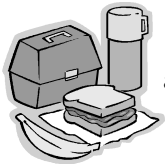


# NATURAL SELECTION

SEPTEMBER, 2006

## Food Intolerance: What you need to know !

Do you suspect that you may have sensitivities to foods or something else in your environment?



Does it seem almost impossible to figure out?

Many common symptoms may be due to food intolerance .

There are many reasons for food intolerance and more than one can be active in an individual patient leading to symptoms. Many of the mechanisms have to do with the immune system, gut health and "Total Load", which is the idea that an individual has a threshold for the number of semi- tolerated substances (foods and environmental factors) and when that threshold is

crossed intolerance/ sensitivity to substances may occurs.

Diagnosing acute food allergies is often done by skin prick tests. This test is most helpful in diagnosing substances that may cause anaphylaxis (a medical emergency). Diagnosing food sensitivities and intolerance is more difficult. Blood tests have proven less reliable, inconsistent and costly.

At ICM we rely on Electro Dermal Screening along with an Elimination Diet and Challenge of the suspect foods. We have had much success with helping patients eliminate or lessen the degree of their symptoms and lead healthier lives.

Let us help you achieve better health through diagnosing your food intolerances.

Call us today!

## Common Problems

Any of these symptoms can be related to food!

- Fatigue
- Recurrent Mouth Ulcers
- Migraine
- Aching Muscles/ Joints
- Irritable Bowel Syndrome
- Vomiting/ Nausea
- Constipation / Diarrhea
- Ulcers
- Gas/ Bloating
- Depression / Anxiety
- Water retention
- Asthma
- Nasal Congestion

## We want to know what you think of us!

At ICM we are committed to the very best patient care we can provide. On your next visit to ICM please take a few minutes to fill out the Patient Survey and drop it off in the box at the reception desk.

We want to make every experience you have at ICM a healing, enriching experience and we need your help to let us know how we are doing.

Over the next few months you will see some changes at ICM. We are painting (low VOC paint, of course) and making a few other changes that are overdue!



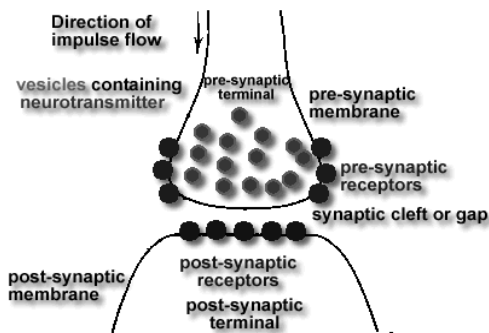
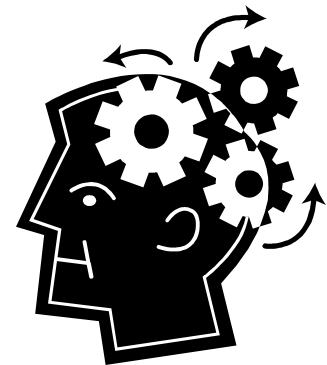
## Bio-identical Hormones & Neurotransmitter Balancing

What happens if your body isn't producing the proper amounts of hormones and neurotransmitters?

You can develop

- **Depression, anxiety, fatigue**
- **Insomnia, chronic pain, migraine**
- **Weight gain, PMS, low libido**
- **Menopausal symptoms**
- **ADD/ADHD, compulsive behavior**

*“The exciting news is we can now test neurotransmitters and hormones and correct them with specific treatment!”*



SYNAPSE WITH NEUROTRANSMITTER

Environmental and biological factors including stress, poor diet, neurotoxins or genetics can cause imbalances in the levels of neurotransmitter chemicals in the brain and hormones in the body. Too often a prescription is written for a symptom, such as depression, while the underlying causes—neurotransmitters and hormones—are ignored. Antidepressants, anti-anxiety and sleep medication are the typical solutions that are tried—and often fail!

In naturopathic medicine we understand that you have to treat the cause of a problem, not just symptoms, to restore health.

## Take Charge of Your Health

The exciting news is we can now test neurotransmitters and hormones and correct them with specific treatment! Especially, if you are using bio-identical hormones, it's important to take the correct ones in the correct amounts.

Targeted amino acid therapy is an effective, non-prescription approach to correcting and balancing neurotransmitters and hormones allowing you to reclaim your health!

If you are looking for a solution to your health problems, make an appointment with your doctor at ICM and see if hormone and neurotransmitter testing and balancing is an appropriate treatment for you.



Do you know your vitamin status?

**Have you ever wondered if you get enough B-vitamins? Do you wonder what your antioxidant status is? Good nutrition is a vital foundation of health, and we all do our best to eat a healthy diet, but how do you know if you are really giving your body everything it needs?**

Since we are all biochemically unique, nutrient status varies from patient to patient, and does not necessarily correlate directly with nutrient intake, even among those with similar health conditions.

Many factors beyond diet determine whether nutrient function is adequate. These include biochemical individuality, genetic predisposition, absorption and metabolism, age, disease conditions and medications.

ICM is now offering a new blood test for measuring specific vitamins, minerals, antioxidants, and other essential micronutrients within an individual's white blood cells.

The test works by stimulating your blood cells to grow in test tubes that contain specific nutrients. Cells thrive in tubes containing nutrients they need and just grow normally in tubes containing nutrients already adequate in the cells.



Your doctor uses the results of the test to individualize your nutrition and micronutrient recommendations. Each micronutrient plays an indispensable role in promoting optimal cell function.

When some cells do not function at their best, the foundation of our health is compromised, setting the stage for the development of disease.

Identifying and correcting nutritional deficiencies is an important step in the long-term maintenance of optimal health.



Schedule an appointment to talk to your doctor about running a SpectraCell nutrient analysis soon.

Call 206-726-0034 today!

INSTITUTE OF COMPLEMENTARY  
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YOUR HEALTH IS WHAT  
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Please contact us if you want to be removed from our mailing list or have name or address changes. Thanks!

## Are you eating your fish? Taking your supplements?

### Fish Oils May Be Lifesavers

Using a computer model researchers demonstrated that taking fish oil supplements was more effective than automated external defibrillators or AEDs in reducing the risk of sudden death from heart attack.

The research team tested three scenarios in a fictional group of people aged 30-84 in Olmstead County, MN.

In one scenario, people ate adequate amounts of omega-3 fatty acids from fish or fish oil supplements.

In another scenario, AEDs were available in people's homes and in all public areas.

In a third scenario, people who needed implantable defibrillators because of heart failure got those devices.

All three scenarios lowered sudden death risk. But omega-3 fatty acid intake yielded the best results.

Sudden death risk dropped 6.4% with adequate omega-3 fatty acids, compared with 3.3% for implantable defibrillators, and less than 1% with easy access to AEDS.

The omega-3 benefit of lowering risk for diabetes, arthritis and aiding in risk reduction for cardiovascular disease makes fish oil a necessary supplement for our patients.



Insert sale on fish oil

Quality diets are still deficient in many nutrients necessary for optimal health. Four groups of nutrients are essential to the maintenance and optimization of long-term health.

- Vitamins & Minerals
- Fatty Acids
- Antioxidants
- Probiotics

### Four Pillars

a revolutionary supplement has it all in a very convenient pack!

Stop by and pick up a sample!

10% savings for a limited time. Offer expires October 1st.