



Boulder Natural Medicine Clinic, LLC

November 2007
Newsletter

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Dear Patients and Friends:

Welcome to the launch of our first Newsletter!

I would like to introduce to you our new Office Manager, Lynn McGuire. Lynn is very passionate about health and natural medicine. She is also a terrific person, and highly organized. Please take a minute when you call to get to know her. I am sure you will like her!

Every month we will be sending you our health eNewsletter. This will be full of information that you can apply to make every day a healthier and happier day.

This newsletter focuses on staying well during the Fall and Winter seasons, how to avoid getting sick, and what you can do if you get run-down and catch a cold or flu. Along with staying well this season, I discuss detoxification protocols and ways in which you can enhance your body's basic functions (and immunity) by going through a seasonal detoxification process.

As a reminder, with the holidays approaching quickly, please take special note of our Thanksgiving holiday hours at the end of this newsletter.

Please enjoy a safe and healthy Thanksgiving Holiday!

Erik Flatland, ND, LAc.

TO READ ABOUT DR ERIK
FLATLAND (CLICK PHOTO)



Interested in learning more about Boulder Natural Medicine Clinic and the health services and nutritional products that we offer?

Please give us a call at the office 303.447.1339 or visit our website at www.bouldernatural.com

If you haven't had a health check-up in some time, please contact us to schedule an appointment.

Staying Well this Season

With the arrival of autumn, we welcome in the proverbial cold and flu season. This change in the weather brings about changes in our immune systems and lifestyles. It also hails the arrival of a new crop of viruses.

Here are 8 steps to avoid getting the flu and how to treat it if you do get sick:

1. Get extra sleep. Our immune systems benefit from adequate and even extra sleep but when was the last time you slept until your were actually finished sleeping? Listen to your body and give it the sleep it is asking for. You *will* believe how good you feel. Interestingly enough, the main treatment for the flu is SLEEP!
2. Do not overeat. The largest portion of our immune system resides in our gastrointestinal tract. When a person overeats, they also burden their immune system with extra work, leaving us undefended in other areas such as the mucosal surfaces of our nose, throat and lungs.
3. Stay hydrated and get out your humidifier. Antigens (viruses and bacteria) penetrate a dry and cracked mucosal surface a great deal easier than a moist, hydrated surface. In addition, a hydrated person makes more mucous membrane antibodies, called secretory IgA. This is vital to adequately defending oneself from microbial assault.
4. Take an immune system tonic, such as Thymucin or Arabinex. These herbs and glandulars help to up-regulate the immune function and activate "natural killer cells". To continue reading the full article on how to stay well and to read more about these products, please [CLICK HERE.....](#)

(P.S. Specials on these supplements are at the bottom of this article)

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HOW TO CONTACT US

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Dr Flatland's Office Hours:

Monday - 9am - 5pm
Tuesday - 9am - 5pm
Wednesday - 9am - 5pm
Thursday - 9am - 5pm
Friday - by appointment

If you would like individualized supplementation assessment, please contact us to schedule an appointment.

Detoxification

Toxic chemicals easily find their way into our bodies through the air we breathe, the food we eat, and the water we drink and bathe in. There are many new and stronger chemicals polluting our air, water and food. Over one thousand newly created synthesized compounds are introduced into our environment every year--that is three new chemicals everyday. The current number of xenobiotics (synthetic chemicals) now totals over 100,000 and counting!

Simply put, a toxin is any substance that creates harmful effects in the body, undermining our health and or stressing organ function. Remember too that negative emotions can also be toxins to the body by altering the normal function of the body's physiology. Moreover, although the body is designed to eliminate toxins, it cannot always eliminate synthetic chemicals because our bodies are not adequately equipped with the enzymes to detoxify the chemicals. These chemicals include drugs, pesticides, industrial chemicals, food additives and environmental pollutants.

Toxicity occurs in our body when we take in more than we can utilize and eliminate. If our body is working well, we can normally handle the basic everyday exposure to toxins but through detoxification, we can substantially clear and filter toxins and allow our body to work on enhancing its basic functions.



