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Spring 2013 Volume 7

...serving up a healthy dose of information

No longer feel like a Spring Chicken? Maybe it's hormones.



As we age, we may at times feel that our bodies and minds work less effectively than they did when we were younger. We may notice that our brains are "fuzzy", our thinking process has slowed, and we get tired more easily. We walk into a room and forget why. We could have problems getting to sleep, staying asleep, feel weaker, and find it nearly impossible to lose weight despite eating less and exercising more.

It's easy to dismiss these symptoms as sign of getting older, but we can alleviate many if not most of these troublesome issues with the right therapy.

At Interactive Health Clinic we take a full health history look at many markers of health, including hormone levels. We then create a personalized therapeutic plan designed to give you back your youthful energy and brain power. This can be through diet, supplementation, herbs, bioidentical hormone replacement, or a combination. We monitor you closely and adjust your plan as needed in order to "fine tune" your treatment.

Remember, hormonal imbalances don't only happen to us as we get older. People of all ages can experience hormone imbalances, resulting in conditions like PMS, thyroid disorders, adrenal dysfunction, infertility, early menopause, postpartum depression, reduced sexual function and desire, low energy levels, a decline in overall strength, depression and/or irritability.

You don't have to live with these issues. By balancing your hormone levels and addressing any other imbalances, we can get you feeling like a Spring chicken again!

At first, hormone testing is performed to assess your individual needs. A personalized treatment plan is then decided upon that matches your goals and lifestyle.

Hormones can be taken orally in capsules, used topically in a cream, or taken sublingually (under the tongue). After starting BHRT we expect your symptoms to improve; but in some cases the treatment will need to be adjusted. Follow-up testing and monitoring is essential to insure success.

Dr. Susan Mueller,
Lynnwood, Washington
Bainbridge Island, Washington

Find out how you can benefit from
IV Nutrient Therapy
Watch our video: interactivehealthclinic.com/ivtherapy

Ready to bring that Spring back in your step?

Spring is back and it's activity time! Some of us may suffer from aches and pains that can limit our mobility, but it's the perfect time to be proactive about your musculoskeletal health—after all, Summer is just around the corner.

At Interactive Health Clinic we use focused dietary tips and select supplements to reduce aches, pains and improve overall joint function. Most of our patients know about anti-inflammatory food strategies along with fish oil for overall joint health. Other common anti-inflammatories include ginger, curcumin, boswelvia and bromelain. If these herbs are taken at therapeutic dosages they can be very helpful in returning you to optimal performance.

Sometimes though, even more is necessary. Many powerful techniques can be used to alleviate pain, restore function and repair damaged tissue. Exciting new therapies called **Neural Prolotherapy** and **Intravenous Mannitol Therapy** treat the inflammation in the nerves that are responsible for chronic joint pain, low back pain, shoulder pain, jaw pain, etc. These new therapies aren't blocking your pain...*but repairing the very reason you have pain.* Dr. Cochran has Master Level training from the creator of Neural Prolotherapy and has innovated the Intravenous Mannitol Therapy treatment.

We also offer other treatments which help tighten loose connective tissue and joints. These are called Prolozone therapy and Biopuncture. These therapies actually turn on the cells that repair joint structures so healing can occur.

Let us help you put a Spring back in your step...on your path to lifelong health!

Dr. Brenden Cochran
Lynnwood, Washington
Port Angeles, Washington

"A healthy attitude is contagious but don't wait to catch it from others. Be a carrier."

~Tom Stoppard



CHRONIC PAIN?

Ask about
Neural Prolotherapy
for effective, lasting pain relief.



Spring Cleaning

It always feels great to do a thorough Spring cleaning of your house—why not treat your body to one? There are many simple ways to shake off the Winter blahs and get yourself ready for Spring and Summer activities. This will give you more energy, help lift the Winter brain fog, and you may even shed some of those pounds that crept in during your Winter hibernation.

The following foods and treatments can help purify your liver and assist it in detoxification (eat organic when you can):



- Beets, artichoke, cabbages, onions, garlic, leeks, shallots, beet greens, mustard greens, Brussels sprouts, collard, kale, chard, sprouts, sea vegetables, daikon radish, turnips, figs, apples, bananas, lemon and lime.
- Herbs such as rosemary, ginger, cinnamon, nettles, and thyme.

Use these foods liberally in your food. Many of these items can be combined into a delicious soup or smoothie--have fun and experiment!

Remember to drink plenty of water to help flush your liver and kidneys. **And avoid processed foods.**

Also, get moving—even if it's a short walk, try to get out and move at least 20 minutes a day. This helps your digestive and lymphatic systems remove the toxins you are wanting to eliminate with your detox.

The simple recipe in the next column is a wonderful and delicious way to experience some of these detoxifying foods!



Get a Burst of Energy!
...from Vitamin **B12**

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 ✓ assists in weight loss
 ✓ helps detoxify

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or buy 6/\$100!

Wednesdays 12-1 PM
Thursdays 6-7 PM

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 Your natural path to lifelong health

Spring Cleaning, cont'd

Spring Greens Soup

(Adapted from www.marksdailyapple.com)

Ingredients

- ✓ 6 green onions, chopped
- ✓ 2 cloves of garlic, chopped
- ✓ 3-4 tbsp olive or coconut oil
- ✓ 6 stalks of asparagus, ends trimmed, cut into bite-sized pieces
- ✓ 2 cups fresh spinach, chopped
- ✓ 1 cup watercress or beet greens
- ✓ 1 cup arugula or other dark leafy green, chopped
- ✓ 3 cups vegetable broth
- ✓ Salt and pepper to taste
- ✓ 1 lemon, zest only

Directions

In a large saucepan, saute onions and garlic in oil until onions are translucent. Add the asparagus, spinach, watercress and arugula and cook, stirring occasionally. Add half of the broth, cover, and simmer mixture over medium heat for about 15 minutes.

Next, place broth mixture – this is easiest done in batches – in a food processor or blender and pulse to puree. Once entire mixture is pureed, return to saucepan, add remaining broth and simmer uncovered for about 10 minutes. Add salt and pepper to taste and serve hot, garnished with the lemon zest



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