



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."*

Season's Greetings! December's feature natural health article, [Digestive Detoxification](#), discusses the benefits of a healthy digestion system and how you can benefit from keeping your body's main detoxification systems running efficiently. 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 Autumn 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!

Happy Holidays,

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:

[Digestive Detoxification](#)

From a holistic point of view, the digestive system performs many many detoxification functions in the body, more so than the medical community would lead you to believe for optimal health.

[Read on...](#)

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Fitness / Nutrition Tip of the Month

[How to Train Abdominals](#)

For many of us, our midsections are often the center of attention (no pun intended). Yet while this region may receive more attention than other body parts, when it comes to your workouts you should treat your abdominal muscles just like any other muscle group, which means you shouldn't train them every day. Your abs, just like your other muscle groups, need recovery time between workouts too.

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Nutritious Recipe of the Month

[Wild Mushroom Soup](#)



This macrobiotic soup is a complex, earthy blend of flavors, but is remarkably easy to make. Dark, rich, and excellent for building the blood, mushroom soup is a wonderful, warming, fall/winter food.

[To view recipe, click here](#)

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Product Specials of the Month

Targeted Immune Support



Thymuril, by Integrative Therapeutics, 50 capsules

Provides vitamins and minerals essential for [proper immune function](#). Thymuril contains vitamins and minerals essential for the immune system, including white blood cell functions and thymus gland activity. This formula also provides important antioxidant nutrients - vitamin A, C, and E, zinc, and selenium - in a base of thymus fractions, lysine, and herbal extracts of Echinacea, blue flag, and goldenseal.

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

50 Capsules/or Tablets Reg. \$23.99 Sale \$19.49

(Sale pricing good from December 15th, 2009 through January 19th, 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

Why do bacteria like nitrates so much? They're better than day rates. J

The National Institute of Health has estimated that 90% of the cells that make up our bodies are not human at all but actually bacterial in origin. Further, according to a recent study, it is very probable that our human DNA and genetic pathways are being directly affected by these bacteria including those genetic pathways responsible for autoimmune disease. It is therefore reasonable to extrapolate that the immune system, during certain autoimmune conditions, may not be targeting itself at all but protecting the body from these residential bacteria.

Source: [Autoimmune disease in the era of the metagenome](#)

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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