

NATURAL SELECTION

VOLUME 2 ISSUE 1 MAY, 2005

Herpes? Eczema? Psoriasis?

DO YOU BREAK OUT WITH COLD SORES?

GENITAL HERPES?

CHRONIC VIRAL INFECTIONS?

ECZEMA OR PSORIASIS ??

A NEW BREAKTHROUGH IN VIRAL TREATMENT COULD CHANGE YOUR LIFE!

Chronic viruses affect the health of cervical cells in women, energy levels in patients with chronic infections, and the severity and frequency of oral and genital herpes outbreaks.

New evidence shows that 80% of those infected with the herpes virus do not know they have it and can pass it on to others.

We have discovered that using a specially prepared herb produces superior results in managing symptoms of these chronic infections.



We've also seen dramatic results in managing psoriasis and eczema with the same preparation!

If you are struggling to manage your viral infection or skin problems or are not sure if you are one of the many people infected with the herpes virus, schedule a visit with your ICM doctor to discuss if Larrea is the treatment for you!

DR. OBERG JOINS ICM!



Dr. Erica Oberg is delighted to be joining the ICM team. She brings an approach to medicine that combines the latest science and research with the innate wisdom of the mind, body & spirit of the individual.

As a researcher as well as a naturopathic physician, Dr. Oberg is currently involved in studies with the UW and Bastyr University investigating naturopathic treatments for Type 2 diabetes. Her areas of expertise include Craniosacral therapy, diabetes, cardiovascular disease, women's health, sports medicine, and scientific assessment of disease risk and prevention. She is active in public health and strongly believes patients get the best care when all providers work together in an integrated manner.

When not involved with medicine, Erica loves tending her garden, running, hiking, and kayaking.

Dr. Oberg will be at the Institute on Fridays; stop in to say hello. Consider scheduling an appointment for a preventive disease risk assessment.

Spring Cleaning Special

Seeing the cherry trees bloom, tulips popping up and new growth outdoors reminds us of that fresh newness that spring brings to us.



Give your body that spring renewal with a cellular detoxification program.

Support your liver and digestive system to do that internal spring cleaning to increase your energy and reduce the risk of chronic disease.

We are offering all that you need to get your internal cleanse at 10% off until June 15th.

Call today to schedule an appointment to Spring Clean your body!

Please contact us if you want to be removed from our mailing list or have name or address changes. Thanks!

«First Name»«Last Name»
«Address 1»
«City», «State»
«Postal Code»

YOUR HEALTH IS WHAT
MATTERS TO US!



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INSTITUTE OF COMPLEMENTARY
MEDICINE, PLLC

BREAKFAST NEVER FELT SO GOOD!

Healthy Living Meal™

Your solution to:

- Skipping breakfast
- Missing meals and snacks
- High blood sugar and weight gain
- Mood swings and poor energy

Nutrition experts agree on two essential points:

- Breakfast is the most important meal of the day.
- It is best to eat protein every 3-4 hours.

Throw away the blender!

The Healthy Living Meal is a complete, easy to prepare meal or snack replacement with only 135 calories!

- A scoop of Dream Protein* = 20 grams protein.
- A scoop of GreensFirst = 10 servings of fruits and vegetables
- One capsule of Complete Essential = Omega fatty acids.

Power-packed for meals breakfast, and snacks!

*Dream Protein is made from whey, the most biologically active and hypoallergenic protein available!

Your complete, Healthy Living Meal™ is only \$3 per serving!

Less than a nutrition-free stop at the expresso stand!

For a limited time, we are offering the Healthy Living Meal™, a \$92 value for only **\$85!** (Dream Protein, GreensFirst & Complete Essential)

Offer expires June 15