



# SNOHOMISH VALLEY HOLISTIC MEDICINE

## HEALTH NEWSLETTER

Volume 1, Issue 3

### Surviving Cold and Flu Season!

As winter approaches, many of us will be trying to stay healthy and warm. With the threat of a bad flu season ahead of the potential for another vaccine shortage, a number of healthy adults are concerned for what might be in store. Fortunately, proper preventive measures can help all of us maintain the health and immunity we need to survive even the worst viruses.

Proper nutrition can play a large role in supporting the immune system and preventing common viral infections. Many of us do not eat enough fruits and vegeta-



bles to get the recommended daily values of vitamins and minerals from our diets alone. Taking a multivitamin/mineral supplement can help ensure adequate nutrient levels. In addition, extra doses of Vitamin C and Zinc can be extremely effective in preventing and treating most viral respiratory infections.

One of the easiest ways to stay healthy is simply to avoid exposure to germs that cause illness. This means good hygiene, cleaning germ surfaces (counters, door-knobs, telephone, keyboard, etc.), hand-washing, and avoiding touching any

part of your face unless you have just washed your hands. If you do get a cold or flu, be courteous of others and stay home from work or school, use a tissue when you cough or sneeze, and wash your hands often to avoid spreading your germs.

Drinking plenty of water will not only help keep your immune cells happy and healthy, it will also help fight an infection more quickly. Clear fluids, such as herbal teas, broths, and diluted juices, can also help maintain hydration.

*If you need additional tips on how to treat common colds and flu, give us a call at: (360) 282-4014*

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#### Upcoming Classes:

- **A Naturopathic Approach to Colds and Flu:** Monday, 10/24/05, 6:30 pm
- **Thyroid Disease:** Monday, 11/14/05, 6:30 pm
- **Upset Stomach & Indigestion:** Monday, 12/5/05, 6:30 pm
- **Weight-loss for Women:** Monday, 1/9/06, 6:30 pm

All classes are \$5 with pre-registration or \$10 at the door; Call (360) 282-4014 to register

### Announcements!

#### Public Speaking

Both Doctors Stacy Bowker and Kellie Lawler are available for public speaking engagements. Visit our website for more information and a list of topics we are prepared to speak on. Please call if you are interested in



booking either doctor to speak at your business or service club.

#### New Service

Stacy Bowker, ND, Kellie Lawler, ND, LAc, and Cassandra Bailey, LMP are offering their services in the new *Weight-loss Program for Women*. This program is designed to provide indi-

vidualized treatment using a variety of modalities in order to promote healthy lifestyle habits and eliminate common obstacles to losing weight. More information is available on our website.

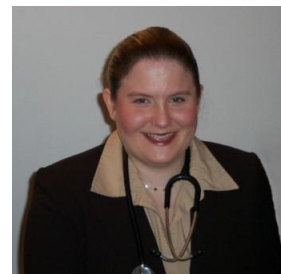
*To stay up-to-date with news, promotions, and events at Snohomish Valley Holistic Medicine, visit our website: [www.snovalleyholistic.com](http://www.snovalleyholistic.com)*

## Ask Dr. Bowker

### What causes frequent headaches and how can I get rid of them?

Headaches are an all too common ailment that result in pain, suffering, decreased productivity, and even missed work or school. There are a few different types of headaches, but the most common, by far, is the tension headache. It is important to have your headaches evaluated by a licensed healthcare provider, since there can be serious, life-threatening conditions that cause headaches, but if you have a diagnosis already and are looking for some alternatives to over the counter medications, here are some ideas:

- 1) Apply a warm compress to the base of your neck for 20 minutes. Using a warm, moist towel, or a neck pillow filled flax or buckwheat will help to relax the muscles that cause tension headaches. Finish the treatment by applying an ice pack for 5
- 2) Avoid common food triggers: sugar, nitrates (found in cheese, wine, nuts, and other foods), food preservatives and additives, caffeine (or lack of), alcohol, and food allergies (ask a Naturopathic Doctor about the best test for food allergies)
- 3) Stay hydrated—one of the first symptoms of mild dehydration is a headache. Adults should drink 48-64 ounces of clear fluids a day or eat plenty of whole foods (especially fresh fruits and vegetables) in order to stay well hydrated.
- 4) Physical Medicine—therapeutic massage, stretching, and Naturopathic Manipulation can all help to reduce the frequency and severity of most headaches. If stress is the problem, consider a Swedish relaxation massage or energy treatment such as Reiki.



