



Tolle Causum

I will exclusively practice at the Bastyr Center for Natural Health Practitioner Care starting June 26.

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

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

Monday 11:00 - 5:00

Tuesday 9 :00 - 5:30

Thursday 10:00 - 5:30

Friday 9:00 - 1:00

To make an appointment, call
206 834 4100

Do You Have Optimum Energy?

A common reason for seeing a health care provider is fatigue. We all want to feel and look our best to maximize productivity, prosperity and enjoyment in our daily lives. Many people however complain that they don't have the energy to complete daily tasks and although it is normal for energy to wax and wane, overall energy should typically average 8-9/10 with 10 being optimum. What are some contributing factors of fatigue?

- Rule out organic causes. There are many health conditions that can have fatigue as a

symptom including hormone disorders, anemia, malabsorption, viral infections, immune compromising diseases, sleep and mood disorders etc. Fatigue is also a side effect of some medications and supplements. It is important that you schedule an appointment to rule out these and other causes when you experience unexplained fatigue.

- Incomplete focus on the foundation of health: sufficient sleep, a balanced diet, adequate hydration, daily emotional/spiritual/physical outlets each play a significant role in preventing fatigue.



TOLLE CAUSUM is one of the principles of Naturopathic Medicine and means "Treat the Cause".

Deficiency in even one of these areas can contribute significantly to fatigue.

If your energy doesn't average 8-9/10, please make an appointment to address this issue. My goal is for you to have optimum energy, health and wellbeing so you live your best life and be healthy, happy and productive!

Did You Know...

1. The first sign of dehydration is fatigue. To maintain adequate hydration drink at least 64 oz of water/day and an additional oz for every oz of caffeine or alcohol and at least 12 extra ounces for every hour of exercise.
2. Some studies have likened the effects of fatigue to those of alcohol or drug intoxication.
3. Excessive caffeine can contribute to symptoms of fatigue due to the rebound effect.
4. A significant cause of fatigue in women of childbearing age is anemia.
5. Subluxation (misalignment) of a joint can cause fatigue. If there is more than one joint subluxed, the effect on fatigue can be more than double that of a single joint..

The key take home message :if you are experiencing unexplained fatigue is make a follow up appointment to rule out organic causes, order appropriate diagnostic testing and emphasize lifestyle and treatment interventions that will help you feel, look and perform your best

Seafood (Or Tofu) Chowder

This easy, quick recipe is dairy and gluten free. Coconut milk is a great source of healthy fat as it is high in lauric acid. Cubed tofu can be substituted for the seafood to make a vegan chowder. Serve with a salad for a delicious meal!

- 1 tablespoon olive oil
- 1 small yellow onion, diced
- 3 garlic cloves, minced
- 1 teaspoon sea salt
- 2 cups vegetable stock
- 3 medium carrots, chopped
- 2 stalks celery, sliced
- 2 small red potatoes, diced
- 1 can coconut milk
- 1 1/2 cups water
- 1/2 tsp freshly ground black pepper
- 1 oz thai basil, chopped
- 2 stalks lemon grass (remove outer husk, cut into ~3" pieces)
- 1-4 teaspoons red chili pepper flakes (to taste)
- 1 lb shelled shrimp, scallops or tofu
- 1 cup green peas

1. Heat oil in a large soup pot and sauté onion, garlic and salt until onion is translucent.
2. Add vegetable stock, carrots, celery, potatoes, coconut milk, water, black pepper, thai basil, lemon grass and chili pepper flakes. Stir well. Simmer until potatoes are just tender.
3. Add seafood or tofu and peas. Reduce heat to low and cook 2-3 minutes until seafood is cooked.
4. Serve immediately. Serves 4-6.

Resources

Many people are trying to incorporate more healthy food choices while staying within budget, diet and time constraints. One possibility is to use a personal chef or food preparation service. It can be just for weekday lunches or your meals for the week working overtime. It is also a helpful service to use or give as a gift after the birth of a baby.

There are a variety of ways of getting the food to you. One way is the personal chef comes to your home and talks with you about tastes, food sensitivities etc. and plans dishes/meals for the chosen time period. S/he prepares the meals in your kitchen, packages, labels and stores them (and cleans up!). Another option is to try a food preparation

and delivery service where you select from a menu and the meals are delivered to your doorstep in a food delivery unit. I tried one service recently and appreciated the convenience after being out of town the week-end before and not having time to do meal preparation. Consider trying this out next time you have an extra busy week scheduled!

“We actually save money on our food bill by using the food preparation service as we are spending less on take out. The food is delicious and we love the choices!”

Personal Chefs

Simply Seasoned Personal Chef Services: Edie Pierson
www.simplyseasoned.com 425 238 7131 (North King County)

Jacque Mo's Personal Chef Service www.jacquemos.com
425 787 6162

The Incredible Chef: Karen Rosenzweig
www.incrediblechef.com 206 419 8407

Island Gourmet:: Tiffany Schira Personal Chef
www.islandgourmet.net 206 852 9247 (Vashon Island)

Food Preparation and Delivery Services

Delicious Planet Home Delivery www.delicious-planet.com
206 720 7017

Dancing Women Meal Delivery www.dancingwomen.com
425 787 2821

Lucky Palate Vegetarian Meal Service www.luckypalate.com
206 352 2583 “Slow food for the body's soul”.

Savory Moment Chef Inspired Meals
www.monthofmeals.com 425 867 1516

Tumeric 'n More Indian/Pakastani Meal Delivery Service
www.tumericnmore.com 206 859 9591