

NATUROPATHIC WISDOM

Thank you for your referrals!

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New years resolutions

If you have ever thought about improving your health, these 2 resolutions will go a long way in prolonging the quantity and quality of your life for you and your loved ones.

Weight Loss

Some of the risks of carrying around extra weight on your body are heart disease, high blood pressure, and diabetes, to name a few. Changing your diet from simple carbohydrates like sweets, white potatoes, bread, pasta, white rice, and fruit juices will go a long way in helping you to lose weight. Supplements are available, like 5HTP, to help you with any strong cravings you may have. If you've been trying to lose weight

but have been unsuccessful, you may need to be tested for candida and/or have your thyroid checked.

Quit Smoking

Smoking is well known to cause lung diseases such as cancer, chronic bronchitis, and emphysema. Did you know smoking is 1 of 4 risk factors for heart disease and stroke? I believe smokers will develop heart disease, unless they live long enough to contract a chronic lung disease. Most people know about the negative effects of nicotine, but many are unaware that tobacco smoke contains other chemicals highly toxic to the body like acetone, acetic acid, ammonia, arsenic, benzene, benzopireno, butane, carbon



Happy New Year!

monoxide, cadmio, cyanide, DDT, ethanol, formaldehyde, lead, tar, and urethane. For those of you curious, I invite you to search the web for the harmful effects of each chemical on your health. Second hand smoke has more than twice the levels of the same chemicals endangering those around you. There are methods available to help you quit smoking. Give the office a call to schedule your appointment.

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You deserve your health, naturally!

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When to take your supplements?

With all the supplements you may be taking, when do you take which ones? Well, there is a general rule of thumb for taking them. Vitamins and minerals should be taken with meals so that your digestion will help absorb them. Herbs and en-

zymes are better absorbed when taken on an empty stomach. This is because they need to pass the stomach while its' acid level is low to reach the small intestine for absorption. If the different supplements



you are taking fit into the same general category, you can take them together. If you are still in doubt as to when to take your supplements, ask at your next visit.

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Will it be conventional or natural medicine?

COMMENTARY by David Hogg, ND

When is it best to seek conventional treatment or alternative, Naturopathic methods? I believe natural medicine should be the first choice for all diseases. Unfortunately, we don't live in a *health* care system. We live in a disease management system. Most doctors wait until you are ill before they treat you.

Naturopathic doctors assess the state of your current health, then help you achieve an even greater state of health. Everything a natural doctor does is moving you towards health. A conventional doctor may give you pharmaceutical drugs that have side effects

Whether you have common complaints such as colds or flu, bronchitis, indigestion, constipation or diarrhea, I invite you to seek alternative medicine first. I'm asked very often, "What does a Naturopath do?" I always answer that we are trained the same as MD's the first 2

years of medical school, except, Naturopaths differ by using a combination of homeopathy, herbs, vitamins and supplements, hydrotherapy, and mind-body medicine to help with the same diseases.



Is the doctor a Naturopath or Conventional doctor?

However, there are many situations where it is absolutely necessary to seek

conventional medicine. Any natural or conventional doctor can help you make that decision. I believe in educating patients to help them to make the best decision for their needs.

Naturopathic doctors do have the knowledge to perform many exams and order lab tests. Here in California this fall, Naturopathic doctors will be licensed as primary care providers and will be able to perform or order these tests.

In the current health care system, the only way to avoid the out of pocket expense is to go with doctor that is covered by your insurance. In California, until the licensure of ND's, coverage of Naturopathic doctors by insurance companies, for the most part, is not available.

For my own health, there is no other first option but natural medicine.

A Healthy breakfast

These recipes can be enjoyed no matter what diet you may be on with some variation according to blood type.

Hot Cereal

1 cup cooked brown rice (Blood type O) or oatmeal

1/2 cup walnuts or almonds or almond butter

3-4 stewed prunes or figs

Stevia to taste

In small pan, add rice, nuts, and dried fruit of your choice. Add about 1/2 cup water. Let simmer for 15 minutes on low heat. Then serve.

or less

1/8 tsp Real Salt™

1 organically grown egg

1 tbsp olive oil

1 tsp blackstrap molasses (optional)

Unsweetened soy or rice milk

Combine all dry ingredients first. Then add olive oil, molasses, and egg. Beat with a whisk. Now add soy milk to attain the right consistency for pancakes. Grill on preheated griddle to 375°F.

Nothing like breakfast to get your energy started for the day! Enjoy!

Buckwheat Pancakes

1/2 cup organic buckwheat flour

1/8 baking powder