



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 Fall to All! October's feature natural health article, **Seven Key Factors that Determine Health or Illness**, discusses the key factors behind disease and imbalance in our bodies and why the best way to treat any disease is to prevent it from developing in the first place. Scroll down for some our [health/fitness tip](#), or the monthly healthy [recipe](#), or take a quick look at health news in a new section called [News Tidbits](#), for news on new alternative medical studies and wellness media announcements. Don't forget to glance at our monthly [product specials](#) for healthy Autumn savings!

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!

Live well,

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

Please visit our website @ www.bouldernatural.com

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Seven Key Factors that Determine Health or Illness

There are several factors that contribute to an imbalance in your health:

1. **Poor diet & nutrition**
2. **Sedentary lifestyle**
3. **Chronic stress**
4. **Destructive habits**
5. **Environmental pollution**
6. **Internal pollution**
7. **Your genetic expression**

The best way to treat any disease is to prevent it from developing in the first place. For a more in depth look at the 7 key factors... [Read on...](#)

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Fitness / Nutrition Tip of the Month

Feeling Tired, But Don't Know Why? Here's 15 ways to Boost your Daily Energy...

If daily fatigue drags you down without there being a medical reason, you may be surprised to learn how a few simple lifestyle changes can boost your energy. Incorporate a few of the following 15 ways and see for yourself how these changes can easily boost your health:

[Read on...](#)

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Nutritious Recipe of the Month

Raw V8 Juice

Like store-bought V8 Juice? Now you can make your own, fresh and chemical-free, PLUS get the benefits of all the vitamins, minerals and enzymes! ENJOY!

[To view recipe, click here](#)

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Product Specials of the Month

Thymucin, by Integrative Therapeutics, 60 capsules



Why use supplements to support the thymus gland?

It is a smart way to support health in any season, especially during flu season.

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. Naturally occurring nutrients in animal glands can help support the same gland in the human body.†

WHY USE THYMUCIN™?

It provides long-term daily support for your immune system.

The thymus extract in Thymucin™† is made up of predigested components that are already broken down to be better absorbed and used by the body.

Thymucin™† also contains the popular Chinese herb astragalus, which supports healthy immune system function.

A gland in your chest called the thymus is crucial to supporting your immune health. To keep your thymus gland functioning at peak performance and maintain a strong immune system, rely on the daily support of this supplement.† Its clinically-studied ingredients include the astragalus herb to enhance immune support, plus a highly absorbable, immune-boosting thymus extract for long-term benefits.

Ingredients

Amount/Serving %DV

Thymus Polypeptide Fractions 750mg

Astragalus (Astragalus membranaceus) Root Extract standardized to contain 0.5% 4'-hydroxy-3'-methoxyisoflavone-7-glucoside 250mg

• **Reg. \$25.99** **Sale \$20.99**

(Sale pricing good from October 20th through November 24th, 2009)

To order, simply [click here](#) or call (303)447-1339.

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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

Flu Prevention & Treatment

Everybody wants more immune competence. How about limiting our “immune suppressors?”

Let’s reduce the things that slow our natural immune system down. Three immune suppressors that you have direct control over are dehydration, stress, and sugar. So much has been said about sugar but here is a quick reminder about the importance of reducing sugar intake. One sugar related study showed that immune cells in a “no sugar” group destroyed 14 times more bacteria than the “high sugar” group. Reducing sugar consumption is critical and this includes the reduction of simple carbohydrates.

We also hear about supporting the immune system with botanicals or antiviral drugs. Let's review some basics that go a long way to augment the body's ability to fight disease.

One of the greatest immune enhancers is sleep. Sleep is nature's greatest repair mechanism. I heard one researcher say the greatest antioxidant we possess is a good night's sleep. Another thing we often forget about is to assure that the superhighway of the lymph system is open to carry immune fighting WBC's and remove toxins. We can do that by increasing movement or exercise.

Finally, every day we learn more about the phytochemical effects of foods particularly fruits, vegetables, and spices. Basic foods can be more powerful than pharmaceutical agents and without the side effects.

So increase water, reduce sugar and processed food intake, get sufficient rest, reduce stress, use movement to keep the fluids moving, increase fruits and vegetables to 8-10 servings a day. Increase the amount of color you consume in foods, ditch the white, and increase the color. Also, boost consumption of garlic, ginger, and green tea.

If you still feel a cold coming on, you can take a product that we carry here at BNMC called [Thymucin](#), or better yet, come in for a Myers' nutrient IV.

Click here to read more on [Myer's IV](#).

Be well!