

MCQUINN NATUROPATHIC

FEBRUARY 2017 NEWSLETTER



*We also teach at McQuinn
Naturopathic!*

McQuinn Naturopathic is proud to work with local colleges such as Everett College and PIMA to help offer training to graduating medical assistant students. We have externs here completing practice hours required for graduation- make sure to say Hello to our externs!

AMERICAN HEARTH MONTH

Heart disease is the leading cause of death for both men and women. To prevent heart disease and increase awareness of its effects, McQuinn Naturopathic is proudly participating in American Heart Month. Locally, 39% of Snohomish County residents have high cholesterol, 33% have high blood pressure, and 27% are overweight (according to Washington DOH).

You can make healthy changes to lower your risk of developing heart disease. Come see us for an annual exam and we can run labs to assess your cardiovascular risk.

Controlling and preventing risk factors is also important for people who already have heart disease. To lower your risk:

- Watch your weight.
- Quit smoking and stay away from secondhand smoke.
- Control your cholesterol and blood pressure.
- If you drink alcohol, drink only in moderation.
- Get active and eat healthy.

*Come see us for an annual exam and to assess
your cardiovascular risk!*

AVOID SPRING ALLERGIES WITH TREATMENT NOW!

McQuinn Naturopathic now offers in office environmental allergy testing and sublingual (under the tongue) allergy treatment drops through Allergy Easy.

If you suffer from seasonal allergies this is the perfect time to test and treat your allergies! Many patients see results within a couple of months- so you may not even experience allergy symptoms this Spring.

Our in office allergy testing is fast, easy, and many insurances cover the testing! Based on your results we order sublingual drops through Allergy Easy- which means easy at home treatments to get rid of your allergies for good! Call to schedule or if you have any questions at 425-293-0107.

The greatest compliment or thanks we could receive would be a referral from you of a friend, coworker or family member.

SUPPLEMENT SALE!

25 % OFF FOLLOWING:

- BioThyro
- BioLax
- Immunotix 250
- Chromium
- MedCaps T3
- Potassium Orotate
- Detoxifying Complex
- Priority Thymus 300
- Bitter Melon
- Muscle Aid
- Hawthorne SE
- Vanca Trace Plus
- Thyroid 65
- Thyroid 130
- Thyroid 300

Limited quantities available, stop by before they're gone!



McQuinn Naturopathic

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425-293-0107

WELL CHILD EXAMS

Is your child up-to-date on their annual exam? Recommended exam schedule for your child is:

- 2 to 5 days old
- 1 month old
- 2 months old
- 4 months old
- 6 months old
- 9 months old
- 12 months old
- 15 months old
- 18 months old
- 2 years old (24 months)
- 2 1/2 years old (30 months)
- 3 + years: Yearly

During your child's annual exam, our providers will make sure that they are healthy, developing appropriately, and screen for upcoming milestones.

Insurances accepted for annual exams: Regence, Premera, Aetna, Cigna, UHC, Molina, Applecare, and many more!

Call today to schedule your child's wellness exam.

DETOXIFICATION

There are many ways to help your body detox from environmental, food, and other toxins. Some great things you can do are:

- Sweating
- Eating an adequate amount of fiber
- Staying hydrated
- Eating a healthy diet with a variety of vegetables



If you would like some additional detoxification support, stop by and check out our 6 day detox kit or make an appointment for your own personalized detoxification program!

FAREWELL AMANDA!

We are sad to say goodbye to Amanda, who will be leaving at the end of February. Amanda will be moving to Utah to be closer to her family. Amanda has been a wonderful addition to McQuinn Naturopathic and we will all miss her immensely!

The greatest compliment or thanks we could receive would be a referral from you of a friend, coworker or family member.