



Balance & Nutrition

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Attitude of Gratitude

Over the past decade psychology researchers have identified psychological, social and physical health benefits that come from “giving thanks”, the most popular is a gratitude journal. Studies have traced a range of impressive benefits to the simple act of writing down the things for which we are grateful. Benefits include better sleep, fewer symptoms of illness and more happiness among adults and kids alike. The basic practice is simply to write five things you are grateful for.

We challenge you to not just go through the motions but get personal and don't over do it. Then sit back and watch the gratitude change your attitude.

“As we express our gratitude, we must never forget that the highest appreciation is to utter words, but to live by them” John F. Kennedy



Benefits of Turmeric

Contains Vitamin C, magnesium, dietary fiber, vitamin B6, iron and potassium

- Anti-inflammatory
- Anti-bacterial
- Speeds up wound healing
- Blood purifier
- Improves asthma
- Anti-arthritis
- Improves digestion
- Heals stomach ulcers
- Lowers cholesterol
- Helps prevent gas/bloating
- Slows progression of MS
- Reduces side effects of chemotherapy

Upcoming Events

November 7th at 7:00 pm— “Inflammation” Seminar with guest speaker Tim Pate, Functional Food Educator with Numedica at our office 5566 So 79th E place, Suite E

December 5th at 7:00 pm—”Stress Busters” Seminar, we will be focusing on how to reduce stress naturally during the holiday season with mini massages, yoga techniques, and natural remedies to break the stress. At our office at 5566 So 79th E Place, Suite E.

December 12th at 7:00 pm— Lets get healthy workshop on homemade lotions, great gifts for teachers, friends and family. All supplies, snacks and drinks will be provided with class fee, RSVP space is limited.

Five Circles of Fatigue

Autumn is a second
spring when every
leaf is a flower

Albert Camus

A syndrome is a cluster of related signs or symptoms that either directly cause or are intertwined with health problems. The idea of the Fatigue syndrome is built around a paradigm of the “five circles of fatigue”. These represent the most common causes of fatigue, which usually form a syndrome. In many people who feel fatigued, one or two of the circles tend to dominate, but the other three circles might also contribute to fatigue. These circles of fatigue usually develop in a sequential way—that is, one circle lays the groundwork for the next one.

1. **Stress.** Stress sets the stage for and exacerbates the other four circles of fatigue. It disrupts eating habits, alters hormone levels, increases the risk of serious illness, and accelerates the aging process. Many of us get so wrapped up in dealing with our day to day stresses that we often don't even realize when we're totally stressed out. That's the sinister nature of stress, because feeling pressured encourages more reactive behavior than contemplation or proactive thinking does. We end up running through our daily activities like a hamster spinning on its wheel, and we often go in circles, too.
2. **Poor Dietary Habits.** Eating habits are important because nutrients form the foundation of our biochem-

istry and our hormones. The foods we eat are a major influence on our risk of developing certain diseases (such as obesity, diabetes, heart disease, and cancer) and on the aging process itself. Healthy foods support our bodies; biochemical ability to make energy; unhealthy foods leave us feeling wiped out.

3. **Hormone Imbalances.** Hormones are strongly influenced by stress and our eating habits. Our adrenal hormones help insulate us from stress, and thyroid hormones play a key role in our bodies' ability to burn food for energy. Long-term stress eventually depletes our adrenal hormones, and by middle age, many women experience a decrease in their thyroid hormone levels. Doctors often fail to diagnose adrenal exhaustion or hypothyroidism because they order the wrong tests or misinterpret vague test results. Several different hormone problems may overlap in the fatigue syndrome, and careful medical testing may be needed to determine the primary hormonal problem. Correcting hormonal imbalances usually requires, a combination of nutritional support (because vitamins, minerals and proteins are needed to make hor-

mones) and natural bioidentical hormone-replacement therapies.

