



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."*

Welcome to Spring! I think that all of us are ready to move aside Winter and make some room for some longer days and warmer weather! In this newsletter, the concern over toxins from personal products is a valid issue these days. Please read [Cosmetics are harming the Health of Women and Girls](#), not only for yourself but also for friends and family in your life. Read on for a beneficial exercise for increasing bone density in the exercise article, [How to do Yoga Plank Pose with Leg Lifts](#). 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 Specials](#) 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

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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

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Article:

[Cosmetics are harming the Health of Women and Girls](#)

The days of safe consumerism are long gone for American consumers. Years ago, women could buy untainted cosmetics that they eagerly allowed their little girls to play with. Unfortunately today, most of the cosmetics are contaminated with harmful chemicals such as parabens, phthalates, lead, toluene, and formaldehyde. If this list is alarming to you, you might be even more concerned to find that the list only scratches the surface as it pertains to the numerous amounts of chemical ingredients used in today's cosmetics.

[Read on...](#)

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Fitness / Nutrition Tip of the Month

[How to do Yoga Plank Pose with Leg Lifts](#)

The yoga plank pose is a great exercise to help build upper body strength. It is a challenging exercise, especially for women who tend to have weaker upper bodies. *Postures such as the plank pose are also very beneficial for those with or at risk for osteoporosis.*

[Read on...](#)

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Nutritious Recipe of the Month

Gluten Free Pizza

Most people enjoy pizza but a lot of individuals cannot eat it due to gluten / wheat intolerance. Here's a really easy, quick and yummy recipe for Gluten Free Pizza!

Ingredients:

- Applegate sweet Italian chicken sausage
- Onion and any other veggies you want to add
- Jar of Pasta Sauce, your choice
- Gluten free pizza crust - either in frozen section or made with mix
- Parmesan and mozzarella cheeses (or your choice)

Cooking Instructions:

Sauté the sausage (after slicing thinly) and add onion and any other veggies. Once sausage is well browned and veggies are a cooked lightly, add jar of pasta sauce. Pre-bake pizza crust as directed. Spread sauce/sausage with veggies onto crusts. Cover in desired cheese. Bake at 350 for about 10 minutes. Enjoy!!

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Product Specials of the Month



Bio-Gest by Thorne Research

180 capsules

For individuals who need a more broad-spectrum digestive aid, Thorne Research offers Bio-Gest. Bio-Gest contains HCl, pepsin, pancreatin, and ox bile, which are important for those who need support for protein and carbohydrate digestion, and fat emulsification and absorption.

Maldigestion can lead to digestive problems and poor absorption of nutrients, resulting in vitamin deficiencies (particularly fat-soluble vitamins like vitamins A, D, E, and K). Food allergies can develop when inadequately digested proteins are absorbed through the gut.

[For more product information, click here.](#)

Regular Price \$36.49

Sale Price \$29.99

EXCIPIENT FREE

This product does not contain wheat, gluten, corn, yeast, soy, egg, dairy products, or artificial colors, sweeteners, or flavors. This product also does not contain lactose, palmitic acid, or magnesium, calcium, or vegetable stearates.

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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

Magnesium, muscles and mortality

A small segment of the population have genetic mutations that cause them to have very low levels of magnesium (Mg²⁺), which can cause altered heart beats, seizures, and involuntary muscle contraction.

In addition, it has been estimated that up to 60% of critically ill patients have low Mg²⁺ levels, and this is associated with increased mortality.

Source: [A missense mutation in the Kv1.1 voltage-gated potassium channel–encoding gene KCNA1 is linked to human autosomal dominant hypomagnesemia](#)

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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