

March 2008



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

This month's feature article is on **Vitamin Absorption & Evaluation**. We look at and discuss the rationale for using nutritional supplements; how to choose good products; and how to determine if the products you are currently taking are doing what they are supposed to do, that is, to optimize the health of your body & mind. Included at the end of this article is a **health appraisal questionnaire**. *Please be sure to read the entire article to access the questionnaire.*

In case you missed it, in last month's newsletter we added a new incentive program to thank you for your confidence and trust in us. Be sure to check out the details of our "**Heal a Friend**" incentive program at the bottom of this newsletter.

We have more **EXCITING NEWS!** At BNMC, we want you to know that we truly value you! To prove it, we want to hear from you! In a few weeks, we will be sending an eight question electronic e-SURVEY to your inbox so that we can learn more about your health goals, needs, and expectations of our clinic. Because your feedback matters so much to us, we ask that you take a few minutes to respond to this survey. The first respondents will receive a discount towards their next purchase, so please don't miss out!

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

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

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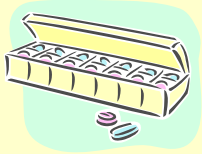
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Vitamin Absorption & Evaluation

Calculations show that even the most balanced and diverse diet is 20-30% deficient in the majority of vitamins. In order to provide our body fully with all the necessary vitamins we should either include products additionally enriched with vitamins in our diet, or take vitamin products in doses that complete the insufficient consumption of vitamins in our diets. Furthermore, there is no optimum dose for the whole population. It depends upon age, sex, health condition, and type of stressors. Testing for vitamin efficacy is an important part of an overall health protocol. Did you know that an excess of anything isn't necessarily good? For example, Vitamin D, which has been in the news lately, is a fat-soluble vitamin, necessary for a calcium absorption can become toxic to the body when taken in high doses over time. Let us look at what vitamins are, the benefits of adding them to our daily regime, and how to choose them.

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Exercise Tip of the Month



The Best & Worst Abdominal Exercises

If you dream of tightening your tummy but dread doing endless sets of sit-ups, then California researchers have good news for you. The classic sit-up, is still not the best exercise for stronger, flatter abdominals.

A study led by Peter Francis, Ph.D., at the biomechanics lab at San Diego State University put different abdominal exercises to the test and found that not all are created equal. The traditional sit-up - or crunch - fell close to the bottom in a ranking of the ab exercises. "The sit-up is ineffective," Francis says. Typically, he says, people do sit-ups by lying with their back on the floor, with their legs straight or knees bent. Then, they sit all the way up, relying on their hips and less on their abdominals. Not only is a sit-up ineffective but it can strain the back, Francis adds.

Perhaps another surprise finding was that despite the advertising hype, some abdominal exercise equipment tested, including the Torso Track and Ab Roller, were either no more effective or only marginally more effective than a regular crunch you can do at no cost. "You don't have to spend \$150 on a piece of exercise equipment to strengthen your abs,"

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Nutritious Recipe of the Month



Erik's Crock-pot Lamb Stew

INGREDIENTS:

- o 1 1/2 pounds boneless, lean lamb stew meat, cut in 1 in. cubes
- o 1 tsp. salt
- o 1/2 tsp. pepper
- o 1/4 cup all purpose flour
- o 2 tbsp. vegetable oil
- o 1 lg. (1 cup) onion, sliced thin
- o 2 cups water
- o 1 cup baby carrots
- o 2 cups diced turnips or rutabaga*
- o 1 cup frozen peas, thawed
- o 1 fresh habanero or cayenne chile, finely chopped, including seeds
- o 1 teaspoon dried thyme
- o 1 teaspoon dried oregano
- o 1/2 teaspoon dried rosemary

Preparation:

1. Sprinkle lamb with 1/2 teaspoon salt and the pepper. Coat with flour. Heat oil in a 2 to 3 quart Dutch oven over medium-high heat.
2. Brown lamb a few pieces at a time in the hot oil. Remove to Crock Pot with slotted spoon.
3. Reduce heat to medium. Add onion and cook 3 to 4 minutes, stirring occasionally until lightly browned.
4. Stir in the water, scraping up browned bits on bottom of pot. Transfer onion mixture to the Crock Pot; add spices, carrots and turnips*. Cover and cook on low for 8 to 10 hours, adding peas during the last 30 to 45 minutes.

Serves 4. ENJOY! ☺

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Product Specials for March 2008

Special on Thorne: Basic Nutrients I-V - 20% off each

(pricing valid until 3-31-2008)



Thorne's Basic Nutrients is one of my favorite multi-vitamin / mineral supplements. Thorne uses the purest of ingredients available and no impure additives. Each formula tailors to different individual needs, which make it an excellent choice for so many people.

Basic Nutrients I-V comes in several formulations that contain variable nutrients. Some with and without iron, copper, iodine, respectively, and it even comes in either Aspartate or Citrate based formulas.

If you need help deciding, please give us a call or call to schedule a nutritional evaluation appointment with Dr Erik Flatland.

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

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Heal a Friend 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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To learn about Boulder Natural Medicine Clinic or Dr Erik Flatland, call (303)447-1339 or visit <http://www.bouldernatural.com/index.html>

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Click the globe icon link below for a map to our office:



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Wednesday - 9am – 4pm
Thursday - 9am – 5pm
Friday - by appointment

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