



Vis Mediatrix Naturae

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

3670 Stone Way N

Seattle 98103

206 834 4100

Mondays, Tuesdays, Fri am

London Health Center

www.LondonHealthInc.com

17425 Vashon Hwy SW

Vashon 98070

206 408 7400

Wednesdays, Thursdays

Rejuvenate, Renew, Relax

The December snowstorms were a chance for many to sleep, read, and relax without the distraction of daily life hustle and bustle. How often do you create this space for rejuvenation in your life when not weather imposed? Ideally daily, many times throughout your day from seconds to minutes to hours.

How can you create this space in your daily life?

- Do a time analysis of your schedule. Keep track of your daily activities for a few days and the amount of time that you spend with

each. This may result in redirecting your time to achieve more balance.

- Create ritual in your life. What is the first thing you do every day? What is the last? Do each contribute or take away from your well being? Commit to activities throughout your day that support rejuvenation. Schedule weekly activities with friends and family that promote relaxation.
- Pick a time of day, entire day or week to be electronics free. Ex: no computer use in the evening, turn off your cell phone or PDA on weekends,



VIS MEDIATRIX NATURAE is one of the principles of Naturopathic Medicine and means "The Healing Power of Nature".

establish a TV free week in your home. Use this time gained to do things that renew you.

It is a more stressful time for many right now. These commitments to yourself have implications to benefit you, your family, work and friends too!

Did You Know...

1. Research has shown health benefits of laughter ranging from strengthening the immune system to reducing food cravings to increasing threshold for pain.
2. Laughter reduces the level of stress hormones like cortisol and epinephrine (adrenaline). It also increases the level of health-enhancing hormones like endorphins and neurotransmitters.
3. Laughter enhances immune function by increasing the number and effectiveness of T cells which also results in fewer physical effects of stress.
4. Studies show that your response to stressful events can be altered by whether you view something as a threat or a challenge. Humor can give you a more lighthearted perspective

and help you view events as challenges, thereby making them less threatening and more positive.

How can you decrease stress and laugh more? Have friends over for a movie or game night. Go to a local comedy club. Sign up for "joke of the day" e-lists. Get comedy CDs from the library. Maintain a sense of humor in your daily life!

Whole Life Nutrition

My new favorite cookbook is "Whole Life Nutrition" by Alissa Segersten and Tom Malterre MS CN. In addition to being an excellent source of information ranging from how to stock a healthy pantry to information on eating whole foods, it has great recipes and sample menus! I really appreciate it's dedication to food sensitive issues. Many recipes in the 2nd edition are gluten, dairy, egg and soy

free and are DELICIOUS!

I adapted this brownie recipe from the cookbook. They are not only a tasty treat but also nutritious, providing a good source of protein, fat and carbohydrates. Raw foods are a good way of getting vitamins and nutrients that can be lost in heating processes. Cocoa beans are roasted so technically the brownies are not 100% raw if you use cocoa powder.

(RAW) CHOCOLATE BROWNIES

1 cup raw almonds

1/2 cup raw walnuts

1 to 1 1/2 cup pitted dates

4 to 6 TBSP unsweetened cocoa powder or raw cacao powder (a good cocoa or cacao powder makes a huge difference!)

1 tsp vanilla extract

1/2 cup raw almond butter (\$4.99 at Trader Joes!)

Raw shredded coconut flakes

Put almonds and walnuts in food processor with S blade. Process until finely ground. Add dates, cocoa/cacao powder, vanilla and almond butter. Process until well mixed. Put mixture in a 8x8 inch square pan and use spatula to press down firmly. Sprinkle shredded coconut flakes on top. Use spatula to press firmly.

Resources

An important part of putting a plan into action is having sufficient resources to maximize success. Many patients have asked for resources regarding implementing a gluten or dairy free diet. Consumer demand is prompting greater availability of gluten and dairy free items and many grocery stores including

national chains are carrying these items. Ask the manager or customer service representative if the store provides a list or tour of gluten or dairy free items. Many items will have a shelf label identifying the item as gluten or dairy free. Food manufacturers will include on the product label if it was processed in a facility that

also processes items that contain common allergens (gluten, dairy, nuts etc.). This statement is written for full disclosure and to avoid liability. For highly sensitive/allergic individuals this is important information but for most people they are not likely to have a clinical reaction due to shared equipment.

"After years of seeing many physicians with no resolution, my symptoms have resolved after following your suggestion of trying a gluten free diet. Thank you!!"

Grocery Stores

Fred Meyer: has a separate natural foods section. www.fredmeyer.com

Manna Mills: has the most extensive gluten free selection I have seen. Prices seem higher than most other stores. www.greenpeople.org

PCC Natural Markets. Often has classes for gf, df cooking. www.pccnaturalmarkets.com

Trader Joes: a cost effective store for gluten, dairy free and other food items. www.traderjoes.com

Whole Foods: in addition to classes, can subscribe to an e-newsletter that has many gluten and dairy free resources. www.wholefoodsmarket.com

Restaurants

Ethnic restaurants have many gluten free items. At Thai restaurants ask for rice noodles or brown rice. FYI: soy sauce commonly has wheat in it.

Chaco Canyon: raw and vegan food. www.chacocanyon.org

Café Flora: vegetarian restaurant with vegan and gluten free items. I love their brunch! www.cafeflora.com

Flying Apron Bakery: Vegan and mostly gluten free. Has some meal items in addition to bakery goods. www.flyingapron.net

Chain restaurants that offer gluten free menu items: PF Chang's, Claim Jumper, Bonefish Grill, Romanos Macaroni Grill, Chili's. Ask your server to identify these items.