

Dear Emerald City Clinic Clients and Friends,

I want to highlight some key opportunities we have for you this summer: our new lunch-time Detox Class, beautifully remodeled space for rent, and an insurance info nite. Be sure to check out our website at emeraldcityclinic.com!

Yours in health,

Molly Linton, ND, LM

LUNCHTIME METABOLIC CLEANSING CLASS

Whoever said "there is no such thing as a free lunch" hasn't heard about our new mid-day "Detox class"!

Since quite a few people have requested that we offer our popular Metabolic Cleansing "Detox" class during the day, we are planning a summer lunchtime class for the busy professional. A healthy lunch in accordance with the cleansing program will be provided as part of the class. Each detox program is personalized with the doctors to encompass your diet, water intake, exercise, physical medicine treatments, and supplementation.

The class begins Wednesday, July 6th, and runs for 8 weeks from 1:00-3:00 PM. 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 maintenance habits.

Cost is \$1000.00, which includes 3 appointments with a doctor, 6 physical medicine appointments, 8 class sessions, and all of the supplements for the class. This cost is a deep discount from what you would pay for all of these services separately. 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, and a deposit of \$200 is needed to hold your spot in the class. The remainder of the fee is paid in weekly increments of \$200. Sign up with Robin at the front desk, or call her at 206-781-2206.

PROFESSIONAL SPACE FOR RENT perfect for health-related practitioners

Emerald City Clinic is looking for compatible tenants to rent eight treatment rooms in fully renovated professional space next to our clinic. The space is ideal for health providers wanting to collaborate, develop referrals, or share space with others (massage practitioners, therapists, acupuncturists, chiropractors).

- Rooms range from 72 ft² for \$500/mo to 135 ft² for \$1000/mo.
- Central 234 ft² classroom holds 20-25 people, and is accessible to all tenants for additional rental fee
- Furnished central reception area
- New plumbing, wiring, HVAC, windows, carpet, doors, wood trim, light fixtures, alarm system
- Three wheelchair-accessible washrooms (1 of these in classroom)
- Furnished practitioner lounge with washer/dryer
- Room plumbing option available
- Shared expenses by ft²: electricity, gas, cleaning, water, recycling, garbage, gardening (Triple net)
- Adjacent city park
- Off-street parking space available for additional fee; plenty of free street parking available
- Minimum one year lease with first and last month's rent + deposit due at signing

Move-in date: August 1, 2005. Contact Roberta to view space, and with any questions: 206.781.2206

INSURANCE DISCUSSION WITH DR. LINTON

***Confused about third party referrals? ~
Don't know what an EOB is? ~
Know how to get the most reimbursement
for out-of-network providers?***

Join Dr. Linton for a free discussion about the ins and outs of working with insurance companies on Wednesday, July 6, from 7-8:30 PM at Emerald City Clinic. Bring your EOBs (Explanation of Benefits) and all of your questions for a lively and informative discussion. If you are unable to attend, this will be videotaped and available for borrowing.

SUMMER SPECIAL ON DETOX TREATMENTS

Graduates of prior Detox classes: we are offering you an incentive to continue your detox or health maintenance program. All physical medicine modalities you receive between June 6 and August 31, 2005, will be **25% off!**

THE PYSIOLOGICAL EFFECTS OF STRESS

How many times have you heard a physician say your problem is “stress related”? OK, what do you do with that information? Stress is inevitable. The way the body responds to it, whether the stress is emotional, spiritual, or physical, is the same. There are many effects that stress has on the body but I am going to focus on just a few. When we are “stressed” our body responds with a “flight and fright response”. It raises our adrenaline or cortisol to flee the danger. A rise in cortisol results in a depression of stomach acids, blood rushing to the core of our body and to our large muscle masses, and a state of alertness.

Stomach acids are depressed because we are not supposed to be eating when we are in danger. But prolonged lowering of stomach acid impairs digestion. We do not digest our proteins and minerals as well. The colon pH changes so we do not have a good environment for our good bacteria. We are more prone to parasitic invasion. We are more apt to be malnourished in a time of stress. We develop burping, flatulence, gas, and eventually ulcers. The blood rushes to our core to provide the heart and lungs necessary oxygen to flee. It goes to our large

muscle masses for the same reason. This results in constriction of smaller blood vessels leading to short term memory loss, fuzzy vision, cold hands and feet, and finally, extreme fatigue.

In a “flight and fright” situation we are not supposed to sleep well because we need to remain alert to incoming dangers. The problem with this is that the more you do not sleep, the more you do not sleep. Insomnia ensues and exacerbates the situation.

Our bodies were designed to handle *short* stressful situations, not the relentless stressors we commonly have. Our bodies were not designed to go days with insufficient sleep, inadequate nutrition, or poisons such as coffee, alcohol, and heavy metals. We were not designed to be in emotionally or spiritually toxic situations for months or years. The simple answer is to remove those “stressors” from our lives, but many of us have not accomplished that yet. While evolving as human beings please remember that Dr. Molly’s 5-point health plan (available on our website at www.emeraldcityclinic.com) really supports your physical body during life’s stresses and minimizes the detrimental effects. For your own personal plan, remember to make annual appointments to design the best course of action to optimize your health, which is your most important asset.

Dr. Molly’s 3-Day Rule: If a health situation (insomnia, diarrhea, flu, sinus infection, muscle pain) is not resolving itself by day 3, it is time to contact your physician. Do you need to be seen? Email me at d2rmolly@aol.com and I will tell you if an office visit is warranted. If you have been in a car accident, PLEASE inform us immediately. Emerald City Clinic will give comprehensive care and bill your PIP claim to your insurance.

RETURN SERVICE REQUESTED

Emerald City Clinic
1409 NW 85th Street
Seattle, WA 98117