

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:

- ◆ Cancer Prevention
- ◆ Benefits of Exercise
- ◆ Gluten-Free Recipes
- ◆ Product Specials & Spotlights

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Dear Friends,

Happy Summer! Here it is June already, and in a couple of weeks it will officially be summer. Here in lovely Portland, Oregon we're a bit behind in this regard, with colder, wetter weather than usual. It makes me oh so appreciative of those sun breaks we have been fortunate enough to see here and there. So appreciation is my theme for the summer. It is a GREAT time to increase your awareness and appreciation of the incredibly and beautifully designed body in which you live.

Hopefully, we will soon have many more

opportunities to get outside and move our bodies and interact with nature. We can be more conscious of the choices we make of what we feed our bodies. I am blessed to have two big garden containers in my front yard which my husband built us. We are growing lots of vegetables (and now blueberries and raspberries!). It is so exciting and fun for me. I love going outside at dinnertime and picking dinner. There is something almost holy about eating food that you just picked, that is still warm from the sun, that is brightly colored

and shining with verve and life, and sitting on my dinner plate! I love that and am so appreciative of the gift.

So take some time to read through our newsletter and think of ways you can change or increase the ways you take care of your body. How you move it, how you feed it. The people you see and places you go and what (and who!) you expose yourself to. Enjoy the sun and warmth when it comes, and have a beautiful summer!

*Yours Truly,
 Dr. Judy Neall, ND*

S E R V I C E S W E O F F E R :

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

EXERCISE: 7 BENEFITS OF REGULAR PHYSICAL ACTIVITY

Want to feel better, have more energy and perhaps even live longer? Look no further than old-fashioned exercise. The merits of regular physical activity — from preventing chronic health conditions to promoting weight loss and better sleep — are hard to ignore. And the benefits are yours for the taking, regardless of age, sex or physical ability. Need more convincing? Check out seven specific ways exercise can improve your life.

1. Exercise improves your mood.

Need to blow off some steam after a stressful day? A workout at the gym or a brisk 30-minute walk can help you calm down. Physical activity stimulates various brain chemicals that may leave you feeling happier and more relaxed than you were before you worked out. You'll also look better and feel better when you exercise regularly, which can boost your confidence and improve your self-esteem. Regular physical activity can even help prevent depression.

2. Exercise combats chronic diseases.

Worried about heart disease? Hoping to prevent osteoporosis? Physical activity might be the ticket. Regular physical activity can help you prevent — or manage — high blood pressure. Your cholesterol will benefit, too. Regular physical activity boosts high-density lipoprotein (HDL), or "good," cholesterol while decreasing triglycerides. This one-two punch keeps your blood flowing smoothly by lowering the buildup of plaques in your arteries. And there's more. Regular physical activity can help you prevent type 2 diabetes, osteoporosis and certain types of cancer.

3. Exercise helps you manage your weight.

Want to drop those excess pounds? Trade some couch time for walking or other physical activities. This one's a no-brainer. When you engage in physical activity, you burn calories. The more intense the activity, the more calories you burn — and the easier it is to keep your weight under control. You don't even need to set aside major chunks of time for working out. Take the stairs instead of the elevator. Walk during your lunch break. Do jumping jacks during commercials. Better yet, turn off the TV and take a brisk walk. Dedicated workouts are great, but physical activity you accumulate throughout the day helps you burn calories, too.

4. Exercise boosts your energy level.

Winded by grocery shopping or household chores? Don't throw in the towel. Regular physical activity can leave you breathing easier.

Physical activity delivers oxygen and nutrients to your tissues. In fact, regular physical activity helps your entire cardiovascular system — the circulation of blood through your heart and blood vessels — work more efficiently. Big deal? You bet! When your heart and lungs work more efficiently, you'll have more energy to do the things you enjoy.

5. Exercise promotes better sleep.

Struggling to fall asleep? Or stay asleep? It might help to boost your physical activity during the day. A good night's sleep can improve your concentration, productivity and mood. And you guessed it — physical activity is sometimes the key to better sleep. Regular physical activity can help you fall asleep faster and deepen your sleep. There's a caveat, however. If you exercise too close to bedtime, you may be too energized to fall asleep. If you're having trouble sleeping, you might want to exercise earlier in the day.

