



# SNOHOMISH VALLEY HOLISTIC MEDICINE

## HEALTH NEWSLETTER

Volume 3, Issue 2

### Is Inflammation Causing Your Symptoms?

If you have suffered from headaches, joint pain, sore muscles, allergies, eczema, heart disease, digestive disorders, or any chronic disease, then inflammation may be at the root of your symptoms. Inflammation is a normal physiological reaction to any type of bodily injury. Most of us are familiar with inflammatory reactions that occur when we get bumps and scrapes causing redness, swelling, heat, and pain. This same response can happen anywhere in the body where tissue is injured or diseased.

Inflammation is a response involving the body's immune system, whose job is to protect the body from invasion by toxins, germs, and foreign



bodies. Sometimes, in order to effectively protect the body from invasion, the immune system may also cause damage to its own body. This is why chronic inflammation can be a problem. If the body is continually under "attack," the immune system will continue to do its job and cause the symptoms that we associate with a variety of diseases.

Treating inflammation can provide relief from symptoms, but the ultimate goal is to eliminate the cause of the inflammation. Naturopathic Physicians will often approach inflammatory diseases by recommending changes in diet and lifestyle. Sometimes, supplements to help the liver, adrenal glands, and immune system may be used to restore balance to the body. Pain relief and stress reduction may also be addressed to reduce physical stress on the body.

If you are concerned that inflammation may be causing your symptoms, then Naturopathic Medicine may be just what you need to restore health and wellness to your body.

#### Inside this issue:

<i>Ask Dr. Bowker</i>	2
<i>Food Medicine</i>	2
<i>Vitamin D</i>	2
<i>Adrenal Fatigue</i>	3
<i>Coupon</i>	3
<i>Current Promotions</i>	4

#### Upcoming Classes:

- **Thyroid Disease:** Monday, 4/30/07 at 6:30 pm
  - **Allergies:** Monday, 5/21/07 at 6:30 pm
  - **Arthritis:** Monday, 6/11/07
- 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?

#### Class space available:

Beginning later this Spring, Snohomish Valley Holistic Medicine will make a classroom available for health and wellness related classes. The room will be equipped with a digital projector for multimedia presentations. For more information about this space, please call Dr. Bowker at (360) 282-4014

#### Acupuncture and Massage:

Charleen Van Horn, LAc, LMP is currently in the credentialing process for several insurance plans. An update will be posted on the website as soon as she is able to accept insurance. In the meantime, she is accepting new cash patients. Don't hesitate to call if you have questions for Charleen.

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

You may also call (360) 282-4014 for more information.

## Ask Dr. Bowker

**My sinuses are always congested this time of year. Is there anything I can do instead of taking over the counter medicines for my symptoms?**

Sinus congestion is very common during cold and allergy season. As a physician, my first recommendation is to see a Naturopath to find out if you suffer from food sensitivities. Many people with a history of seasonal or environmental allergies will also benefit from identifying and removing foods that may be contributing to symptoms. In the meantime, here are a few suggestions for symptom relief:

### Aromatherapy

Use pure, high quality essential oils of lavender, thyme, mint, eucalyptus or tea tree. Add 4-5 drops of essential oil in a basin of steaming hot water and breathe in the vapors for 10-15 minutes. You may want to create a tent by placing a towel over your head as you breathe.

### Nasal Irrigation

To help thin mucous secretions and encourage sinus drainage, you may want to try nasal irrigation with a sterile saline solution (kits are available over the counter at most pharmacies). Another alternative is to use a saline nasal mist/spray or a homeopathic spray (select one that fits your symptoms best). These can provide relief from nasal and sinus inflammation without causing the side effects that medicated sprays may cause.

### Hygiene

If your congestion is worse in the morning, you may want to consider doing a thorough cleaning of the bedroom. This includes dusting, vacuuming with a hepa-filter vacuum cleaner, washing bedding, and removing any unnecessary fabric or upholstered surfaces that retain dust. Low allergen pillow cases can also help contain dust and mites.



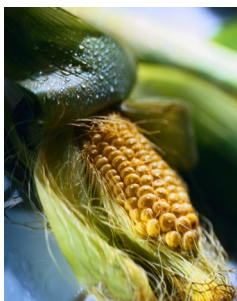
**Stacy Bowker, ND**

*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](mailto:drbowker@snovalleyholistic.com)*

## Food Medicine—What's the deal with GMOs?

**GMOs or Genetically Modified Organisms** are foods that were engineered by scientists in order to provide some benefit to farmers (such as natural pesticide production, increased crop size, or increased nutrient value). In theory, this breakthrough in biotechnology has the potential to create more sustainable and resilient crops that can feed more people and animals and solve the world's hunger problem. Unfor-



tunately, evidence suggests that the science and premise behind this application of genetic engineering is flawed.