**Stacy Bowker, ND**

*Dr. Bowker is a Naturopathic Physician and owner of Snohomish Valley Holistic Medicine. Dr. Bowker received her Doctorate of Naturopathic Medicine from Bastyr University in Kenmore, WA. And is a member of the AANP and the WANP (national and state professional organizations for NDs)*

*If you have a question for this column, please email it to: drbowker@snovalleyholistic.com*

## Food Medicine—Pumpkin Anyone?

It's pumpkin season and that means a trip to the pumpkin patch. But what can you do with your pumpkin besides carve it and make pumpkin-flavored desserts? Here is a recipe for a healthy soup, rich in beta-carotene (for your eyes), essential fatty acids (for your skin and brain), and just enough spice to stimulate your digestion and clear out your sinuses:

### Thai Pumpkin Soup

#### Ingredients:

- 1 tablespoon olive oil
- 1 tablespoon butter

- 1 clove garlic, chopped
- 4 shallots, chopped
- 1-2 small fresh red chili peppers, chopped
- 1 tablespoon chopped lemon grass
- 2 1/8 cups chicken stock
- 4 cups peeled and diced pumpkin
- 1 1/2 cups unsweetened coconut milk
- 1 bunch fresh basil leaves

#### Directions:

- 1) In a medium saucepan, heat oil and butter over low heat. Cook garlic, shallots, chillies, and lemongrass in oil until fragrant (be careful not to burn the garlic). Stir in chicken stock, coconut milk, and

*"You don't have to cook fancy or complicated masterpieces—just good food from fresh ingredients."*

*—Julia Child*

pumpkin; bring to a boil. Cook until pumpkin softens.

- 2) In a blender, blend the soup in batches to a smooth or slightly chunky consistency, whatever you prefer. Serve with basil leaves.

## What is Reiki and is it for Me?

Many people hear about the profound healing power or Reiki, but few can really explain what it is. Before you make a decision to whether Reiki is right for you, here are some things to know.

Reiki is a therapy based on Eastern concepts of energy flow and the seven energy centers in the human body.



Reiki is a Japanese word meaning Universal Life Force, or the energy inherent to all creation. It describes an ancient healing art and science whose principles are closely aligned with those of Acupuncture and Shiatsu massage. Reiki differs greatly from these forms of healing in

that it is a non-manipulative technique that helps to stimulate the body's natural functions and maximize an individual's innate healing potential.

Reiki is applied through the transmitting healing energy through the hands, based on simple, ancient healing techniques. Reiki uses specific hand positions, on or above parts of the body that correspond to the major organs and energy centers, such as the heart or adrenal glands.

# Healing Emotions with Bach Flower Essences

Many people who suffer from chronic pain or illness have a difficult time dealing with doctors. Often, when the conventional treatments do not work, they are told the problem is psychological and that there is nothing more that can be done. This is where Naturopathic Medicine can be of great benefit.

Conventional medicine has very little to offer (aside from counseling) for those who have emotional issues blocking the way to healing. In many cases, a person's health problems can start out as real, physical problems, and end up resulting in emotional distress due to lack of empathy and communication from healthcare providers. In some cases, emotional distress or unresolved trauma may be contributing to the chronic health condition.

Bach Flower Essences are a gentle therapy used by some Naturopathic Physicians to help restore emotional balance and promote healing. Discovered by Dr. Edward Bach, an English Physician in the late 19th century, Flower Essences work on an energetic level. Dr. Bach's Flower Essences are well known throughout the United Kingdom and Western Europe for their powerful healing abilities and are beginning to gain more popularity in North America.



There are 38 original Flower Essences, and each of the flowers represents a different

emotional state. A Naturopathic Physician can help you choose 3-5 Flower Essences that represent your current emotional state and make a custom formula for you.

If you are interested in learning more about the Flower Essences and whether this therapy could benefit you, please contact Dr. Bowker at (360) 282-4014 or drbowker@snovalleyholistic.com. Dr. Bowker has been trained in the use of these powerful remedies and often recommends them to patients because she has seen them work so well in her practice.

## Pumpkin Seeds for Prostate Health?

Although pumpkin seeds have been a traditional folk remedy for BPH (an enlarged prostate gland in men), there is little clinical research to support the use of pumpkin seeds for this particular purpose.

The benefit of pumpkin seeds for prostate health is mostly likely attributed to their high zinc content as well as the essential fatty acid content of the seeds, although the exact mechanism of action is unknown.

