

Natural Choices News

**NATURAL CHOICES HEALTH CLINIC
3007 SE BELMONT ST. PORTLAND, OR 97214
DR. JUDY NEALL, ND**

Check out our new and updated website!!! www.NaturalChoicesClinic.com.
Past newsletters are now available there.....and now find us on Facebook!

Special Points of Interest:

- ◆ Healthy Lifestyle
- ◆ How Fit is your Mind and your Body?
- ◆ Gluten-Free Recipes
- ◆ Product Specials & Spotlights

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Dear Friends,

Change is in the air again. I particularly love the late summer colors and the onset of Fall. There is something so incredibly beautiful about the passage of time within nature, so visible in the turning of the leaves.

As we approach the season known for increased rates of colds and flus we are presented with a ripe opportunity to be well and STAY well. As previously said somewhere, an ounce of prevention is worth a pound of cure! You may have seen the notice from the CDC (Centers for Disease Control) last month stating that the global pandemic of H1N1 flu was now officially over.

While relieved, I also had to chuckle because I never really thought it was going to be the big deal it was made out to be. That being said, the best way to prevent colds and flus is to have a healthy, well functioning immune system. Therefore, this issue is dedicated to that concept.

We all strive to take care of ourselves to the best of our abilities, and make healthful choices, but living a full life is real. And so a balance of healthy practices with a yummy indulgence once in a while (like a gluten free brownie!) is good for the soul. And the health of our soul is just as important as the health of our bodies, if not more so! In that vein, I have also enclosed a little quiz on

Page 4 to check out your mind and body fitness.

Best wishes for a beautiful Fall season. I often do Fall Rejuvenation Cleanses with people this time of year and if that interests you, give me a call! Stay warm, eat root vegetables, sip warm soup and go for long walks and watch the leaves fall. It is a wonderful time to take stock of life and count your blessings. You all are one of my biggest blessings! Thank you.

*Yours Truly,
Dr. Judy*



SERVICES WE OFFER:

Natural Choices Health Clinic is a full service primary health care naturopathic clinic, with a special focus on family and internal medicine. The training of naturopathic physicians enables them to utilize many modalities (methods of healing) to address a wide variety of specific health concerns, both chronic and acute.

- Primary/Family Health Care
- Women's Health
- Biotherapeutic Drainage (read more about this on our website).
- Food Intolerance Testing (EAV or Vega Testing)
- Dental Material Sensitivity Testing
- Environmental Allergens Testing

IDEAS FOR PREVENTING COLD & FLU

If you didn't have a functioning immune system, simply brushing your teeth would introduce enough harmful bacteria into your bloodstream to make you very sick. Luckily, our immune system protects us from these common, everyday bacteria. Sight unseen, your immune system cells are constantly gobbling up bacteria and blocking viruses from invading your cells. Like your heartbeat or your digestion, the immune response is a function you don't control. But there are plenty of things you can do to lend a helping hand.

1. Good hygiene: The first line of defense is to keep good personal hygiene habits. Stop infection before it begins and avoid spreading it to others with these easy measures: Wash your hands with plain soap (not antibacterial please) and water before preparing food and after using the bathroom. Did you know a good measure of enough hand-washing is to sing the Happy Birthday song? Cover your mouth and nose with a tissue when you sneeze or cough, or cough into your elbow crease rather than your hand. Wash and bandage all cuts. Any serious cut, or animal or human bite, should be examined by a doctor. Do not pick at healing wounds or blemishes or squeeze pimples. Use All Purpose Herbal Salve or Calendula Ointment to help the stubborn ones heal.

2. Eat a Healthy Diet: We could discuss this for months and still not have a quick answer as to what this means. Here is my best effort: Choose foods that look like food! The closer they are to their natural state, the better off you are. So avoid packaged, processed foods if you can. Fresh is better than overcooked, but lightly cooked vegetables or fruits are fine. Focus your diet on whole grains, lean meats, poultry and fish, fruits and vegetables, nuts, seeds and other healthy fats, and water! One of the biggest causes of fatigue is dehydration. Drink half your body weight in ounces of water per day. Eat smaller, regular meals and don't overeat. It takes 20 minutes for your brain to register that you have eaten, so wait at least that long before trying a second helping. You may find you don't want it after all. Also, while dairy products are a nice source of calcium (so are leafy greens!) they also tend to be congesting for a lot of people so I recommend minimizing them in cold and flu season, and definitely stop them at the first sign of nasal, sinus or lung congestion. Lastly, minimize sugar, especially in cold and flu season. Simple sugars (white sugar, high fructose corn syrup, etc) actually diminish the ability of your immune system to do its best job, and they also feed bacteria and cancer cells. So keeping sugars to a minimum not only helps you stay healthy in the short term, but helps prevent chronic disease like diabetes and heart disease.

