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| **Spring 2015 Newsletterfrom Julie Anderson, ARNP**[www.npjulie.com](http://www.npjulie.com/%22%20%5Ct%20%22_blank)[www.facebook.com/JulieAndersonARNP](https://www.facebook.com/JulieAndersonARNP%22%20%5Ct%20%22_blank)**Dear Clients,**Here’s my semi-annual email, though the last one was over 18 months ago! I want to let you know that we are making a big jump to an electronic health record soon. This is happening mostly because the diagnostic coding system (ICD-9) that the insurance companies use is changing in October to the vastly more complex ICD-10. The biggest reason for adding on more complexity is to make it easier for the insurance companies to deny more claims as they continue to reap record profits, but I digress.The other reason to make this shift to a partial Electronic Health Records is to streamline the paper exchange between you and this office. You will be able to fill out forms and update supplement lists on your own portal; as well as see and download your bill, receipts, treatment plans, and lab results. We will be able to communicate prescriptions more directly to pharmacies and facilitate refills more easily.We will be asking you to create your own patient portal account. You will be able to opt out of having your info on line if you don’t want it there. I’m not planning on putting my progress notes on the EHR, and will continue to maintain them in paper form |

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| https://gallery.mailchimp.com/0c2398029ecab8972753baa17/images/383ceb24-61a2-4117-b828-1004436d38ce.jpg**Trace Amounts –Autism, Mercury and the Hidden Truth**I urge you to see this powerful and very well crafted documentary. It is produced and starred in by a patient of mine, Eric Gladen. The documentary chronicles his struggle and recovery from mercury toxicity.It's a fascinating story about mercury, autism, the Center for Disease Control, immunizations, cover-up's, and more. I believe we all need to be activists when it comes to our health, and this film is an engaging and educational experience.Check out the website at[http://.traceamounts.com](http://.traceamounts.com/). You can find locations where this movie is playing as well as order the DVD at [www.traceamounts.com/store/buy-film-tickets/](http://traceamounts.com/store/buy-film-tickets/%22%20%5Ct%20%22_blank). |
| https://gallery.mailchimp.com/653153ae841fd11de66ad181a/images/transparent.gif**Healing the Gut**Gut healing is hugely important for us all. One of the important factors is keeping the “good” bacteria thriving through replenishment and providing a good home environment with appropriate nutrition for them. This involves removing parasites, bad bacteria, molds, yeasts, and feeding them butyrate either directly with the supplement Butyrex or indirectly by providing water soluble fiber such as Biotagen from Klaire Labs; or pectin, oat bran, psyllium, fenugreek, inulin, FOS, MOS, arabinogalactan or other prebiotics.It has become more obvious recently that the prebiotics, which are found in vegetables and fruits, are just as important as taking probiotics, and can improve your gut profile in less than 24 hours! Lightly steamed vegetables retain the most nutrients by far over other cooking methods, by the way. |
| https://gallery.mailchimp.com/653153ae841fd11de66ad181a/images/transparent.gif**LDN – Low Dose Naltrexone**I have started prescribing LDN for people other than those affected by autism. It seems to relieve (brain) microglial inflammation which lessens foggy thinking, and pain for people with Chronic Fatigue Syndrome, Fibromyalgia, and Multiple Sclerosis. This should also be helpful for people with bipolar disease or schizophrenia, and possibly ADD.In addition, tumeric/cucurmin, ginger, reishi, olive leaf, berberis, andrographis, resveratrol, iuteolin, skullcap (scutellaria baicalensis), milk thistle, cannabidiol, and [Brain Shield](http://www.lef.org/Vitamins-Supplements/item01802/Brain-Shield?q=brain+shield" \t "_blank) are all herbs proven to be neuroprotective among their other properties. |