4. **Chronic Illnesses** (and many medications). Illnesses can be a consequence of stress, poor eating habits low hormone levels, or all three factors. People with type 2 diabetes, chronic fatigue syndrome, fibromyalgia, cancer, arthritis, and serious heart disease often feel tired a lot of the time. More than 500 different medications can cause fatigue. Cholesterol-lowering statins interfere with normal muscle and liver function and leave people feeling weak and tired.
5. **The Aging Process.** Aging, a normal process, inevitably affects our energy levels. Abnormalities in the first four circles of fatigue can make you age faster—and can leave you feeling older than you really are. While many factors contribute to adding and loss of energy, there are many ways to improve your odds of achieving a long and healthy life, including restricting your calories (studies find that reducing calorie intake by one-third in adulthood increases life expectancy by 10 percent), engaging in physical activity, and controlling stress.

I do believe we're all connected. I do believe in positive energy. I do believe in the power of prayer. I do believe in putting good our into the world. And I believe in taking care of each other.

Harvey Fierstein

Is your Laundry Soap poisoning you

When most people think of pollution, they think of the outdoors—garbage-choked streams or industrial waste.

But you probably spend a large portion of your time indoors as much as 80 to 90 percent of your life.

You work, study, eat, drink and sleep in enclosed environments where air circulation may be restricted.

The typical American home contains 3– 10 gallons of toxic materials everything from glass cleaners and bathroom cleaners to garden pesticides and fertilizers.

Health effects of ingredients in common household products include:

- Respiratory problems
- Eye irritation
- Cancer
- Disruption of the endocrine system

As a result of cleaners and other toxic household products, the Environmental Protection Agency (EPA) reports that

the air inside the typical home is 2-5 times more polluted than the air immediately outside—and in extreme cases, 100 times more contaminated.

Did you know that cleaning products are responsible for nearly 10 percent of all toxic exposures reported to U.S. Poison Control Centers?

In one New York medical center, reports of burns, rashes, dizziness and scratchy throats among hospital employees plummeted after the staff switched over to less toxic cleaning products. The number of missed work days due to cleaning product injuries declined from 54 in 2004 to zero in 2009.

Contributors to indoor pollution include the products you use every day in your home, which can come in contact with your skin and lungs. Household products have been found to contain very powerful and often toxic chemicals that you unknowingly expose yourself to in the course of an ordinary day. One of the most common

household products is laundry detergent.

The detergent you're using may contain a cocktail of potent cancer-causing chemicals, some of which the manufacturer doesn't even have to list on the label. This loophole reduces the odds that you'll ever discover what's in there.

Four of the worst offenders are:

1. Sodium lauryl sulfate (SLS)/sodium laureth sulfate (SLES)
2. 1,4-dioxane
3. NPE (nonylphenol ethoxylate)
4. Phosphates

Take charge of your health! We have listed an alternative to store bought laundry soap below, it is less expensive and non-toxic

www.drmercola.com

Homemade Laundry Soap

Natural Laundry Soap

Ingredients

1 cup Borax
1 cup Washing Soda
1 bar soap (Dr Bronner's is a popular choice)
Essential oil of your choice

Directions

1. Grate your bar of soap.
2. Combine your borax and washing soda
3. Add the grated soap and mix well.
4. Add 20 or so drops of essential oil. (I like a citrus or lavender oil.)
5. Mix and stir for several minutes. 6.

Use 1-2 tbsp per load of laundry. (This is low suds recipe so is safe for HE washers)



BioBits



Pumpkin Seeds are an excellent source of beta-carotene, rich in B-complex and source of minerals like copper, calcium, potassium, and phosphorus. They also provide an excellent source of tryptophan which is converted to GABA in the brain, works as an anti inflammatory, anti fungal and anti parasitic properties (natural remedy for tapeworms & other parasites).

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"An ounce of prevention is worth a pound of cure."
-Hippocrates, Father of medicine

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No Bake Energy Bites

So healthy!! And SO easy! And SO yummy!

1 cup (dry) oatmeal
1/2 cup chocolate chips
1/2 cup peanut butter
1/2 cup ground flaxseed
1/3 cup honey
1 tsp. vanilla

Mix ingredients together in a large bowl. Roll into bite size balls. Refrigerate to set. Enjoy!!

