

Emerald City Clinic

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Fall 2012

Healthy Transitions OR Transitions in Health

by Molly Niedermeyer, ND, LM

This is the title of how I am feeling both personally and professionally and thought it would be a good topic for the newsletter as I begin to transition back to my office. For those who are not aware, I am returning from medical leave at the beginning of October. It feels like time for a number of reasons:

First and foremost is that I miss practicing medicine and need to feed that portion of my spirit. It is imperative for my health to be of service to my clients and feel productive outside of my personal life. How I return is what will protect my health. Emerald City Clinic has been in a major transition since my diagnosis last summer and is redefining itself. All



these changes we hope will only enhance the quality of care in an environment that reduces stress. I have and will continue to “walk my talk.”

First, we have changed the physical environment of

the clinic with a new paint job and some minor alterations. We all have new computers to reduce the frustration of working with antiquated equipment as we head toward electronic medical records. In mid-July the entire staff partici-

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pated in a Native American ritual to bless the office space and change the energy. Parts of my heart and back bone were figuratively found in the foundation of the clinic and returned to me. This was symbolic for how I want to return to practice; not leaving parts of me at my office but knowing that the office will flourish because I have planted a healthy garden for many years.

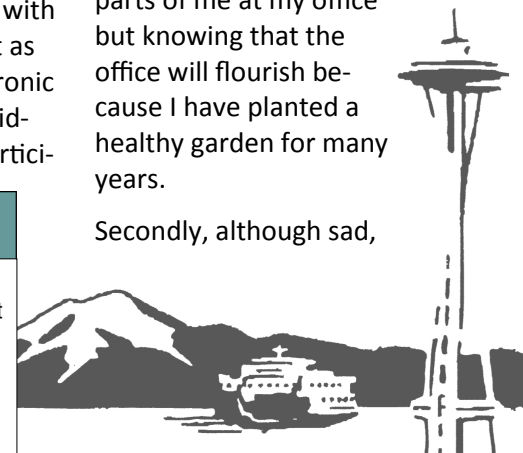
Secondly, although sad,

ECN's Upcoming Important Dates

Fri October 5th: Fall IMT After canceling our summer IMT, Fall's is booking up fast. Call today to schedule your carotid artery scan to test the thickness of your arterial walls: a proven indicator of heart disease.

Fri, Oct 12th: Drs. Loren Riccio and Gretchen Imdieke have their last day!

NAET Afternoon Special: We will be offering a special on NAET the afternoon of Tues, Oct. 2nd from 2-5pm. If you're already receiving treatments, schedule at this time for a discounted visit of \$35.00. If you are new to NAET and would like to give it a try, schedule for a discounted 1st NAET of \$100.00! Don't miss out!



it is also exciting that many of the physicians at Emerald City Clinic are also transitioning to new growth opportunities. We are all supportive of each other and excited for all the changes. Dr. Loren Riccio, who has been with Emerald City Clinic for over ten years, is consolidating her practice to one location on the Eastside. Dr. Gretchen Imdieke, who has been my “rock” during my medical leave, is headed to Hawaii in October to start a new phase of her life. Dr. Cynthia Castillo is currently completing her acupuncture degree in China and is then off to Philadelphia to work with the Cancer Treatment Centers of America. With these partings come

new “sprouts” in our garden. Our new residents are Drs. Kelley Barnes-Valdes and Erin Westaway. I am so excited to have them on board. Also at the front desk we welcome Sherry Bloxam, who has years of experience and wisdom to share with all of you and to assist our wonderful clinic director, Amanda Zuluaga.

In order to accommodate and prioritize my health, I will be returning only part time to practice, keeping afternoon hours Monday thru Thursday and occasional Friday mornings. This will allow me to protect those lifestyle changes that are crucial to maintain my health. Also, I really

want to write and lecture and this will allow time for the diversity of care I would like to give. The residents will be there on all open office hours and available for all acute visits, routine physicals, and our Full Circle Clinic clients. They are skilled practitioners that I am sure you will all grow to trust and love.

At this time I want to extend a heartfelt thank you to all of the members of Emerald City Clinic, both staff and clients for all their support in all the ways it came to me. I am still in a “healing time” and know that I will still need continued support in many fashions. I am filled with gratitude for the community I have.

