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Spring 2017 Newsletter from Julie Anderson ARNP

www.npijulie.com

Hello Everyone and Greetings to All!

This long awaited newsletter includes links to several articles that I hope you'll find interesting - two about mercury and one about happiness habits. For big news about me moving part-time to Arizona, please scroll down!

For the first two articles (about mercury), click the link and then scroll down to Articles in the middle of the page.

1. [Mercury - The Quintessential Anti-Nutrient article - pdf](#) by Sara Russell, PhD, NTP, and Kristin G. Homme, PE(ret.), MPP, MPH
2. [Hair Testing for Mercury and Other Toxic Metals - article - pdf](#) by Andrew Hall Cutler, PhD, PE

The link for this article will take you right to the article itself:

3. <http://theweek.com/articles/601157/neuroscience-reveals-4-rituals-that-make-happy> or if the above link fails, go to: <http://www.npijulie.com/links/> and scroll down to Articles.

Please look around at the other sections of this newsletter to find out about our new online supplements dispensary, a new lab test resource, and our electronic health records service called ChARM EHR.

I Thank You for your confidence in me, and for your referrals! I am passionate about what I do. I look forward to many continued patient successes in 2017.

Sincerely,

Julie



ChARM EHR, our Electronic Health Records Service

As many of you know, about a year ago we started using an electronic health records system called ChARM EHR. Through it we have been able to greatly increase, for you and for us, the ease of managing your medical information, and the confidentiality and security of that information, while

New Supplements Dispensary: NP Script

I want to tell you about our new online supplements dispensary called NP Script. As many of you know, for many years I have maintained a supply of supplements on hand in my office for your convenience. When looking into cutting back on the supplements I keep on hand, I found out about NP Script, a division of Natural Partners of Scottsdale, Arizona (<https://www.naturalpartners.com/us/>).

Here is how it works: At your request, my office will set you up with an account at NP Script. Your account will include a list of the exact supplements that I have recommended for you and that are on your Treatment Plan(s). You will order directly from the NP Script online portal. Your order will be shipped to you directly from NP Script. It's that simple. And as your Treatment Plan and supplement list changes from time to time, we will adjust your NP Script account accordingly.

Supplements you purchase through NP Script will be discounted by 10% off MSRP. And NP Scripts will ship directly to you, with free shipping options. I assume that NP Script is able to offer these lower prices and excellent service because of their size and the volume of their business. Regardless of the reason, using NP Script will be super convenient for you and will save you money.

NP Script has a very extensive catalog of supplements, but it does not have everything we use. So, I will continue to stock urgent-need formulas and some specialty supplements that NP Script

maintaining full compliance with the HIPAA law. We are expanding our use of ChARM and will be relying on it more and more as time goes by. Unless you are medically unable to do so, we will very much appreciate you activating your portal ChARM patient portal. If you have not yet activated it, we're certain you will find it easy to navigate and use. You will be able to easily retrieve your Treatment Plan(s), Lab orders, and other items that you will want access to from time to time. And you will be able to easily and securely communicate with me about your case (your questions, progress, problems, and successes) through your ChARM messaging portal that is secure (unlike conventional email); and these communications become part of your confidential medical record.

Good News about Lab Tests: Now there is Ulta Labs and Direct Labs

Good News about Lab Tests! Getting lab tests easily and at a discount has gotten easier recently: In addition to [Direct Labs](#), which I have recommended for years, I have found another lab service that offers low prices on lab tests. It is called [Ulta Labs](#). I have coordinated with both companies so that if you purchase tests through either one, they will forward your test results directly to me in addition to sending you a copy of your test results. Both companies accept only direct payment for service and do not bill insurance. An order from a doctor or other practitioner is not needed. However, most insurance does not reimburse for Lab tests that were done without a lab order from a practitioner. You will need to contact your insurance company with any questions about reimbursement under your plan. (Links for

doesn't carry.

these can also be found on our [website](#)).

Refer back to your Treatment Plan regularly

Just a reminder to check back with your Treatment Plan(s) --to remind yourself of exactly what your protocol is and to help you keep yourself on track. Keep your plan on the fridge or somewhere where can refer to it easily and often.

Make sure you haven't run out of something or have forgotten to take something. Also make sure you follow your recommended time frames for follow-up lab work.

Please check your Treatment plan before emailing me with questions, and be sure to send me a list of any changes with questions or before having a consultation.



My plan to move to Arizona

By next winter, my husband Charley and I will be moving, having recently purchased a house in Ajo, a lovely little community in south western Arizona. I will maintain my telephone consultative practice, and plan on eventually setting up a physical office in Ajo. Next winter I plan on coming back to Seattle every two months or so to see my local patients and friends for a couple of weeks at a time. Most likely I will be renting out my Columbia City tri-plex on AirBnb, but will use Apartment #1 to see clients when I am in Seattle. (The current office is in Apartment #2) I am very excited to experience life in the desert, after 35 years of rainy Seattle winters!

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These are all generalized recommendations and may or may not be appropriate for a particular individual.

If you want an individualized treatment plan, please call the office for an appointment.

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