



# SNOHOMISH VALLEY HOLISTIC MEDICINE

## HEALTH NEWSLETTER

Volume 1, Issue 2

### The Hazards of Summer: Bites, Stings and Burns.

It's officially summer, and in the Pacific Northwest, that means the sun is finally out more often than not! Even though it is nice to finally spend time outside enjoying the sunshine, being outdoors can have some unwanted side effects, such as sunburn, insect bites and stings, and brushes with stinging nettles or poison oak.



Here are some quick tips to prevent and treat some of these unpleasant summer hazards:

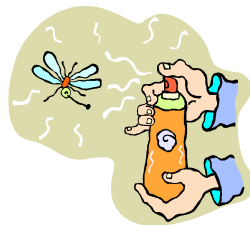
- 1) Always wear sunscreen of spf 15 or higher when spending time outdoors. Sunscreen should be ap-

plied 20 minutes prior to going outside and should be reapplied every 30-60 minutes (read instructions on bottle) as it will eventually wear off with sweat and

spending time in the water (even the waterproof kind).

- 2) People with thinning hair or no hair (babies and older adults) should always wear a hat to protect the scalp from sunburn.

- 3) Getting plenty of B vitamins will keep the insects



- 4) When plants are the problem, the most important step is cleaning clothes and skin that came in contact to prevent the rash from spreading. Soak in a tepid bath with baking soda or oatmeal to stop the itch.

Call your Naturopath: (360) 282-4014 if you have any questions!

soon be available on our website.

#### New Service

Doctors Stacy Bowker, ND and Kellie Lawler, ND, LAc have put together an integrative smoking cessation package. The package includes acupuncture, hydrotherapy, and nutrition services to aid anyone who

wants to quit smoking. Please check our website or call (360) 282-4014 for more information.

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)

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#### Upcoming Classes:

- **First Aid for the Outdoors:**  
Monday, 7/25/05. 6:30 pm
- **What Every Parent Should Know about Vaccines :**  
Monday, 8/15/05, 6:30 pm
- **Feeding Healthy Children:**  
Thursday, 9/8/05, 6:30 pm

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

### Announcements!

#### Welcome

Snohomish Valley Holistic Medicine is pleased to welcome new tenant, Cassandra Bailey, LMP. Ms. Bailey is a Licensed Massage Practitioner with special interests in Reiki and Aromatherapy. She will begin seeing clients in August, and information about hours, scheduling, and fees will

## Ask Dr. Bowker

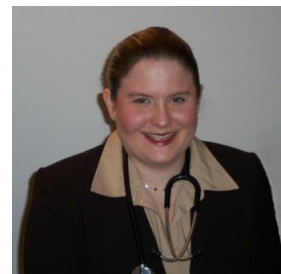
**I always seem to get sick any time I travel on an airplane. How do I prevent this, so I can enjoy my vacation?**

Many people will be traveling this summer, and unfortunately for some, this means getting sick and missing out on the first few days of R&R during their summer vacations.

The primary reason people get sick during air travel is due to a suppressed immune system. When we work hard and endure stress for a significant period of time, it drains our body's resources. Then, when we go into vacation mode, our bodies decide it's time to rest and rebuild their energy reserves causing certain systems to suffer (especially the immune system). Here are some tips to prevent getting sick and keep the immune system in optimal health:

- 1) Stay hydrated—dehydration can be very detrimental to the immune system since our mucous membranes are the body's
- 2) Vitamin C and Zinc are great immune system nutrients. Take up to 1000mg of vitamin C every hour starting 48 hours before your scheduled travel. Also, take some zinc lozenges to suck on while you're on the plane (sucking on the lozenge will help your ears pop too). Generally, 15mg of Zinc every 2-4 hours is a good dose for preventing viral infections.
- 3) Get plenty of rest the day before your travel. Sleep deprivation can really tax the immune system and make your body more susceptible to any infection.
- 4) Wash your hands—nothing can beat the effectiveness of proper hygiene at preventing the spread of germs and infections!

primary defense against airborne viruses. Drink at least 8-10 cups of water a day and avoid dehydrating beverages such as alcohol while on an airplane.



**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—The Benefits of Berries

Summer is the season for fruits and that includes berries! Most berries native to this area are extremely rich in flavonoids and antioxidants that are beneficial for cardiovascular health as well as the brain. Blueberries, blackberries, raspberries, strawberries, huckleberries, loganberries, and Marion berries all contain flavonoids and antioxidants. In general, darker berries are richer in these beneficial substances.

Eating at least one cup of fresh berries a day is a great way to improve circulation and increase brainpower, two benefits of increased vascular function due to the bio-

flavonoids in the berries. Cooking and canning destroys many of the beneficial constituents, but if you want to enjoy berries throughout the year, try freezing them.

