



SNOHOMISH VALLEY HOLISTIC MEDICINE

HEALTH NEWSLETTER

Volume 3, Issue 3

Natural Products to Keep in Your Medicine Cabinet.

Many of us are familiar with the traditional over-the-counter products to have on for acute medical problems such as fever, pain, stomach upset, constipation, allergies, cuts, etc. Did you know that there are several natural products that are good to have on hand as well?

Here are some examples of items to stock:

Tea tree oil: A natural antimicrobial, this essential oil can be applied topically to small cuts, scrapes, and burns. It also works great on acne and yeast infections. To apply, dilute a few drops in water, calendula cream or aloe vera gel. Avoid applying tea



tree oil to infants, or large open sores or wounds unless directed by a physician. Also, avoid contact with eyes and do not ingest.

Arnica (30c): This is a homeopathic remedy for bruises, sprains, and strains, and can help for virtually any injury

related pain. It comes in small tablets that dissolve under the tongue. Follow instructions on the package for appropriate dosing. This remedy is safe for children and does not interact with medications (unlike other pain relievers).

Rescue Remedy: This is a flower essence formula and works similar to homeopathic medicines. Rescue Remedy can be used for any shock or

trauma (physical or emotional) and is safe for most people. The dose is 4 drops under the tongue or applied to the wrists or temples.

Epsom salts: A must have for athletes, but may also be helpful for a variety of muscle aches, pains, and cramps. Add 2-4 cups to a warm bath and soak for 15-20 minutes. This works well for sore muscles, menstrual cramps, and restless legs. Epsom salt solution may also be applied with compresses to bruises and sprains.

Calendula cream: This is a natural remedy for healing the skin and can be used on cuts, scrapes, and rashes. It is safe to use on infants, and may also be used as a base for applying other topical treatments, such as tea tree oil.

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Upcoming Classes:

We will be taking a break from classes this summer but plan to offer the following classes beginning in September:

- **ADD/ADHD**
- **Power Foods**
- **Immunizations**

Please check the website later this summer for times, dates, and registration info.

What's new at Snohomish Valley Holistic Medicine?

Insurance Update:

We are pleased to announce that all of the providers located at Snohomish Valley Holistic Medicine are now able to accept Regence Blue Shield insurance plans for Naturopathic Medicine and Acupuncture (benefits vary, so check with your plan to find out if our services are covered). Of course, we also accept many other

insurance plans as well. Call us at (360) 282-4014 to find out what other insurance plans we accept.

Naturopathic Politics

Doctor Bowker will soon be involved in committee work with the Washington Association of Naturopathic Physicians in order to improve access to Natural Medicine for children on state funded health plans. This may

involve days out of the office talking to politicians in Olympia. Hopefully this work will bring about important changes in our state healthcare system and increase awareness about Naturopathic Medicine in general.

For more information and to stay updated with news and events, visit our website:

www.snovalleyholistic.com

Ask Dr. Bowker

What can I do for dry, itchy, red eyes? I prefer not to use medicated eye-drops, and sometimes the saline drops aren't enough to help.

The most common cause for dry, itchy eyes this time of year is seasonal allergies. I mention this because the number one thing you can do is prevent the symptoms by either avoiding exposure to the allergens or reducing your body's reactivity to allergens. This can be an involved process and may vary from person to person, so I recommend scheduling an appointment with a Naturopath to discuss the best ways to prevent recurring allergy symptoms.

If you are seeking immediate relief, there are a few things you can try that may be helpful. Besides plain saline eye-drops, look for the kind with Vitamin A. Vitamin A is not only a protective vitamin for the eyes, it is also helpful for the immune system and may help to provide extra protection to the areas of the eye being

directly exposed to the offending allergens.

If you are already suffering from itching and redness, make some tea. Use black tea and steep 2 bags. You can drink the tea and save the tea bags to put over your eyes. Tea contains tannins, which help to shrink irritated blood vessels and will calm the redness and itching.

Nutrition is also important for helping the eyes. Supplementing with omega-3 fatty acids found in Fish, flax seed, and borage seed oil can help the eyes stay moist. The recommended dosage is 1 tablespoon of oil a day. Also, taking 1000mg of Vitamin C daily can be beneficial for anyone suffering from seasonal allergies.

If you are currently taking medications and suffer from dry eyes, you may want to speak to your doctor or a pharmacist. Dry eyes can be a side effect of many medications, which means that these suggestions may not be as helpful.



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

Tea Time—although not as popular as coffee breaks, it may be healthier!

Many of us have heard the headlines that tea is full of antioxidants and may provide a variety of health benefits. Before you throw a tea party, here are the facts:

Green Tea, Black Tea, Oolong Tea and White Tea all come from the same plant, *Camellia sinensis*. This plant is naturally rich in specific types of antioxidants, called flavonoids,

which are present in the different varieties of tea made from this plant.



Black Tea and Green Tea have been studied the most, and consequently, have the most reported health benefits, but it is safe to assume that any tea derived from the same plant will also have similar benefits.

