



HOLISTIC THERAPIES, LLC

JUNE 2016 NEWSLETTER

Dear Clients and Friends,

The National Health Observances that we recognize during June 2016 include:

- Cataract Awareness Month
 - Cataracts involve the lens of the eye. A clouding over the lens leads to blurry vision and challenges with bright lights and seeing at night.
- Men's Health Month
- Myasthenia Gravis Awareness Month
 - Myasthenia Gravis is an autoimmune disorder that involves the musculoskeletal system. Muscular weakness and fatigue, slurred speech, and difficulty breathing are a few of the common symptoms.
- National Aphasia Awareness Month
 - Aphasia is a neurological disorder that results in the inability to speak or understand
- National Congenital Cytomegalovirus Awareness Month
 - Cytomegalovirus (CMV) is a common virus that often causes no symptoms; however in newborns and individuals with weakened immune systems, CMV can cause damage to the spleen and liver, contribute to seizures, fever, diarrhea, and pneumonia.
- National Scleroderma Awareness Month
 - Scleroderma is an autoimmune disease where hardening and tightness of the skin and connective tissue occur
- JUNE 5 National Cancer Survivors Day®
- JUNE 13 - 19 Men's Health Week
- JUNE 19 World Sickle Cell Day

As Naturopathic Doctors, we treat the patient, not the disease. If you have questions about a recent diagnosis or are looking for an integrative approach to healing, please schedule a consultation with one of our doctors.





Summer Skincare Prescription Event

Nourish and protect your skin this summer with skincare tailored for you

Event Begins June 1st

Schedule your 30-minute consultation appointment
while times are still available!

How does it work?

First, book your free consultation. At the time of your consultation,
we

will talk about your skincare goals along with your nutrition and
lifestyle.

We will work together to customize your products and skincare
regime just for you.

Summer is a very important time to protect your skin against
sun damage and premature aging.

Free Consultations to find your Summer Skin Prescription

Free Trial Kit w/ Order of \$100+ (\$25 Value!)

Free Aromatherapy Facial Massage w/ Order of \$175+ (\$45 Value!)

Free Dermaplaning or Microdermabrasion w/ Order of \$250+ (\$60
Value!)

Call Kandyce at 303-204-3429 to schedule
today!

Summertime Skin, Sun & Self-Care

The heat is on and summer fun has officially arrived. You want to stay on top of your game when it comes to skincare and self-care. I'm still paying the price of countless days of my youth spent baking in the Southern California sunshine. Whether on the beach or in the desert, you would have found me, lobsterfying my face and body until blisters appeared; no joke. Skin cancer is actually the number 1 cancer in America. These days I make sure to visit my dermatologist twice a year to make sure I'm not missing any new spots or splotches that have emerged, (and emerge they do) and I am highly conscientious of the way in which I expose myself to the intense rays and heat of summer sun.

To be clear, I still love the sun, it just doesn't love me back in quite the same way. I know that getting outdoors in nature is essential for my health and well-being and getting my daily hit of vitamin D, but there is a fine line between a healthy glow (which by the way, any type of tan indicates some cellular damage), and a sunburn. Here are the more obvious strategies that I undertake to create a healthy relationship with the sun:

1. **No less than 20 SPF sunscreen – everywhere, all the time.** On my face I usually take it up a notch to a 30 SPF moisturizer and mineral-based make-up kicks that number up a bit higher. I reapply often, especially when water sports or perspiration is involved. In general, moisturize often to help soothe dry, irritated, or sensitive skin. This can help strengthen the skin and lessen the appearance of fine lines.
2. **Avoid mid-day direct sun.** All of my outdoor exercise and gardening endeavors take place either before 10 am or after 5 pm. Though I am still being exposed to UV radiation from the sun, it is less intense during the early and later hours. I still wear a hat and long sleeves if I will be exposed for longer than about 30 minutes. Don't make the assumption that your clothes will prevent sun exposure – it totally depends on the type and quality of fabric. Learn to love the shade.
3. **Drink a lot of green tea and feast on fresh fruits and vegetables all summer long.** Both of these habits have been shown to decrease risk of certain cancers including skin cancer. The phytonutrients and antioxidants in the green tea (and fruits and veggies) offer "skin photoprotection." Bonus: Fruits and vegetables are generally high in vitamin C and antioxidants that help prevent skin wrinkles.
4. **Stay hydrated.** Take a proactive approach - dehydration is best avoided by consuming water throughout the day rather than waiting until your suddenly parched.
5. Don't forget about the lips. Sunburned lips are no fun and are a potential site for skin cancer. There are some awesome natural lip protectors with SPF, so I always make sure to include my lips (and ears) in my sunscreen routine.