6. Exercise can put the spark back into your sex life.

Are you too tired to have sex? Or feeling too out of shape to enjoy physical intimacy? Physical activity to the rescue. Regular physical activity can leave you feeling energized and looking better, which may have a positive effect on your sex life. But there's more to it than that. Regular physical activity can lead to enhanced arousal for women, and men who exercise regularly are less likely to have problems with erectile dysfunction than are men who don't exercise — especially as they get older.

7. Exercise can be — gasp — fun!

Wondering what to do on a Saturday afternoon? Looking for an activity that suits the entire family? Get physical! Physical activity doesn't have to be drudgery. Take a ballroom dancing class. Check out a local climbing wall or hiking trail. Push your kids on the swings or climb with them on the jungle gym. Plan a neighborhood kickball or touch football game. Find a physical activity you enjoy, and go for it. If you get bored, try something new. If you're moving, it counts!

Are you convinced? Good. Start reaping the benefits of regular physical activity today!

Gluten-Free Recipe:

Apricot and Blueberry Crumble

Fruit filling

1 pint blueberries
 2 cups apricots, pits removed and cut into quarters
 2 tablespoons lemon juice
 2 teaspoons vanilla extract
 2 tablespoons tapioca flour
 ¼ cup demerara sugar (or turbinado sugar)

(SERVES 8)

Preheating the oven. Turn your oven onto 375°.

Preparing the filling. Jumble the blueberries and apricots in a large bowl. Sprinkle the lemon juice and vanilla extract over them and toss. Coat the fruit with the tapioca flour, until the mix feels a little pasty. Toss in the sugar and stir well.

Baking the filling. Pour the prepared filling into a buttered pan. (I like a shallow casserole dish, but you could just as easily use a 9-inch pie pan. Just be sure you have an inch of room, at least, after you have poured in the filling.) Put it into the oven and bake for 30 minutes, or until the fruit is fork-tender and the juices are beginning to run.



Preparing the topping. As the fruit is baking, put together the crumble topping. (You can also prepare double batches of this and store them in the refrigerator, which allows you to make crumble any time of the day you wish.) Combine the almond flour, quinoa flakes, sorghum flour, cornmeal, baking powder and salt. Sift them into another bowl. Add the brown sugar and stir well.

Take the butter out of the freezer. With a box grater, grate the frozen butter into the flours and sugar. The butter has to be frozen for this to work. This will make the pieces of butter small and easy to combine with the flours. Work the small pieces of butter into the flours with a pastry cutter or fork. When the topping feels well mixed— but not one big mass — you are done.

Baking the crumble. When the fruit has baked sufficiently, pull the baking dish out of the oven. Spoon the crumble on top of the fruit, making sure to cover it all. Slide the dish back into the oven. Bake for an additional fifteen minutes, or until the fruit is bubbling juicily, and the topping has browned nicely.

Let the crumble cool for at least fifteen minutes before eating it. (Go on. Try.)

Recipe from: <<http://glutenfreegirl.blogspot.com/2007/08/ongoing-saga-of-gluten-free-crumble-or.html>>

Image from: <http://farm4.static.flickr.com/3135/2571643615_81be2ee196.jpg>

How to Make Lemonade... with a twist!

Honey Cardamom Lemonade

Ingredients:

- 1 cup water
- 1 cup honey or maple syrup
- 1 cup fresh lemon juice (about 5 lemons)
- 5 cups water
- 2 cups crushed ice
- 1/2 tsp cardamom powder (finely ground)

Directions:

- 1.) Combine 1 cup water and the honey in a saucepan over medium-low heat and stir until honey dissolves. Remove from heat.
- 2.) In a pitcher or other container, combine the honey syrup you just made with the lemon juice, 5 cups water, ice, and cardamom.
- 3.) Taste and adjust for sweetness, adding more water if desired.



Cardamom is a warm, exotic, aromatic spice with citrusy undertones that go so well with lemonade. When you make the lemonade on a very hot day (or after working out), you might want to try adding a pinch of salt. The salt balances the sweet and tart flavors of lemonade and can replace electrolytes lost due to sweating. A refreshing lemonade made with fresh lemons also has the added benefit of vitamin C, potassium, antioxidants, and anticancer plant chemicals.

*Or spruce up Basic Lemonade with Distilled Rose Water!

Recipe from: Cooking with Trader Joes, <<http://blog.cookingwithtraderjoes.com/page/6.aspx>>

FOOD INTOLERANCE TESTING

The Electro-Acupuncture testing device is being used as an investigative tool in continuing research to help determine possible food sensitivities that may be affecting your overall health.

