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| **November 2013 Newsletterfrom Julie Anderson ARNP**[www.npjulie.com](http://www.npjulie.com/%22%20%5Ct%20%22_blank)**Hello Everyone and Greetings to All!**A great improvement has occurred in the office. A wonderful new office manager started working with me late this summer, Jan Kinsey (pronounced “Yahn”). He has worked in numerous medical clinics, both naturopathic and allopathic. People have been raving about his helpfulness and compassionate patience on the phone.  I am enjoying working with him very much.I want to thank you for your confidence in me and for your referrals!In my practice, I am integrating natural medicine and traditional Western medicine to offer the best possible health care. I am passionate about identifying and treating underlying causes that are leading to disease and imbalances, the main underlying causes being toxicity, inadequate digestion, and chronic inflammation. I specialize in heavy metal detox, Lyme disease, hormone support, attention deficit, chronic fatigue, cardiovascular health, and cancer.Sincerely,Julie |

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| **Iodine – some notes**I have been thinking about this; studying it and trying it out. I have seen people come in to my practice very clearly overdosed from too much iodine, as it has been a fad in the natural medicine arena for several years now. Some are taking over 50 mg a day!At this time, I recommend about 1-2 mg per day for adults, and 250 – 500 mcg for kids, which is a lot more than the RDA of 150 mcg. I don’t think that the available test for iodine sufficiency is valid.Iodine affects the entire body – and taking it causes us to excrete the more toxic halides (fluoride, chloride, bromide, etc). This can cause some detox symptoms – sneezing, metallic taste in mouth, acne, and headaches.It also helps us excrete excess estrogen, which decreases fibrocystic breasts and breast cancer risk – although it can precipitate hot flashes due to this drop in estrogens.  Many people have too much estrogen, especially people carrying excess weight.Most of us are iodine deficient. Iodine is necessary for our body to function optimally – especially our thyroid. **There are** **no multi-minerals that have enough iodine,** so everyone should be adding more unless they are eating lots of seaweed. Most sea salts are not iodized – so we don‘t have that much in our diets. And it’s not enough to begin with! Getting enough iodine offers some protection against radiation causing thyroid cancer. People with Hashimoto’s or other with other auto-immune imbalances of the thyroid should not be taking extra iodine. |
| http://gallery.mailchimp.com/653153ae841fd11de66ad181a/images/transparent.gif**Refer back to your treatment plans regularly**Just a reminder to check back on your treatment plans. Keep them on the fridge or somewhere where they are in sight. Make sure you haven’t run out of something and forgotten to take it. Also make sure you follow your recommended time frames for follow up lab work.Please check these before emailing me with questions, and be sure to send me a list of any changes with questions or before having a consultation. |
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| http://gallery.mailchimp.com/653153ae841fd11de66ad181a/images/transparent.gif**Virapress**Virapress is cellular communication molecules derived from cow’s blood. It promotes communication among the immune, neurological and hormone systems.I have a patient who was unable to speak because of autism. Now she is able to talk normally! The only thing we added was Virapress!Others have reported improvement in thyroid function and energy. If you have a chronic infection it can help you clear it.My personal response to using Virapress has been an increase in average body temperature from 97 to 98.6 degrees, much better focus and stamina for longer work hours, better sleep, and resumed sensation in my fingertips!It costs $60 for a month’s supply if you buy 3 bottles at a time. ($69 for one bottle)[www.virapress.com](http://www.virapress.com/%22%20%5Ct%20%22_blank) for more info (We have a better price than this website) |
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| http://gallery.mailchimp.com/653153ae841fd11de66ad181a/images/transparent.gif**Suggestions for Cold & Flu Season**These are in addition to your prescribed / suggested protocols. At the first onset of a cold – a couple of reminders:* **Vitamin A** – take 100,000 iU of for 3 days. Then resume prior dosage. (If you’re pregnant or planning to get pregnant, don’t take more than 10,000 iU of Vitamin A.)
* **Adrenal support –** increase the amount you’re taking; stress dose your hydrocortisone if on it.
* **Vitamin C** – take as much as tolerated every few hours. If you start getting stomach upset, just step decrease the dosage but not the frequency.
* **Oscillococcinum** is a homeopathic that is generally considered to be a trigger to push our bodies’ immune system to fight flu virus.  It can be taken once a week throughout the flu season as a sort of immunization replacement.  If you do feel symptoms of flu, you can take one dose every 4 hours. (We have it here at $30 for 12 doses)
* Add or increase**Del-Immune V**to 2 caps 2x’s per day.
* Lower Cost alternatives to Epicore and Del-Immune V are **Reishi Mushrooms** or**Black Cumin Seed Oil** from Life Extension.
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| http://gallery.mailchimp.com/653153ae841fd11de66ad181a/images/transparent.gif**Vitamin D – a reminder!****Everybody should be on this vitamin** unless they live in the tropics and are outside many hours a day in the sunshine without sunscreen. Most people need at least 5000 iU per day, but all of you should have individualized recommended doses from me already.This requires that you have about 500-600 mg of calcium in your diet or supplements along with the Vitamin D. |
| http://gallery.mailchimp.com/653153ae841fd11de66ad181a/images/transparent.gif**Less Expensive Lab Tests for You!!**We have just set up an account with DirectLabs! This will result in you, the patient, getting lab tests at **extremely discounted prices**. This is highly beneficial for those with no insurance, high deductibles, limits on lab tests or for those who live outside the USA. DirectLabs does not bill insurance.I can enter the tests you need directly on the site; you will pay me, and DirectLabs sends you the order and will direct you to the lab.Check out [www.directlabs.com/npjulie](http://www.directlabs.com/npjulie%22%20%5Ct%20%22_blank).  You can easily create a personal account at this website, or request Jan do it for you.DirectLabs also offers CT scans, MRI’s and ultrasounds up to 70% off the standard prices!Please note that for the specialty labs that they offer ( e.g. hair analysis through Doctor’s  Data, gastro-intestinal function tests through Genova, food sensitivity testing through Alcat),  we can usually offer you a better price directly through the clinic. |
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| http://gallery.mailchimp.com/653153ae841fd11de66ad181a/images/transparent.gif**Laser Touch One – for Pain and Inflammation**This is a hand-held FDA approved medical device to be used at home for painful or inflamed areas. It also has a physiological electrical stimulation function that stops the pain signal from reaching the brain. The laser light energy helps stimulate healing and circulation.  Together, they have very helpful effects in helping heal both chronic and acute pain syndromes.See [www.lasertouchone.com](http://www.lasertouchone.com/%22%20%5Ct%20%22_blank) for details. Rechargeable and very easy to use. I have them in stock for $400. |

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| [forward to a friend](http://www.npjulie.com/2013/11/fall-2013-newsletter/%2A%7CFORWARD%7C%2A)These are all generalized recommendations. If you want an individualized treatment plan, please call the office for an appointment. |

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