

## APRIL 2018 NEWSLETTER

### Staff Spotlight

Thoughts from Sarah Doemland, L.Ac

#### Seasonal Changes

Now that we are going through another seasonal change with Spring, our bodies are asked to adjust internal systems to environmental changes. One aspect of Spring is that the longer days of light trigger mechanisms in the brain chemistry to adjust levels of hormones such as serotonin and dopamine neurotransmitters which in turn affects how we feel. It is common to experience periods of fatigue and increase of energy because of these internal and external changes. One familiar element of seasonal changes of Spring is that the environmental flora goes through its changes and can emit more of their hormones and pollens in the air. This affects our human biological processes and often our body has to eliminate all the toxins we encounter. Our lungs are affected which set off a chain of allergic reactions. Yet, our lungs are not the only system affected. One aspect of our health to keep in mind is that our digestive system also is affected by the seasonal changes and by the foods we ingest. It is important to clear out toxins we take in through the food we eat, the air we breath, the fluids we ingest. This will help the kidneys and liver to process more efficiently and allow for the spleen and intestines to absorb the nutrients we need to gear up for all the Spring activities we plan for in the upcoming months.



This last year I experienced some health issues and decided I needed to support my body in clearing out the toxins that built up so that I may have more energy for Spring changes. I recently completed a 10 day detox with a highly developed program that supported the process with clean organic supplements and a nutrition plan. I was amazed at the increased energy I experienced after the detox! All the little aches and pains had vanished. There

was a survey to complete with a list of symptoms to assess your level of toxicity before and after the detox. Before the detox, I was at a mid range level of toxicity. My toxicity level dropped by 50% following the detox. I have given up some of the foods that have contributed to my symptoms and I have seen a big difference. When I reintroduced other foods I am more attached to and had more difficulty giving up, I could feel a change in my body and started feeling more tired.

My plan is to continue to detox throughout the year with each season, as I experienced such an energetic boost following this detox. In the process, my awareness of my body increased and I have more energy to withstand the external changes that happen with seasonal change as well as other unexpected changes.



Chinese medicine developed a system of knowledge that plans for seasonal changes in the environment and in life's unexpected events. These ancient masters clearly understood the importance of the food and other substances we take into our body. A healthy digestive system has a direct link to how we feel and how much energy we experience. Scientists now are able to identify that much serotonin and dopamine (mood regulators) are produced in the intestines as well as the brain. I love it when ancient knowledge correlates with current discoveries in information. Through my own experience, I directly realized the importance of continuing to listen to my body in maintaining digestive health and continue to support it through all of life's changes.

**Sarah is available for acupuncture and Chinese Medicine appointments on Tuesdays and Thursdays.**

## Community Events Aromatherapy Class

Join Jennifer Lombard with Earth and Aether Aromatherapy for a Friday night workshop: **Essential Oil Basics**. She will show you how to use essential oils to support your wellness throughout the year. Learn more about Jennifer at <https://earthandaether.net/>.



Date: Friday, April 20  
Time: 6:00-7:30pm  
Where: The Movement Studio at CLC  
Cost: no cost for class– \$5 for “make and take”  
oil rollerball

### In The Media 4 Steps to Getting Rid of Seasonal Allergies DrHyman.com

“Dr. Hyman, I’ve been suffering from seasonal allergies for years. Is there anything that I can do to make these go away or am I doomed forever?”

You are definitely not doomed; however, I do know how miserable seasonal allergies can be, especially in the spring and summer.

Conventional medicine treats seasonal allergies with injections and pills, which unfortunately, create side effects and fail to address the root problem. If you don’t address the root cause, then the allergies will never go away.

I’ve seen countless patients arrive complaining about gut issues. Once we fixed their diets and healed their guts, their seasonal allergies also disappeared! When the immune system (60% of which is in the gut) is irritated, it reacts to everything – kind of like when you don’t get enough sleep everything makes you more irritable.

To heal your gut and eliminate seasonal allergies, I’ve found these four strategies incredibly helpful:

1. **Replace bad with good.** An elimination diet becomes the first step for a healthy gut. The simple foundation of Functional Medicine is taking out the bad and putting in the good. Eliminate common toxic triggers like wheat, corn, dairy, soy and alcohol. Eat a whole foods, high-fiber diet that is rich in anti-inflammatory plant chemicals called phytonutrients. Avoid anything that contains sugar or trans fats. Focus on eating healthy fats from extra virgin olive oil, nuts, avocados and omega-

3 fats like those found in small fish (sardines, herring, sable, wild-caught salmon).



2. **Use powerful gut-healing nutrients** - including probiotics, which provide good bacteria to improve digestion and reduce inflammation. Other gut-healing nutrients include glutamine, zinc, curcumin and fish oil. I always recommend a high-quality multivitamin. Quercetin (which has anti-inflammatory and anti-histamine properties) and nettles can also relieve symptoms from allergies.
3. **Manage stress.** A mind-body disconnect can mean being stressed out, wired and tired and can really damage your gut and worsen seasonal allergies. Practice relaxation techniques like yoga or meditation every day.
4. **Get adequate sleep.** Optimal sleep is crucial for gut health and overall health. Research shows inadequate sleep shortens your lifespan and increases inflammation, which can lead to chronic disease. Insufficient sleep can also increase your risk for diabetes through insulin resistance, paving the way for diabetes. Aim for at least eight hours of uninterrupted, deep sleep every night.

### Post-it-Notes

- \* **Sue Franklin, Psych will be joining CLC!** She will be seeing clients on Mondays and Wednesdays for counseling, wellness coaching and energy psychology appointments. She can be reached through her website for more information. <https://susanfranklinpsyd.com/>
- \* **Supplements for allergies are 15% off during the month of April.** Includes: Aller-C and PhytoGanix.
- \* We are excited to bring more Saturday morning yoga classes with Fidel Forde. Watch the website for what’s next.



**Ponder this...** April hath put a spirit of youth in everything. –William Shakespeare