April 2011 Newsletter

Hello Wonderful People,

What’s new in Seattle you ask? Well, on a personal level I have begun playing my tenor saxophone in a jazz band after being off for the last 7 years. It is a great deal of fun, and challenging on many levels! We need a baritone sax, and a trombone if you know anybody who may be interested.

Some of my clients have been confused about when I treat various infections, including yeast, bacteria and viruses. I treat as needed, recognizing that the better our own immune systems function, the easier it is to keep the infection(s) under control. Eradication is not always possible as these agents are in the environment, naturally living in and on us. Some of the confusion comes from the symptoms of yeast overgrowth, bacterial overgrowth, and viral overgrowth being similar, and from some of the treatments commonly used also treating other problems. This is illustrated by the following example: Diflucan kills fungus as well as slowing a Phase 1 liver detox that is sometimes functioning too rapidly. This causes people who are actually suffering from a build-up of phase 1 metabolites to believe that they have yeast, because they improve on Diflucan. They begin blaming their chemical sensitivity symptoms on yeast, when they actually do not have a yeast overgrowth problem.

**There is still much controversy about Vitamin D dosage.** I am firmly on the side of supplementing to blood levels of 53-90, and also advocate low dose calcium supplementation and Vit A, E, and K at the same time as increasing the Vit D levels. Vitamin K is a very interesting compound which helps keep calcium out of our arteries and in our bones. This keeps us from having dementia and heart attacks, plus improves circulation to our feet, hands, kidneys and eyes. These areas have the smallest capillaries, and are among the most likely places in our bodies to be damaged from poor circulation. Many of us do not get enough Vitamin K in our diets. It can be found in green leafy vegetables, avocados, and other dietary sources. These vitamins are fat soluble, and may be taken once each week if the hydrochloric acid levels in your stomach are high enough to promote their absorption.

**Silica is a very interesting mineral necessary for strong bones.** Your bone/mineral supplement may not have it. Anyone with osteoporosis/connective tissue issues should be considering it, in addition to what you may already be on.

Remember, it is hard to heal if you have **untreated sleep apnea**, or other issues such as anxiety, alcohol, or pain, that don’t allow you to get a good night’s sleep. **If you aren’t sleeping well**, please e-mail me for an appointment to discuss it or work with your primary care provider. One way or the other you must address sleep.

This is a good place for me to remind everybody that **I am not your primary care provider, I am your consultant for complex hormonal, neurological, autoimmune and other malfunctions of health.** I do appreciate the opportunity to weigh in on any treatment plans your primary care provider comes up with prior to you actually initiating them, unless it is for acute infections, trauma or other emergency or urgent medical conditions.

If you have improved by working with me, but are still troubled by **memory issues or brain fog**, please e-mail me to set up a consultation. There are multiple substances which can help including one being studied for Alzheimer’s, which was originally developed as an antihistamine. Some are prescription only, some are over the counter.

I have made special arrangements for my patients to receive 30% off any nutritional supplements ordered directly from Emerson Ecologics. Ask for details next time you see me – it is an incentive for you to make your follow-up appointment!

In addition to this new benefit to my patients, I am also happy to offer a new service for clients. I am now willing an able to act as a consultant only for people unable to make the trip to Seattle to see me in person and become a patient. I will bea ble to provide phone consultations, but this will not include prescriptions. I can only give such clients suggestions they will need to discuss with the appropriate licensed health care provider they see in person as a patient. This servce will be of benefit to those people who aren’t sure if this type of protocol will be helpful enough to invest the travel time and money into the trip to Seattle, and to those who want to get started on their program before they gt their amalgams out, for instance. It may also be valuable to those who have a co-opertaive but inexperienced practitioner available locally.

As always, I thank you all for trusting me to help guide you and your loved ones in your pursuit of health.

Sincerely,

Julie

This entry was posted in [Uncategorized](http://www.npjulie.com/category/uncategorized/) on [April 21, 2011](http://www.npjulie.com/2011/04/march-2011-newsletter/). [Edit](http://www.npjulie.com/wp-admin/post.php?post=3&action=edit)