Dr. Neall performs food and/or environmental intolerance testing using the EAV, which stands for Electro Acupressure according to Voll (Dr. Reinhard Voll- a German physician and acupuncturist). It is a non-invasive energetic evaluation using a galvanometer, which research has suggested is about 70-80% accurate. We test for over 180 food substances and several food combinations, which cannot be tested with most other methods of evaluation.

You can also be evaluated for dental material intolerances and environmental substances.

The EAV measures the skin resistance and electrical potential on an acupuncture point. A large hand electrode (the ground) is held by the patient and a tip electrode is touched against an acupuncture point. The resultant resistance is then measured. The response of the person to the individual food substances results in a 'yes' or 'no' reading, as tested on one acupuncture measurement point. There are no gradations of measurement (such as mild, moderate, strong).

EAV is being used as an investigative tool to determine the presence of possible sensitivities to foods, or other substances without directly exposing the patient to the potential irritant. It produces immediate results in a simple pain-free way. Dr. Neall will explain how the patient can utilize this information (usually through a 6 week process of elimination and then reintroduction) in order to improve health and well-being.

Summer Product Specials



- ◆ **Bromelain Papain:** combines two wonderful protein-digesting and anti-inflammatory enzymes along with pancreatic enzymes for optimum digestive activity and to help all inflammatory processes. Indicated for digestive disorders, such as bloating, indigestion, diarrhea, constipation, heartburn and celiac disease; for inflammatory conditions, including physical trauma, surgical procedures, osteoarthritis, rheumatoid arthritis, tonsillitis, allergies, asthma and respiratory infections; and for the breakdown of scar tissue, bone fractures and tooth infections. *
- ◆ **Calcium-Magnesium Effervescent Powder:** provides effervescent qualities coupled with a high dissociation constant to increase mineral bioavailability. The magnesium and citric acid inhibit calcium oxalate crystallization. Calcium supplementation, along with exercise and a healthy diet, can play a significant role in reducing the rate of bone loss and restoring muscle health after vigorous exercise.*
- ◆ **LSP Spasmol:** provides aspartic acid chelated calcium and magnesium along with synergistic herbs, known for their ability to assist in the reduction of muscle spasms and to calm the nervous system. Low calcium levels in the blood will result in a spasmodic and hypersensitive nervous system. Studies show that magnesium has a clinical effect on fatigue and insomnia disorders, and it helps to enhance the transport of potassium into the cells that have been disturbed by fatigue and stress. LSP Spasmol is indicated for the relief of pain and swelling; for symptoms associated with smooth and striated muscle, spasms, gastrointestinal and menstrual cramps, insomnia, nervousness, mental stress; and for depression and anxiety disorders.*

*These statements have not been evaluated by the Food and Drug Administration.
These products are not intended to diagnose, treat cure, or prevent any diseases.

Summer Product Spotlight

Only
\$5!



Essential Oil Castor Oils

Hand-made here at NCHC with Organic Castor Oil!
FOR TOPICAL USE ONLY



- ◆ **Anti-Spasm:** relieves sore aching muscles, with Lavender, Peppermint, Nutmeg & Cypress
- ◆ **Anti-Stress:** sooth away tension after a hard day, with Clary Sage, Lemon & Lavender
- ◆ **Smooth Move:** helps regulate bowel irregularity, with Rosemary, Lemon & Peppermint
- ◆ **Sleep Enhancer:** drift into an easier more restful sleep, with Clary Sage, Vetiver & Lavender
- ◆ **Sprain/Strain:** rub into injured or over-worked muscles, with Rosemary, Eucalyptus & Peppermint



The castor bean is known as Palma Christi due to its healing properties, and can be used in the form of a pack placed over the abdomen, usually with heat applied. The oil is absorbed into the lymphatic circulation to provide a soothing, cleansing and nutritive treatment, which gently stimulates immune function and tonifies internal organs. The castor oil pack has many applications, and conditions which respond well include: headaches, liver disorders, constipation, diarrhea, intestinal disorders, gallbladder inflammation or stones, conditions with poor elimination, night time urinary frequency and inflamed joints and most important, general detoxification.

Get your Castor Oil Pack at NCHC today!

Please contact Dr. Neall for further detailed instructions and applications.

