Fall 2011 Newsletter

Dear Patients and Friends,

I want to thank you for your confidence in me and for your referrals.  We are able to keep this practice open and here to serve you because of your patronage. I want to especially thank those of you who order your entire protocol of supplements from us. We offer a discount plan developed to assist families with more than one member who are my patients, but also extend it to others who order all of their prescribed supplements from us.

**Winter Supplements**

The winter months provide challenges to our health. We often find ourselves in enclosed spaces for longer periods of time, as we attempt to keep ourselves, our homes and work places warm. We tend to spend less time outside and may be exposed to more illnesses in our confined spaces. There is less sunshine and often more stress with holidays and traveling. Maintaining an adequate supplement protocol can help us stay healthier and avoid illness.

During the coming winter months, I want to remind you all to take your **Vitamin D**supplement.  Among other health benefits, it supports your emotions, bones and immune system.  Another essential supplement that we have discussed is Omega 3 fatty acids. I now prescribe almost exclusively **Krill Oil** because it is more easily assimilated into the body and thus requires less volume to be taken.  It doesn’t smell like fish and the gel caps can be frozen to completely remove any taste or odor issues. **Getting adequate amounts of a full-spectrum Vitamin E is very important while taking Omega 3’s because they are fat-soluble pro-oxidants.**

**I have changed the CoQ10 supplement that I prescribe from Ubiquinone to Ubiquinol**. This form is more readily absorbed and less expensive. When you have your twice yearly follow ups with me, we can review these for each of you and adjust your supplement protocols.

We are sad to announce that Jarrow no longer makes Detox C.  It contained Vitamin C with 3 liver herbs and was very useful to minimize the number of pills needed to be taken in a day. We will need to change prescriptions to 2 separate supplements for those people using Detox C. **Both Vitamin C and liver herbs are most effective when taken 3-4 times per day as there are no storage proteins in our bodies for them.**

Please remember, **if you do get sick this winter and are able to come to the office, I can administer several different IV solutions which provide a huge boost to your body’s ability to fight pneumonia, flu, bronchitis, etc.** This is used in addition to antibiotics, at times.

**Light Therapy**

I have spoken with many of you about the benefits of using light therapy. I have researched the available light visors and would encourage those of you who suffer from depression, especially seasonally, to consider the Feel Bright Visor. It can also be highly effective for those of you who are “night owls” and want to be proactive in the morning. The Feel Bright Visor is available through [www.physicianengineeredproducts.com](http://web.archive.org/web/20090212023110/http://www.physicianengineeredproducts.com/).

**Realistic Avoidance of Everyday Toxins**

Our modern life and environment contain many opportunities for exposure to toxins that can compromise our health. Here is what I do to minimize exposure:

* Filter shower water. Chlorine is much more highly absorbed by the lungs through breathing in tiny water droplets than from exposure in bath water.
* Filter drinking water.
* No cooking or reheating with plastics in the microwave – EVER!
* No gas appliances in the house.
* Operate air purifiers in the house.
* No fireplaces/woodstoves.
* Keep inside air ON while driving in traffic.
* No pesticides/herbicides except 1-2 applications per summer of flea products on the dogs.
* No toxic cleaning products.
* Provide plenty of ventilation for any painting or other chemical applications.
* Avoid Perfume, Soaps and Fertilizer/Pesticide departments in stores.
* Ask patients and staff to refrain from using scented products.
* Buy organic foods whenever possible, especially animal products and soft fruits.
* Have all amalgams removed from teeth and avoid dental offices that use it.
* Avoid nail polish and acrylics and their fumes.
* Avoid hair dyes and parabens in skin products.
* Avoid immunizations. All adult ones contain the mercury preservative thimerosal.

I went into integrative medicine not only to help sick people get well but also to prevent well people from becoming sick. Together we have been a great success. I am looking forward to continuing our collaboration. Have a happy and healthful holiday season and new year!

Sincerely,

Julie Anderson, ARNP

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