Stress and the Immune System *by Molly Niedermeyer, ND, LM*

The recent AANP (American Association of Naturopathic Physicians) conference was in Bellevue and the topic was all about stress. I thought I would use the information I gleaned from the conference to write this newsletter and give you some highlights. Stress is neither good nor bad; it is just part of life. An example of good reaction to stress is weight bearing exercise increasing bone mass in an osteoporotic person. Or a stress reaction allowing someone to stop their car to avoid an accident. The issue that I have touched on many times before is that we are designed to accommodate stress in small spurts of time, not over days, weeks, months or years. If we do not have the resources physiologically to handle stress, the body has to make difficult choices about what to prioritize at any given moment. When we are stressed our bodies release a hormone from our adrenal glands called cortisol which is also

referred to as adrenaline. There are many reactions in our body to this.

Cortisol re-arranges the resources of the body differently than if the body was at rest. It causes vasoconstriction of all the peripheral blood vessels so that your blood goes to your most vital organs as well as the large muscles of the body. Over time, the response becomes over-used and may result in the following symptoms:

- Short term memory loss
- Visual disturbances, blurry vision
- Poor digestion and elimination problems
- Temperature deregulation
- Low blood pressure, dizziness and orthostatic hypotension
- Taste interference
- Immune malfunction, leading to frequent infections or chronic infections
- Reduced work performance and motivation, feeling ‘brain-fog’
- Hair loss

- Inability to cope with daily stressors
- Insomnia
- Depression
- Hypoglycemia
- Attraction to stimulants and sweets

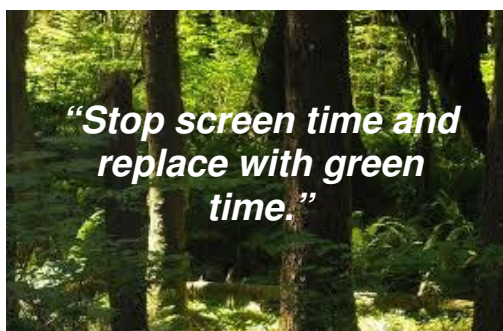
Another response is to release “inflammatory markers” to alert the body to dangerous processes occurring within our bodies. These inflammatory markers are caustic to the body over time causing erosion of many of our body’s systems such as hormone depletion, skin irritation, joint capsule degradation and reduction of immune resources to name a few.

The stress response I find most fascinating right now is the actual effect on our DNA/genetic code. We were all taught that if something is “genetic” then that is our code that we were dealt. That is NOT a full picture of the situation. I have always used the analogy that we were all

given a circuit breaker box that was unique to each of us and that it was our lifestyle choices and exposures that would “turn on OR off” a genetic code. This is much more accurate than I realized as the science emerges. Each gene, once it is past fetal development, has a lifespan of being able to be read about 70 times before it is discarded or non-functioning. Therefore, the body has many protective methods embedded in genes and DNA in order to have it properly read or used when it is truly needed. I am sure we all know that the causative effects of our lives do damage those genes, but there are some specific things you can do to improve them. This is what I want to focus on: How to improve the immune system and protect the proper functioning of our genetic code.

Our environment: Research is starting to support the common knowledge that we need to be out in nature. There is a term called Biophilia. It is defined as human’s innate love of nature. We evolved in nature and therefore our genes recognize that natural settings feel like home. Green areas in neighborhoods are proportional to the reduction of mortality in a neighborhood. The more time people spend outside in natural settings the higher their self-esteem and the improvement in overall mood. There are many ancient traditions expounding on the need to be outside. In Japan, a forest bathing trip, called Shinrin-yoku

in Japanese, Samrimyok in Korean, is a short, leisurely visit to a forest and is regarded as being similar to natural aromatherapy. It had been demonstrated that our Natural Killer cells, those which protect us from aberrant DNA and cancer cells, go up for a week with 4 hours in the woods. It is now being called vitamin “N” and I think I am going to add it to Molly’s 5 Point Health Plan. Because the more high tech we become the more nature we



need. There is no research yet to determine how much vitamin “N” we need, but my suggestion is that for every hour in front of a “screen” we should have 15 minutes outside. Stop screen time and replace with green time.

