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Fall 2011 Volume 1

...serving up a healthy dose of information

Immune Boosting Foods

It is the season to return to the indoors, less sun, more stress, increased indoor heating (which dries out our mucosal linings), and of course more contact with each other at work or school. Simple ways to keep your immune system alert is to make sure you are including super immune foods in your daily diet. As Hippocrates states " Let food be thy medicine and medicine be thy food".

First thing that is extremely beneficial is to decrease your sugar consumption. Put down those sugary beverages, fruit juices, and sugary treats. If you have a sweet tooth stick to fruits.

Other important vegetables for proper immune function include the cabbage-family of vegetables. These include broccoli, Brussel sprouts, cabbages, cauliflower, collards, kale, mustard greens, radish and turnips. Broccoli is especially high in vitamin C. These foods can be goitrogenic, meaning they interfere with thyroid function in large quantities. This effect does **not** occur when these vegetables are cooked.

Flavonoids have been found to be especially helpful in optimizing immune function. These include berries, garlic, Jerusalem artichoke, dark chocolate and small amount of red wine. Yes dark chocolate and red wine. Now these are in moderation. Men should consume no more than 2 glasses of wine and women no more than 1 glass wine per day per night. Dark chocolate, should be as high a percentage as possible. Preferably 75% or greater. Dark chocolate is both cardiovascular protective and has been shown to decrease antibiotic resistance. Green tea has been also been shown to have this benefit on the immune system.

2-3 Brazil nuts can provide rich amounts of selenium that work very well for preventing and treating viral infections. Caution: Don't consume excessive amounts of brazil nuts as large amounts of selenium can be toxic.

Probiotics continue to make news headlines and yes they are essential for a strong immune system. These are you body's natural flora. Probiotics work in more than just the gut. These enhance your immune system's natural killing abilities. Probiotics can be found in high amount using supplementation. Food sources of probiotics include yogurt (avoid the high sugar brands), sour cream, kefir, tempeh, sauerkraut, kimchi, many probiotic drinks such as Kevita and Good Belly.

Finally the power of mushrooms for immune support. Mushrooms have been around for ages as strong immune supporting fungi. It is always important to cook mushrooms for maximal health benefits. One receipt for immune support to consider is:

- 2 ounce dried astragalus root
- 2-4 ounces shiitake mushrooms
- 2-4 ounces reishi mushroom
- 1-2 ounces ginger root
- 1-2 cloves of crushed garlic
- 4 ounces of chicken or vegetable stock

Combined in 4 quarts of water and let soak for 30 minutes. Cook in a crock pot for 2-4 hours. Add to soups or rice.

For more immune support and prevention of colds and flu, come see us today for a consult and advice on important tips and supplements that can prepare you for a healthy Fall.

Dr. Brenden Cochran, Lynnwood, WA

Why Organic?

The old idiom "You are what you eat" is nothing new but it now goes beyond getting enough fruits and vegetables on a daily basis. Even if you prepare seemingly nutritious food for your family, you could be serving up sides of organophosphate and chlorinated pesticides to go with that broccoli. In the United States, conventional food is grown using over 4 billion pounds of pesticides annually.

Pesticides are toxic by design, used to kill insects, plants and fungi. Humans are also vulnerable to the toxic effects of pesticides. When you eat conventionally grown produce, you are also consuming pesticide residues. Pesticides have been linked to a variety of chronic conditions including brain and nervous system toxicity, cancer, hormone disruption (diabetes, thyroid dysfunction, obesity) as well as eye, skin and lung irritation.

Certified by the USDA, organically grown food is produced without the use of synthetic pesticides, genetic engineering, radiation or sewer sludge. The USDA and FDA measure pesticide residues on produce and lists them accordingly as the most toxic to least toxic. The highest pesticide residues are found on the fruits and vegetables listed below, also known as "The Dirty Dozen".

Apples	Celery
Strawberries	Peaches
Spinach	Nectarines (imported)
Bell peppers	Grapes (imported)
Potatoes	Blueberries (domestic)
Lettuce	Kale/Collards

Organic food typically costs more than their conventionally grown counterparts. If you can't afford to buy only organic produce, remember to avoid the "dirty dozen" (unless organically grown) and you will dramatically reduce your exposure to the harmful effects of pesticides. If your access to organic food is limited, ask your local grocer to stock organic versions of the "dirty dozen".

Conventionally grown produce with the lowest pesticide residues is listed below, know as the "clean 15".

Onions	Corn
Pineapple	Avocado
Asparagus	Sweet peas
Mangoes	Eggplant
Kiwi	Cantaloupe (domestic)
Cabbage	Watermelon
Sweet Potatoes	Grapefruit
Mushrooms	

Wallet size printable versions and smart phones apps that list the "dirty dozen" and "clean 15" are available at: <http://www.ewg.org/foodnews/guide/>.

Dr. Tina Beaudoin, Bedford, NH

Call today to find out how we can support your health!

