconut oil, fish/cod liver oil**
- **Avoid refined sugars and flours**
- **Avoid chemical additives (both internally & externally)**
- **Don't microwave your food**
- **Minimal consumption of alcohol and caffeine**
- **Move your body regularly**
- **Get adequate rest (8 hours really IS important!)**
- **Take probiotics on a regular basis for healthy gut flora.**
- **Vitamin C taken regularly also helps to strengthen the immune system.**
- **Identify and eliminate as much as possible any negative stresses in your life.**
- **Fill your life with love, compassion, peace and integrity**
- **Practice frequent and random acts of kindness ☺**

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## Heart Rate Myth

Being in the zone isn't just for athletes any longer. Whether it's in your group exercise class or during personal training, you'll find more recreational exercisers strapping on their heart rate monitors to stay in the "fat-burning zone" and get the most of their workout.

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## Nutritious Recipe of the Month

### Easy Post-Holiday Recipe: Crock-pot Turkey and Rice

A crock-pot can be the family's best friend. You can start dinner or a part of dinner early and avoid that last minute stress. Use these recipes to reclaim some time with your families and to de-stress.

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## Product Special of the Month

Resveratrol has been shown to be as effective as caloric restriction in terms of reducing the aging of the vascular endothelium, i.e., **resveratrol slows the aging process and will make you live longer** by slowing the process of atherosclerosis, e.g., hardening of the arteries.

**[Resveratrol Extra](#) by Pure Encapsulations, 60 capsules-Reg \$35.49 on Sale for \$28.39**

**[Resveratrol Extra](#) by Pure Encapsulations, 120 capsules-Reg \$63.99 on Sale for \$51.19**

To read more details about Resveratrol Extra, [click here.](#)

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

(Sale pricing good from January 19<sup>th</sup> through February 17<sup>th</sup>, 2009)

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.

## News Tidbits

In recent medical news, more than one-third of adults and nearly 12 percent of children in the United States use alternatives to traditional medicine, according to a large federal survey released today that documents how entrenched acupuncture, herbal remedies and other once-exotic therapies have become. [Continue Reading >> Click here](#)



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