

MCQUINN NATUROPATHIC

MARCH 2017 NEWSLETTER



Can't
sleep.

If you are experiencing difficulty sleeping or other sleep problems, stop by for a visit to help determine and treat the root cause!

Herbal Treatment for Sleep Problems

There are many herbs that can help with sleep including: valerian, verbena, passion flower, hops, and many more. However, you should always consult with a physician before starting any new herbs, supplements, or medications!



DIFFICULTY SLEEPING?

It is estimated that at least 30% of the general population complain of sleep disruptions- many of them also experiencing daytime functional impairment. Insomnia can be a complex disorder with many underlying factors. Symptoms of insomnia include:

- Difficulty falling sleep (despite being tired)
- Waking up frequently during the night
- Trouble getting back to sleep when awakened
- Exhausting sleep
- Relying on sleeping pills or alcohol to fall asleep
- Waking up too early in the morning
- Daytime drowsiness, fatigue, or irritability
- Difficulty concentrating during the day

If you are experiencing any of the above, our goal is to always determine what the cause of the insomnia is (instead of treating it as a symptom). Causes of insomnia can include stress, anxiety, adrenal fatigue, thyroid dysregulation, hormonal disruption, inadequate sleep environment, medications, and many more.

OPTIMAL SLEEP ENVIRONMENT/HABITS

Here are some things you can do to create the best sleep environment:

- Consistent sleep and wake times
- No screen time at least 1 hour before bedtime
- Keep the bed for night time activities only (no TV, eating, worrying in bed)
- Make sure your sleep environment is quiet, cool, and comfortable
- Exercise regularly during the day
- Morning exposure to sunlight (to help with circadian rhythm)
- Protein snack before bed

If you're still experiencing difficulty sleeping, contact us for medication review, supplements, herbs, and for other recommendations!

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

30 for 30 Massage Special

Enjoy a 30 minute massage for \$30

Dr. Drake is not only an ND but also a licensed massage practitioner. Dr. Drake specializes in massages for acute/chronic pain, deep tissue, and relaxation. Call today to schedule with him! (Saturdays only).



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LEAKY GUT SYNDROME

Leaky gut is a condition in which the intestines have more gaps than normal, making them more permeable to ingested food, bacteria, fungi, parasites, and allergens. Poor digestion has been linked with many conditions including Celiac disease, Multiple Sclerosis, Fibromyalgia, Autism, Chronic Fatigue Syndrome, Irritable Bowel Syndrome, Eczema, Asthma, and many more.

Symptoms of leaky gut can include: gas, bloating, food sensitivities, skin rashes, joint pain, and more.

Quick guide to healing a leaky gut**:

1. Figure out your food sensitivities (we can do this with a blood test)
2. Eliminate foods you are sensitive to
3. Start eating foods rich in Omega-3
4. Supplement with L-glutamine and quercetin
5. Re-inoculate with probiotics
6. Reintroduce foods 1 at a time

** Always check with your physician before starting new supplements or medications!

NEW INSURANCES ACCEPTED BY DR. BLOW

Dr. Blow is now credentialed with the following insurances:

- Premera
- Group Health Cooperative
- Aetna
- Cigna

Dr. Blow is a primary care physician with special interest in cardiovascular disease, diabetes, digestive health, and women's health (PMS, PCOS, menopause, fertility).

ALL ABOUT BITTERS

Are you getting enough bitter food in your diet? Bitter food is great for many things including: metabolism, sugar cravings, detoxification, and absorbing nutrients! Some of our favorite bitter greens include: dandelion greens, arugula, kale, mustard greens, and raddichio. Aim for at least 1-2 servings of bitter greens daily!

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