Our lifestyle/attitude: Balancing our lives is a challenge for all of us. I know personally that feeling “productive” often means being busier. Every great spiritual tradition is based on staying in the present moment and balancing life’s challenges. We all have heard the benefits of meditation; similar benefits have been found with conscious breathing, reading, sitting and contemplating. In addition, a good belly laugh has been found to increase Natural Killer cells. Sleep deprivation will damage DNA molecules while good sleep will protect them.

Diet: Truly we need to be having a minimum of 2 servings of fruits and 3 ½ servings of vegetables/day with each

serving being ½ cup. This really is a minimum and many Americans don’t even obtain this. Please put down the white and brown foods and start eating a rainbow of colors to get those phytonutrients that were put on our planet to nourish us. Try to eat food as close to the way it evolved on the earth; the less processed the healthier it is. Remember the act of eating is sacred. It evokes all of our senses.

My colleague and friend, Dr. Lise Alschuler, has her version of the 5 point health plan I wanted to share as it is a different take. She calls her plan the “5 R’s of Rejuvenation”:

Rhythm: get back to circadian rhythms. I always think that if we turned off electricity we would all be happier. We could not supersede our natural rhythms. Eat and sleep at regular times so your body knows what to expect and when.

Rest: Optimize your quantity and quality of sleep. Circadian rhythms are to go to sleep at night when age related rhythm is there. For the very young and very old that is around 8 pm. For the teenager and young adult it is around 11 pm. For the rest of population it is around 9-10 pm.

Relaxation.

Replenishment: Be creative. Be re-inspired. Feed your human creative spirit.

Rehydration: drink plenty of water.

I wanted to present things that were not additional pills and potions. A good laugh and walk in the woods will improve the immune system as much as Chinese mushrooms will, and they are a whole lot cheaper.

The Food We Choose *by Gretchen Imdieke, ND*

Last week, I was running a bit behind in my morning schedule, and realized I needed to be out the door to make it to the clinic in time before my first patient. I hadn't eaten breakfast, and needed to grab something fast! I am not someone who can function without breakfast, and I need protein in the morning to be able to make it until lunch.

The quickest, easiest solution I could find was a protein bar. I took a couple bites, jumped on my bike, and figured I would eat the rest as soon as I got to work. On my bike ride to work, I got to thinking about the quality of the food I had just chosen to start my day off with. There is nothing fresh or alive in a packaged protein bar – with an expiration date of May 2013. Then I started thinking about all the packaged, frozen, canned foods I eat on a regular basis, and how much of the vitamins, antioxidants, etc are really preserved in these foods. That same day, I received a September 2012 flier from "Health Sense" and there was a snippet on processed foods and how storage and processing take their tolls on fresh fruits and vegetables. This is what I learned:

- Spinach stored at room temperature loses 70% of its Vitamin C content in 24 hours after picking and refrigerated spinach loses 50% of Vitamin C content in 2 days.
- Cooking vegetables destroys another 30% of the Vitamin C and up to 70% of the thiamine (B1) and 50% of the riboflavin (B2)
- Canning vegetables destroys up to

77% of Vitamin B5 and B6

- Canned fruit juice loses up to 50% of its vitamin B5
- Canning tomatoes remove 80% of their zinc
- Canning spinach removes up to 81% of its manganese, 70% of its cobalt and 40% of its zinc
- Freezing meat destroys up to 70% of the vitamin B5
- Peaches lose from 40-70% of their Niacin, riboflavin, thiamin, and Vitamins A and C during processing when compared to raw peaches
- More recent studies have shown that canning vegetables creates losses of up to 90% of the vitamin content of some vegetables

Can we avoid eating frozen and canned vegetables? Can we get all of our fruits and vegetables straight from the garden, so no refrigeration or shipping needed? The answer to both of these questions is unlikely. But we can buy local fruits and vegetables so we know they are fresher. We can plant a little garden – whether we are in an apartment or have a tiny yard, there is a way to grow some vegetables and herbs. We can also make a point to buy local fresh fruits and vegetables versus canned when available. And when in a hurry to run out the door and needing something to eat, maybe grabbing an apple with almond butter or carrots with hummus or a cup of blueberries mixed with walnuts or even a homemade protein bar is a better choice than a prepackaged protein bar that may have been made and packaged 6



months ago.