So, what's the difference between the types of tea?

White tea is made from young leaves and new growth buds. It is essentially a younger version of green tea. Because it contains buds as well as leaves, White tea is higher in catechins and caffeine than Green tea.

Black Tea and Oolong tea, unlike Green

and White tea, are made when leaves are crushed and fermented. This processing changes some of the properties of the unprocessed tea leaves.

What about the health benefits?

Studies have shown that drinking tea may lower the risk of certain types of skin cancer, stroke, Parkinson's disease, and diabetes. Laboratory studies have also shown that Green and Black tea may boost metabolism and help with weight loss.

Keep in mind that these benefits are only proven for those who drink freshly brewed tea without cream and sugar!

Healthcare Decisions—the importance of Advance Directives and Living Wills.

Do you know who will make your healthcare decisions for you should you become incapacitated? Many of us assume that a spouse or family member will have that authority, but this may not be true. One of the drawbacks of the federal HIPAA law addressing a patient's protected health information is that information necessary for medical decision making may not be available to family members

or loved ones you would want to be involved in making these decisions. There are exceptions for emergency and life or death situations, but there are plenty of gray areas that could cause undue grief for your loved ones if there is no legal document stating your wishes.

No one wants to think that a court or judge can ultimately make a medical deci-

sion that may affect them, but that is exactly what may happen if you are not prepared. Many people put off the preparation of these documents because they believe it may be costly and require hiring attorney. In fact, generic legal documents for advance directives, and durable power of attorney for healthcare are available free for residents of many states, including WA. Caring Connections is great resource

Dandelion—Weed or Medicine?

Next time you see a child blowing a dandelion puff, be sure to say thank you. Although the dandelion has garnered a reputation as a pesky weed, it is also a medicinal herb and may just have what you need to stay healthy.

The Latin name, *Taraxacum officinale*, is derived from the Arabic for “bitter herb,” which describes the flavor of its leaves. Dandelion is known for its detoxification benefits, particularly in supporting liver and kidney function. Bitter herbs, in general, tend to stimulate liver function. Dandelions are also rich in antioxidants to help boost the immune system and fight diseases such as cancer and heart disease.

The aerial parts of the plant (leaves and flowers) are particularly helpful as a diuretic and stimulate kidney function as well as flush excess water from the body. This effect can potentially reduce blood pressure and may even help shed a few pounds of water weight. Dandelion

leaves can be eaten fresh in salads, sautéed and served like spinach, or dried and steeped in water to make tea. Dried leaves can also be taken in capsules or extracted and made into tinctures.



Dandelions are also a rich source of vitamins and minerals, including vitamin A, B-complexes, C, and D as well as Iron, Potassium, Calcium, Magnesium, Boron, Copper, Manganese, and Zinc.

Dandelion roots are traditionally used as a liver tonic, digestive tonic, and appetite stimulant. Roots tend to be higher in some of the trace minerals necessary for

proper liver detoxification. Improving liver function is also important to maintaining overall digestive health. The bitter constituents of dandelion (including taraxacin) are also concentrated in the root, making it the most used part of the plant for medicinal purposes.

In general, dandelion is a very safe herb with few side effects, but before you start harvesting weeds from your garden, make sure you know what you’re doing. There are several weeds that resemble dandelions but do not have the same medicinal benefits. You should also avoid harvesting any plants that may have been exposed to pesticides that may have been taken up in the roots (while you may not use them, your neighbors might). Your best bet at getting high quality dandelion is to visit a health food store or shop that sells medicinal herbs. High quality medicinal herbs are cultivated free of pesticides and harvested at their peak.

DISPENSARY COUPON

\$5.00 off any dispensary purchase of \$25 or more

OR

\$10.00 off any dispensary purchase of \$50 or more

May be used for SNOHOMISH VALLEY HOLISTIC MEDICINE dispensary purchases only. Not valid with other offers or discounts.

Not redeemable for cash. Coupon Expires: 9/15/07



Healthcare Decisions (cont'd from page 2)

for free information and to download copies of legal documents for use in the state of WA.

Visit their website:
www.caringinfo.org

The information on their site was compiled by the



National Hospice and Palliative Care Organization and is available to the general public for personal use.

In addition to having legal documents, you should also notify those who you name to be your durable Power(s) of Attorney and

also provide your Primary Care Provider with a copy of your documents, so they will be readily available, should the need arise. Most importantly, you should discuss your wishes with your loved ones, so they will be more comfortable making the right decisions for you when and if the time comes.



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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

Free voucher Valid for Massage or Acupuncture. Schedule a Naturopathic Detox. consultation with Dr. Bowker and receive a voucher valid for \$20 off a Massage or Acupuncture appointment offered by one of the practitioners at Snohomish Valley Holistic Medicine. Detox. consultations are \$100 for new patients and \$50 for established patients. Call (360) 282-4014 and ask to speak with Dr. Bowker for further details.

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

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!

