

Emerald City Clinic

Newsletter

Spring 2005

Spring-Clean your Insides with the Spring Detox Program



As the weather changes and gets warmer, the impetus to throw the windows open and clear out the stagnation in our homes becomes strong. Why not do the same with your body? It is your temple and the only one you get.

Each detox program is personalized with the doctors, and encompasses your diet, water intake, exercise, physical medicine treatments, and supplementation. This is an 8 week commitment. The first week is a free introduction to the program. The following 6 weeks each consist of an hour of class followed by an hour of physical medicine (infra-red sauna, craniosacral, exfoliating skin scrub, steam shower, constitutional hydrotherapy). The eighth week is to help transition you off the program and into good habits.

Cost is \$1000.00, which includes:

- 3 appointments with a doctor
- 6 physical medicine appointments
- 8 class sessions
- all of the supplements for the class, all of which are provided at a large discount.

In addition, you will have on-call access to the doctor supervising your program, who can answer questions and adjust your protocol according to your reactions during detox.

Class size is limited, so if you are committed, please make a deposit of \$200 to hold your spot in the class. Remainder of the fee is paid in weekly increments of \$200. Our introductory class will take place on Tuesday, April 5th. Sign up with Robin at the front desk, or call her at 206-781-2206.

Product Spotlight



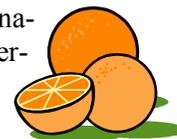
Profile of Ashwaganda, a great tonifying herb.

Feeling stressed out and a little anxious? Ashwaganda may help! Ashwaganda has been an important herb in the Ayurvedic and indigenous medical systems for over 3000 years. Historically, the plant has been used as an aphrodisiac, liver tonic, anti-inflammatory agent, and astringent. More recently it has been used to treat bronchitis, asthma, ulcers, emaciation, insomnia, and senile dementia. Clinical trials and animal research support the use of ashwaganda for anxiety, cognitive and neurological disorders, inflammation, and Parkinson's disease. Ashwaganda has also been shown to enhance the effects of conventional cancer treatments such as chemotherapy and radiation. Most commonly, ashwaganda is used therapeutically as an adaptogen for patients with nervous exhaustion, insomnia, and debility due to stress, and as an immune stimulant in patients with low white blood cell counts.

Quercetin



The days are getting longer, blossoms are blooming, Spring is on it's way. Unfortunately this beautiful weather brings along with it pollen allergens that plague many people. Quercetin is a bioflavonoid known for its ability to stabilize histamine. It does so by stabilizing cell membranes so that the release of histamine is prevented. Histamine contributes to an inflammatory response and causes constriction of smooth muscle. The constriction of smooth muscle is what contributes to asthma attacks. Therefore, histamine must be stopped! In one study, quercetin was found to inhibit histamine release by 46-96%. In another study quercetin inhibited components of anaphylaxis in guinea pigs exposed to egg allergens. Quercetin is clearly a wonderful addition to any allergy protocol.



Cancer and Health Maintenance

Cancer is a condition where cells have lost control over how they grow. Prevention, early detection and treatment improve outcomes and survival rates. There are some simple things that you can do to minimize your risk. Making healthy decisions and changes in lifestyle, environmental exposure, nutrition, and emotional well being can mini-

mize your risk and improve your overall health.

Here are some simple steps:

- Eat a rainbow. Be sure to include colorful fruits and vegetables on your plate. The more colorful the meal, the healthier it is for you.
- Be aware of your choices. Choose organic whenever possible not only in the foods you eat, but also in the care of your home, yard and garden.
- Participate in creating a healthier environment. Reduce, Reuse and Recycle.
- Reduce exposure to harmful chemicals in the environment. Enhance detoxification and channels of elimination to minimize accumulation and harmful effects of environmental pollutants. Consider a detox.
- Follow Molly's "Five Point Health Plan".
- Minimize stress. Laughter as medicine.
- Once a month scan your body. Are there any changes in your skin, breast tissue, bowel or urination habits, menstrual cycle or lung health? Schedule an appointment if you have any concerns.
- Have annual exams to review your health and well being, this includes routine labwork and screening tests as indicated.



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- Women who are 50 years or older should have annual blood work and gyn exam as well as, consider baseline bone scan, colonoscopy, routine mammograms.

Men:

- Men under age 40 should get annual exams and blood work every 3-5 years, that includes Chem 21, CBC and a PSA (prostatic specific antigen).
- Men ages 40-50 years old should have blood work every 2 years, annual exams including prostatic exam, and consider special blood work for heart disease.

Women:

- Women under age 40 should have fasting blood work done every 3-5 years (that includes Chem 21, CBC, TSH), annual gyn exams and consider baseline mammogram by age 40.
- Women from 40-50 years of age need blood work every 2 years, annual gyn exams, definite consideration of mammograms (maybe not annually), and consideration of special blood work for bone loss and heart dis-