

Center For Holistic Medicine

January-March 2016

Newsletter



Dr. Kathy's Corner

Happy 2016! This year we are adding a newsletter for The Center for Holistic Medicine. Our goal is to provide you with quality information that is useful to making healthy lifestyle decisions and interventions that are easy to implement.

Another goal is to keep you informed and up to date on new developments in the health and fitness industry as well as nutrition and of course autism research. Many people are also unaware of some of the services offered at our facility.

At the Center for Holistic Medicine we offer pain management treatments including medical acupuncture

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Functional Medicine, Autism Spectrum Disorders
Frequency Specific Microcurrent, Medical Acupuncture

**Optimizing wellness, one person at a
time, one family at a time!**

EXERCISE

Did you know, in a study from 2012 authors concluded that aerobic training in a fasted state lowers body weight and body fat percentage. In contrast, fed aerobic training decreases only body weight.

Reference: Int J Sport Nutr Exerc Metab. 2012



Nutrition

Proper food preparation can dramatically impact the nutrient density of the foods that you are eating.

Did you know that crushing and lightly looking garlic releases more healthful thiosulfinates that give garlic it's healthful blood thinning effect. Microwaving garlic, however, removes almost all of the benefits of this nutritious food!

- Continued

We also provide an array of services including functional medicine evaluations and treatments and pediatric evaluations for autism spectrum and other developmental disorders.

As a service to her clients Dr. Kathy can perform routine urgent visits as well.

Another service provided at the Center for Holistic Medicine is IV glutathione therapy. IV glutathione is helpful for detoxification, immune system function and it also has antioxidant properties.

If you are unfamiliar with these therapies or have any questions, please ask us about them. We have flyers and our staff can help to explain them to you.

The Center for Holistic Medicine also has an online Doctors Supplement Store where many of Dr. Kathy's preferred supplements can be purchased. Some popular

supplements like multi-vitamins, probiotics (including VSL3), omega 3 fish oils and many²



Recipe

Red Cabbage salad

INGREDIENTS:

- 1 red cabbage.
- 2 Shredded whole carrots(optional)
- Olive oil ¼ cup
- Modena Balsamic olive oil

Shred ½ of the red cabbage into a large bowl using a mandoline or kitchen knife to desired thickness. I personally like the cabbage thin, like a cole slaw. Do the same with the carrots and combine the two sliced vegetables.

Pour 2 -4 tablespoons of Extra virgin olive oil over the salad and 1/4 cup of Modena balsamic or vinegar of your choice over the cabbage.

Celtic sea salt to taste and fresh ground pepper can be sprinkled on top. Additional herbs like cilantro can be added as well.

ADHD and Bacopa Menierra

Bacopa Menierra is an *ayurvedic* medicine that is used frequently to improve cognition. It is considered one of Nature's nootropics. A nootropic is a substance that is associated with enhancing memory and cognition.

There was a recent study on the effects of Bacopa and it's ability to decrease ADHD symptoms.

In this study, from the Center for Research in Mental Retardation in Mumbai India from 2008-2010, 31 children between the ages of 6-12 years were studied. The subjects all met the DSM IV criteria for ADHD. All children received 225 mg/day of bacopa in the form of a standardized extract for a period of 6 months.

Results to this study were based on parental rating scales before and after treatment. The Bacopa treatment improved restlessness, in 93% of children and self control in 89% of children. ADHD symptoms were reduced in 85% of children.



2 Capsules provide
650 Mg EPA/450 mg DHA
1000 iu of Vitamin D3

Supplement of the Month

10% off of Pro Omega D 180 count fish oil by Nordic Naturals.

Regular price: \$74

Sale Price: \$66

Offer only available at the Center for Holistic Medicine. Offer expires on March 31, 2016

Non-GMO, Third party tested, GMP

Disclaimer

Please note that the contents of this Newsletter information in nature and is no substitute for seeking the services of a medical professional. It is strongly advised that you discuss any supplements and exercise programs with your *doctor prior to initiating them.*

The Center For Holistic Medicine

Visit us at www.cntrholisticmed.com

Call for an appointment: 717-243-0616