Regardless of the lack of research, eating a few ounces of pumpkin seeds daily can be a beneficial dietary therapy for BPH in men and signs of Essential Fatty Acid deficiency in both men and women.

The best way to prepare your pumpkin seeds is to roast them. You may soak them in sea-salt water or drizzle with tamari sauce prior to roasting for added flavor.

Pre-packaged pumpkin seeds may contain unnecessary preservatives, so check the label first!



*Dr. Lawler is a Licensed Acupuncturist and Naturopathic Physician specializing in Women's Health. She is currently taking new patients and accepts most insurance plans.*

## What is Reiki and is it for Me? (cont'd from p. 2)

Because the purpose of Reiki is to stimulate your body's own self-healing powers, it is helpful for any sort of ailment – physical, mental or emotional and has no contraindications. Researchers have found that being touched greatly enhances the wellness of the immune and hormonal systems. Reiki balances, energizes and harmonizes all systems of the body.

Snohomish Valley Holistic Medicine is proud to offer Reiki sessions among its many other services. Please feel free to contact Cassandra Bailey, LMP with any questions you may have about Reiki or to schedule an appointment!

*Cassandra has been a Reiki Practitioner for 4 years and practices the Usui system of Reiki Healing.*

## TCM: Barley & Hawthorne Tea

Traditional Chinese Medicine has used herbal teas for over 2000 years in order to cure disease and tonify the body. A tea made from Barley (Mai Ya) and Hawthorne berries (Shan Zha) is traditionally used to remove food stagnation, regulate digestion, and lower cholesterol and triglycerides.

Because these herbs are considered foods in the Chinese tradition, they are safe for children and adults; however, anyone with a

medical condition, pregnant or breastfeeding, or on prescription medications should consult a physician before trying this recipe.



### Ingredients:

- Hawthorne berries—2 oz.
- Barley Sprouts—4 oz.
- Honey—to taste (optional)

### Preparation:

Rinse the herbs in cold water then add the herbs to 12 cups of water in a large pot. Cover the pot and bring to a rolling boil on high heat; reduce heat to low and allow to simmer for 20-30 minutes. Allow to cool, then strain and discard pulp. Tea may be served hot or cold. Store in the fridge and drink in place of other beverages. Add honey to taste, if desired.

The cost of loose herbs is less than \$2 per 10 cups. To purchase herbs or try a free sample, call Dr. Kellie Lawler, ND, LAc at: (360) 282-4014 or stop by in person.



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Visit us on the Web!

[www.snovalleyholistic.com](http://www.snovalleyholistic.com)

*"Our mission is to treat mind, body, and spirit with Naturopathic Medicine and to empower patients to maintain wellness through lifestyle, education, encouragement, and prayer."*

## Current Promotions

### Discounts

**20% off your first Physical Medicine appointment with Dr. Bowker.** First visit includes history, physical exam, and 30 minutes of treatment. Discount valid with cash patients only. Offer valid through 12/20/05.

**20% off a Series of Four Acupuncture visits with Dr. Lawler.** Discount applies when you prepay for a series of four treatments. Discount may not be combined with other offers or if paying with insurance. Offer valid through 12/20/05.

**\$10 off your first Massage Treatment with Cassandra Bailey, LMP.** Offer valid for 60 minute massage or Reiki sessions. This is an introductory discount and may not be combined with other offers. Offer valid through 11/30/05.

### Gift Certificates

**Snohomish Valley Holistic Medicine.** Looking for the perfect gift for someone who has it all? Why not treat them to a gift of health? Snohomish Valley Holistic Medicine Gift Certificates can be used for any of the services or products available at our clinic.

**Massage Therapy with Cassandra Bailey, LMP.** Perfect for anyone with chronic muscle pains, a history of injury, or just to help you relax and rejuvenate. Call or check the website for massage treatments offered and cost of treatments.

**Facial Rejuvenation Acupuncture with Dr. Lawler. \$150 for first session. \$125 for return sessions.** Facial Rejuvenation Acupuncture is a safe alternative to cosmetic surgery and can significantly help reduce the appearance of fine lines and wrinkles.

**Snohomish Valley Holistic Medicine** is an integrated Clinic offering Naturopathic Medicine, Acupuncture & Chinese Medicine, Massage Therapy, Physical Medicine, and an on-site dispensary of pharmaceutical grade nutritional supplements and botanical medicines.

For a complete list of services, please call or visit our website!