3. Exercise: For those of us who live in Portland, this can be tough in the upcoming seasons, especially if you prefer to exercise outside like Ruby and I do. It is so sad to see her sitting at the window watching the rain come down, looking at me with hopeful eyes as if I can make it stop. (She is our dog, for those of you who don't know that!) The recommendation for *maintenance* of healthy weight and flexibility is 150 minutes per week of sustained aerobic exercise, whether it is 50 minutes 3x week, or 30 minutes 5 times, or 15 minutes 10 times. Doesn't really matter. Just get it done! Great for helping your immune system, keeping muscles including your heart strong and flexible, and alleviating mild to moderate seasonal depressive issues.

4. Supplementation: I love the philosophy that a healthy diet will provide all the nutrients your body needs to stay fit and healthy. However, I think that is actually a very difficult feat to achieve and not many people make the mark. In the fall, to prepare for winter, and in the winter, I recommend a few basics that I think are helpful for pretty much everyone over the age of 2. These would include Vitamin D for the immune system, elderberry syrup to increase protection of the respiratory passages (secretory IgA), Vitamin C works as a water soluble antioxidant that works both outside and inside human cells. Vitamin C is necessary for the formation of strong tendons, ligaments, and cartilage and for proper tissue repair. Additionally, it is a key nutrient for optimal immune system function. Our clinic carries **Vitamin C-1000** which adds bioflavonoids to its 1000 mg of vitamin C. These compounds work together with vitamin C to act as powerful antioxidants. Bioflavonoids have the ability to modify the body's reaction to other compounds such as allergens, viruses, and cancer causing agents, making their effects less harmful. The best sources of vitamin C are from **fresh** fruits and vegetables and include broccoli, peppers, potatoes, brussel sprouts, and dark leafy greens (kale, collard, and turnip greens are best).

If you have specific questions about a personalized program for cold & flu prevention, feel free to call and schedule a phone visit or appointment with Dr. Neall.

Amazing Spinach Lentil Soup

Ingredients:

- 1 medium red or yellow onion
- 3 cloves garlic
- 1 tablespoon olive oil
- 4 cups vegetable broth + 2 cups water
- 1 head spinach
- 1 cup green lentils
- 1 teaspoon each cumin, coriander and paprika
- 1 teaspoon oregano
- 2 tablespoons tomato paste
- 2 teaspoons lemon juice
- Salt and pepper to taste



Directions:

Wash and roughly chop spinach, removing tough stems. Set aside. Gently heat olive oil, and add chopped onion and garlic. Cook until soft and glossy looking (about 3–4 min) and then add the cumin, coriander and paprika. Stir for a couple minutes. Add spinach and cook, stirring frequently, until spinach has shrunk down. Add 4 cups of vegetable broth plus 2 more cups of water, and lentils. Bring to a boil, reduce heat, cover and simmer gently for about 45 minutes or until lentils are soft. Turn heat off, add oregano, tomato paste and stir in well. Add salt and pepper to taste. If desired, add lemon juice. Serve and enjoy!

Dr. Neall says: This is my very favorite fall and winter soup recipe! You will enjoy it and it will make your house smell wonderful!

Recipe from: Whole-hearted Cooking, Terry Blonder

Also, if you dare: (thanks to Kelly W. for bringing us samples of this incredibly luscious recipe)

Gluten-Free Chocolate Chip Brownies

- | | |
|---|--------------------------------------|
| 1 (16) ounce jar salted almond butter, smooth roasted | |
| 2 eggs | |
| 1 ¼ cups agave nectar | 1 tablespoon vanilla extract |
| ½ cup cocoa powder | ½ teaspoon celtic sea salt |
| 1 teaspoon baking soda | 1 cup dark chocolate chips 73% cacao |

In a large bowl, blend almond butter until smooth with a hand blender

1. Blend in eggs, then blend in agave and vanilla
2. Blend in cocoa, salt and baking soda, then fold in chocolate chips
3. Grease a 9 x 13 pyrex baking dish
4. Pour batter into dish

Bake at 325° for 35-40 minutes

Makes about 24 brownies

THE FIT QUIZ – MIND & BODY

How fit are you? Count up your points as you answer the following questions. Notice how your definition of “fitness” begins to change.

