



Smart Therapy

Summer 2017 Newsletter

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What's New @ Smart Therapy

Happy Summer! Many of us have been struggling with the crazy weather this year... perhaps it's time for some self-care at Smart Therapy! Pamper yourself with a massage, adjustment, counseling session or all three!

Check out our summer specials below on many of our great products. If you are interested in a product and don't see it on the shelves, please let us know and we can add a special order to our next shipment.

Smart Therapy is excited to announce that we will soon be adding addiction counseling to our list of services. This will be outpatient services only. Those requiring more intensive services will be referred to a more appropriate level of care.

In addition to a new service, Smart Therapy has a new provider that will be starting in September. Watch for our Fall newsletter for more information.

Our highlighted provider this quarter is myself, Candace Smart. Check out page 2 to learn more about me.

As mentioned last quarter, Smart Therapy is gearing up to offer educational classes in webinar format. Your input about class topics and areas of interest is much appreciated as we start the selection and creation process.

Thank you to every one of our clients and customers for your continued support. We strive to provide services and products that meet your needs and appreciate the feedback we receive.

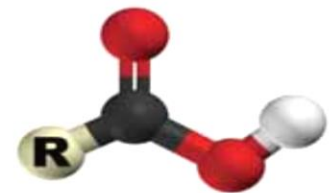
Candace Smart, Owner



Summer Specials

Check out our full page of Spring specials on products and services...

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Get to Know Us

Each quarter we will highlight one of our providers so that you can learn more about us. In this issue, we get to know Candace Smart!

Candace is the founder of Smart Therapy. Her passion for natural healing sparked a desire to create a natural health center. As Smart Therapy grows, she hopes to continue to add new natural health products and

services to our menu.

In addition to natural healing, some of Candace's interests include gardening, hiking, traveling, cooking and reading. The photo on the top right was taken with her husband at a Michigan football game. Candace is also a parent to 2 teenage stepsons, a dog and 5 chickens.

Candace specializes in treating anxiety, couples counseling, nutrition and has over 10 years of experience working with the geriatric population. She enjoys learning and feeling challenged.

To learn more about Candace or to schedule an appointment visit her webpage at <http://www.smarttherapygroup.net/candace-smart.html> or call us at 509.466.0226.



Summer Specials

July

10% OFF Lavender Essential Oil
10% OFF Rest-Aid

August

10% OFF Citrus Bliss Essential Oil Blend
10% OFF Phytovitamins

September

10% Essential Oil Diffusers
10% OFF Ener-Boost



Amino Acids: What Are Amino Acids and Do They Do?

By Candace Smart, MS, NCC, LMHC, CNC

If you remove all of the water and fat from our bodies, 75% of what's left is protein. Protein is derived from amino acids. Proteins control almost every biochemical reaction in the body. This is why amino acids are often called the building blocks of life.

Amino acids can be divided into 2 categories: essential and nonessential. Essential amino acids must be obtained through our diet, while nonessential amino acids can be produced by the body. A deficiency in one or more amino acids will result in deteriorated health and disease.

Essential Amino Acids

Histidine

Histidine is needed for nerve health and its anti-inflammatory properties.

High histidine levels are seen in patients with fibromyalgia, obsessive-compulsive disorders, depression, and phobia. Low histidine levels are found in those with rheumatoid arthritis and Parkinson's Disease.

Isoleucine

Isoleucine is a branched chain amino acid. It is involved in blood sugar regulation, muscle development and energy regulation.

Leucine

Leucine is also a branched chain amino acid. It is needed in muscle repair and energy regulation.

Lysine

Lysine is required for growth, tissue repair and the production of hormones. It also helps with absorption of calcium and prevents calcium loss. Lysine is necessary in the formation of collagen, cartilage, tendons and skin.

Fatigue, inability to concentrate, irritability, anemia, hair loss and reproductive problems are all related to low lysine.

Methionine

Methionine is critical to the formation of nucleic acid, epinephrine, melatonin and more. It can also help clear heavy metals out of the body.

