



# 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."*

Hello Everyone,

The main topic of this newsletter is [Flu Prevention](#). Learn some preventative tactics to stay healthy during this flu & cold season. Read on for a fitness tip on how to lengthen your hamstring muscles in the article, [Exercises to alleviate tight hamstrings](#). Scroll down for the monthly [Healthy Recipe](#), or take a quick look at health news in [News Tidbits](#), for news bits on new natural medicine studies and wellness media announcements. Don't forget to glance at our monthly [Product Special](#) for healthy 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!

With Peace and Gratitude,

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

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## **Health questions or concerns?**

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

Or please visit our website @ [www.bouldernatural.com](http://www.bouldernatural.com)

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## **[New law endangers ND's ability to practice in Colorado!](#)**

We need your help! Please go to The Colorado Naturopathic Association's website for more information by [clicking here](#).

[Medicine](#)

[University of Bridgeport](#)

[National University of Health Sciences](#)

### **Article:**

#### **[Flu Prevention](#)**

The media has well covered the flu and swine flu epidemic. The media has generally focused on the availability of the vaccine: "*who can get it, when can you get it*". The vaccine can certainly be effective and will most likely save lives. However, the vaccine is not guaranteed to prevent the flu. There is no way to determine which strain of the influenza virus will be present. This is one of the amazing things about the influenza virus, it can change form from season to season and even within a season. This enables the virus to escape our immune system. So, a vaccine created from one strain will not protect against another strain. [Read on...](#)

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### **Fitness / Nutrition Tip of the Month**

#### **[Exercises to help alleviate tight hamstrings](#)**

The prevalence of tight hamstrings in the general population is quite common. Most likely, the high rate of people suffering from tight, inflexible hamstrings has something to do with occupations that require sitting for hours at a time. [To read more, click here](#).

If you are a man over 40 or a woman over 50 and want to exercise more vigorously, you should check with your physician before getting started. [\[Top\]](#)

### **Nutritious Recipe of the Month**

## [Apple Turkey Picadillo](#)

This twist on the Latin American staple is made healthier with lean ground turkey and crisp apples. It doubles well. Try tucking it into whole-wheat tortillas or serve over instant brown rice for a quick and healthy supper. [Click here for recipe...](#)

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## Product Specials of the Month

### Flu Prevention Supplements

This month we are offering a price reduction in the following supplements.

- **Influenza #6** (homeopathic remedy) [click here for more information on this product](#) **Reg \$17.99 Sale \$14.99**
- **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 \$25.99 Sale \$21.49**

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Sale ends on November 16th 2010

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This product does 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](mailto: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.

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## Optimistic Health

A recent study published in *Psychological Science* reported that optimists enjoy better goal attainment, more resilience, and better overall well being than pessimists. In fact, optimism boosts immunity. This is just one of hundreds of studies linking immunity with thoughts, beliefs, and behaviors.

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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.**

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