

November 2009



Boulder Natural Medicine Clinic ~ Health Newsletter

Dear Patients & Friends,

"Your wellness is an outcome of the choices you make. Create a space for mindful choices and live well."

Happy Thanksgiving to All! November's feature natural health article, [Coffee, The New Health Drink](#), reveals some of the not so talked about benefits from a good cup of java for your health. Scroll down for our [health/fitness tip](#), or for the monthly healthy [recipe](#).

For news on alternative medical studies and wellness media announcements, please check out [News Tidbits](#). Don't forget to glance at our monthly [product specials](#) for healthy product savings!

In the spirit of giving thanks, I would like to express deep appreciation and gratitude to you, my thoughtful and proactive readers, who daily inspire me to step up, speak out and dig deeper for true health knowledge.

In Health & Gratitude,

Erik Flatland, ND, LAc & Lynn McGuire, Office Mgr

Health questions or concerns?

Please email Dr Erik a question by [clicking here](#).

Website====> www.bouldernatural.com

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Article:

[Coffee, the New Health Drink](#)

Usually we don't associate coffee with healthy foods. On the contrary, it has a long history of being blamed for many evils, from stunted growth to claims that it causes heart disease and cancer. Recent research, though, indicates that coffee is not the bad boy some make it out to be; in fact, it may be just the opposite. These studies suggest that it doesn't just give us a boost in the morning; it is a highly beneficial and healthy drink. [Read on...](#)

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Fitness / Nutrition Tip of the Month

[Editorial: Why Time Magazine's Article on Exercise and Weight Loss Could Be Harmful to Your Health](#)

The cover story of the August 9, 2009, issue of *Time* magazine featured an article entitled, "[Why Exercise Won't Make You Thin](#)." In this piece, author John Cloud made several inaccurate and unsubstantiated claims regarding the value of exercise, particularly as it relates to weight loss. What follows is a summary of some of the most misleading assertions made in this highly publicized article, as well as the American Council on Exercise's response to these assertions: [Read on...](#)

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Nutritious Recipe of the Month

[Hearty & Healthy Turkey Noodle Soup](#)

For an after-Thanksgiving tradition, this recipe is a smart and satisfying way to use up all that leftover turkey. This soup is loaded with antioxidant-rich ingredients to help keep you healthy during the stressful holiday season.

[To view recipe, click here](#)

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Product Specials of the Month

[Great Product Savings on Targeted Detoxification Support!](#)



OncoPLEX, by Xymogen, 30 or 120 capsules

Targeted Detoxification Support

- Chemoprotective
- Protection against G.I. Damage by H Pylori
- Supports Eye Health
- Blood Pressure, CV Inflammation
- Joint Health

Sulforaphane glucosinolate is the precursor of sulforaphane, present in cruciferous vegetables and especially rich in certain varieties of broccoli, broccoli sprouts and broccoli seeds.

Sulforaphane glucosinolate (SGS™) activates the body's natural detoxification and antioxidant enzymes, protecting cells from free radical damage, promoting health and well-being.

Directions: Take one capsule daily or as directed by your healthcare practitioner.

One Capsule Contains:

Broccoli seed extract..... 500 mg
(providing 30 mg Sulforaphane Glucosinolate [SGS™])

- **30 Caps - Reg. \$33.99 Sale \$20.49**

- **120 Caps - Reg. \$83.99 Sale \$50.49**

(Sale pricing good from November 24th through December 15th, 2009)

To read more product information on OncoPLEX, [click here](#).

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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

[Boning Up on Green Tea](#)

Green tea polyphenols or more specifically the catechins in green tea demonstrated improvements in bone metabolism by promoting more osteoblastic activity and decreasing osteoclast activity. Osteoblast activity is responsible for bone formation while bone osteoclast activity is the breakdown and resorption of bone tissue.

[Source: Effects of Tea Catechins, Epigallocatechin, Gallic acid, and Gallic acid Gallate, on Bone Metabolism](#)

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