You are given one body in this lifetime – nourish it!

From Dr. Gretchen Imdieke...



After four amazing years at Emerald City Naturopathic clinic, I have decided it's time for me to leave Seattle. I will be moving to Kauai, HI at the end of October. I

want to give a BIG THANKS to the wonderful doctors, staff, and patients of Emerald City Clinic. I have learned so much from each and every one of you, and I am going to miss working with all of you. My last day at Emerald City Clinic will be October 12, 2012. After October 12th, I can be contacted at:

drgretchenimdieke@gmail.com, and if you are ever in Kauai, please shoot me an email and let me know. It would be great to see you.



Biofeedback: Control your stress response *by Erin Westaway, ND*

You hear it in the news all the time: chronic stress isn't good for you. The more that's researched about chronic stress, the more we realize how linked it is to an ever growing list of health outcomes. Just to name a few, it's been linked to heart disease, diabetes, obesity, cancer, and a number of digestive illnesses. Many of the patients I see are already aware that the level of stress they experience is impacting their health. "I know," they tell me, bringing the topic up on their own, "I need to deal with my stress." What they aren't saying explicitly is that even though they know their level of stress is a problem, they aren't really sure what to do about it.

There are many tools that can help us deal with stress and most of us already have some strategies we've figured out over the years. I encourage my patients to exercise, eat well, sleep 8 hours a night, and often to do counseling work. While these strategies are important, they often aren't specific enough.

To address the underlying physiology of stress in my patients, I've been finding targeted individualized biofeedback sessions to be quite effective. Biofeedback is a process in which your practitioner helps you to develop a deeper awareness of what is happening in your body. As you develop awareness of your in-

ternal physiological processes, you then practice skills that allow you to modulate those processes consciously. With practice, these skills become more automatic and your physiology shifts to a more functional state.

There will always be stressful situations in our lives. Biofeedback helps us to develop the skills that allow us to engage with these situations while minimizing their impact on our health. For many patients, this results in both a significant decrease in physical symptoms as well as a decrease in the experience of stress in their lives. The

"There will always be stress...in our lives. Biofeedback...develops the skills that...minimize [its] impact on our health."

skills patients practice in biofeedback also help to tonify the nervous and cardiovascular systems to prevent further illness.

There are many different types of biofeedback. In a typical session, you will likely learn specific breathing techniques while connected to a machine that monitors how your heart rate changes over time. This measurement is called heart rate variability and is a good indicator of both stress response and cardiovascular risk. You'll leave a session with specific skills to practice at home. In follow up sessions you'll be able to see how your home practice has changed your stress response. You'll also get feedback on how to adjust your home practice to make it more useful.

Many patients find that by engaging

with their stress response first on a physiological level, they have more energy to then make some of the changes in their lives that have previously seemed overwhelming. Biofeedback is a process and best results are usually seen in patients who commit to regular brief home practice. Most patients find the practice sessions to be empowering as they discover how much they can modulate their own physiology. Treatment time varies from patient to patient, but typically involves several weekly sessions early on and then less frequent follow up as the patient becomes more comfortable with the practice.

Biofeedback can be useful for a wide range of conditions and has very few contraindications. For some conditions, it can prevent the need for prescription medications or decrease the need for prescriptions a patient is already taking. If you've been dealing with hypertension, anxiety, fatigue, digestive complaints, headaches, chronic pain, cold hands and feet, insomnia, or asthma, biofeedback might be a great choice for you. If you don't see your condition listed above, but would like to develop your body awareness or your ability to modulate your response to stress, biofeedback might be a great choice for you as well. First visits for biofeedback usually involve an initial consultation to make sure you're a good fit and to tailor the sessions to your individual needs. I am honored to work with patients who want to use biofeedback to transform their lives.

From Dr. Loren Riccio.....



After eleven incredible years of being a part of the Emerald City Clinic family, I will be leaving this coming October. This was a difficult decision to make and doesn't come without countless hours of thinking of all of you and the encouragement and support provided at Emerald City. The clinic will be going through a period of transition and it seemed an appropriate time to be a part of that change.

