



Boulder Natural Medicine Clinic ~ Health Newsletter

Positive affirmation for the day: *Nothing can stop me from feeling wonderful today. I am filled with all the wonder and splendor of the universe and I pass these on to everyone I meet.*

Dear Patients & Friends,

Greetings and Happy New Year from the snowy foothills and crisp clean air of Colorado! I hope you all enjoyed a wonderful holiday.

In our January's newsletter we have some good information on how nutrition plays a vital role in preventing colorectal cancer in the article, [Preventing Colon Cancer with Plant Foods](#) . Read on to jump start your exercise program by reading [New Year ~ Easy Exercise Tips](#). Scroll down for the monthly [Healthy Recipe](#), or take a quick look at health news in [News Tidbits](#), for interesting bits in natural medicine. Please do not forget to glance at our monthly [Product Special](#) for healthy savings!

Message to Patients / Friends / Subscribers:

Patient referrals are the best compliment that you can give us. In gratitude for your referrals, if you refer a friend to our clinic and he or she completes an initial office visit, you will receive **\$25.00**

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off your next office visit. We thank you in advance!

With Peace and Gratitude,
Erik Flatland, ND, LAc & Lynn McGuire, Office Mgr

Health questions or concerns?

Please email Dr Erik a question by [clicking here](#).
Or please visit our website @ www.bouldernatural.com

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Article:

[Preventing Colon Cancer with Plant Foods](#)

The American Cancer Society estimates that nearly 170,000 cancer deaths could be prevented each year in the United States, primarily by increased attention to early warning signs and risk factors. Colon cancer, one of the most common forms of the disease, is thought to be influenced by dietary considerations, a premise investigated in a recent study published by the American Journal of Clinical Nutrition. In the fight against this disease, nutritional guidelines include eating less fat and getting more nutrients from the foods you eat is stressed.

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Fitness / Nutrition Tip of the Month

New Year ~ Easy Exercise Tips

Have a Plan. Consistent exercise requires focus, and focus requires a plan. Outline your workouts by day, week and month so when you hit the gym, you know just what to do.

Don't Overdo It. In the real world, you're not competing on "The Biggest Loser." Work out for five hours a day and you'll end up burned out, injured or both. Try 45 minutes, 3-4 times a week.

Fight Temptation. We're talking about the inevitable temptation to skip a workout. When you're having a "bad day," stay strong and get to the gym. Skip out and you'll regret it; make it happen and you'll feel great afterward.

Schedule Breaks. Many people are afraid to stop working out once they start, but you need time to refresh yourself and allow your body to do the same. Schedule a consistent break (3-4 days or an entire week) every few months and then start right up again.

Be Creative. Your body and mind get bored after a certain amount of time doing the same thing. Mix things up every so often, whether it's trying a few new exercises, changing the time of day you work out, or even changing up the setting (e.g., running outside versus on the treadmill).

Recruit Support. When it comes to exercise, some people can fly solo, and that's great; but for others, they need a friend or spouse to help keep them on track. If you can't do it alone, don't be afraid to ask for help.

Less Is More. Unless your goal is to look like a body-builder, you can put the heavy weights down. Body-weight, resistance bands and balls, and other basic equipment can get the job done just fine.

Stay Positive. This is the most difficult tip to stay true to, but it's also the most important. Every day isn't sunshine and roses; that's true in life and in your exercise routine. Some days or weeks, you won't feel as if you're making *any* progress. That's the time to stay positive, fight through it and remember why you decided to start exercising in the first place.

If you are a man over 40 or a woman over 50 and want to exercise more vigorously, you should check with your physician before getting started. [\[Top\]](#)

Nutritious Recipe of the Month

[Spiced Chicken Breasts with Apple-Jalapeno Chutney](#)

Looking for a new recipe to begin the year with? Take a look at this yummy spicy chicken dish to warm those cold January evenings. ☺

[Click here for recipe...](#)

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Product Specials of the Month

Supplement Specials

This month we are offering a price reduction for the following supplements.

- [IgG 2000 DF by Xymogen – \(150 grams\)](#) Reg. \$48.49 **Sale \$36.49**

Immunoglobulins are the antibodies your immune system uses to clear viruses, bacteria and fungi out of your body so you can stay healthy and fit. Factors like stress, illness and age can reduce your supply of immunoglobulins, which allows germs and inflammation to make you sick.

An oral supplement of Immunoglobulin G (IgG) replenishes the supply of antibodies in your G.I. Tract to strengthen your overall immune system. Besides a stronger immune system, IgG 2000 also helps tone the intestines and reduce gastric inflammation. This is similar to the benefits of probiotics. This action prevents bacteria and waste from entering the blood stream and wreaking havoc on your immune system.

Immunoglobulins also contain growth factors that help support nerve and tissue growth. Adding IgG 2000 to your supplement routine can help prepare your body for strenuous physical activity. Winter sports like skiing and snowboarding are a drain on your immune system. So before you hit the slopes this weekend, take some time to fortify your muscles and immune system with IgG 2000.

We also have this formula in capsules!

Reg. \$48.49 Sale \$36.49

Sale ends on February 15th 2011

These products do not contain wheat, yeast, soy protein, gluten, eggs, dairy, corn, artificial colors, flavors, & sugars.

To Order Product Specials, please call 303-447-1339 or email a request to info@bouldernatural.com

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.

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News Tidbits

Why Eat More Nitric Oxide?

An unsung player in heart health is the gas nitric oxide (NO). Nitric oxide relaxes the blood vessels and improves blood flow to the tissues, and is especially important for people with high blood pressure and/or a family history of heart disease. The body makes its own NO, but production tapers off as we get older, especially after age 40. Offset the loss by eating more NO-rich foods, which include celery, lettuce, spinach, arugula, endive, beets, leeks, parsley, fennel and cabbage. ©

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Do You Care About What You Put in Your Body? We do!

There are 3 great reasons to use our products.

Reason #1: Pure Ingredients

We purchase supplements with only the purest ingredients available. You don't see are the potentially allergenic ingredients used by other companies. Companies are not required to list these ingredients if they aren't added at the time the product is manufactured.

Reason #2: No Impure Additives

Companies are required to list these additives because they are added at the time the product is manufactured. The supplements that we carry use pure, hypoallergenic ingredients - from raw materials to the finished product.

Reason #3: Absorption

Our products contain no lubricants made of ingredients that can prevent you from absorbing the active nutrients. Lubricants enable tableting and capsuling machines to run more efficiently, but these large fat molecules can prevent the product from dissolving in your digestive tract so you may not absorb the product or receive its benefits.

Our top brands include Thorne Research, Pure Encapsulations, Progressive Labs, Perque, Vital Nutrients, Integrative Therapeutics, Dr Ron's and more. We carry only the highest quality supplements to meet your health needs.

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