Why Detoxify?

We detoxify to better our health and vitality, to clear symptoms, treat disease, and to rejuvenate. To read more, [CLICK HERE.....](#)

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If you would like to receive our E-newsletter you can [SUBSCRIBE HERE!](#)

[ORDERING NUTRITIONAL SUPPLEMENTS](#)

IF YOU WOULD LIKE TO ORDER SUPPLEMENTS OR SEE IF WE CARRY A PARTICULAR BRAND PLEASE CONTACT US BY PHONE AT 303.447.1339 OR SEND AN EMAIL TO INFO@BOULDERNATURAL.COM

OR

IF YOU WOULD LIKE A [SUPPLEMENT ORDER FORM](#), YOU CAN DOWNLOAD A COPY OF THE PRODUCTS WE CARRY FROM OUR WEBSITE AT WWW.BOULDERNATURAL.COM

Product Specials of the Month

Just mention this newsletter to receive **30% off** any "Products of the Month" purchase. Offer valid from 11/12/2007 through 11/30/2007. Phone Orders - Please call 303.447.1339 or Fax Order to 303.447.1316 For Email Orders - send order requests to info@bouldernatural.com

*Because we will be closed for a few days over the Thanksgiving holiday, we will honor the product special for all orders placed by the end of November.

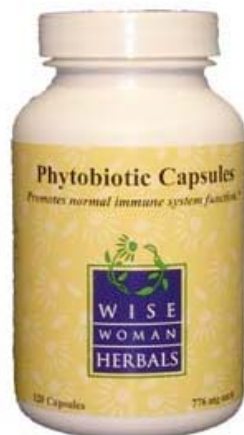


ARABINEX: Arabinex is a fantastic immune booster that I recommend taking at the first sign of a cold or flu.

Recommendation: Take 1 scoop before meals, 3 times a day.

Arabinex is soluble in water, has no adverse taste, and can be easily mixed in with some food or added to water, tea or juice. Arabinex's water solubility makes it an excellent choice for pediatric use - it dissolves easily into water into a clear, almost tasteless liquid.

Ingredients: Arabinex contains arabinogalactan, a naturally occurring polysaccharide extracted from the larch tree. **Cautions:** This formula should not be used during pregnancy.



PHYTOBIOTICS: Supports & enhances the immune system.

Recommendation: Take 2 capsules before meals, 3 times a day.

Ingredients: Vitamin C, Echinacea purpurea, goldenseal, Commiphora myrrha, bioflavonoids, Echinacea angustifolia, Glycyrrhiza glabra (licorice), Allium sativum (garlic), Zingiber officinale (ginger), Baptisia tinctoria (wild indigo), Usnea spp. (old man's beard), zinc picolinate, and vitamin A palmitate. (100% vegetarian capsules.)

OFFICE LOCATION:

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THYMUCIN: Benefits & Supports the thymus & immune system. May provide relief from autoimmune system disorders (rheumatoid arthritis, scleroderma, and lupus).

Recommendation: 1 capsule 2 times/day before meals

Ingredients: Astragalus root - 250 mg, Thymus Polypeptide Fractions** - 750 mg

Cautions: This formula should not be used during pregnancy.



MEDICLEAR: Designed to be used in patient protocols for nutritional support for detoxification.

Recommendation: 1-2 scoops-8oz water taken throughout the day (servings will vary within the detox plan). Works wonderfully in combination with Hepacaps and Herbulk, for complete natural detoxification support.

Ingredients: rice protein, multi-vitamins, minerals, lactobacillus, antioxidants, amino acids and much more. No impure additives or fillers!

** These statements have not been evaluated by the Food and Drug Administration. These products are not intended to diagnose, treat, cure, or prevent any disease.

FALL HOLIDAY OFFICE HOURS: Our office will be closed for the Thanksgiving Holiday from Thursday 11/22/2007 through Sunday 11/25/2007. We will re-open for business on Monday, 11/26/2007. Have a healthy holiday! ☺

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