



# Treat the Whole Person

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](http://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 and follow the prompts for Practitioner Care

## News and Updates

This is my first newsletter in a while as my efforts have been focused on serving my current patients, building my practice and getting the word out about the services I offer. I hired Jeff Zeunert from Zol  Designs to create my website for me. I am pleased with the results and encourage you to check out my website at [www.carolynfullernd.com](http://www.carolynfullernd.com) If you go to the "Links" page you will see a link to Emerson Ecologics which is a distributor of supplements and other health care products. My patients receive a 10% discount on each order

and Emerson mails it directly to you which is a great convenience, avoiding delays related to obtaining supplements elsewhere and possible unavailability. Current patients are provided the log-in code which indicates that you are my patient as that is the only way you can purchase from Emerson.

I am excited about an article in the January 2010 issue of Seattle Metropolitan Magazine that I consulted on. I appreciated the opportunity to consult about water fasting which can be very beneficial for specific complaints and conditions and for overall wellness and wellbeing. The article is on page



*TREAT THE WHOLE PERSON is one of the principles of Naturopathic Medicine whereby physical, emotional, mental and spiritual health are addressed.*

42 and can be found at <http://www.seattlemet.com/health-and-fitness/articles/health-new-year-0110/4/>

I appreciate the family, friends and colleagues that you have referred to me and look forward to working with all additional referrals in the future!

## Did You Know...

1. Vitamin A has been called the "anti-infective vitamin" due to protecting against bacterial, viral and parasitic infections by maintaining the integrity of mucus membranes.
  2. Vitamin B5 (pantothenic acid) is widespread in foods thus comes from the word pantos meaning everywhere.
  3. Vitamin C was originally called ascorbic acid which means "no scurvy".
  4. Vitamin D is known as the "sunshine vitamin" as it can be synthesized in the skin with the aid of UV light from the sun.
  5. Vitamin E was known as the "antisterility vitamin" as it is necessary for reproduction.
  6. Vitamin K was discovered by a Danish scientist. The Danish word for coagulation (clotting) is Koagulation.
- Fruits and vegetables are an excellent source of vitamins and minerals. To get a variety of nutrients eat 1-2 servings of fruit and at least 4-5 servings of vegetables per day, the more colorful--the better!*

## Red Lentil Soup with East Indian Spices

This delicious, simple recipe is gluten free and can easily be made dairy free. It is from one of my favorite cookbooks "Feeding the Whole Family" by Cynthia Lair. Serve with a salad for a delicious meal!

2 teaspoons of ghee, butter or olive oil  
 1 onion, diced  
 1-2 tablespoons minced garlic  
 1 teaspoon tumeric  
 1 teaspoon cumin powder  
 1/8 teaspoon cayenne  
 1 cup chopped tomatoes (or one 28 oz can drained)  
 1 cup dried red lentils  
 4 cups water  
 1 teaspoon salt  
 1 teaspoon each cumin and mustard seeds  
 1/2 teaspoon ghee, butter or olive oil  
 1/4 cup chopped cilantro

Heat butter, ghee or olive oil in a large pot. Sauté onions and garlic in ghee until brown. Add spices and stir for 2-3 minutes. Add tomatoes and cook until they break down. Wash and drain lentils. Add lentils and water to pot. Let simmer for 45 minutes. Stir in salt. Heat 1/2 tsp ghee in a small skillet and fry seeds until they pop. Stir fried seeds and cilantro into finished soup.

## Resources

Many of you know I am a big fan of Tom Malterre and Alyssa Segerstein's cookbook "Whole Life Nutrition". It is full of information, resources and recipes for delicious dishes and meals that are cost effective, healthy and easy to prepare. I encourage you to check out their website [www.wholelifenutrition.net](http://www.wholelifenutrition.net) to purchase the cookbook and get information about upcoming classes, the ser-

vices they offer and of course, recipes. I really like their blog [www.nourishingmeals.com](http://www.nourishingmeals.com) as it offers a lot of recipes and resources including how to pack a healthy school lunch (check out the great chart!!) and inspiring comments from consumers. Removing familiar foods or adding new foods can be challenging and I am happy to help support you in making change and selecting

healthy dietary options for you and your family. Please schedule an appointment with me and I will help provide additional resources to create an eating plan that is best for you, meets your dietary needs and tastes good! Bon appetit!

"You can change your habits, it just takes discipline. It is a lack of loving yourself, not a lack of time. Make yourself a priority."

Andrea Sullivan  
 PhD, ND, DHANP

## Magazines for Whole Foods Eating

### CLEAN EATING Magazine

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

Great meal plans, grocery lists (for one month!) and information to support a whole foods diet and healthy eating patterns.

### LIVING WITHOUT Magazine

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

Many recipes, resources and information for people who are excluding gluten, dairy, peanuts etc. due to allergy or sensitivity.