

NANCY E. BOYDEN, ARNP

Laser, Cosmetic, and Wellness

March 2013

NALTREXONE MAY BE BENEFICIAL IN THE TREATMENT OF FIBROMYALGIA

Low Dose Naltrexone (LDN) is not a new treatment option, but it is not widely prescribed or talked about in traditional medical settings. Naltrexone in high doses is used for opioid and alcohol addiction. In very small doses, it can help patients with HIV/AIDS, autoimmune diseases, and central system disorders. Clinicians also prescribe it to reduce symptom severity in patients with fibromyalgia. The dose typically starts at 1.5 mg and will increase to 4.5 mg. Patients undergoing treatment with LDN have reported improvements to their symptoms. Specifically mechanical and heat pain thresholds are improved by the drug. This medication is well tolerated and has few side effects. This medication combined with Wellbutrin also curbs cravings and helps with weight reduction. If you would like more information, call and schedule an appointment.

**NEW!! COSMETIC PUNCH CARDS- 5 PUNCHES
EQUALS THE NEXT SERVICE AT HALF PRICE!!!**



In This Issue

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- New!! Cosmetic Punch Cards
- Adrenal Fatigue
- Improving communication with provider

Cosmetic Punch Cards- 5 Punches and next service is half off!!!



HORMONE
TALKS
WILL BE
SUSPENDED
UNTIL
FURTHER
NOTICE

Paradoxical Reactions to Adrenal Supplements

Adrenal fatigue is common and often over looked. Treatment is not meant to be long-term (often 3-6 months) and is dynamic. However, paradoxical effects can occur most often with methylation dysfunction. Also, if one is in severe adrenal fatigue lifestyle changes may need to occur first before any treatment can begin. This means eliminating food sensitivities, getting proper sleep, and proper nutrition. Exercise is also important, but it has to be the right kind of exercise. It's easy to get caught up in searching for pills to make us feel better. When the adrenal glands are spent, the body tends to down-regulate and to conserve energy for vital organs. This slows the liver down and toxins tend to build. Unresolved congestion tends to lead to unpleasant retoxification reactions and can trigger adrenal crashes. For this reason, the supplements may need to be introduced very gradually and treatment may take longer. Adrenal treatment is a careful titration of hormones and is customized for each individual. Cortisol levels are important also in the treatment of menopause as depleted cortisol levels will impede menopausal medications.

HEALTH BENEFITS OF LICORICE ROOT

- supports the healthy function of the kidneys, liver, and bladder
- helps regulate fat metabolism in the liver possess glycemic moderating effects
- lessens symptoms of chronic fatigue syndrome and fibromyalgia
- helps to increase energy
- soothes ulcers and eases stress

BENEFITS OF LICORICE ROOT

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Hours:

Sunday-Monday closed

Tuesday 9-4

Wednesday-Friday-9-5

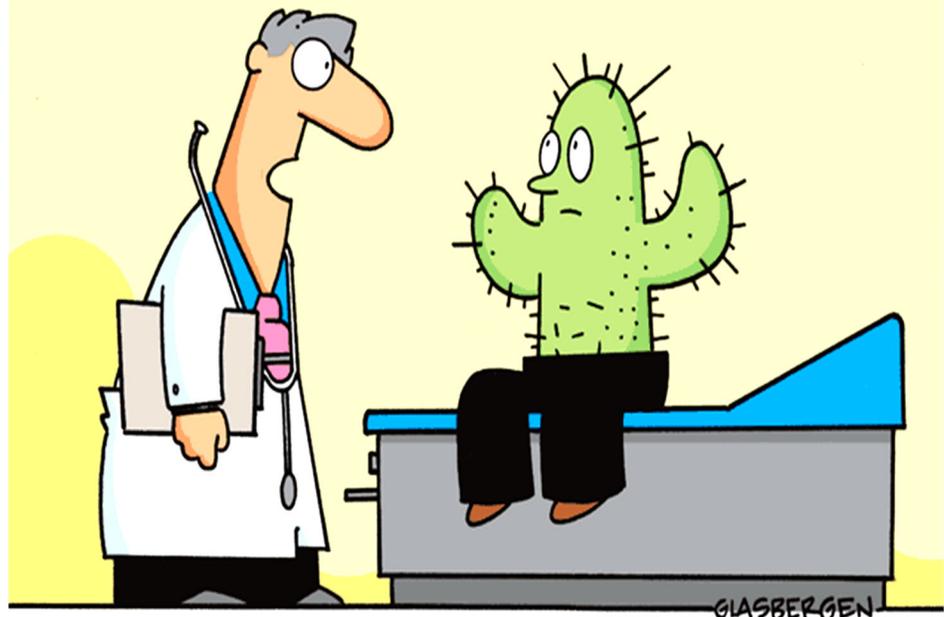
Saturday 9-12

Gigaharborhealthclinic.com

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“How many times must I remind you? *Eight glasses a day!*”

Provider-Patient Communication is Crucial

Patients sometimes feel their provider is not easy to talk to. But it's essential to communicate precisely what is bothering you in a way that you will be heard.

Here are a few suggestions to improve your communication between yourself and your doctor/nurse practitioner.

- Where is your symptom and how long have you had it? Include how often it happens, how long it lasts, and if it better, worse or the same
- What were you doing when you first noticed it
- Any symptoms associated with it like headache, shortness of breath
- How bad is it on a scale of 1-10?
- What aggravates it:
- What alleviates it?

Accurate treatment starts with accurate information.