As many of you know I also practice midwifery at a birth center in Bellevue. Through my work as a midwife, I

have found that often families feel empowered by their birth experience but then find themselves returning to conventional care postpartum as there are few options for naturopathic family medicine on the eastside. I have decided to move my practice to Bellevue in order to provide naturopathic family medicine on the eastside and fill that need. I have been working on becoming a provider with a few insurance companies. While I learn this new system, please be aware that there may be some specialty services that may not be covered by insurance as our views differ on ways to achieve optimum health. The decision to accept insurance has been driven by changes in our economy and its impact on many families.

Initially, I will be practicing at Eastside Birth Center in the crossroads area of Bellevue and then eventually move into my own space on the eastside. The birth center is easily accessible from I-90, 405 and

520. I would love to continue to care for all of you, but realize that this may not be feasible for everyone. Dr. Molly Niedermeyer will be returning to Emerald City Clinic this Fall, joined by two new residents; Dr. Erin Westaway and Dr. Kelley Barnes-Valdes. I was involved in the selection process for these two residents and believe they will make a great addition to the team. If you would like to continue your care at Emerald City and have a question about which doctor would be the best fit for you, I would be happy to give a recommendation and review your chart with that doctor for ease of transition. If you think that you might venture outside of Emerald City and meet a new doctor, I would also be happy to give a recommendation. For those of you who have participated in Emerald City Clinic's Full Circle program, that program and the associated benefits will remain solely at Emerald City Clinic. For those of you that are uninsured or underinsured, I will be offering sliding scale rates. If you would like to continue your care with me, please sign a records release form (available at Emerald City Clinic or on the website www.emeraldcityclinic.com) and your chart will migrate with me.

Thank you for trusting me to care for you and your families over the years. It has been an amazing experience!

Meet our new receptionist!



Sherry Bloxam joined the practice as the new receptionist. She is a Seattle native returning after 15 years. She has a varied background having been everything from a dishwasher, cook, baker to landscape gardener to computer support person to

licensed massage practitioner. She lived and studied Hawaiian Lomi Lomi on Kauai and loves Hawaiiana. She graduated from The Evergreen State College with a focus in mathematics and computer applications. She still loves to cook and garden. Her current hobby is smocking and embroidery work. Please be patient with her while she learns all the details of the front desk position.

Sherry is currently practicing massage, and is excited to be offering her services to our patients and their referrals in the coming months!

Dr. Molly's Corner

Healthy Tidbits

1. The newest research about vitamin D is that optimal levels should be around 40-50. This is new and important information to make sure you are not over medicated with your vitamin D.
2. Research has shown that statins in women have no significant benefit for prevention of stroke or decrease in mortality.
3. Green tea at 310 mg/day has been found to reduce the acquisition of flu by 10%. Simple and effective.
4. After 5 years of extensive research and re-evaluation it has been shown that not only does soy NOT cause breast cancer but that it is protective. There was 54% reduction in breast cancer with eating NON-GMO soy such as edamame, good quality soy milk, tempeh, and tofu.
5. Total intake of calcium should be

800-1200 mg/day for post-menopausal women, which includes dietary intake. Many people are actually over medicated with calcium. If you are taking a calcium supplement without magnesium this is particularly true. Most women need only 500-600 mg of calcium (with a magnesium) when they are post-menopausal if they are following a healthy diet plan.

Breast imaging: What I recommend for breast imaging has been one of the most frequently asked questions I've had this year. First let me say that breast self-exam and knowledge of your breast tissue is really my first line choice of how to screen for breast cancer. We have made a handout outlining the breast imaging options available at this time along with the pros and cons. It is on our website under patient handouts titled, "Breast Imaging Comparison Chart."



Mammograms:

There is more and more research available that finds the benefits of screening mammograms do

not reflect a decrease in mortality due to breast cancer. Women's knowledge of their own breasts and doctor's diagnosis of suspicious lesions are still the most accurate ways to rule out breast cancer. The bottom line is that 2000 women need to be screened by mammogram every year for 10 years to allow one woman to avoid death from breast cancer (Cochrane Database of Systemic Review, 2011).