- 1) I am generally: Happy and fulfilled (3 points) Somewhat happy but searching for something (1 point)
 Depressed and emotionally out of control (0 points)
- 2) I experience stress: Only occasionally (2 points) More often than I'd like to admit (1 point)
 Chronically; it's never-ending (0 points)
- 3) When faced with stress, I: Use strategies that help me navigate through successfully (3 points)
 Am moderately able to deal with it (1 point)
 Completely lose it. Leave me alone! (0 points)
- 4) I spend time with a community of friends: One or more days a week—no matter what. (3 points)
 One day a month—maybe, if I can fit it in. (2 points)
 Almost never; who has time for that? (0 points)
- 5) I spend: Every day in nature (3 points) One day a week in nature (2 points)
 One day a month in nature (1 point) Virtually no time in nature (0 points)
- 6) I watch a sunrise or sunset: Once a week (3 points) A few times a month (2 points)
 Once in a while (1 points) Almost never (0 points)
- 7) I have negative qualities such as jealousy and fear that I would like to change.
 Disagree. I am mostly positive (3 points) Somewhat agree (1 point)
- 8) I feel my spiritual health is:
 Of equal importance to my physical health (3 points)
 Of greater importance than my physical health (1 point)
 Of less importance than my physical health (0 points)
- 9) I exercise: Never (0 points) 1–2 hours per week (1 point)
 3–4 hours per week (2 point) More than 4 hours per week (3 points)
- 10) I find exercise: Enjoyable (3 points) Tolerable (2 points)
 Worse than going to the dentist (0 points)
- 11) I usually:
 Push myself to the limit in workouts (2 points) Exercise at moderate levels (3 points)
 Barely break a sweat (0 points)
- 12) I think I am able to make positive body composition changes.
 Strongly agree (3 points) Moderately agree (1 point)
 I find it tough to ever see myself changing (0 points)
- 13) I feel my weight:
 Is fairly ideal (3 points) Could use some modification (2 points)
 Cannot seem to stabilize (0 points)
- 14) I set clear goals for personal change.
 Strongly agree (3 points)
 Somewhat agree (2 points)
 I don't set goals (0 points)
- 15) When it comes to change, I generally Follow through with my plan (3 points)
 Stumble, but then pick up where I left off (2 points)
 Feel like I am always starting over (0 points)

The higher your score, the healthier you are in mind, body, and spirit. The lower you score, the less fit you are overall and the more you will benefit from our teachings. If you scored fewer than ten points, it may be the perfect time to make an appointment with Dr. Neall and review what is working in your life and where you would like to make changes. Take note of the answers in the quiz that got you zero points. These could be the reason why you cannot achieve what you want in life. Let those be your focal points as you move forward. You may already be physically fit but lack that soulful fitness. Or maybe you feel grounded in your heart and soul, but need to give your physical fitness an overhaul.

Autumn Product Specials



C-1000—Each tablet contains 1000 mg ascorbic acid, 50 mg rose hips, 25 mg hesperidin, 25 mg quercetin, and 25 mg rutin. Two daily is great for immune support.

Orti-C—Each capsule contains 500 mg ascorbic acid, 5 mg calcium, 5 mg magnesium oxide, 5 mg zinc, 5 mg potassium chloride, 50 mg bitter orange fruit standard extract (40% hesperidin), Green tea leaf/shoot, green tea leaf standard extract, and rutin. It provides a pH-balanced, highly buffered vitamin C specifically for those who are sensitive to food and to their environment. Three daily is great for immune support.

FALL SPECIAL! EAV food sensitivity testing is 10% off now through December 31, 2010. Think of this not only for yourself, but possibly as a gift certificate for someone you care about.

Autumn Product Spotlight

MUCOCOCCINUM: Natural Choices has been carrying this product every Fall and Winter for many years. I'm sure there are now hundreds of people out there who simply take this wonderful product once every other week for cold and flu prevention through the viral season. It is appropriate for children, adults and older folks too. Call ahead and place your order as it goes quickly!

Mucococcinum, a clinically-proven homeopathic preparation of bacterial and viral strains, is formulated to stimulate the body's own defenses in order to combat all types of influenza. Serious complications of the flu, such as bacterial infection and pneumonia, can be deadly, especially to those individuals whose immune system is compromised. Mucococcinum is prepared with homeopathic dilutions of the worse flu epidemics of the 20th century, where thousands of people died, and is formulated specifically to challenge the immune system. Mucococcinum is indicated for all types of influenza, and for colds and respiratory ailments, both acutely and preventatively. Double-blind, placebo-controlled clinical studies have confirmed the effectiveness of Mucococcinum in the prevention and treatment of respiratory diseases, and it has demonstrated it to be 88% effective in the prevention of any flu type in all age groups.^{1, 2, 3} The clinical study completed in double-blind against placebo on 191 subjects showed the effectiveness of Mucococcinum in the prevention of influenza on 87 subjects of the 99 subjects of the "active" group.²

¹ Nolleaux MA et al: Intérêt du Mucococcinum 200K en pathologie grippale. Observations cliniques en pratique journalière. XXVIème Semaine. Homéopathique de Paris - 18 octobre 1990 - Altermedica publishing.

² Nolleaux MA et al: Observations cliniques en double aveugle contre placebo, de Mucococcinum 200K dans le traitement des états grippaux. Altermedica publishing.

