

Complimentary copy from:



Winter 2013 Volume 6

...serving up a healthy dose of information

The Flu and You

The flu has hit us early this year-and hit hard. There are many ways to help you prevent the flu, as well as several very effective options for lessening the symptoms if you succumb.

Prevention: Wash your hands well and often, especially if you are around people who are sick or "fighting it". Boost your immune system by getting plenty of sleep, keep exercising and be sure to eat a well-balanced diet (see the information on probiotics and your immune system on page 2). Sugar and alcohol lower your immune system's ability to fight bugs, so stay away from sweets and alcoholic beverages. Make sure your body is low in toxins (see next panel). And don't forget your supplements! See your doctor to get advise on the best vitamins and minerals to keep your immune system strong.

Engystol, is a homeopathic injection we offer at Interactive Health Clinic. \$50.00. See the next panel for more information.

Meyer's "cocktail"; this 30CC IV "push" is an immune-boosting mix of vitamin C, magnesium, B 12, calcium, and B complex. For more information, see the article on IV therapy on page 2. \$85.00

Treatment: If you do get sick, we have very effective tools available to quickly get you back on your feet. For example, herbs such as *larrea* and *black elderberry* are potent immune boosters and can make your sick days shorter and less miserable. Stay hydrated by drinking ginger tea. Review our previous newsletters (available on our website) to see wonderful recipes for chai tea and bone marrow broth, 2 things you can do at home to help you recover. Stay home, especially if you have a fever, and if possible stay home 24 hours after your fever breaks to ensure you don't pass the flu on to coworkers.

We also offer hydrotherapy treatments to increase your vitality and help you get back to feeling our best. Please call for details.

Sick? We can help. At *Interactive Health Clinic* we often have times set aside for patients suffering from the flu or a cold, so please call us!

Get a Burst of Energy!
 ...from Vitamin **B12**
Plus:
 ✓ assists in weight loss
 ✓ helps detoxify
\$20 shots - a \$25 value!
or buy 6/\$100!
Wednesdays 12-1 PM
Thursdays 6-7 PM
 Interactive HEALTH CLINIC
 Your natural path to lifelong health

The Flu and You, cont'd

New Vitamin B12 Happy Hours & Pricing

Great news—we've added a day and even dropped our prices for vitamin B12 shots! Happy hours are now Wednesday from 12-1 PM, and Thursday from 6-7 PM. New Happy Hour prices are \$20.00 for a single shot (regularly \$25.00), or 6 for \$100 (saves \$25)!

Engystol injections

Engystol is a homeopathic preparation which has been scientifically proven to significantly reduce the duration and severity of symptoms during an acute viral infection and help protect from subsequent infections.



Call 425-361-7945 for a 15-minute appointment.

New Year-New You!

Boost your energy, your metabolism, and your immune system with our 8-day detoxification plan.

We are exposed to toxins every day; our environment, buildings and foods are often harboring unsafe elements that can build up in our bodies. When we collect toxins in our bodies, we create increased inflammation, decreased metabolism, a lowered immune response, and several other unhealthy side effects. Symptoms can include constant colds or flus, fatigue, weight gain, brain fog, and much more.

Start the new year right by cleaning out your body with a comprehensive checkup and an 8-day detoxification plan. Easy to follow, this plan includes a nourishing and detoxifying protein powder full of vitamins and nutrients to support your liver's detoxification processes, a greens powder, a fiber powder, shaker bottle, and handy program booklet.

\$115 for the kit, regular office visit fees apply for checkup, and may be covered by your insurance.

Dr. Susan H. Mueller, Lynnwood & Bainbridge Island, WA



An Introduction to Probiotics

Probiotics are bacteria that make their home in our digestive system. These beneficial microorganisms assist with normal digestion and enhance our immune system. Probiotics are found in fermented/cultured foods such as yogurt & keifer, miso & tempeh, sauerkraut & kimchi, and kombucha. Probiotics are also widely available as a dietary supplement. For those who require some background on these unfamiliar foods, I'll offer this synopsis:

Keifer is dairy product that resembles a drinkable yogurt. Miso is a savory paste used in Japanese cooking to add a deep salty-sweet flavor to foods. Tempeh is a molded cake with a firm texture, mild flavor and excellent nutrient profile that is used as a stand-in for meat. Kimchi is a traditional fermented Korean condiment made from an assortment of vegetables with a robust flavor that resembles a spicy sauerkraut. Kombucha is a fizzy, vine-gar-y fermented tea that has become wildly popular of late.



Probiotics are identified by their specific strain, such as acidophilus, bifidus, or rhamnosus. Dozens of different strains have been identified, and they are typically listed on a label as colony-forming units (CFUs) – the number of bacterial cells estimated to colonize the gastrointestinal (GI) tract per serving.

There is no established recommendation for our daily intake of probiotics, but regular consumption is known to promote health. Probiotics benefit our immune system in a variety of ways. Once probiotic bacteria take up residence in the GI tract, they prevent other (potentially pathogenic) bacteria from colonizing the same space and they compete for resources. Many strains of probiotics increase the production of immune cells in the intestines, which then circulate throughout the body. Some strains even secrete proteins that kill foreign bacteria that otherwise would make us sick.

Probiotics really come to our rescue during cold & flu season. Researchers have shown that children supplementing with a probiotic have fewer colds and fewer sick days from school. Another study found that healthy adults who supplement their diets with probiotic products that combine a variety of strains in their formulation have reduced frequency and severity of colds & flus.

For more information on Probiotics, please look to the following resources: Probiotics: Nature's Internal Healers by Natasha Trenev; The Probiotics Revolution by Gary Huffnagle, PhD & Sarah Wernick; and the website www.usprobiotics.org

Dr. Brian Orr, Fairbanks, AK

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



What is IV therapy?

For Optimizing your immune system's function, consider IV nutrient therapy

Intravenous therapy is a safe and effective way of delivering vitamins, minerals, electrolytes, botanicals, amino acids and other nutrients to the body. IV therapy allows more nutrients to be administered, and at higher concentrations than would normally be achieved with oral supplementation. *This is especially helpful in individuals with reduced absorption or depletion due to illness.*

Individuals with **compromised intestinal absorption** (cancer, Crohn's disease, ulcerative colitis, irritable bowel syndrome, gastric bypass surgery, etc.), **acute and chronic infections** (mononucleosis, influenza, EBV, herpes), **autoimmune conditions** (rheumatoid arthritis, psoriasis, lupus, etc.), as well as **Alzheimer's, anxiety, cardiovascular disease, chronic fatigue, chronic stress, depression, fibromyalgia, hepatitis, macular degeneration, Parkinson's, etc.**, can all benefit from IV therapy because it provides the body with vital nutrients needed for self healing.

In addition to the above benefits, as well as improving immune function, our patients overwhelmingly report back that IV nutrients *increase their energy, reduce their pain and improve their mental agility.*

Visit our [IV Therapy Page](#) to watch our informative video and learn even more about this service.



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