Remember, some medicines and cosmetics make our skin (and eyes) more sensitive to sunlight, in which case you will want to avoid direct exposure. Ask your doctor or pharmacist about your meds if you are unsure and read the labels on your cosmetics. Treat your skin as if it's the largest, most important organ in your body, because, it is!

**We
Can
Help**

Dr. Shawna Kiker, ND
Dr. Jeff Kiker, ND
Dr. Debra Rouse, ND
Kandyce Braband, LE
Gigi Worley, RMT

More Good News for Coffee Lovers

Ah, coffee. The news just keeps getting better and better for coffee lovers. What once may have been thought of as a dark addiction is now getting a lot of love in the world of nutrition research. Some of the most recent research shows that chemical compounds in coffee may offer neuroprotective and anti-inflammatory effects. In particular drinking up to 30 ounces of coffee daily was shown to reduce the risk of multiple sclerosis (MS). If you're having trouble relating that to Starbucks, it is equivalent to about 2 "Grandes" or 1 "Trenta" or 2 ½ "Tall."

Liver Health: Higher coffee consumption (decaf and/or regular) was linked to decreased levels of abnormal liver enzymes in another study out of the National Cancer Institute. Other studies have found that drinking coffee may help decrease the risk of developing type 2 diabetes, heart disease, cirrhosis, fatty liver disease and liver cancer. It reduces the risk of developing fibrosis in Hepatitis C.

Type 2 Diabetes: Coffee has been shown to be protective against type 2 diabetes due to its effect on insulin, in particular, improved insulin sensitivity. Epidemiological research shows evidence of this protective effects, but the mechanism for which is still unclear, though several factors are likely at work.

Cancer: A meta-analysis of 16 studies concluded that increased coffee consumption is linked to a lower risk of endometrial cancer.

Overall Mortality: Coffee drinkers appear to have an overall edge on longevity; they are less likely to die of heart disease, diabetes, stroke, respiratory disorders, or even injuries or accidents.

Endurance: Drinking coffee may help improve overall athletic endurance. This is likely due to the caffeine content of regular coffee. Caffeine has been shown in numerous studies to aid in athletic endurance.

Some people can be highly sensitive to caffeine. In spite of this positive research, pay attention to your body. You may not tolerate the effects of coffee, in which case, there are plenty of other positive lifestyle habits that will help support you on your health journey. Begin with a plant-based diet, high in dark green leafy (cruciferous) vegetables. Make sure you get in daily exercise.

Cut out added sugars from the diet. Don't smoke.

Maintain an optimistic outlook on life. Beginning with these simple habits will lead you down a path of longevity, whether or not coffee is along for the ride.



Cherry-Berry Crisp (Gluten free)

2 cups gluten free "all purpose" flour mix or almond flour

1 teaspoon baking powder

1 teaspoon cinnamon

3 tablespoons melted butter

2 eggs

1/2 cup Greek-style plain yogurt

1/2 teaspoon vanilla

1 cup cherries*, pitted and chopped

1 cup raspberries*

1 cup strawberries*, rinsed and chopped

1 cup blueberries*

2 tablespoons brown sugar

2 tablespoons slivered almonds

1 tablespoon chopped walnuts

2 tablespoons gluten-free rolled oats

1/2 teaspoon cinnamon

1 tablespoon brown sugar

1 tablespoon GF flour or almond flour

1 teaspoon sugar

1 tablespoon olive (or grapeseed) oil

Cooking oil spray or coconut oil for greasing baking dish



Preheat oven to 350° (convection oven, otherwise 375°).

Prepare 8 x 8 baking dish or pie dish by coating with cooking oil spray or coconut oil.

Combine flour, baking powder, and cinnamon in a medium size bowl. Set aside. In another bowl, blend together butter, eggs, yogurt, and vanilla and mix with dry ingredients until just combined. This can be done in a food processor, which saves a little bit of elbow grease. Press this pastry mixture into the bottom of the pie dish.

Combine the cherries and berries and toss with two tablespoons of brown sugar. Layer this fruit mixture on top of the pastry crust. Sprinkle with slivered almonds.

Mix together remaining ingredients (walnuts through oil). Sprinkle on top of almond layer. Bake for about 35 to 40 minutes.

*select organic berries and cherries when possible