



Boulder Natural Medicine Clinic ~ Health Newsletter

Positive affirmation for the day: Nothing can stop me from feeling wonderful today. I am glowing with health and wholeness!

Greetings Patients & Friends!

In the November issue of our health newsletter read how prolotherapy can help with joint pain in the article, [Treating Chronic Joint Pain](#). Also, read about how beetroot might be the next athletic enhancing food in the article, [Boost Athletic Performance with a Big Gulp of Beetroot Juice!](#) Scroll down to glance at our monthly [Flu Prevention Products now on sale](#).

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 or supplement purchase**. We thank you in advance!

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

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Health questions or concerns?

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

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[University of Bridgeport
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Article:

[Treating Chronic Joint Pain](#)

Your body is held together by a network of connective tissues that are highly vulnerable to injury through exercise, accidents, and even the normal wear and tear of daily life. The lack of blood flow to many joints may be why once an ankle is badly sprained, it may sprain again and again. Shoulders, wrists, neck, back, jaw, feet, and even fingers and toes, are subject to arthritic changes after an injury. Some reported chronic joint pain immediately following an injury, while others stated it took many years before they developed painful arthritis in a damaged joint. If you already suffer with severe joint pain, then your world probably involves either OTC pain reliever, anti-inflammatories, steroids, or narcotic pain killers all of which can result in adverse reactions, addiction, and if used inappropriately, death. The surgical approach to joint pain might include ongoing steroid injections, complicated surgical repair, or removal and replacement of the joint. Surgery comes with significant risks and is not a guaranteed solution. Some sufferers may find relief with osteopathic manipulation, massage therapy, physical therapy, and/or acupuncture. While these therapies can be successful, many individuals are still left with chronic pain, and surgeries and medication are not the answer. [Read on...](#)

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Fitness Tip of the Month

[Boost Athletic Performance with a Big Gulp of Beetroot Juice?](#)

A group of U.K. researchers may have just tapped into the next big all-natural, performance-enhancing . . . vegetable? A research team led by Dr. Katherine Lansley and Dr. Andrew Jones at the University of Exeter has been conducting a series of experiments looking at the impact of beetroot juice on exercise performance. The results are impressive. [Read on...](#)

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Recipe of the Month

Healthy Turkey Salad Pocket

You can substitute chicken or tofu for the turkey.

Diet Type: Low Fat

Ingredients:

2 cups diced cooked turkey, chicken, or may use tofu

3/4 cup pitted dried plums, quartered

1/2 cup sliced celery

1/2 cup plain non fat yogurt
1/4 cup sliced green onions
1 tablespoon sweet-hot mustard
Salt and pepper
3 whole-wheat pita breads, halved
6 lettuce leaves

Serves: 6

Cooking Time: Under 15 minutes

Instructions:

In medium bowl, combine turkey, dried plums, celery, yogurt, green onions and mustard until thoroughly mixed. Season to taste with salt and pepper. Store, covered, in refrigerator for up to 3 days. To serve, place 1 lettuce leaf and spoon 1/2 cup turkey mixture into each pita pocket. Enjoy! ☺

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Doctor Recommended Supplements: Product Specials of the Month

Flu Prevention Supplements

Save over 20% off the following supplements!!!

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- **Influenza #6** (homeopathic flu remedy) **Reg \$17.99 Sale \$14.49**
([Click here for product information](#))
 - **Reishi Mushroom** – Reishi - Ling Zhi is 100% pure - no sulfurs, fillers or preservatives. **Reg \$23.99 Sale \$19.49**
 - **Buffered Vitamin C with ALA** – Our 500 mg Buffered Vitamin C capsules include a bonus of 25 mg of Alpha Lipoic Acid, the “universal antioxidant” that repairs other antioxidants. Buffered Vitamin C is gentler on the stomach, and offers superior absorption as well. **Reg \$35.99 Sale \$28.99**
 - **Thymucin (Astragalus/Thymus)** – The health of the thymus gland is crucial to supporting your immune system. The use of supplemental glandulars has been an accepted method of health support for thousands of years. Thymucin also contains the popular Chinese herb astragalus, which supports healthy immune system function. **Reg \$27.49 Sale \$21.99**

Sale ends on December 13th 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,

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. [\[Top\]](#)