



# 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 New Year 2010!** January's feature natural health article, [Building Your Immune System](#), will give you some insight on how to boost your immune system with a few easy steps. 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 New Year's 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

**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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Article:

### [Building Your Immune System](#)

Like clockwork, every few months patients ask a number of questions on how to build the immune system. What products do you have that build the immune system? I know people who never get sick. How come they never get sick and I do?

[Read on...](#)

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#### Fitness / Nutrition Tip of the Month

### [If You Don't Use It, Will You Lose It?](#)

If you've been sidelined by an injury, or you're considering taking a break from exercise, you might wonder if you'll lose your hard-earned strength and endurance. Some loss of fitness is inevitable, but there are ways to help minimize it.

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#### Nutritious Recipe of the Month

### [Red Curry With Vegetables](#)

Red Thai curry paste, which flavors this dish, is a convenient blend of chile peppers, garlic, lemongrass and galanga (a root that's similar in flavor to ginger). It can pack a lot of heat, so be sure to taste as you go. Look for the curry paste in jars or cans in the Asian section of the supermarket or specialty store. Make it a Meal: Ladle the stew over rice to soak up every bit of the delicious sauce.

[To view recipe, click here](#)

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#### Product Specials of the Month



### Curcumin 500 with Bioperine by Pure Encapsulations

Curcumin has a long history of use for maintaining a healthy inflammatory response, via its effects on cyclooxygenase, prostaglandin and leukotriene metabolism. It also appears to maintain healthy cell cycle function and provides important antioxidant defense. Furthermore, it supports the body's natural detoxification system and helps maintain healthy hepatic function.

These actions are associated with its beneficial effects, including support for healthy liver, colon, musculoskeletal and cellular function.

This product contains no sugar, salt, wheat, gluten, corn, soy, dairy products, artificial flavoring, or preservatives. All organs and glands derived from bovine sources.

**120 Capsules .....Reg. \$47.49    Sale \$40.49**

**60 Capsules .....Reg. \$27.49    Sale \$23.49**

(Sale pricing good from January 19<sup>th</sup>, 2010 through February 16<sup>h</sup>, 2010)

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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

### [More Resveratrol Benefits.....](#)

Resveratrol, due to its estrogenic and high antitumor activity could be a safer alternative to hormone replacement therapy in postmenopausal women and could help prevent breast cancer, according to a new study.

Source: [Effects of diverse dietary phytoestrogens on cell growth, cell cycle and apoptosis in estrogen-receptor-positive breast cancer cells.](#)

[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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