My best advice is to **prevent** breast cancer by daily exercise and intake of 5 ½ servings of fruits and vegetables. Other direct preventions are adequate sleep, proper vitamin D and iodine levels. Your individual risks and screening should be discussed with your physician at Emerald City

Notes from the Admin Side

1. **NEW! Kinesio Taping being offered at ECN.** Remember all of those crazy looking tape-jobs you saw on the athletes during the Olympic Games? Well now you can give this amazing technology a try! Dr. Gretchen has recently finished an advanced training in this taping technique. Kinesio taping is a therapy involving application of a special tape to treat a variety of physical health conditions. It is most commonly used to treat acute injuries or chronic pain, such as bruising, sprains, tendonitis, plantar fasciitis, tennis elbow, low back pain, etc. We will be offering a special through October 12th: a 15 minute visit - for \$35 to address one part of the body. OR you can address 3 parts of the body for \$85.00. Call to make an appointment today!
2. **Raising Fees October 1st:** As is customary this time of year, ECN will be raising our fees beginning October 1st. Feel free to inquire when scheduling an appointment.
3. **Living Social Deal:** We have joined the masses in adding our own Living Social Ad to the web! The Ad is running through the end of the week of Sept. 10th. The coupon is for new patients only, so please pass this great deal on to friends and family who would like to be seen by one of our residents. Thanks for your support!
4. **Closures:** We will be out of the office on Friday afternoons 9/28, 10/12, and closed for Thanksgiving 11/22-23.

Meet the New Physicians of the ECN Family!



Dr. Kelley Barnes-Valdes

I have always been intrigued by the workings of the human body and fascinated with learning more about it. This curiosity led me to a pre-medical program at Colorado State University. While studying there, I came to the

realization that the body has so many intricate processes in place to heal itself and an amazing ability to adapt to its environment. At that time, I was unaware of Naturopathic Medicine; however, I knew that the type of medicine I wanted to practice was one that worked with the body to create health. After I graduated with my Bachelor of Science in Psychology, I went on to massage school to start learning about the art of facilitating healing. While I believe strongly in the healing power of therapeutic touch, I knew that I had more to offer and that my education was not complete.

Practicing as a massage therapist allowed me to witness my clients' healing processes and the different ways they were able to achieve health even after medical doctors had nothing left to offer for their conditions. The many stories I had the honor of hearing strengthened my belief in the medicine I was seeking. Finally, my search led me to Naturopathic Medicine where I could fulfill my passion for offering options to people who seek optimal health by treating the cause of dysfunction instead of just symptoms.

I set off on my journey to Kenmore, Washington to follow this calling. During my time in school I was faced with my own health challenges which allowed me to experience the power of Naturopathic Medicine first hand and the huge impact this holistic approach made on my life. Four years later, I graduated from Bastyr University with my doctorate in Naturopathic Medicine and a commitment to teach clients about their bodies and how to achieve optimal health. I honor individuals' unique paths in life and thus their unique paths to health and am equipped with many treatment options to facilitate this process.



Dr. Erin Westaway

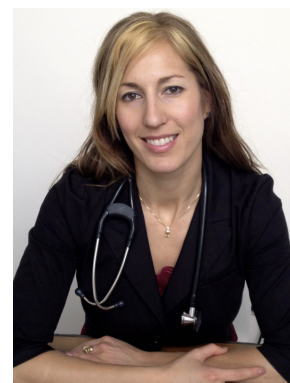
My passion for medicine grew out of a combination of curiosity and my own experiences as a patient. My curiosity led me to see my health as a puzzle that involved more than lab tests and individual organs.

Though I saw many specialists over many years, it was a naturopath who finally helped me to put the pieces of my puzzle together. I believe that each of my patients brings a puzzle of their own into the office and that we must work together to figure out how to put the next set of pieces in place.

Part of understanding how I can best serve each patient involves getting to know their story. I have always balanced my love of science and nature with my understanding of the world through story. Before studying naturopathic medicine at Bastyr University, I studied English literature and education at Bowdoin College in Maine. I taught middle school arts and humanities at a public school in Massachusetts. People often comment that I've made a big change by moving from teaching to medicine. My patients quickly come to see that the difference isn't so big after all. As a teacher, it was my job to know my students well, to believe in their ability to succeed and to help them gain the tools to create the life they wanted to live. As a doctor, I work in a different setting and I have a few more tools in my bag, but I would still describe my job the same way.

