



# 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 October issue of our health newsletter read how nutrients in apples help in the fight against pancreatic cancer in the article, [Apples Fight against Pancreatic Cancer](#). Also, October is breast cancer awareness month, read how exercise can help prevent breast cancer recurrence as well as exercise guidelines for survivors in the article, [Breast Cancer Awareness Month: The Role of Exercise](#). Please do not forget to glance at our monthly [Product Specials](#) for healthy savings! Thank you!

### 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,

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## Quick Links

[Boulder Natural Medicine Clinic](#)

[Colorado Assoc of Naturopathic Doctors](#)

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

### Health questions or concerns?

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

[American Association of Naturopathic Physicians](#)

[Southwest School of Naturopathic Medicine](#)

[Bastyr University-Naturopathic Medicine](#)

[National College of Naturopathic Medicine](#)

[University of Bridgeport](#)  
[National University of Health Sciences](#)

#### Article:

### [Apples Fight against Pancreatic Cancer](#)

Recent research out of UCLA has revealed a potential new weapon in the war against pancreatic cancer, one of the deadliest forms of the disease. The study, published in the April issue of the International Journal of Cancer, reports that a specific antioxidant compound found in apples slowed the growth and curbed the spread of pancreatic cells in mice. Of course, further studies will be required to determine if the compound can treat or prevent cancer in humans, but the results of this study take a promising first step in that direction.

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#### Fitness Tip of the Month

### [Breast Cancer Awareness Month: The Role of Exercise](#)

October is Breast Cancer Awareness month and while breast cancer death rates in the United States have declined, it's still the most common cancer among women in the United States, after skin cancer. According to the American Cancer Society, about 230,480 women will be diagnosed with invasive breast cancer in 2011. And, an estimated 39,520 women are expected to die from this cancer in 2011. Of course, men can get breast cancer as well, but it's much rarer. During this month, the American Council on Exercise reminds men and women of the strong evidence linking regular physical activity to recurrence prevention and to increased survival rates. [Read on...](#)

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#### Recipe of the Month

### Quick & Easy ~ Chicken Black Bean Chili

1 Rotisserie chicken shredded and chopped into bite-size pieces  
3-5 Tbsp. olive oil  
4-5 cloves of garlic, minced  
1 medium green pepper, chopped (poblano peppers work great)  
1 medium sweet onion, chopped  
2 tsp. salt (or salt to taste)  
1 Tbsp. oregano  
3-4 Tbsp. chili powder  
2 tsp. cumin  
1 tsp. red pepper flakes (or cayenne pepper to taste)  
3 cans black beans (including liquid) (get the no salt added cans)  
2 large cans tomatoes (can use stewed, diced, chopped, whole, or a blend of these)

1/2 large jar any flavor ready-made spaghetti sauce  
6 oz. tomato paste

Saute garlic, onion, and green pepper in olive oil until soft. Add remaining seasonings. Add chicken, beans, tomatoes, spaghetti sauce and tomato paste. Mix thoroughly to combine all ingredients. Simmer about 30 minutes, stirring frequently. When done, can add shredded cheese (can use non-dairy), sour cream, chopped green onions, oyster crackers, etc. Enjoy!!

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**Doctor Recommended Supplements: Product Specials of the Month**

## Supplement Specials

**Save over 20% off the following supplements!!!**

.....  
**MSM Glucosamine Sulfate, Chondroitin Sulfate - Joint Support Formula**  
**- 200 capsules by Dr Ron's, Traditional Nutritionals**

Ingredients: MSM (1000 mg), Glucosamine (1500 mg), Chondroitin (1200 mg) in four capsules

Reg. \$54.99    **Sale \$42.99**

- Glucosamine sulfate exerts a protective effect.
- Chondroitin and glucosamine are both components of cartilage.
- Chondroitin inhibits the enzymes that break down cartilage.
- MSM is a natural anti-inflammatory agent.
- Many people get best results using Glucosamine and Chondroitin And MSM together.



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**Sale ends on November 15th, 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](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.    [\[Top\]](#)

### News Tidbits

#### **PMS Relief with Chaste Tree Berry (Vitex agnus-castus)**

The main traditional use of chaste tree occurred in Europe, where it was widely used by women for a variety of gynecological problems. Details of such use by women are scant (as is often the case with such remedies). However, the herb appears to have enjoyed a wide variety of applications and

**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. [\[Top\]](#)**