

Natural Health News

Introducing Myers Cocktail— Intravenous Nutrient Therapy

Since naturopathic medicine became a licensed profession in California and the first licenses were issued in January 2005, we have hired new doctors and offered new services to help our patients improve their health and manage their illnesses with innovative natural therapies. The clinic currently provides B12 shots for stress, fatigue and anemia and intramuscular administration of certain homeopathic medicines for trauma and pain. Now we are pleased to announce that we are offering the popular Myers Cocktail IV nutrient therapy.

We are all familiar with IV therapy in hospital settings, where drugs and other substances are administered during surgery or in emergency situations. In clinics, nutrient IVs help support optimal health by delivering vitamins and minerals directly to our cells. IV administration of nutrients can achieve serum concentrations not attainable with oral routes, as digestion and absorption are not an issue. IV nutrient therapy is more effective for getting nutrients into tissues where they can have the most benefit.

Conditions that have shown improvement with the use of

Myers Cocktails include asthma, migraines, fatigue, fibromyalgia, depression, cardiovascular disease, respiratory infections, seasonal allergies, drug withdrawal, chronic hives, hyperthyroidism, chronic viral infections such as hepatitis C, and immune support for cancer patients. Some people find them effective for health enhancement, healthy aging or improving athletic performance.

Let's take a look at IV magnesium, for example. Studies have shown that many people dealing with chronic fatigue syndrome have signs of magnesium deficiency, and when IV magnesium is given, 80% report improvement in pain, energy and moods. IV magnesium is also a well-documented therapy for people suffering from migraines and asthma.

Nutrient IVs are most often combinations of vitamins and minerals but may be single nutrient therapies. Individual health conditions and goals determine which of these approaches are best.

Dr. Erika Horowitz has extensive training in the use and administration of IV nutrient therapy and is the clinic's lead doctor for this therapy. If you think IV nutrients may be

Spring is the Time for a Cleanse

One of the core programs for optimal health with naturopathic medicine is a detoxification or cleanse. Our NDs often recommend a cleanse in the spring to improve your health and aid the body in elimination. During the cleanse you may experience increased energy, improved digestion, weight loss, and a sense of balance and control over your dietary habits. We offer individual programs or the following group program.



Detox with the Doctor

10-day group cleanse guided by Dr. Erika Horowitz

Session 1— How to Begin Your Detox
Thursday, April 12, 7:00 p.m.

Session 2 – Next Steps
Saturday, April 21, 2:00 p.m.

Program includes two group sessions, handouts, Bio-Cleanse, Orthobiotic and castor oil. There will be an online chat for group support.

Cost is \$179. Registration is required. Please call 643-6600 or email Michele@sfnatmed.com.

helpful for you or have questions, you can contact Dr. Horowitz at the clinic and set up a 15-minute free consult to discuss this with her.

Carl Hangee-Bauer, ND, LAc

Menstrual Problems—There Are Solutions

Have you ever gone to your GYN and the only thing they could offer you was the birth control pill? Are you looking for other ways to manage your cramps? PMS? Heavy bleeding? Irregular cycles? PCOS? Endometriosis? Though the pill may be the best choice for certain women, many women would prefer to have other options. Naturopathic medicine offers many solutions that can fill the gap between doing nothing and taking the pill.

Diet

Many menstrual disorders can be improved by modifying the diet. This could mean eliminating common triggers such as sugar, caffeine, salt and alcohol. Food sensitivities can cause a worsening of symptoms. Many women have IBS or poor digestion and are unable to appropriately absorb nutrients or eliminate waste. Starting with a hypoallergenic diet and digestive cleanse is an excellent way to explore the effects that diet can have on your symptoms.

Exercise

Movement is a key ingredient to health. Getting regular exercise throughout the month plays a large role in how you feel when your period comes. Numerous studies have proved that 30 minutes a day of aerobic exercise lifts your mood and reduces bloating that often accompanies PMS. For overall health, aim for a balance of aerobic, weight bearing and stretching exercises.

Stress Management

Your body responds directly to the way you live your day-to-day life. Are you a stress junkie? Many women notice a significant difference in their health when they are able to manage their stress effectively. This could mean learning to recognize stress triggers, changing how you respond to them, and adding stress-relieving practices to your regular routine such as exercise, yoga or meditation.

Herbs and Nutritional Supplements

Depending on your particular symptom picture, certain herbs and supplements can help to balance hormones, decrease inflammation and pain, and support a healthy menstrual cycle. Calcium, magnesium, vitamin B6, fish oil, evening primrose oil, ground flaxseeds, chaste tree berry, black cohosh and crampbark are among the most useful.

Natural Hormones

When hormones are needed, we prescribe natural hormones rather than the synthetic ones found in prescription birth control pills. These are identical to what your body produces and are generally much better tolerated. We are able to individually adjust the dose and exact type of hormone to fit with your particular needs.

How to Begin

If you would like some help to tackle your period problems, please call. We will work with you to develop an individualized

*Dr. Amy Day is a specialist in natural treatment options for endometriosis. This March, in honor of **Endometriosis Awareness Month**, Dr. Day encourages any woman who has or thinks she may have endo to call for a free 15-minute phone consultation.*

treatment plan based on a thorough history and any appropriate lab tests. We also offer annual GYN exams and PAP tests. Working together, we can help you stay on track and make significant improvements in all areas of your health.

by Amy Day, ND

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