I enjoy working with a variety of ages and conditions and am excited to be practicing family medicine. In addition to my work as a family practice physician, have a special interest in working with patients with rheumatic conditions including Lyme disease and related infections. Whatever it is that my patients are struggling with, I strive to find a way to integrate the physical, mental, emotional, and spiritual aspects of their lives.

I am thrilled to be bringing my practice to Emerald City Clinic and look forward to serving the ECC family.



Dr. Brooke Weitz

I had the unique experience of being raised in a Naturopathic environment, where it was normal to take tinctures, sleep with wool socks around your neck, eat tofu and have tai chi and meditation classes in my back yard. My

Father is a Naturopathic doctor, and I am honored to follow in his footsteps. I graduated from Bastyr University in 2009 and am honored to be working with my mentor and friend, Dr. Molly Niedermeyer and to be a part of the amazing group of doctors at Emerald City Naturopathic.

I believe that a doctor is a lifelong student and educator of health. Being a role model, a listener and an advocate is my responsibility and privilege. A large focus of my medical practice aligns with my greatest values: nutrition, exercise and physical medicine. When I am not seeing patients, you'll find me playing sports.

My love for exercise, movement and athletics also started at a young age. My athletic career started at age 10 months when my dad ran the Boston marathon while carrying me. After 13 years of gymnastics, I moved my focus to volleyball and other sports and continue to compete to this day.

I incorporate a lot of physical medicine techniques such as chiropractic adjustments, cranio-sacral therapy, muscle energy stretching, active release technique and physical therapy into my daily practice both as a doctor and patient. My 15 years of experience as a personal trainer and coach helps me with designing lifestyle plans for sustainable wellness both mentally and physically.

My goal as a doctor is to be a partner in health, to focus on supporting the body in doing what it is naturally designed to do, and to aid my patients in continually moving towards wellness. We are all in this together!

*****Dr. Weitz will be working with us on Friday mornings, and uniquely will be taking insurance as a contract provider. *****

SUPPLEMENT SALE SHELF! 50% OFF!

Supplement	Description	Sale Price
Adva-Clear	Detox Support	\$37.50
Alli-Cinn (60 cap)	Anti-Microbial	\$13.00
Balance D (60 cap)	Brain and Neurotransmitter Support	\$17.00
Basic Detox Nutrients (360 cap)	Multivitamin with detox support	\$33.75
Beta Glucan (100 cap)	Immune System support	\$15.00
Cat's Claw (60 cap)	Digestive and immune system support	\$13.25
Ceralin Forte (90 cap)	Brain and nervous system support	\$26.75
CholesTame (90 cap)	Cholesterol maintenance	\$20.00
Cholesterol Support (90 cap)	Cholesterol support	\$15.00
Cortisol Response (90 cap)	Promotes healthy endocrine function	\$21.50
Glucosamine Sulfate (180 cap)	Helps support joint cartilage	\$14.50
Gugulplex (90 cap)	Cholesterol support	\$18.25
Fibro Boost (75 cap)	Antioxidant support	\$27.50
Free Aminos (100 cap)	Readily absorbed amino acids for food sensitive individuals	\$15.75
Flow-Less (60 cap)	Healthy bladder support	\$12.60
Isoquercetin 100mg (60 cap)	Supports cardiovascular health, helps enhance immune system health.	\$10.00
Li-Zyme (100 cap)	Nervous system support	\$5.50
Mercury Detox (60 cap)	Heavy metal detox support	\$15.30
Mood Food (60 cap)	Helps promote calmness and a healthy mood	\$15.00
MSM 1000mg (120 cap)	Provides building blocks for cartilage regrowth	\$10.50
Omega-3 Gummies (60 cap)	Low dose of Omega-3 Oils in a tasty chewable for kids	\$13.75
Pain X (90 cap)	Helps reduce general pain and inflammation	\$16.00
Phytocort (120 cap)	Upper respiratory support	\$20.00
RF Plus (60 cap)	Nutritive gastric mucosa support	\$9.00