



SNOHOMISH VALLEY HOLISTIC MEDICINE

HEALTH NEWSLETTER

Volume 1, Issue 1

Got Allergies? Try Naturopathic Medicine

Spring is here! The weather is getting nicer, the days are getting longer, and summer vacation is just around the corner. This should be a pleasant time of year for everyone, but for those who suffer from seasonal allergies, Spring can be the most miserable season. Many have to choose between suffering through



their symptoms or coping with the unwanted side effects of their allergy medications. This is not a choice any allergy sufferer should have to make.

Naturopathic Medicine has a lot to offer when it comes to treating allergies. In addition to symptom relief, Natural therapies can help treat the underlying cause of allergies and help prevent future occurrences from happening. Inflammation and an imbalanced immune system are the two major contributors to seasonal allergy attacks. A Naturopathic Physician can give advice about diet, lifestyle, and supplements that will help allergy sufferers treat the root cause of their allergies.

A Naturopathic physician can also give advice about the appropriate usage of over the counter medicines and will refer you to a specialist if pre-

scription medications are needed to manage your symptoms.

Most symptoms, such as watery eyes, runny nose, sneezing, cough, sinus headaches, earaches, and skin irritation can be treated safely and effectively with Natural Medicine. Asthma and more serious symptoms such as shortness of breath, wheezing, and chest discomfort should be evaluated by a Medical Doctor but may also benefit from adjunctive Naturopathic treatments.

Inside this issue:

<i>Ask Dr. Bowker</i>	2
<i>Food Medicine</i>	2
<i>Acupuncture Corner</i>	2
<i>Benefits of B Vitamins</i>	3
<i>Breakfast to Go!</i>	3
<i>Current Promotions</i>	4

Upcoming Classes:

- **A Naturopathic Approach to Seasonal Allergies and Hayfever;** Monday, June 6th at 6:30 pm
- **Bone and Joint Health;** Monday, June 13th at 6:30 pm
- **Outdoor First Aid;** July (Date and Time TBA)

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

What's new at Snohomish Valley Holistic Medicine?

The best way to stay up-to-date with news, promotions, and events at Snohomish Valley Holistic Medicine is to visit our website:

www.snovalleyholistic.com

There, you will find a news page, updated regularly with news and announcements, a

class page which shows the calendar of classes offered at the clinic, a links page with useful websites for doing research on medical conditions, and much, much more!

Dr. Bowker is pleased to welcome new tenant, Dr. Kellie Lawler, ND, LAc. Dr. Lawler began seeing patients at Snoho-

mis Valley Holistic Medicine for Acupuncture and Chinese Medicine in March 2005 and is now seeing patients for Naturopathic Medicine with a primary emphasis on Women's Health.

Keep checking our website as we hope to add massage therapy to our list of services.

Ask Dr. Bowker

Can duct tape get rid of plantar warts?

Throughout my training as a Naturopathic Physician, I learned about many folk remedies and unusual cures to common ailments. One of these unusual home remedies was duct tape for treating plantar warts, which are flat warts that typically occur on the bottom of the feet.

Warts are very difficult to treat. They are caused by a virus and often recur even after treatment with prescription or over-the-counter medicines. Treating warts can end up to be quite costly, which is probably what has led people to experiment with DIY home treatments such as duct tape.

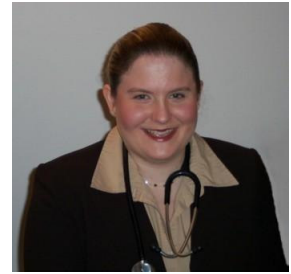
The adhesive in duct tape has a similar effect to salicylic acid (found in many over-the-counter products for warts). It kills the infected skin cells, and eventually, the wart goes away. There is still a chance that the warts will reappear after the duct tape treatment since the

virus that causes warts can live deep inside our skin and may be dormant for months or years before causing the next outbreak.

A comprehensive treatment plan would include addressing stress, immune system health, and any other underlying medical condition that may contribute to an increase in viral infections that cause plantar warts.

To treat your plantar warts at home:

- Cut a piece of duct-tape to the size of the affected area and apply directly to skin.
- Leave the tape on for one week.
- After removing the tape, wash and scrub affected skin with a pumice stone.
- Reapply duct tape and repeat treatment for 3 to 6 weeks (until wart is completely removed).
- Consult a physician if warts persist.



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—Seasonal Allergies

Whole Foods can be medicine too! Many foods contain unique healing properties not to mention essential vitamins and minerals. Here is a recipe for a salad dressing perfect for anyone who suffers from seasonal allergies:

- 1/2 cup extra virgin olive oil
- 1/2 cup flax oil (high in omega 3 essential fatty acids, which have anti-inflammatory properties)
- 1/3 cup organic apple cider vinegar (great to help stimulate the liver and help prevent inflammation)

- 3 tablespoons local honey (local honey can help prevent allergy symptoms by allowing the immune system to build up a tolerance to local pollens)
- 2-4 cloves garlic, minced (garlic contains quercetin, a nutrient that specifically helps with allergies and inflammation)

Mix ingredients by shaking in a covered container. Allow to stand 45 minutes, for flavors to combine. Serve over a salad of fresh organic baby greens or mixed herbs

“The art of medicine consists of amusing the patient while Nature cures the disease.”

—Voltaire

and your choice of fresh seasonal vegetables. Adding onions to your salad will have the added benefit of more quercetin. Enjoy your medicine!