S-Adenosyl Methionine (SAME) has been shown to help in the treatment of depression.

Phenylalanine

Phenylalanine is needed in the formation of thyroid hormone. It can also increase the production of norepinephrine and endorphins.

Taurine

Taurine is involved in the functioning of the gallbladder, brain, heart, eyes and vascular systems. It is essential for normal brain development in infants.

Theanine

Theanine has an effect on the release of dopamine and serotonin promoting a sense of calm, relaxation and well-being.

Threonine

Threonine is necessary for proper digestion, intestinal tract function and the formation of collagen, elastin and tooth enamel. It also stimulates the thymus gland and the immune system.

Tryptophan

Tryptophan converts into serotonin in the body. It helps us feel calm, relaxed and in control.

Valine

Valine is the third branched chain amino acid. It is essential for muscle health, metabolism, tissue repairs and nitrogen balance.



Nonessential Amino Acids

Alanine

Alanine is an inhibitory neurotransmitter in the brain and is found in high concentrations in the muscles. It can act as an alternative source of glucose when blood sugar is low. Alanine is essential for the metabolism of tryptophan.

Elevated levels of alanine can cause seizures or severe depression. Low levels are often seen in combination with low glycine and taurine.

Arginine

Arginine builds muscle, enhances fat metabolism, assists in the release of growth hormone, increases sperm count and mobility and fights off infection. It also functions as a neurotransmitter that plays a role in learning and memory.

Low levels of arginine result in muscle weakness, fatigue and chronic infections.

Asparagine

Asparagine is needed in the central nervous system and the brain.

Elevated levels can result in seizures and spasms. Some schizophrenic patients show elevated levels.

Aspartic Acid

Aspartic acid is a major excitatory neurotransmitter. It also metabolizes

ammonia in the body. Cellular energy depends upon aspartic acid.

Elevated levels may result in depression, epilepsy and stroke. Low levels may lead to a decrease in serotonin.

Carnitine

Carnitine is needed to transport long chain fatty acids into the cells where fat is transformed into energy. Cardiac function is also dependent on carnitine.

Acetyl-L-Carnitine has shown encouraging results in the treatment of Alzheimer's Disease.

Cysteine

Cysteine is found in skeletal and connective tissue, digestive enzymes, insulin and hair keratin. Cysteine is also a detoxifier. It binds with heavy metals to remove them from the body.

N-Acetyl Cysteine (NAC) has been shown to help or prevent auto immune disorders, cataracts and macular degeneration, and cognitive functioning.

GABA

Gamma Amino Butyric Acid (GABA) is an inhibitory neurotransmitter found in the central nervous system. GABA plays a role in pain, stress, anxiety, depression and stress

induced illnesses.

Glutamic Acid

Glutamic acid is an excitatory neurotransmitter. It helps detoxify the brain of ammonia and plays a role in prostate health.

Glutamine

Glutamine is found in the skeletal muscles, brain, liver and stomach. It plays a major role in strengthening the immune system and clearing the body of waste. It also aids in muscle development and provides an alternative fuel source during times of low blood sugar.

Glycine

Glycine is needed for liver detoxification. It helps to cleanse heavy metals from the body. Glycine also plays a role in sleep quality.

Ornithine

Ornithine stimulates growth hormone, supports wound healing and promotes liver regeneration. It also helps remove ammonia from the body.

Proline

Proline is necessary in the formation of collagen.

Serine

Serine is an immunosuppressive and can be helpful in the treatment of immune disorders.

Elevated serine may cause psychosis and high blood pressure.

Tyrosine

Tyrosine is the stress amino acid. It has been shown to be more effective than antidepressants in the treatment of depression.

Amino acids should be taken away from meal times. Magnesium and vitamin B6 should be taken in combination with amino acids to increase absorption.

This article provides a very brief, incomplete overview of amino acids. Please do your research and consult a health care professional before beginning any new supplement regimen.

References

Sahley, B.J. & Birkner, K.M. (201). *Heal with Amino Acids and Nutrients* San Antonio, TX: Pain and Stress Publications.

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