Since the first GMO crops were introduced, scientists have discovered that it is hard to control nature. They didn't count on genes from modified crops breeding with normal crops and creating "mutant" variants. Farmers began observing that their livestock would no longer graze on the GMO crops and preferred to stick to the unmodified crops. Some scientists also noticed an increase in diseases such as diabetes in animals that were fed GMO food versus regular food.

What does this mean for humans? In other countries, such as the United Kingdom, strict labeling requirements have led to consumer awareness about GMOs and caused many major supermarkets to stop distributing these foods. It is almost certain that there is not enough published research on GMOs to guarantee that these foods will not cause health problems in humans (even though they have been approved by the FDA).

For more information about GMOs and their potential health risks, check out the website: [www.seedsOfdeception.com](http://www.seedsOfdeception.com)

## Vitamin D —it's more than just a vitamin!

Vitamin D is more than just a vitamin. In our bodies, it acts more like a hormone than other nutrients we get from our diets. In addition to its importance in maintaining healthy bones, Vitamin D may play a bigger role in maintaining health.

Research is continually uncovering new links between Vitamin D deficiencies and a variety of medical conditions. Many

more primary care doctors are testing for vitamin D deficiency and treating patients with therapeutic doses of the active form of this vitamin, 1,25 dihydroxyvitamin D.

Vitamin D is made in the skin when we are exposed to UV light. We also absorb some vitamin D through our digestive tracts from foods containing this vitamin (such as fortified milk, cereals, fish, and

egg yolks). The vitamin D made in our skin and absorbed from our food requires activation in the kidneys and liver in order to do its job.

There are several causes of Vitamin D deficiency. The most common is lack of adequate sun exposure or synthesis in the skin. People with darker skin pigmentation naturally produce less vitamin D from

# Adrenal Fatigue

Are you constantly tired and lacking the energy you used to have? Do you feel worse at the end of the day or after any physical exertion? If you answered yes, you may be suffering from adrenal fatigue syndrome.

Many people who suffer from constant fatigue may have at some point experienced some or all of the following symptoms or conditions:

- Waking up at night with a racing heart-rate
- Seasonal allergies/hayfever
- Stress related to work or family



- Heart palpitations
  - Changes in blood pressure (either higher or lower than normal)
  - Hypoglycemia or insulin resistance
  - Wake up exhausted, even after napping or a long night's sleep
  - Decreased concentration and poor memory
  - Hypothyroidism
  - Depression and/or anxiety
  - Frequent illness/infections
- If you have experienced any of these symptoms or conditions along with fatigue, you may be suffering from adrenal insufficiency. Healthy adrenal

glands secrete adrenaline and cortisol, hormones produced to respond to stress. If the adrenal glands are under constant stress, they will eventually become fatigued and stop secreting these hormones. This results in severe fatigue.

Many of the symptoms of conditions mentioned earlier either contribute to or result from adrenal fatigue. If you suspect you have this condition, there are hormone tests that can be done to check your adrenal function. A Naturopath may also recommend treatment based on your clinical symptoms. The important thing to know is that this is a treatable condition and you can feel better!

## 20% off Cold and Flu remedies:

Discount applies to the following items:

*Wise Woman Herbal Cough Elixirs*

*Wise Woman Throat Mist*

*Wise Woman Vapor Inhalation Oil and Sinus Oil Blend*

*Boiron Oscillococinum (homeopathic flu remedy)*

*Thorne QC Nasal Spray*

Not redeemable for cash. Coupon Expires: 6/15/07



## Vitamin D (cont'd from page 2)

the sun and may require additional dietary intake. Some people who have digestive disorders may have difficulty absorbing enough Vitamin D from dietary sources, and



people with kidney or liver disease may have difficulty converting Vitamin D to its active form.

Supplementation with the active form of Vitamin D is the best way to treat a deficiency. UV therapy may also be beneficial for some individuals. You should see a doctor if you believe you are deficient.

How do you know if you need more Vitamin D? Some symptoms of deficiency include muscle and bone pain, muscle weakness, depression, and fatigue. Several autoimmune conditions such as Multiple Sclerosis and Type I Diabetes Mellitus have also been linked to deficiency. If you aren't sure, you should consult a Naturopath for testing and treatment recommendations.



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](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

**Free 30 Minute Wellness Consultation.** Call to find out about scheduling a free 30 minute consultation with Doctor Bowker to discuss your health and wellness goals. Consultation will include general wellness advice as well as handouts on nutrition and stress reduction. This consultation does not include diagnosis and/or treatment of any medical conditions.

**Pre-pay discounts for Naturopathic Medicine.** Find out how you can save money by pre-paying for multiple visits. Save up to 40% by paying in advance for 2 or more office visits (normal discount for payment at time of service is 20%). Call (360) 282-4014 and ask to speak to Dr. Bowker for further details.

**Acupuncture and Massage Specials.** Call and ask to speak with Charleen to find out about new patient promotions for acupuncture and massage therapy. Discounts will be available for a limited time only, so call (360) 282-4014 today.

### 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.

Please check our website for updates on promotions and packages offered at Snohomish Valley Holistic Medicine:

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

### 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!

