



ACCEPTING YOUR
REFERRALS

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

Bastyr Center for Natural Health
Practitioner Care

www.BastyrCenter.org

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Seattle 98103

206 834 4100

Mondays, Tuesdays, Fri am

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206 408 7400

Wednesdays, Thursdays

Preventing a Cold or Flu

Winter is here and with it the common cold and flu viruses. If you are not feeling well and think you may have a cold or flu, it is best to schedule an appointment for appropriate evaluation and treatment. That way, it is more likely that your illness will be accurately diagnosed and by initiating treatment, avoid lingering or worsening symptoms.

As a naturopathic physician, I believe it is important to emphasize prevention. Key factors in avoiding development of a cold or flu:

- Practice good hygiene. Wash your hands often. If you sneeze or cough, do so

into your arm.

- Air out your living and working spaces. Allow fresh air into your home, office and car even if for a short period of time. Contained spaces are breeding grounds for viruses. If you are a frequent airplane traveler, talk with me about my immune boosting protocol.
- Remember the basic foundation of health: adequate hydration, whole foods diet, at least 7-8 hours of sleep and daily stress management activities. These provide you a stable core, limiting a virus's ability to have effect.



DOCERE is one of the principles of Naturopathic Medicine and means "Doctor as Teacher".

By following these simple guidelines, you decrease the likelihood of getting a cold or flu, boost your immune system and enhance your overall vitality! I hope your winter season is full of fun and healthy well being!

Did You Know...

1. 75% of Americans are chronically dehydrated. This most likely applies to half the world's population.
2. In 37% of Americans, the thirst mechanism is so weak that it is often mistaken for hunger.
3. Even mild dehydration slows down your metabolism as much as 3%.
4. One glass of water shut down mid-night hunger pangs for almost 100% of the dieters studied in a University of Washington study.
5. Lack of water is the #1 trigger of day-time fatigue.
6. Preliminary research indicates that 8-10 glasses of water a day could significantly ease back and joint pain for up to 80% of those with that complaint.
7. A mere 2% drop in body water can trigger fuzzy short-term memory, trouble with basic math, and difficulty focusing on a computer screen or printed page.
8. Drinking 5 glasses of water daily decreases the risk of colon cancer by 45% and it can decrease the risk of breast cancer by 79% and bladder cancer by 50%.

Are you drinking the amount of water you should every day? For adults: 2-3 quarts of water per day depending on activity level. For children: 1/3 of their body weight in ounces. If you carry a water bottle with you, you are more likely to reach your goal!