425.361.7945



Why is appropriate breathing important to our health?

The way we breathe has a profound effect on our health and well being. Appropriate breathing not only helps us bring more oxygen to our brain and tissues, it also helps us eliminate waste from our bodies, improves our circulation, releases endorphins (our natural pain killers), increases our mental alertness, and reduces tension.

If you ever observe a baby breathe, the first thing you will notice is that their abdomen rises and falls with every breath they take. This is because babies breathe using their diaphragm. As we grow older, we replace this form of breathing with a more shallow one where only our upper chest gets filled with air. This type of shallow breathing generally tends to produce tension and contributes to feelings of fatigue.

If you want to improve your energy and mood while assisting your body in its process of detoxification, start practicing diaphragmatic breathing again. Place one hand over your abdomen and feel it rise as you consciously take a slow, deep breath in; then let it out slowly. Start by taking 5 diaphragmatic breaths per hour of your day. If you do this during an 8-hour work shift you would be including 40 deep breaths in your day! Try to aim for 100 deep breaths in a day and start reaping the benefits of increased energy, improved mental clarity, and decreased stress in your life.

Incorporating this breath work into your everyday routine now will help you establish an effective stress management tool as we enter the holiday season!

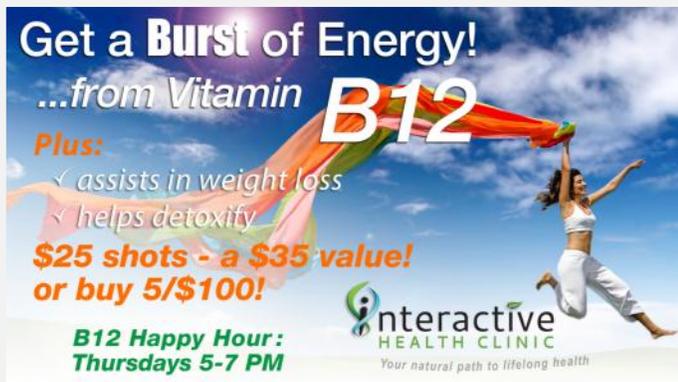
Please consult with your health care practitioner if you have any questions about breath work.

Dr. Diana Crumrine, Boise, ID

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Get a Burst of Energy!
 ...from Vitamin **B12**
Plus:
 ✓ assists in weight loss
 ✓ helps detoxify
\$25 shots - a \$35 value!
or buy 5/\$100!
B12 Happy Hour:
Thursdays 5-7 PM




 Your natural path to lifelong health

Sleep

We all know how good it feels to get a good night's sleep—we awake feeling rested and ready for anything the day might bring. But did you know that poor quality sleep may effect your health? According to a report published by The Institute of Medicine in 2008, lack of adequate sleep can increase your risk of developing hypertension, diabetes, obesity, depression, stroke and heart attack. Other studies have demonstrated a link between sleep deprivation and reduced ability to fight off illness. So as we near cold and flu season, don't worry about it, sleep on it, you will be healthier if you do.

Here on some tips from The National Sleep Foundation for enjoying good quality sleep:

- Avoid napping during the day; it can disturb the normal pattern of sleep and wakefulness.
- Avoid stimulants such as caffeine, nicotine, and alcohol too close to bedtime. While alcohol is well known to speed the onset of sleep, it disrupts sleep in the second half as the body begins to metabolize the alcohol, causing arousal.
- Exercise can promote good sleep. Vigorous exercise should be taken in the morning or late afternoon. A relaxing exercise, like yoga, can be done before bed to help initiate a restful night's sleep.
- Food can be disruptive right before sleep; stay away from large meals close to bedtime. Also dietary changes can cause sleep problems, if someone is struggling with a sleep problem, it's not a good time to start experimenting with spicy dishes. And, remember, chocolate has caffeine.
- Ensure adequate exposure to natural light. This is particularly important for older people who may not venture outside as frequently as children and adults. Light exposure helps maintain a healthy sleep-wake cycle.
- Establish a regular relaxing bedtime routine. Try to avoid emotionally upsetting conversations and activities before trying to go to sleep. Don't dwell on, or bring your problems to bed.
- Associate your bed with sleep. It's not a good idea to use your bed to watch TV, listen to the radio, or read.

Make sure that the sleep environment is pleasant and relaxing. The bed should be comfortable, the room should not be too hot or cold, or too bright.

And if these tips don't have you getting at least 7 hours of sleep consistently every night, make an appointment to see your Naturopathic Doctor. We have many tools we can use to help you get good quality sleep.

Dr. Susan H. Mueller, Lynnwood, WA

Sources:

Institute of Medicine, Sleep disorders and Sleep Deprivation: An Unmet Public Health Problem, National Academies Press, 500 Fifth Street, N.W., Lockbox 285, Washington, DC 20055; 2006

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<http://www.sleepfoundation.org/article/ask-the-expert/sleep-hygiene>