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| https://gallery.mailchimp.com/653153ae841fd11de66ad181a/images/transparent.gif**Help with Arthritis and Fibromyalgia pain****I have found a couple of new ways to help people with arthritis and fibromyalgia pain.****IQ Massager**https://gallery.mailchimp.com/0c2398029ecab8972753baa17/images/5c6388ad-4080-4256-9e25-3d631fb66f70.jpgThe IQ Massager Pro V is an electrical stimulation device that uses sticky pad electrodes and runs a very low current of electricity between the 2 pads.  The small and compact product uses **TENS** (Transcutaneous Electrical Nerve Stimulation) and **EMS** (Electrical Muscle Stimulation) technology to relieve muscle aches and tension throughout the body.We are selling the IQ massager to patients for $200 (including the IQ belt and massage slippers.) The price on the website is $549.00! There’s no sales tax as I’m prescribing them to appropriate patients.[www.iqmassager.com](http://www.iqmassager.com/%22%20%5Ct%20%22_blank) **LaserTouchOne**https://gallery.mailchimp.com/0c2398029ecab8972753baa17/images/75f999f4-2702-45a7-9e9a-7766879ad5d6.jpgI also recommend a handheld device that has both a laser and an electrical component. The LaserTouchOne sells for $399, and requires that you or someone holds else hold it against your skin to do treatments in two minute increments.The laser part draws the body’s blood flow and immune system into the painful area; plus the energy from the low level laser is used by the injured cells to heal.  The electrical part blocks the pain signal from being transmitted to the brain.[www.lasertouchone.com](http://www.lasertouchone.com/)  |
| https://gallery.mailchimp.com/653153ae841fd11de66ad181a/images/transparent.gif**Ostinol**I have also begun recommending a cartilage and bone stimulating supplement called Ostinol. It has been used in dentistry for over 20 years when people needed to stimulate the bone growth around implants.Recently, it has been proven that it can be taken into the body through the GI tract and can stimulate connective tissue growth. It is derived from bovine tissue, and is made up of cellular communication molecules. Several patients, including myself, have had obvious pain reduction within a few days, and I think it is helping me heal my leaky gut, too.[www.zycalbio.com](http://www.zycalbio.com/index.html%22%20%5Ct%20%22_blank) |
| https://gallery.mailchimp.com/0c2398029ecab8972753baa17/images/f5fa5b7e-2d8c-43ca-b351-b233bc6a123e.png**We're on Facebook!**[facebook.com/JulieAndersonARNP](https://www.facebook.com/JulieAndersonARNP%22%20%5Ct%20%22_blank)We're posting quite a lot of interesting articles and links on the Facebook page. There's a lot of health information out there, and I feel like we're posting the best of the best. The Facebook page is turning out to be a good resource. Pass it on! |

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| I enjoy working with all ages, but have been missing my geriatric clientele that I used to work exclusively with. I was a Geriatric Specialist for 15+ years. Since I opted out of Medicare, and have specialized in mercury detox, my geriatric caseload has dwindled. I want you to know that my approach to healthcare and my vast experience can be exceptionally helpful in changing the trajectory of your aging experience (or your parents’). So please continue to think of me when wondering what to do with health issues of any kind.As ever, thank you for allowing me to be of service, and for trust exemplified by your continued referrals of friends, clients, and family members. I deeply appreciate you.These are all generalized recommendations. If you want an individualized treatment plan, please call or email the office for an appointment.Check back on your treatment plans. Keep them on the fridge or somewhere where they are in view. Make sure you haven’t run out of something and forgotten to replace it. Also make sure you follow your recommended time frames for follow-up lab work.Be sure to send me a list of any changes in your supplements or medications before having a consultation or before emailing me with questions.Yours in good health!JuliePS - If you suffer from rapid heart rate or anxiety, try some vagal nerve maneuvers such as gagging, holding your breath and bearing down, immerse face in cold water, coughing, diaphragmatic breathing. The stimulation to the vagus nerve slows the heart down.PPS – Sulforaphane, a compound found in high amounts in broccoli sprouts help us to detoxify BPA, air pollution and pthalates. See [Tom Malterre’s YouTube video on the DNA Whisperer](https://www.youtube.com/watch?v=hmFnzc3oZ04" \t "_blank). Very useful for autism, cancer, MS, Gilbert’s and CFS – probably for all of us. |
| julie@npjulie.com(206) 760 - 9266*Copyright © 2015 Julie Anderson ARNP, All rights reserved.* |  |
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