



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.*

Greetings Patients & Friends!

Hello to all! In the May issue of our health newsletter the focus is on how dietary factors, stress and nutritional deficiencies affect tension-type headaches. For more information, please read the article, [Nutritional Treatments and Tension-Type Headaches](#). Scroll down for our fitness article, [Workout Chronic Fatigue](#), or for our [healthy recipe of the month](#). Please do not forget to glance at our monthly [Product Special](#) for healthy savings!

Colorado Needs Standards for Naturopathic Doctors!!

The CoAND has been working towards regulation of naturopathic doctors since submitting its first sunrise application in 1992. The CoAND supports passage of regulations which set standards of education and training for practitioners of naturopathic medicine. Doing so will make **quality** naturopathic medicine available to more people in Colorado while at the same time protecting the public from incompetent practitioners.

While the CoAND sets high standards for membership, the State of Colorado does not regulate the practice of naturopathic medicine. As a result of this lack of regulation there are no standards imposed

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upon individuals who use the titles naturopath, naturopathic doctor, naturopathic physician or naturopathic medical doctor; meaning anyone may use any of these titles in Colorado, regardless of their level of training.

The CoAND will continue to steadily work toward eventual regulation of NDs. Your continued support for this effort is greatly appreciated! **If you would like to support this effort in any way, please click the link under the "Quick links" section on the right-hand side of this page under [Colorado Assoc of Naturopathic Physicians](#).**

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 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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[Bastyr University-Naturopathic Medicine](#)

[National College of Naturopathic Medicine](#)

[University of Bridgeport](#)
[National University of Health Sciences](#)

Article:

[Nutritional Treatments and Tension-Type Headaches](#)

Tension-type headache is the most common type of recurring headache. It is characterized by a tight, pressing, or band-like pain, usually occurring bilaterally. Tension-type headaches may occur sporadically or daily, and may last as little as 30 minutes or as long as seven days. Contributing factors include stress, depression, and poor posture. The cause of tension-type headache is not clear, but it is believed to be related to neurotransmitter imbalances. Conventional therapy for tension-type headache includes nonsteroidal anti-inflammatory drugs or analgesics for acute treatment, and stress management and antidepressants for prevention.

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Fitness / Nutrition Tip of the Month

[Workout Chronic Fatigue](#)

It is estimated that more than 1 million Americans have chronic fatigue syndrome (CFS), an illness defined as profound disabling fatigue lasting six months or more plus at least four of the following: impaired memory or concentration, sore throat, tender glands, aching or stiff muscles, multijoint pain, new headaches, unrefreshing sleep, and fatigue following exercise or exertion.

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Nutritious Recipe of the Month

[Dandelion Salad with Pomegranate Seeds, Pine Nuts, and Roasted Squash](#)

Spring is a great time to eat dandelion in your salads as it helps nourish and cleanse the liver and ease the seasonal transition. This great salad is easy to make and the roasted squash with pine nuts makes it a wonderful hearty salad. [Click here for the recipe...](#)

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Product Specials of the Month

Supplement Specials

⇒ **Thorne Research – Green Tea Phytosome - 60 caps Reg \$19.49 Sale \$15.49**

This is a product containing decaffeinated green tea extract with 80% polyphenol concentration. The catechin polyphenols in green tea are very strong antioxidants, and protect against fat rancidity. Green tea appears to decrease the incidence of stroke and certain types of cancer. It also stimulates the production of glutathione peroxidase thus proves useful in treating chemical and metal toxicity as well as inflammatory problems. It also has antibacterial properties.

⇒ **Pure Encapsulations – Curcumin 500 with Bioperine - 60 caps Reg \$28.49 Sale \$22.49**

Curcuma-Tumeric is a potent anti-inflammatory agent (as effective as cortisone in acute inflammation) which prevents increases in inflammation and has liver protective effects similar to milk thistle. It supports a healthy inflammatory response which supports the musculoskeletal and cellular systems.

Both formulations are hypo-allergenic!

Sale ends on June 7th, 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. [\[Top\]](#)

News Tidbits

Over Half of U.S. Adults Take Supplements

The [U.S. Centers for Disease Control and Prevention](#)¹ now reports that dietary supplement use has grown from 40% to 53% over the past decade. This is despite every effort of powerful vested interests, utilizing such deceptive organizations as the FDA, FTC, AMA, AHA, ADA, and many others to try to dissuade the public from health support in favor of toxic medications. Apparently, the more educated consumer public is not buying the propaganda. It is stunning that the FDA continues to suppress free speech in the alternative health arena, while the use of medications continues to kill around 200,000 Americans every year. The paradigm of near-useless medications—which seldom restores health or solves the source of health problems while exposing patients to horrendous side effects—is coming to an end for a segment of our population. They're more concerned about their health and they're educated.

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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. [\[Top\]](#)

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