



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 past few years, research into the roles that essential fatty acids play in the brain has exploded. In the September issue of our health newsletter the focus is on supporting brain health. For more information please read the article, [Supporting Brain Health](#). Scroll down for information on how daily breathing exercises can alleviate back pain in the article, [Breathe Your Way to a More Flexible Back](#). Read on for our healthy recipe of the month, [Ranch Chiles Rellenos with Ancho Chile Salsa](#). 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

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advance!

With Peace and Gratitude,
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

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Article:

[Supporting Brain Health](#)

From a nutritional standpoint, it is important to understand that the brain is the center of your nervous system, and is the most energy hungry of all organs. It is nearly 60 percent fat. Almost all of the brain's structures and functions are dependent on essential fatty acids, or EFAs. [Read on...](#)

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Fitness Tip of the Month

[Breathe Your Way to a More Flexible Back](#)

Our lungs sit like an upside-down balloon inside the cage formed by our ribs, and as we breathe in and our upside-down balloon expands, the lower ribs are pushed outward in all directions. As ribs recoil back to their resting place, the air comes out of lungs with no effort on our part. The ribs attach to the spine in the back, so with every breath, the joints of the thoracic spine are massaged and lubricated, which helps keep our mid to upper back healthy and mobile. If you tend to feel stiff in your mid back, place your hands around your lower ribcage, thumbs to the back so you can monitor the back of the balloon, and observe your breathing. Feel for the movement in your hands and your thumbs. There should not be much rise at the chest.

If your thumbs are not moving much, try kneeling down on the floor, so that your chest is resting comfortably on your thighs (Child's Pose for the yoga aficionados) and your head is on the floor. (If this position is hard on your knees, place a pillow between your lower legs and your buttocks.) With your abdomen squished like that, it becomes much easier to feel the breath going into your back. Become aware of the ribcage movement. If this is an unusual feeling for you, do this frequently until breathing into your back feels normal. When you come back to standing, try and get the same feeling of the air pushing gently on your lower ribs in the back and sides, not by breathing more air, but by breathing down the back of your throat and placing the air into the lower lobes of your lungs. Let the air come out by itself - don't help by tightening your abdominals. In standing, you may find it helpful to lightly wrap a piece of Thera-Band elastic around your lower ribs, so that you can feel the ribs stretch the elastic in the back and sides. Then, whenever you remember, practice breathing into your lower ribs, so that your brain learns to do this naturally. Breathing correctly can do wondrous things for your health, so taking time for the journey is very worthwhile!

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Nutritious Recipe of the Month

[Ranch Chiles Rellenos with Ancho Chile Salsa](#)

Dark green, shiny poblano chiles are the traditional choice for chiles rellenos. They have great flavor, but may be too spicy for some tastes. Anaheim chiles are reliably mild substitutes. You can stuff chiles with

almost anything: cheese, shrimp, smoked fish, tuna and sour cream, grilled vegetables or crabmeat. Serve the chiles rellenos with beans and rice. [Click here for the recipe](#)

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Doctor Recommended Supplements: Product Specials of the Month

Supplement Specials

Save over 20% off the following supplements!!!

Resveratrol EXTRA by Pure Encapsulations, 60 soft gels

Reg. \$36.99 Sale \$29.99

*Contains 100 mg resveratrol per capsule combined with grape seed extract & red wine polyphenols

Resveratrol promotes cardiovascular health to maintain healthy platelet function, promotes overall health, metabolic function and longevity. One capsule of Resveratrol Extra contains the beneficial antioxidant levels of 66 bottles of red wine.

Influenza #6 Reg. \$17.99 Sale \$13.99. Fight & help prevent the flu and relieve flu symptoms with this complex of homeopathic influenza remedies. Homeopathic remedies are effective based on the theory that the immune system is sensitized to imprints of proteins from viruses without being exposed to the virulence of the living agent of the virus. Optimally, the body's own defenses are assisted in the fight against the offending virus, bacteria or other pathological agent. This is a completely safe remedy for people of all ages. There are no side affects or medication interactions. *On sale while supplies last.*

Sale ends on October 18th, 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

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

Minty Relief for Irritable Bowel Syndrome

Research published in the journal *Pain* validates peppermint—an herb commonly prescribed by naturopaths for stomach ills—as a natural and effective remedy for irritable bowel syndrome; IBS is a gastrointestinal disorder that causes abdominal pain, bloating, diarrhea and/or constipation. The researchers report that the mint activates an “anti-pain” channel in the colon and soothes inflammation in the gastrointestinal tract.

Source: University of Adelaide (Australia) Nerve Gut Research Laboratory

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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. [\[Top\]](#)

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