CANCER PREVENTION: 7 STEPS TO REDUCE YOUR RISK

Small changes in your everyday life might help reduce your risk of cancer.

You've probably heard conflicting reports in the news about what can or can't help you in terms of cancer prevention. The issue of cancer prevention gets confusing — sometimes what's recommended in one report is advised against in another. What you can be sure of when it comes to cancer prevention is that making small changes to your everyday life might help reduce your chances of getting cancer. Try these seven cancer prevention steps.

Cancer prevention step 1: Don't use tobacco

All types of tobacco put you on a collision course with cancer. Rejecting tobacco, or deciding to stop using it, is one of the most important health decisions you can make. It's also an important part of cancer prevention. Smoking has been linked to several types of cancer, including:

- ◆ Bladder, Cervix, Esophagus, Kidney, Lip, Lung, Mouth, Pancreas, Throat, Voice box (larynx)

Chewing tobacco has been linked to multiple types of cancer, including:

- ◆ Esophagus, Mouth, Pancreas, Throat

Inhaled chewing tobacco (snuff) may increase the risk of cancers, including:

- ◆ Esophagus, Mouth

Even if you don't smoke, avoid exposure to secondhand smoke. Being around others who are smoking may increase your risk of lung cancer.

Cancer prevention step 2: Eat a variety of healthy foods

Though making healthy selections at the grocery store and at mealtime can't guarantee you won't get cancer, it may help reduce your risk.

The American Cancer Society recommends that you:

- ◆ Eat an abundance of foods from plant-based sources. Eat five or more servings of fruits and vegetables each day. In addition, eat other foods from plant sources, such as whole grains and beans, several times a day. Replacing high-calorie foods in your diet with fruits and vegetables may help you lose weight or maintain your weight. A diet high in fruits and vegetables has been linked to a reduced risk of cancers of the colon, esophagus,

lung and stomach.

- ◆ Limit fat. Eat lighter and leaner by choosing fewer high-fat foods, particularly those from animal sources. High-fat diets tend to be higher in calories and may increase the risk of overweight or obesity, which can, in turn, increase cancer risk.
- ◆ Drink alcohol in moderation, if at all. Your risk of cancers, including mouth, throat, esophagus, kidney, liver and breast cancers, increases with the amount of alcohol you drink and the length of time you've been drinking regularly. Even a moderate amount of drinking — two drinks a day if you're a man or one drink a day if you're a woman, and one drink a day regardless of your sex if you're over 65 — may increase your risk.

Cancer prevention step 3:

Stay active and maintain a healthy weight

Maintaining a healthy weight and exercising regularly also may play a role in cancer prevention. Being overweight or obese may increase your risk of cancers of the breast, colon, esophagus, kidney, stomach and uterus. Physical activity can help you avoid obesity by controlling your weight. Physical activity on its own may also lower your risk of cancers of the breast, colon, prostate and uterus.

Try to be physically active for 30 minutes or more on most days of the week. Once you achieve that goal, adding more exercise to your day may reduce your risk of certain cancers further.

Your exercise sessions can include such low-key activities as brisk walking, raking the yard or even ballroom dancing. Safe exercise programs are available for just about everyone.

Cancer prevention step 4: Protect yourself from the sun

Skin cancer is one of the most common kinds of cancer — and one of the most preventable. Although repeated exposure to X-rays or contact with certain chemicals can play a role, sun exposure is by far the most common cause of skin cancer.

Most skin cancer occurs on exposed parts of your body, including your face, hands, forearms and ears. Nearly all skin cancer is treatable if you detect it early, but it's better to prevent it in the first place. Try these

(Continued on page 7)

tips:

- ◆ Avoid peak radiation hours. The sun's ultraviolet (UV) radiation peaks between 10 a.m. and 4 p.m. Minimize or avoid being outside during these hours, but remember that 30 minutes of mild sun daily will increase vitamin D levels.
- ◆ Stay in the shade. If you go outside, minimize your sun exposure by staying in the shade.
- ◆ Cover exposed areas. Wear light-colored, loose-fitting clothing that protects you from the sun's rays. Use tightly woven fabrics that cover your arms and legs, and wear a broad-brimmed hat that covers your head and ears.
- ◆ Don't skimp on sunscreen. Use a broad-spectrum sunscreen that has a sun protection factor (SPF) of at least 15. Try to use a more "natural" sunscreen that is toxin-free.
- ◆ Don't use indoor tanning beds or sunlamps. These also can damage your skin. There's no such thing as a healthy tan.

