



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 end of summer, early fall to all. We hope in these last few months you have found some time to enjoy a little break, to have moments of relaxation and reflection. This month's feature wellness article, [Understanding Vitamin D](#), discusses the important role that Vitamin D3 plays in optimal immune health and significantly towards disease prevention.

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 Summer 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!

Best in health to you,

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

Please visit our website @ www.bouldernatural.com

Article:

[Understanding Vitamin D](#)

Since its discovery in 1922, vitamin D was associated with bones and only bones. Vitamin D deficiency led to rickets in children and osteomalacia in adults, but there was little indication that it played an active part in other types of tissues or diseases until now. [Read on...](#)

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Fitness Tip of the Month

[Q: Is it true that a low level of aerobic fitness is associated with a shorter life span?](#)

Answer: Confirmation for such a conclusion comes from research conducted at the Institute for Aerobics Research in Dallas, Texas. [Read on...](#)

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Nutritious Recipe of the Month

[Artichoke & Ripe Olive Tuna Salad](#)

An unusual and rich flavor combination; serve this salad with sliced tomato on a bed of lettuce or on French bread.

[To view recipe, click here](#)

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Product Specials

Vitamin D3, 2000 IU's by Vital Nutrients, 90 veg capsules

Contains 2000 IU's of Cholecalciferol per capsule.

Independently tested for authenticity, potency, solvent residue, stability and bacteria, yeast and mold counts. Contains no gluten, binders, wheat, milk/dairy, soy protein, eggs, sugar, hydrogenated oil, or artificial flavoring or preservatives.

Reg. \$18.49 Sale \$14.99

(Sale pricing good from September 23rd through October 15th, 2009)

To order, simply [click here](#) or call the office number (303)447-1339.

*****Please note that if you need higher doses of Vitamin D3, we also carry**

D-5000 by Thorne Research, 60 capsules. Each capsule has 5000 IU of D3.

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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News Tidbits

[Anti-Aging Tips](#)

Tip 1: Engage in early detection and regular screenings to identify, prevent, and intervene in disease. Costly healthcare calls for early detection and preventative health care.

Tip 2: Eat blueberries frequently! Blueberries help combat cancer, diabetes, and cardiovascular disease to safeguarding against age-related declines in mental acuity and motor function.

Links to our Newsletter Subscription, Newsletter Archival, Comments & Questions, Office Location, Office Hours, etc...can be found below.

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If you have a product or service question or request, please write to info@bouldernatural.com

To learn about Boulder Natural Medicine Clinic or Dr Erik Flatland, call (303)447-1339 or visit <http://www.bouldernatural.com/index.html>

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Boulder Natural Medicine Clinic, LLC

Q: Is it true that a low level of aerobic fitness is associated with a shorter life span?

Answer: Confirmation for such a conclusion comes from research conducted at the Institute for Aerobics Research in Dallas, Texas.

More than 13,000 healthy men and women were given a preventive medical examination and a maximal treadmill exercise stress test to assess their aerobic fitness levels. At the time of the testing, none of the individuals displayed any evidence of heart disease or cancer.

During the eight-year study period, 240 men and 43 women died. An examination of the results of the study revealed:

- The higher the individual's initial fitness level, the lower the subsequent death rate from heart attack and cancer.
- No additional benefit was associated with possessing an extremely high level of fitness. In other words, well-conditioned aerobic athletes were at no lower risk of death than were active individuals with slightly above average fitness levels.
- The greatest reduction in risk for both sexes occurred as an individual moved from the lowest level of fitness ("poor") to the next lowest level ("below average"). These findings suggest that even a very modest improvement in fitness among the most unfit individuals provides a substantial health benefit.
- The study's authors emphasized that the fitness level associated with the lowest mortality rate could be easily achieved by most adults if they simply walked briskly for 30 minutes or more every day.
- The point to keep in mind is that many of the health benefits of physical activity can be derived at relatively moderate levels of exercise.

Source: Bryant, Cedric X. 101 Frequently Asked Questions about "Health & Fitness" and "Nutrition & Weight Control". Sagamore Publishing, 1999.

Artichoke & Ripe Olive Tuna Salad

Provided by EatingWell.com

Serves 5

Prep Time 15 min.

Total Time 15 min.

An unusual and rich flavor combination; serve this salad with sliced tomato on a bed of lettuce or on French bread.



INGREDIENTS:

1 12-ounce can chunk light tuna, drained and flaked (see Note)

1 cup chopped canned artichoke hearts

1/2 cup chopped olives

1/3 cup reduced-fat mayonnaise

2 teaspoons lemon juice

1 1/2 teaspoons chopped fresh oregano, or 1/2 teaspoon dried

COOKING DIRECTIONS

Combine tuna, artichokes, olives, mayonnaise, lemon juice and oregano in a medium bowl.

Note: Canned white tuna comes from the large albacore and can be high in mercury content. Chunk light tuna, on the other hand, which comes from smaller fish—skipjack or yellow fin—is best for health-conscious eaters. According to a recent study, canned white tuna samples averaged about 315 percent more mercury than chunk light tuna samples. (The chunk light tunas averaged 0.132 parts per million mercury content, while the white [albacore] tunas averaged 0.412 ppm.)

NUTRITION INFO
Per serving
Calories: 210
Carbohydrates: 12g
Fat: 8g
Protein: 20g
Dietary Fiber: 3g
Saturated Fat: 1g

Monounsaturated Fat: 1g
Cholesterol: 25mg
Potassium: 166mg
Sodium: 691mg
Exchanges: 2 very-lean meat, 2 fat, 1 1/2 vegetable
Carbohydrate Servings: 1