

# Natural Health News

## New Naturopathic Doctor Joins the Practice— Meet Dr. Erika Horowitz

SOMA Acupuncture & Natural Health Clinic is committed to becoming San Francisco's premier natural medicine clinic. A new patient recently told us that she came to our clinic because she heard that naturopathic medicine was the wave of the future. Ever since we learned about naturopathic medicine in the 1970's, we felt the same way. It is that fundamental drive that motivated us to bring in a third naturopathic doctor to our growing practice.

Dr. Erika Horowitz attended National College of Naturopathic Medicine in Portland, Oregon, where she was awarded the degree of Doctor of Naturopathic Medicine. While there she also completed a Masters of Science in Acupuncture and Oriental Medicine. She is a licensed naturopathic doctor in California. Upon completion of the California acupuncture board exam this winter, she will be a licensed acupuncturist.

One of the fundamental principles in naturopathic medicine is first do no harm; accordingly, Dr. Horowitz understands that a key concept in healing is to identify the cause of disease rather than simply treating or suppressing

the symptoms. She believes strongly in the connection between mind, body and spirit, and the human body's inherent vital capacity to heal itself with the guidance of appropriate therapeutic methods and



modalities. This approach requires treating the whole person, not just the disease.

Botanical medicine, nutrient therapy, acupuncture, detoxification, physical medicine, bio-therapeutic drainage (European-based form of homeopathy), bioidentical hormones, nutrition and lifestyle counseling are used to customize a natural, nontoxic treatment plan for each individual.

This holistic approach is used to support the individual in healing, maintaining wellness and prevention. Dr. Horowitz emphasizes patient education

and empowerment in one's own healing process. The more we understand our bodies and the mechanisms that cause illness, the more committed we become to optimizing wellness. She hopes to forge a collaborative healing relationship with each individual to maximize health.

Dr. Horowitz is trained in diagnosis and treatment of acute and chronic conditions. She practices general family medicine with an emphasis on women's health and fertility. Drawing upon her professional education and clinical experience, she works with patients with a broad range of illnesses such as allergies, arthritis, autoimmune disease, cancer support, diabetes, digestive problems, endocrine disorders, fatigue, eczema, heart disease, high cholesterol, infertility, menopause, and neurological diseases. Dr. Horowitz strives to be a compassionate and empathetic doctor and is dedicated to offering her patients comprehensive natural medical care.

We are thrilled to have Dr. Horowitz with us. To schedule an appointment or 15-minute free consult, please give us a call. She is also available for talks and classes on natural medicine.

## Flu Treatments—A Collaborative Medicine Discussion

Being strong believers in integrative approaches to health care, we participate in quarterly meetings with MDs and a nutritionist to discuss current health care topics and treatment approaches. Our most recent meeting focused on the flu. Below, I'd like to share with you a few highlights that came out of this meeting.

### What Is the Flu?

The flu is the common name for influenza, a virus that attacks the respiratory system. Symptoms include headache, fever, chills, muscle aches, and dry cough, high temperature, stuffy nose, and fatigue. Spread by respiratory fluids, a person may not have symptoms during the first few days of being contagious, which makes it hard to prevent.

### Allopathic Prevention and Treatment

Vaccination is the preferred method of prevention, with priority given to older adults, children aged 6 months to 5 years old, pregnant women, and other high-risk groups. Most of the flu vaccines contain mercury. The flu vaccine is usually given early in flu season and should be avoided in persons with egg allergies. There are a few antiviral medicines approved for treatment of influenza; all need to be taken within 48 hrs of symptom

### Featured Products

**Jade Screen** to prevent colds and flu. **Yin Chiao** to take at the first sign of a cold or sore throat. Now 15% off.

onset and tend to decrease symptoms by a day or so. They can also be used for prevention in known exposure situations.

### Naturopathic Treatments and Prevention

NDs support patient choice on whether to vaccinate or not, but generally recommend it only for high-risk people. Instead, emphasis is on immune support, antiviral therapies, and whole body support. If a patient chooses to be vaccinated, NDs suggest low mercury vaccines.

Washing hands is the single best way to limit the spread of the flu virus. Vitamin D can also be used to prevent influenza infection as increased susceptibility is linked to vitamin D deficiency. There are a number of naturopathic hydrotherapy treatments including contrast showers, healing throat wraps and sock wraps, and sinus rinses. See our web site for instructions.

Nutrition recommendations include eating whole foods, emphasizing soups and easily digestible foods, and avoiding sugar and dairy products. The use of various therapeutic herbal teas is helpful in relieving symptoms and supporting immunity. There are a number of useful western herbs such as goldenseal and echinacea, and vitamins such as vitamin C, zinc and carotenes to help combat the flu and its symptoms.

### Acupuncture and Chinese Herbs

Acupuncture and Chinese herbal medicine are very effective

at treating the flu by providing symptomatic relief and immune enhancement. Patients are treated according to their specific symptoms and constitutions using individualized herbal, acupuncture and nutritional treatments. Jade Screen Formula is often used as a preventive immune support formula, and herbal formulas such as Yin Chiao, Gan Mao Ling, and Chuan Xin Lian are useful in addressing sore throat, muscle aches and other flu symptoms.

*Carl Hangee-Bauer, ND, LAc*

### SOMA Acupuncture & Natural Health Clinic



Founded clinic in 1989. Integrates naturopathic medicine and acupuncture.

Carl Hangee-Bauer, ND, LAc



Amy Day, ND



Erika Horowitz, ND

Women's health specialists



Michele Hangee-Bauer, Office Manager



Shannon Fitzsimons, Receptionist