Cancer prevention step 5: Avoid risky behaviors

Reduce your risk of certain cancers by avoiding risky behaviors that can lead to infections that may increase your risk of cancer. Viruses transmitted sexually or by sharing contaminated needles include:

- ◆ HPV. HPV is most often associated with cervical cancer. But HPV may also increase the risk of cancers of the anus, penis, throat, vulva and vagina. The more sexual partners you have in your lifetime, the more likely you are to have HPV.
- ◆ Human immunodeficiency virus (HIV). People with HIV or AIDS have an increased risk of anal cancer, cervical cancer, liver cancer, lymphoma and Kaposi's sarcoma. People with multiple sexual partners and intravenous (IV) drug users who share needles have an increased risk of HIV.
- ◆ Hepatitis B and C. Chronic hepatitis B or hepatitis C infection can increase your risk of liver cancer. Both forms of hepatitis can be passed through sexual contact with an infected person or sharing needles with an infected drug user.

Reduce your risk of these cancers by avoiding risky behaviors. Abstain from sex or use condoms and limit the number of sexual partners you have. Never share needles. Seek help for your addiction if you use drugs.

Cancer prevention step 6: Get screened

Regular screening and self-examination for certain cancers may not prevent cancer, but it can increase your chances of discovering cancer early — when treatment is more likely to be successful. Screening should include your skin, mouth, colon and rectum. If you're a man, it should also include your prostate and testes. If you're a woman, include cervix and breast cancer screening on your list. Be aware of changes in your body — this may help you detect cancer early, increasing your chances of successful treatment. If you notice any changes, see your doctor.

Cancer Prevention step 7: Living an Authentic Life

There has been much talk and speculation in the scientific world about the role of living an authentic or happy life in the development of cancer. Some say it makes a big difference. If we look at the water crystallization studies and work by Dr. Masaru Emoto, *Message from Water*, we see that our emotions have a profound effect on how water crystals behave and what they look like. And we have tons (well, not literally) of water in our bodies: the human body is more than 60 percent water. Blood is 92 percent water, the brain and muscles are 75 percent water, and bones are about 22 percent water. So having positive feelings and incorporating happiness into your life, as you are able, we think and hope has a great benefit.

You can increase positive feelings by incorporating a few proven practices into your routine. One suggestion is to express your gratitude toward someone in a letter or in a weekly journal, visualize the best possible future for yourself once a week, and perform acts of kindness for others on a regular basis to lift your mood in the moment and over time.

Another way of looking at it is this: If you aren't living according to your values, you probably won't be happy, no matter how much you are achieving. Some people, however, aren't even sure what their values are. If this seems like an accurate fit for you, ask yourself this question: "Imagine you could wave a magic wand to ensure that you would have the approval and admiration of everyone on the planet, forever. What, in that case, would you choose to do with your life?"
Food for thought.

By Mayo Clinic Staff & Dr. Judy Neall, ND
<<http://www.mayoclinic.com/health/cancer-prevention/CA00024>>

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CLINIC HOURS

Monday, Wednesday, Thursday and Friday

10:00am - 4:00pm

Closed Tuesdays

Open one Saturday monthly, please call to confirm.

Early or Late Appointments Available Upon Request.

...your natural choice for health care

Natural Choices Health Clinic is a professional wellness and naturopathic medical clinic committed to providing comprehensive health care. Our purpose is to support our patients in their quest for optimal health by providing natural therapies and lifestyle education within an atmosphere of service and compassion. We believe that everyone can benefit from naturopathic medicine and other alternative therapies; therefore we are committed to serving patients of all ages and in all stages of health - from chronic illnesses and acute conditions to those who are simply interested in optimizing their health and preventing future illness.

We Would Love to Hear from You!

Thank you for taking interest in our Clinic Newsletter! Please feel free to email us your suggestions, questions and feedback at docs@naturalchoicesclinic.com

OTHER PRACTITIONERS WHO HAVE THEIR OFFICES AT NATURAL CHOICES:

Angela Bailey, RN, PMHNP:

*Psychiatric Mental Health Nurse Practitioner:
Counseling, Psychotherapy & Medication
Management. 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.

"Health is a state of complete physical, mental and social well-being and not merely the absence of disease or infirmity."

-World Health Organization 1948