

January Newsletter

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HOURS OF OPERA-
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TUESDAY-FRIDAY

9AM-4PM

SATURDAY

9AM-12NOON

CLOSED

SUNDAY & MONDAY

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GUIDE

Nancy E. Boyden, ARNP

Happy New Year!!

The New Year is upon us and with that, comes change. The change is usually in the form of New Year's Resolutions, we are getting older, and life constantly evolves whether we accept it or not. With our office, the change comes in the form of our focus. We have always been focused on our patients. That will never change. However, a focus of our office now will be integrating nutrition and how it effects our health. Believe it or not what you eat can cause inflammation, cause fatigue, headaches, well..... The list goes on. We are going to investigate and explore how this can be possible. How can food be healing? How is it possible to eliminate prescription medications just by what you eat. The positives of



FOCUS ON NUTRITION- IT WILL KEEP YOU WELL IN THE LONGRUN

this is less expense (medication can be expensive) and the negative is it can be time consuming. Eating healthy takes planning and preparation. Reading labels becomes imperative. There has been a lot of speculation about gluten lately. The medical com-

munity is divided. Celiac disease can be tested for. It is an actual allergy. There is no test for gluten intolerance. Everyone reacts differently to it. Some develop skin issues, others develop headaches, and still other may have joint pain. I have had patients improve with psoriatic arthritis going off gluten. Soy and dairy can be problematic as well. Why so many issues with food? We don't grow our food the old fashioned way anymore. It is genetically engineered. Nobody can do what nature does best. This means organic fruits and vegetables are best. Compare them and you will notice how much better the organic food is. Hopefully we will be open to better eating and nutrition. Our office is here to help you.

“Let food be thy medicine and medicine be thy food”– Hippocrates

How do you know if food is healthy and good for you? These are some good questions to ask yourself.

How do you feel most of the time?

How is your physical and athletic performance?

How are your moods?

Does your energy level fluctuate throughout the day?

How is your appetite?

Do you have food cravings? For sugar? For carbs? Salty food?

How is your vision?

How is your dental health?

Do you have regular bowel movements?

Have you been diagnosed with a certain condition?

The good news is most diseases are avoidable. A lot of food can cause bloating and inflammation. After a while, it becomes chronic. We develop intolerances to foods with dairy, soy and gluten. Keep a food journal for 2-3 months and the foods will be easier to spot.

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Lemon Rosemary Broiled Salmon

2 Tbsp butter or coconut oil

1 lb wild salmon, either whole or in portions

1 lemon

1 Tbsp rosemary, 1 Tbsp sage,

1 Tbsp thyme, lemon peel

*Pre-heat oven in low broil setting

Place thinly sliced pats of butter in baking dish or spread ghee or coconut oil over the bottom of the dish. Place the salmon in the dish and sprinkle with the rosemary, sage, thyme and lemon peel. Add more thin pats of butter on top of the salmon and top with slices of lemon

Broil on low for approxi-

mately 10-12 minutes or until the salmon is cooked to your liking

If you don't have a broiler or if your oven doesn't have a broil setting, you can bake the salmon at 350 degrees F for about 10-15 minutes.



KNOW YOUR BODY!

KEEP A DIETARY

JOURNAL



Dairy Allergies and Dairy Sensitivities

Symptoms include but not limited to:

Ear infections

Sinus infections

Eczema

Asthma worsening

Gas

Bloating

Water Retention

Migraines

Anemia

Abdominal and/or musculoskeletal pain

Constipation/diarrhea

Altered brain chemistry

Fatigue

Hyperactivity

Dairy is one of the most common triggers for food allergies and sensitivities. Dairy intolerances can be more common with certain ethnic groups and for those with gluten intolerance, since dairy proteins can cross-react with the protein gluten

Levels of Immune Cells in Transcendental Meditation Practitioners

Transcendental Meditation™ is a mantra meditation practiced for 20 minutes morning and evening with the benefit of improved mental and physical health. Studies show that it alters hormonal concentrations and metabolic patterns that can result in lower lev-

els of anxiety and overall health. There can be increased immune function with meditation and stress-reducing interventions. The intracellular mediators with TM, had more natural killer cells (NK), and B lymphocytes. Periods of high stress correspond with a decline

in NK cells. NK cells play a role in tumor prevention and serve early defense against intracellular infections. TM



MEDITATION HELPS TO BOOST YOUR IMMUNITY

EASY PROTEIN

Americans do not eat enough protein. This is one of the reasons we are so fat as a nation. There is a misconception that protein equals increased calories, but it's simply not true. It's the carbohydrates that make us fat. There is more research focusing on this currently. Hopefully the medical community will come on board with this

soon. Here are some easy protein sources:

Canned wild salmon or tuna
Applegate Farms Deli meats (avoid any with carrageenan)

Imported meats like chorizo often only have pork, spices, and salt as ingredients

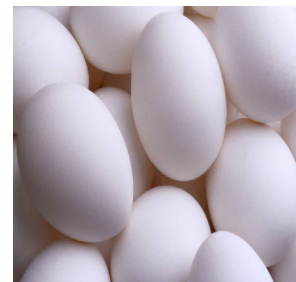
Whole roasted chickens (either plain/salt and pep-

per, or with only ingredients you can recognize

Jerky or kits from companies like Steve's Original, Sophia's Survival Foods or US Wellness Meats Avoid brands with soy or additives you don't recognize

Hard boiled eggs

Nuts (though more fat than protein) are good in a pinch



EAT 15-20 GRAMS OF PROTEIN PER MEAL. IT CURBS THE APPETITE, SATIATES, AND KEEPS THE WEIGHT OFF

CARBOHYDRATES

Are you carb loading for your desk job? You probably are and don't realize it. This is detrimental to your weight loss efforts. Here is a good guide for every day living-

Very low carb— 0-30 grams/day— For an inactive person

or insulin-resistant person seeking drastic changes to their sugar metabolism. Not recommended

Low Carb— 30-75 grams/day -For the not very active person or exercising less than 20 minutes per day

Moderate Carb— 75-150

grams/day— For the moderately active or completing intense cardiovascular activity between 20-60 minutes.

Higher carb— 150+/day -For the cardiovascular activity that lasts more than 60 minutes per day, a very active job.

Don't carb load for your desk job. It's fattening.

Exercise Corner

30 Jumping Jacks

5 Pushups

25 High Knees

7 Burpees

10 Crunches

7 Squats

5 Pushups

10 Crunches

5 Pushups

7 Squats

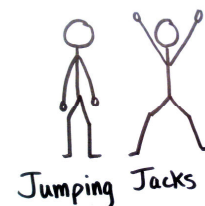
30 Jumping Jacks

1 Minute Wall Sit

5 Pushups

25 High Knees

REPEAT 3-5 TIMES FOR TIME



Jumping Jacks

GET MOVING!!