

MCQUINN NATUROPATHIC

SEPTEMBER 2018 NEWSLETTER

Fall Survival Essentials:

Dr. Blow



Fall is a time of great transitions; school starting, daylight savings ending, rain returning, sunlight going away, and many others. I have always found fall a difficult time to find a good rhythm to the day and keep summer energy steady. A few essentials that I keep in stock to help with the transition are:

- **Vitamin D3/K2 drops** to help keep my Vitamin D levels nice and strong through winter
- **Vitamin C** to keep myself from getting sick (especially with a kiddo in daycare)
- **Sweet dreams tincture** to help me fall asleep (especially after daylight savings)
- **St. John's Wort** as a pick me up on days the dreariness gets to me
- **Dark chocolate** for Friday treat, because let's be honest a square of amazing dark chocolate solves lots of things ☺

Check in with your doctor if you want to know how to make your essentials kit- and always check before starting any new supplements!

COLD, FLU, OR ALLERGY?

You're feeling pretty lousy. You've got sniffles, sneezing, and a sore throat. Is it a cold, flu, or allergies? It can be hard to tell them apart because they share so many symptoms. But understanding the differences will help you choose the best treatment. As always, a healthcare professional can help to best diagnose what you're experiencing and formulate a treatment plan.

Common Cold

- Symptoms last up to 2 weeks
- Stuffy, runny nose; sore throat; cough
- Conventional treatments include: rest, fluids, over-the-counter (OTC) medicines to ease symptoms
- Naturopathic treatments include: Vitamin C, Echinacea, Goldenseal, Meyer's IV, NAC, constitutional hydrotherapy, and many more!

Seasonal Flu

- Symptoms usually last 1-2 weeks
- High fever (100-102 °F, or higher in youngsters), headache, aches and pains, weakness, exhaustion, cough, chest discomfort
- Conventional treatments include: rest, fluids, OTC medicines, prescription antiviral drugs
- Naturopathic treatments include: Vitamin C IV, Vitamin D, Echinacea/Boneset, and others!

Airborne Allergy

- Lasts as long as allergens (such as pollen, pet dander) are present
- Stuffy, runny nose; itchy, watery eyes
- Conventional treatments include: antihistamines, decongestants, nasal steroids
- Naturopathic treatments include: Quercetin, Nettles, mushroom complex, NAC, re-training the immune system

Modified from: <https://newsinhealth.nih.gov/2014/10/cold-flu-or-allergy>

Consult with our doctors to best help your symptoms!

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

Golden Milk

Ingredients

1 cup of whole organic milk or coconut milk

1 teaspoon turmeric powder

A sprinkle of black pepper

A dab of ghee

Honey or organic sugar to taste

Directions

Place milk in a saucepan over low/medium heat.

Bring to low boil.

Add all ingredients except the honey or sugar. Let the mixture simmer for a few minutes, stirring occasionally.

Turn off heat, and allow the mixture to cool to a warm drinkable temperature.

When the mixture has cooled, add honey or sugar to taste.

Serve warm.

Adapted from:
<http://www.mapi.com/ayurvedic-recipes/beverages/golden-milk.html>

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HEARTBURN

Heartburn can feel like a burning sensation in the middle of the chest that can move up towards your mouth. It's the result of a condition known as gastroesophageal reflux disease (GERD), often called acid reflux, in which stomach acid leaks upward from the stomach into the esophagus.

Try the following steps to help reduce acid reflux:

- Eat smaller meals, but more often.
- Eat in a slow, relaxed manner.
- Remain upright after meals.
- Avoid late-night eating.
- Don't exercise immediately after meals.
- Stay away from carbonated beverages.
- Find the foods that trigger your symptoms and avoid them. Common offenders include fatty foods, spicy foods, tomatoes, garlic, milk, coffee, tea, cola, peppermint, and chocolate.
- Chew sugarless gum after a meal. Chewing gum promotes salivation, which neutralizes acid, soothes the esophagus, and washes acid back down to the stomach. Avoid peppermint flavors, which may trigger heartburn.
- Check your medications. Lose weight if you need to. Being overweight puts more pressure on the stomach (and the LES)
- Identify any food sensitivities that may be contributing to the heartburn
- For chronic heartburn, make sure there isn't an bacterial (*H. pylori*) infection
- Heal the esophagus! Ongoing damage from stomach acid can cause a condition called Barrett's esophagus

Modified from: <https://www.health.harvard.edu/staying-healthy/11-stomach-soothing-steps-for-heartburn>

GOLDEN MILK

A long held Ayurvedic recipe used throughout India, golden milk maximizes on the health benefits of turmeric by pairing it with other synergistic herbs. Benefits of golden milk include:

- Improved memory and enhanced learning
- Reduced free-radical damage and oxidative stress
- Relieve arthritis pain and inflammation
- Improve blood pressure and reduces LDL cholesterol
- Slows the progression of neurodegenerative disease
- Soothe GI distress

Try out the recipe to the left!

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