STRESS AND THE IMMUNE SYSTEM

So what is stress? We all are very familiar with the word, and for some people, the term "stress management" in itself is stressful! It implies the need to do something different. For those of us who are busy people, adding yet another thing to do, even in our minds, creates more stress.

The thing about stress that most of us forget is that it is a totally internal process. Yes, things happen. And yes, the world is kind of a crazy place right now. This does affect us. But stress comes into play in regards to our REACTION to our environment. Herein lies the key.

One of the most common things I talk about with my patients is how they handle their stress. There are so many options for dealing with stress, and I will go into those more deeply in Part 2 of this article in our December newsletter. In this newsletter, I'm going to talk a bit about psychoneuroimmunology (a very cool word), the study of how stress affects our immune system.

Stress is thought to affect immune function through emotional and/or behavioral manifestations such as anxiety, fear, tension, anger and sadness, and physiological changes such as heart rate, blood pressure, and sweating. Researchers have suggested that these changes are beneficial if they are of limited duration, but when stress is ongoing, the system is unable to maintain balance.

Review and compilation of research results in the literature show a consistent reduction of immune function in healthy people who are experiencing stress. In a meta-analysis by Herbert and Cohen in 1993, they examined 38 studies of stressful events and immune function in healthy adults. They included studies of acute laboratory stressors (e.g. a speech task), short-term naturalistic stressors (e.g. medical examinations), and long-term naturalistic stressors (e.g. divorce, bereavement, caregiving, unemployment). They found consistent stress-related increases in numbers of total white blood cells (where the immune system works) as well as a decrease in other immune cell numbers such as helper T cells, suppressor T cells, cytotoxic T cells, B cells, and Natural Killer cells (NK). (Thank you Wikipedia for the quick version.)

Another interesting thought about environmental stress was in a paper I just read about the work of Rudolph Steiner, the pioneer of anthroposophical medicine, biodynamic gardening and Waldorf school. He talked about the stress of modern transportation on the cardiovascular system; that sitting passively in fast moving vehicles was a huge stressor for the cardiovascular system. I don't know about that, and there probably isn't science to prove it, but the implications of such thinking is certainly interesting.

So there you have it. Feeling stressed now? I hope not. Because the good news is that with proper lifestyle modification, stress can be very manageable. If you'd like, start to think of what it is in your life that is creating the most stress for you. Perhaps even make a list, and put a mark next to the ones you feel you may have some control over, and the ones you feel you have no control over. Then next month we'll talk about how to manage it all.



Happy Fall!

- Dr. Neall

**OTHER PRACTITIONERS WHO HAVE THEIR
OFFICES AT NATURAL CHOICES:**

Angela Bailey, RN, PMHNP:

*Psychiatric Mental Health Nurse Practitioner:
Counseling, Psychotherapy & Medication Man-
agement. Blending Traditional, Complementary
and Holistic Treatments*

Phone: 503.709.2427

Please call Angela for hours and scheduling.

Mercy Strongheart Pozgay, LMT:

*Licensed Massage Therapist: Specializing in Deep
Tissue, Swedish, Pregnancy, Myofascial Release
and Reiki. Therapeutic Sessions for Pain Relief
and Relaxation*

Phone: 503.680.0656

Please call Mercy for hours and scheduling.

Introducing Rachel Meredith, ND, LAc

Our newest practitioner to the Clinic as of September 13th is Dr. Rachel Meredith ND L.Ac MSOM. After completing a doctorate in Naturopathic Medicine, Dr. Meredith finished a Master's in Oriental Medicine. She subsequently started the first Dual degree residency program for Naturopathic and Chinese Medicine.

Rachel Meredith combines a caring environment with accurate diagnoses to give you the best in healthcare for both Chinese and natural medicine. She makes herself available to take your calls and provide you with an individualized plan to put your back in charge of your own healthcare and feeling fantastic!

Dr. Meredith has been in private practice for over 9 years. Her special training includes a focus on women's health and pediatrics. In addition to regulating hormones and treating pain with acupuncture which is very effective, Dr. Meredith loves to work with menopause, adrenal fatigue, thyroid imbalances and tough to treat symptoms.

Please call with any questions and a free 5 minute consult. Dr. Meredith is offering 50% off all new patient visits for acupuncture if you are currently a patient of Dr. Neall's until October 13, 2010

Rachel Meredith ND L.Ac ~ 541 815 1540 ~ receptivemedicine@gmail.com

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CLINIC HOURS

Monday, Wednesday, Thursday and Friday
Door is open from 10:00am - 4:00pm—Early or Late
Appointments Available Upon Request.
Closed Tuesdays

***The best compliment you can give us is to refer
your family and friends to Natural Choices !***