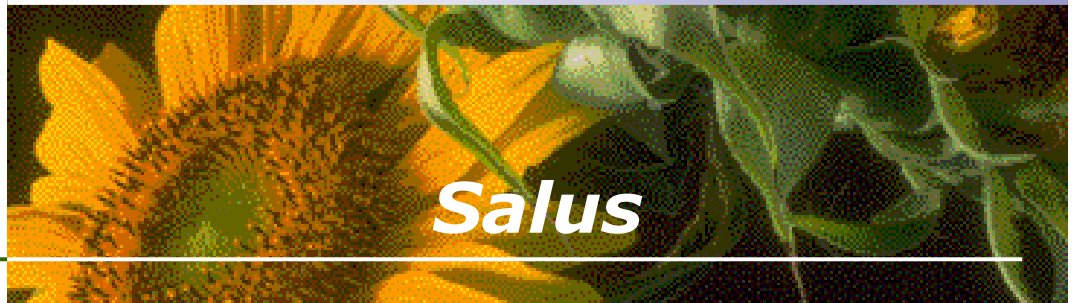


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www.carolynfullernd.com

Carolyn Fuller, ND



I am accepting new patients and am honored to receive your referrals.

To schedule an appointment, please call 206 834 4100 and follow the prompts for Practitioner Care.

Bastyr Center for Natural Health Practitioner Care
3670 Stone Way N
Seattle 98103
206 834 4100
www.BastyrCenter.org

Creating Your Tribe

Lately I have been having conversations with people regarding the concept of building your tribe. It is my belief that one reason we are “dis-eased” and in so much pain as a culture is that we no longer live tribally. Living as part of a tribe can be a security blanket, all the roles that we need are provided within the tribe/family we are born into. The day you made your appointment with me, I became part of your tribe. Who else is in your tribe? How do you create your tribe in a meaningful, empowered way? One way is through healthy ritual. Ritual is greatly lacking in our culture and many of our rituals are not health pro-

moting. Tribal culture is rich with ritual,, honoring individuals for their gifts and reinforcing the tribal unit. Here are some ideas for building your tribe and developing healthy rituals:

- Participate in community based healthy ritual: Monday night yoga class at your local gym/studio, weekend spiritual/religious service, weekly volunteering at your local food bank are a few examples of rewarding ways to meet others with similar values and goals.
- Connect with others: strike up a conversation with your neighbor, the couple you see often at the dog park, the new co-worker who makes you laugh, parents of your



SALUS is one of the principles of Naturopathic Medicine and means Wellness. Wellness follows the establishment and maintenance of optimum health and balance. Wellness is a state of being healthy, characterized by positive emotion, thought and action.

kids' friends.

- Enlist your current friends and family. Acknowledge the ties you currently have, which can help strengthen and reinforce relationships.
- Expand your healthcare team to include professionals whose job is health promotion: counselors, nutritionists, acupuncturists etc.

Did you know...

1. Lack of water is the #1 trigger of daytime fatigue. Set your hydration goal to be at least 64 ounces of water per day and limit coffee to 12 oz/day as it is a diuretic (increases water loss) Increase water intake with exercise.
2. Toothbrushes should be kept at least 6 feet away from a toilet to avoid airborne particles resulting from flushing. Also consider shutting the toilet lid when you flush.
3. The pupil of the eye expands as much as 45 percent when you look at something or someone pleasing!
4. People who talk on cell phones while driving are more impaired than drunk drivers with blood alcohol levels exceeding 0.08! Many studies support that our brains are not able to multi task in this manner. Don't drink and drive, don't text while driving and limit calls to urgent only and use a hands free device.
5. The average office desk has 400 times more bacteria than a toilet. Use sanitizer wipes to clean your surface areas, keyboard, telephone receiver and chair on a regular (at least weekly) basis.
6. It takes 17 muscles to smile, 43 muscles to frown. Seek ways to exercise your 17 smile muscles!



Middle Eastern Vegetable Salad

This delicious, simple recipe is gluten free on its own and can easily be made dairy free. Make it for a delicious, satisfying lunch or bring it to your next potluck party or BBQ. Perfect for summer eating!

2 scallions, thinly sliced
 1 tomato, large, diced
 1 cucumber
 1 red bell pepper, seeded, diced
 3/4 cup pitted greek olives
 2 cans (15 oz) chickpeas (garbanzo beans), rinsed and drained
 1/3 cup chopped fresh parsley
 2/3 cup chopped fresh mint leaves
 1/3 cup julienned fresh basil leaves
 1/3 cup chopped fresh dill
 1/3 cup olive oil
 1/3 cup freshly squeezed lemon juice
 1 tablespoon minced garlic (~3 cloves)
 3/4 teaspoon salt
 3/4 teaspoon ground black pepper
 8 oz of feta (cow/goat/sheep) cheese, 1/2 inch diced

Place the scallions, tomato, cucumber, red bell pepper, olives, chick peas and herbs in a large salad bowl and toss to combine.

In a small bowl or measuring cup, whisk together the olive oil, lemon juice, garlic, salt and pepper. Pour the dressing over the salad, tossing gently to coat all the vegetables. Add the feta (if desired). Can be served alone or in pita bread. Enjoy!

Resources

Supplements Delivered to You: Savings and Convenience!

Did you know you can receive a 10% discount on supplements and have them delivered directly to you? To set up your account and place your order, go to www.carolynfullernd.com → click on "Links" → click on "Emerson Ecologics" → enter password "WELL33". Estimated delivery time is typically 2-3 business days.

Gluten Free and Dairy Free Businesses Outside of Seattle

There are a variety of businesses in cities surrounding Seattle that offer gluten free (GF) and dairy free (DF) products. Thank you to my patients who are helping spread the word about these businesses! Resources are key when you are trying to make change, particularly dietary change and knowing where you can get GF and DF substitutes for your favorite foods can go a long way in easing the dietary transition.

Janell's Gluten Free Market
 7024 Evergreen Way, Suite A
 Everett, WA 98203
 425 347 3500
www.janellsglutenfreemarket.com

Mill Creek Town Center:
 Smart Eats
 15224 Main Street, Suite 100
 Mill Creek WA 98012
 425 338 1300
www.smarteatsusa.com

Granola's Natural Market
 15506 Main Street, Suite N101
 800 270 6421
www.granolas.com

Haley's Corner Bakery (100% GF)
 10216 SE 256th Street, Suite 111
 Kent, WA 98030
 253 852 4486
www.haleyscorner.com

The most compelling book I have read recently: *The Winter of Our Disconnect* by Susan Maushart. The writer and her 3 teens go screen free for 6 months and reconnect with themselves, family and friends, and life in general.