Acupuncture and your Aches and Pains

Now that the summer season is fast approaching with the promise of sunshine and blue skies most people are beginning think about summer outdoor bicycling and hiking adventures. It is important to begin any of these activities carefully and slowly especially if you have been inactive for most of the winter, and those with any pre-existing health conditions should

make it a practice to check in with their physician prior to beginning any new activity.

For those people who have chronic musculoskeletal pain including low back, shoulder or elbow pain or who have arthritis there have been few options available outside of oral anti-inflammatory and pain medications. These options have

become more limited with the recent FDA warnings and withdrawals of many of the most popular pain medications including Vioxx, Bextra and Aleve.

What most people are not aware of is that it is possible to manage joint and muscular pain without the use of drugs. Acupuncture is an excellent tool for both acute and chronic pain. *(cont'd on p. 3)*

The Benefits of B Vitamins.

Do you eat at least 5 servings of fruits and vegetables every day? If not, you may have key nutrient deficiencies. Taking a daily multivitamin/mineral supplement can help maintain necessary nutrient levels but chances are, you still may not be getting enough of some important nutrients.

The B Vitamins are essential for maintaining the health of nerves, skin, eyes, liver, and the digestive tract. As we age, these vitamins are not absorbed as well resulting in a variety of symptoms. In addition, there are many commonly prescribed medications that may increase our need for B Vitamins. Antibiotics, hormones, antidepressants, and anticoagulants are just a few of the types of medications that may deplete B Vitamins.

Fatigue is a common symptom of B Vitamin deficiency and can often be treated with a B complex supplement. For individuals with digestive problems or elderly persons whose digestive tracts no longer absorb nutrients effectively, the best way to treat a B vitamin deficiency is through a series of inter-muscular injections. B₁₂ and B complex are injected directly into your muscle, and can have fairly immediate results.

If you think you may be at risk for B Vitamin or any other nutrient deficiency, you should consult a Naturopathic Physician.



Naturopaths are trained in clinical nutrition and can use laboratory tests in addition to medical history questions and physical exam to identify a nutrient deficiency. Naturopaths can also prescribe pharmaceutical grade nutritional supplements including B Vitamin injections.

If you have questions or would like more information contact Dr. Bowker at (360) 282-4014.

Breakfast to go!

Did you know that breakfast is the most important meal of the day? It is also the meal people are most likely to skip. Here are some good reasons to eat breakfast:

- Eating breakfast can boost your metabolism by 15-20% throughout the day
- Breakfast is important to maintain balanced blood sugar and prevent cravings for unhealthy snack foods
- Protein in the morning can improve your concentration and performance at work

- Eating breakfast in the morning can prevent those embarrassing growling noises during mid-morning meetings

Basic Protein Shake Recipe:

- 2 cups plain soy milk, rice milk or almond milk (unsweetened)
- 15 to 20 grams of protein powder (soy, whey, rice, etc.), measured according to package directions
- 1 cup berries or 1 medium banana (for best flavor, use seasonal organic fruit)
- 1 Tablespoon flaxseed oil or essential oil blend.

"The doctor of the future will give no medicine, but will interest his patients in the care of the human frame, in diet and in the cause of the prevention of disease."

—Thomas Edison

- Optional: 1-2 tablespoons of fiber supplement

Blend in a blender and pour in a cup. Drink and Enjoy! This is a perfect breakfast for busy people and can be consumed in the car on the way to work, school, etc.

Acupuncture (cont'd from page 2)

Acupuncture involves the use of very thin, solid, sterile stainless steel acupuncture needles placed into acupuncture points into specific regions of the body which can help control pain. Insertion of the needles goes unnoticed by some, and to others feels like a small pinch followed by a sensation of tingling, numbness, ache, traveling warmth, or heaviness.

Needles remain in place for twenty to forty minutes. Usually relaxation and an elevation of spirit accompanies treatment. A series of treatments is generally required



for resolution of pain and the number of treatments varies depending upon the individual and the extent of the injury.

For more information about Acupuncture or to find out if this treatment can benefit you, contact Dr. Kellie Lawler, ND, LAc at (360) 282-4014 (voicemail: ext. 18).



SNOHOMISH VALLEY
HOLISTIC MEDICINE

1830 Bickford Avenue
Suite 201
Snohomish, WA 98290

Phone: 360-282-4014
Fax: 360-282-4017
E-mail: drbowker@snovalleyholistic.com

Visit us on the Web!

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 a thorough history, physical exam and 30 minutes of treatment. Modalities used include therapeutic massage, stretching, contrast hydrotherapy, Naturopathic Manipulation, and therapeutic exercise. Discount does not apply to payment with a gift certificate or insurance. Offer valid through 7/31/05.

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 7/31/05.

Gift Certificates

\$10.00 Dispensary Gift Certificate with your first Naturopathic Medicine appointment with Dr. Bowker. Gift certificate may be used on any dispensary items in stock at Snohomish Valley Holistic Medicine and may not be combined with other discounts or offers. Offer valid through 7/31/05.

Therapeutic Massage with Dr. Bowker. \$25 per 15 minutes. Perfect for anyone with chronic muscle pains or a history of injury. Therapeutic massage combines elements of physical therapy and massage therapy. Botanical medicines and essential oils may be used to promote healing and ease muscle tension.

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 and Chinese Medicine, 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!

