

OPEN HOUSE!

It's That Time Again!!

December 3rd 6-8pm

We love Christmas and we love our patients!

We are going to have food, fun, and wine!

There will be many specials as usual and giveaways.

Also welcome Kristen McGee, Master Aesthetician and

Dr. Doug Smith, Chiropractor. We are honored they will be joining us for the evening. Kristen will have specials to offer as well.

Please call and get your name on our RSVP list 253-858-2408

We are thankful to all of our patients!

7 Signs of Gluten Intolerance-

I know it seems everyone is on the gluten bandwagon, but for our long-term patients, they know we have long been talking about food intolerances for years. Food intolerances are not allergies. Allergies are reproducible and can be deadly. Intolerances can be quite debilitating. Here are a few symptoms:



Nancy E. Boyden, ARNP

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Symptoms of Possible Wheat Intolerance

- Routine Digestive Issues-gas, diarrhea, bloating
- Autoimmune Diseases-Not in all cases but psoriasis, Multiple Sclerosis, arthritis
- Keratosis Pilaris-Caused by a fatty-acid deficiency
- Persistent Headaches-Migraines and persistent headaches
- Dizziness- feeling off balance
- Chronic Fatigue
- Fibromyalgia

The only way to know if you have an intolerance to food is to go off it for 2-3 months. It can take that long to clear a food from your gut.

Adrenal Fatigue

Adrenal fatigue is a condition where your adrenal glands get fatigued. It's usually due to chronic stress or chronic illness. The adrenals control many critical hormones in the body. All body parts are affected if the adrenals are not performing optimally. Illness associated with this includes chronic fatigue syndrome, fibromyalgia, ovarian-adrenal-thyroid imbalance syndrome, estrogen dominance, and hypothyroidism.

Adrenal Fatigue- Could you have it?

Test-Answer yes or no

- The tendency to gain weight, especially around the waist
- You get the flu frequently and can't get over it
- Sex drive is low
- You get lightheaded when rising from a lying position
- Unable to remember things or to think clearly
- Difficulty waking up in the morning and low energy 3-5pm
- Feeling energized for a short time after a meal
- Need coffee or stimulants to get going in the morning
- Crave salty, fatty, high protein foods
- Pain in upper back or neck for no reason
- Easily startled
- Less ability to handle stress and responsibilities
- Low body temperature. Cold feet and hands.
- Unexplained hair loss



New Product-Osteoben™-Designs for Health

We are proud to carry a new product in our office called Osteoben™. This product increases bone density, reduces frequency and severity of hot flashes.

With regards to bone density, in randomized placebo trials it increased bone mineral density +16% in the femoral neck and +20% in the lumbar spine area.

In menopausal women, the ingredient genistein aglycone is what helps manage menopausal symptoms. It is NOT a soy-based product and because of this there are: significant reduction in hot flashes, significant reduction in specific predictors of cardiovascular risk and no side effects on endometrial thickness or vaginal mucosa compared with placebo. The studies are available in the office to review.

The Annals of Internal Medicine states the combination of the ingredients found in this product: Significantly increased bone mineral density, decreased levels of bone resorption markers and increased markers of new bone formation.

Cancer Survivors Need to Eat Well To Stay Healthy

New data released by researchers show that cancer survivors eat a less healthy nutritious diet than the general population. It's important to eat healthy as they have a higher risk of chronic health problems and may be more susceptible to relapse. Continued...



Download from Dreamstime.com
SubhanMullik | Dreamstime.com

Osteoben™ Ingredients

Genistein Aglycone- phytoestrogen that is non-soy based

Calcium & Vitamin D-

Magnesium (as Di-Magnesium malate) -68% of Americans get less than the RDA of magnesium in their diets

Vitamin K- (as K2 menaquinone-7)
Combination nutritional therapies have been found to be more effective than calcium and Vitamin D3 alone

Zinc (as citrated zinc bisglycinate-Osteoben™ provides a combination of nutrients w/demonstrated efficacy in managing menopausal bone loss

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Cancer Survivors-continued

A diet full of the right nutrients is helpful in preventing cancer. This is what instigated this research at the Friedman School of Nutrition Science. As a rule of thumb, it is good to:

Eat more fruit, vegetables, thereby increasing fiber

Limit simple carbohydrates, breaks down into sugar and cancer cells feed off sugar

Increase Vitamin D, E, potassium, and calcium

Decrease amounts of saturated fats and sodium

Hope to see you all at our Open House

December 3rd, 2015

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