Here's a recipe for a berry sorbet sure to delight the palate:

- 1/2 cup local honey
- 1 1/2 cups blueberries
- 1 1/2 cups blackberries
- 1/2 cup raspberries

*"Live each season as it passes; breathe the air, drink the drink, taste the fruit, and resign yourself to the influences of each."*

*—Henry David Thoreau*

Puree berries in a blender and gradually add honey to mixture. Pour in an ice-cream maker and freeze (or pour into serving size containers and freeze). Serve partially thawed and enjoy!

## Working through Menopause Naturally

Menopause is a natural phenomenon that occurs between the ages of 40-52. Interestingly enough it hasn't always been regarded as the gradual and natural process of ceasing the ability of a woman to become pregnant. For many years the medical community (and most likely the pharmaceutical industry) has promoted the idea that menopause is a disease state and should be aggressively treated with medications including estrogens from horse urine, artificial progesterones, and

anti-depressants. Hysterectomy was an older and more permanent way of dealing with the peri-menopausal woman (look at the root of the word— *hyster* meaning crazed).

Thank goodness women's health has progressed and it is no longer necessary to have a radical hysterectomy any longer to work through menopause. However, in many ways the options available to most women have become so numerous with

variable prescription hormone replacement therapies, herbal supplements, creams and lotions that women are just as confused as ever before.

A naturopathic physician is a wonderful option for women to learn about all the options and design the best treatment plan for her. In naturopathic medicine each woman is viewed as a unique individual with different needs. Therefore, every woman who comes to a naturopath

## Free Well-Child Exams! (for donation to charity)

Snohomish Valley Holistic Medicine will be providing free well-child exams on Saturday, September 24th. Exams will be given on a first-come, first-served basis, and yes, there is a catch!

We are asking that a donation be made to Julia's Gardens Heart Foundation, a local charity working to provide Automatic External Defibrillators (AEDs) to all public gathering places. The foundation was started by the parents of Julia Frisk, who died suddenly of cardiac arrest at her preschool in Lake Stevens. Even though CPR was performed immediately and paramedics responded within minutes, it was too late for Julia.

Julia's parents hope that providing AEDs and appropriate training to places such as schools, daycares, police and fire stations,

may help save a life. Their goal is to provide 100 units and training for those units throughout Lake Stevens, and eventually, statewide.

Why is Snohomish Valley Holistic Medicine interested in supporting Julia's Gardens Heart Foundation? In addition to our commitment to supporting the community and promoting health education, Snohomish Valley Holistic Medicine has a personal attachment to this charity's efforts. Dr. Lawler has a daughter who attends the same preschool that Julia attended. She recalls how devastating it was for all of the families whose children at-



tended the preschool and knew Julia as their friend and playmate.

"Even after the shock wore off, I couldn't help but think 'what if it were my child?'" says Dr. Lawler. The fact is, that AEDs can save lives, but only if they are accessible when the time comes. Once a person's heart stops, there is a 3 minute window to provide appropriate emergency care. If an AED is available onsite, the person's chances of survival are much greater.

*For more information about scheduling a well-child exam or making a contribution to Julia's Gardens Heart Foundation, please contact Dr. Bowker or Dr. Lawler at (360) 282-4014.*

### Breast and Cervical Health Program

The breast and cervical health program is a state funded program that offers yearly screening breast and pelvic exams including pap smear and mammogram to women who are between the ages of 40-64 and who do not have medical insurance that pays for regular breast and cervical screening. Women must meet financial guidelines for the program.

Dr. Lawler provides this service for women at Snohomish Valley Holistic Medicine. If you would like to find out if you qualify, please call our clinic at 360-282-4014 and ask to speak with Dr. Lawler.

### Relax and Enjoy the Summer!

While you're busy making vacation plans, working in the garden, or just enjoying the sun, don't forget about the services Snohomish Valley Holistic Medicine offers to help you relax and rejuvenate:

- Massage Therapy (beginning Aug. 1)
- Acupuncture & Chinese Medicine
- Naturopathic Medicine
- Physical Medicine (including hydrotherapy and Naturopathic manipulation)

We have added the following new services to help you reach your health goals:

*"Be careful about reading health books. You may die of a misprint."  
— Mark Twain*

- Stop Smoking Program
- Detoxification
- Weight loss program
- Allergy elimination

*For more information about our services, please call (360) 282-4014 or visit our website:*

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

## Working through Menopause Naturally (cont'd from p. 2)

is treated differently with an emphasis on safety, prevention and relief of symptoms. A naturopath can help each woman sort through the myriad of information and help educate her to make a safe and healthy decision to manage menopause.

Chinese medicine and acupuncture are both effective non-drug means for working with many of the symptoms of menopause that may not respond to prescription hormones and for those women

whose symptoms are mild enough and would like to avoid using medication and hormone replacement. If you have any questions about your menopausal symptoms please



call Snohomish Valley Holistic Medicine 360-282-4014

*Dr. Kellie Lawler is a board certified Naturopathic physician and licensed acupuncturist specializing in Women's Health at Snohomish Valley Holistic Medicine. If you would like an appointment with Dr. Lawler please call 360-282-4014. Many insurance plans accepted.*



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*"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 9/30/05.

**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 9/30/05.

### 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.

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

**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!

