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Spring 2012 Volume 3

...serving up a healthy dose of information

Allergies OH MY! Please go away!

Each year thousands of people are affected by allergies that can turn a nice sunny day into a drag. Typically symptoms are managed with medication or supplements.

Simple techniques can be taken first:

- ✔ Frequent vacuuming, washing of beddings, nasal washes and washing your face can help decrease your exposure.
- ✔ Hydration and movement; we need to get the proper nutrients and remove waste products through elimination organs such as the liver, kidneys and skin.
- ✔ Removal of inflammatory agents such as sugars and processed foods. (Allergens are another aggravating factor to inflammation that is present in the body)

These three steps are a great start to lowering your overall "load" that your body has to manage. Think of your body as a bucket with a drain in the bottom. Typically a normal bucket (your body) will empty when the drain is working efficiently. Now imagine over time you when you consume sugars, processed foods, have excessive stress, and come in contact with other chemicals, this will clog the drain. What is the drain? This is your skin sweating, your lungs expelling gasses, your liver and intestines eliminating unused products and your kidneys filtering waste. If these systems become inefficient due to a number of factors, fluid starts to back up until it spills over the sides. Once things start to spill over we now have symptoms of allergies including: nasal congestion, dry eyes, teary eyes, nasal discharge, ear congestion and sinus pain.

So how do we make the drain more efficient? By restoring your body's health you will have long lasting effects that don't require taking medications and supplements.

I work with my patients to begin gentle cellular detoxification and drainage techniques to help restore proper function. This is done by reducing exposures, minimizing inflammation and using remedies specific to your body's need to optimize natural regulation.

Are you ready to take the steps to getting rid of allergies permanently? Let's get your body back to thriving and build your natural path to lifelong health!

Dr. Brenden Cochran,
Lynnwood, Washington
Port Angeles, Washington

Allergy Season relief from Omega-3 Oils

Spring is in the air, along with all those pollens that can make you miserable. As pollen counts rise so do those all-too-familiar symptoms for many of us; itchy eyes, painful sinuses, sore throat, sneezing, etc. Your naturopathic doctor has many solutions to give you relief.

When we have an allergic reaction to something, our body goes into over-drive; excess inflammation and mucus are the outward signs of this hyper-activity. There are several ways to help you feel better; most are based on reducing your body's over dramatic reaction to the pollen. Omega -3 oils, like those found in fish oil are extremely helpful; they are considered anti-inflammatory because they inhibit the same pathway that many anti-inflammatory drugs target, without the nasty side effects.

By taking daily doses of omega-3 oils and following a low-inflammatory diet, you can go a long way toward getting rid of those symptoms that effect you during allergy season. See your local naturopathic doctor to find out more and to have them customize a treatment program just for you.

Dr. Susan H. Mueller, Lynnwood, WA

"The art of medicine consists in amusing the patient while nature cures the disease." --
Voltaire



Our own Dr. Mueller will be presenting a 3-part series on health in conjunction with **The Sweatbox**

Sunday, March 11th- Eating for Beginners
Sunday, April 29th- A Good Night's Sleep- Is it Possible?
Sunday, May 20th- Detoxification- Why and How?

All lectures are from 12-1PM.
COST- \$5 individual lecture or 3 for \$10
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Bikram Yoga @ The Sweatbox
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Tea and Honey for Allergy Relief

Feel Great with Green Tea

Did you know that drinking green tea can reduce and prevent your allergies? Green tea contains antioxidant compounds, one specifically called Epigallocatechin gallate (EGCG), which has been shown to reduce histamine reactions in the body and prevent hayfever symptoms such as runny nose, watery eyes and sneezing.

The Japanese researchers investigated the effects of EGCG on mast cells and basophils, immune cells involved in histamine-mediated allergies. EGCG was found to inhibit the IgE receptor activity on basophils, preventing the release of histamine.

EGCG is found in black and oolong tea, however green tea has much higher concentrations.

Stop The Sniffles With Raw, Local Honey

For those of you already suffering with seasonal allergies, there may be some relief right in your own home. Local honey is believed to prevent symptoms of hayfever and seasonal allergies. When bees pollinate and make honey, they collect allergens from flowers, trees and other plants. This leaves traces of those allergens in their honey. Eating local honey may work like an allergy shot, exposing you to small amounts of allergens and helping your body build immunity towards environmental triggers.

Your best bet at finding local honey is at a farmer's market. Recommended dosage is one to two teaspoons per day.

Dr. Julieanne Neal, Boise, ID

Fujimura Y, Tachibana H, Maeda-Yamamoto M, Miyase T, Sano M, Yamada K.

Antiallergic tea catechin, (-)-epigallocatechin-3-O-(3-O-methyl)-gallate, suppresses FcεpsilonRI expression in human basophilic KU812 cells. *J Agric Food Chem.* 2002 Sep 25;50(20):5729-34.

Nettles and Quercetin for Allergy Relief

Take the Sting out of Allergies with Nettles

It sounds odd — nettles are associated with burning pain, rash and itching— but the nettle leaf is an age-old remedy for allergies. Nettles reduce inflammation, act as a diuretic, and provide essential nutrients to support your body when you're feeling low.

It's no coincidence that they appear in Spring, when allergies are at their peak. Native Americans traditionally use them for a variety of ailments that appear in Spring; allergies, malnutrition, detoxification, and so on.

So how do you take nettles without the pain? There are many teas and supplements available that can give you the relief you seek— minus the sting.

Consult your doctor before using any herbs, as they are powerful medicine and should be prescribed by your Naturopathic Doctor.



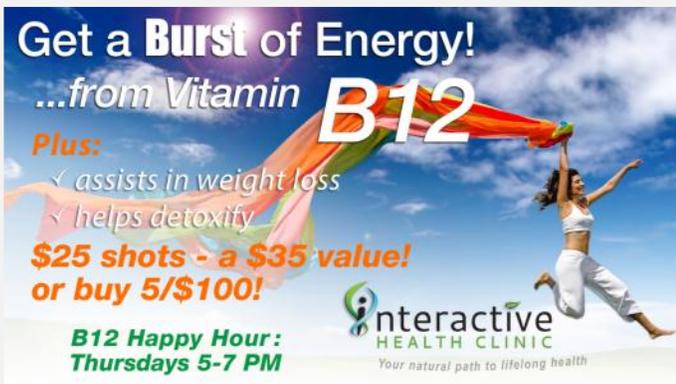
Quercetin to Quiet those Allergies

Quercetin, the compound that adds a yellow hue to onions, is a powerful antihistamine as well as an antioxidant. It increases the effectiveness of vitamin C, making it a very valuable ally in the fight to reduce the symptoms of seasonal allergies.

Dr. Susan H. Mueller, Lynnwood, WA

These tools and many more are available from your local Naturopathic Doctor. Call today to find out how you can experience relief from an individualized treatment plan!

This copy of **the Vital Scoop** provided to you by:



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