



PROSPECTIVELY HEALTHY & WELLNESS CLINIC

OCTOBER HIGHLIGHTS

Welcome to issue 2 of the Prospectively Healthy & Wellness Clinic Newsletter. I am sure there are many ways to write a newsletter, but here at PH- we hope to always include a family update and any reason for celebration. We hope to provide small pieces of information about a topic that you (the reader) would find helpful. Of course, we want to include

clinic updates and promotions. But most importantly, we want to include YOU- the patient. Without you, this reality would be just a dream.

Let's do the fun stuff first! In September, we got to experience the calm. We spent time at zoos, parades, Cedar Bluff, and time with our family. It really was an amazing opportunity to get to slow down for a moment. But- Hello October! Let's speed things back up!



FHSU Homecoming Parade
Photo Credit: Cassandra P.

UPCOMING EVENTS



CLINIC CLOSED
OCT 19TH
OCT 26TH
OCT 30TH



IMMUNE BOOST
\$16 SALE
OCT 10TH-NOV 10TH



LOGAN COUNTY
HEALTH FAIR
OCT 21ST
7A-10A



ADDING TO THE FAMILY

HAYS, 2024

In between the September moments of R&R, we made time to finalize architect plans on the new location, get some amazing graphics printed by R&D Graphics, and start this journey!

If you haven't already seen the location- can you guess where we will be from these three photos?



SEND US YOUR GUESS ON FACEBOOK OR VIA TEXT TO 785-955-9228 FOR A CHANCE TO WIN ONE OF THESE AMAZING HATS!

CLINIC SCHEDULE

For appointments after Dec 28th, please note the following calendar. If you need to move your appointment, give us a call 785-955-9228 option 1. Our phone number will not change.

In Hays, our office hours will be Monday-Thursday 830A-430P. We will be in Oakley the 1st & 3rd Thursday of the Month from 930A-330P.

Any existing patient will automatically receive an update to their portal to include both locations. No further action is needed.

2024 HOURS

Hays
Monday - Thurs
open **08:30 am**
close **04:30 pm**

Oakley
1st & 3rd Thursday
open **09:30 am**
close **03:30 pm**



COLD & FLU SEASON

FROM WELLNESS TO PREVENTION

Cold & Flu season runs through Fall and Winter of each year in the United States. Peak months vary based on region, but here in Kansas, we typically see influxes beginning in October, spiking in November, and calming down in late January¹. Many factors contribute to this, including more sedentary lifestyles due to the colder temperatures, decreased sun exposure, and the biggest reason- we are cooped up inside more frequently. Common symptoms of colds & the flu include fever, chills, cough, sore throat, runny or stuff nose, muscle or body



aches, headache, fatigue, and vomiting/diarrhea. Those who are at higher risk to these illnesses include adults aged 65+, children under 5 years of age, pregnant women, and those with multiple diseases or chronic conditions.²

According to the CDC's National Respiratory & Enteric Virus Surveillance System⁴, this year we can expect increases in Rotavirus, Norovirus, Respiratory Adenovirus, COVID, Influenza, and Pneumonia virus.

As a Naturopathic Doctor, we often discuss with our patients the difference between these above-mentioned viruses, and a cold caused by a bacteria. Bacterial colds are caused by airborne droplets containing the bacteria spreading from an infected individual to another person, surface, or skin. The most common symptoms include runny nose, sneezing, and congestion.

While antibiotics do work on bacterial infections, they do not work on viruses. In fact, research⁵ has shown that consuming antibiotics when fighting a virus (when no bacterial infection is present) decreases the



COLD & FLU ...CONT.

... body's ability to fight the virus, therefore delaying healing and prolonging recovery time.

So how do we treat viruses in our office? And the symptoms of bacterial infections for that matter?

Prevention is key.

Consuming fermented foods, water, fruits & veggies (especially berries, apples, tomatoes, celery, and onions) help boost the immune system. Vitamin D is known for making proteins that kill viruses and bacteria⁶, and magnesium has also been shown to help boost the immune system by increasing our White Blood Cell (WBC)'s ability to find and fight off the virus⁷.

What if it's too late for prevention?

We have a wide variety of supplements in our office to help with fighting infections. And yes- you are welcome to come purchase them. Don't want to leave the house? We can ship them to you.

Common arsenal for viruses and bacteria can include:

1. Well Biotic: A PH specific supplement on our shelf that provides a well-rounded approach to immune health.
2. Sufficient C: A 2,000mg serving of Vitamin C, research shows this essential nutrient helps increase phagocytosis and bacterial mitigation- gobbling up and throwing away the infected cells⁶!
3. Natural tinctures like marshmallow root, licorice root, and slippery elm have been used for centuries in ancient chinese, naturopathic, and botanical medicine to help the body heal.





COLD & FLU ...CONT.

4. Echinacea and Elderberry teas are also helpful to add to your cabinet, as well as cooking with garlic, cayenne, and lemon to tolerance.

5. Trace Minerals- consistent hydration is key, and replenishment of rapidly used nutrients. Following a doctor-ordered regiment of Trace Mineral supplementation is extremely helpful for returning the body back to homeostatis after vomiting, diarrhea, and other dehydrating symptoms⁶.

6. Vitamin D. Our friend. Vitamin has a two-action role in the body⁷. The first is increasing production of fighter cells; the second is modifying white blood cell inflammatory response for a more healthy approach to removing the foreign invaders.

Find more on the CDC website (¹), American Lung Association (²), Immunization & Respiratory Disease Center (³), NREVS (⁴), John Hopkins Medicine (⁵), Micronutrient Support (⁶), Magnesium (⁷),



IMMUNE BOOST!

Consider a bolus of nutrients provided by a leader in micronutrient treatments, Dr. Dustin Moffitt. With an extensive background and additional training in micronutrients, Dr. Moffitt would like to introduce you to our “Big Bang, Little Buck” Immune Boost.

Offered via intramuscular or intravenous therapy, dedicate 5 minutes to your immune system! This Immune Boost is just a \$20 investment for your health, 20% off Oct 10th-Nov 10th.





SEASONAL RECIPES



Curried Garbanzo Beans

Ingredients

2 cups basmati rice, cooked
4 cups kale, steamed
2 TBS olive oil
1 Large onion, diced
1 TBS vindaloo curry powder
2 cloves garlic, minced
1 cup vegetable stock
2 15-oz cans of garbanzo beans
1 13.5 oz can of coconut milk (full fat)
2 TBS local honey

Serve with Naan bread, top with cilantro

Instructions

1. Combine ingredients, except kale and rice, and let marinate in fridge for 30 minutes.
2. Boil water and cook basmati rice per instructions on package.
3. Add 1/4 cup water to a sauce pan and steam kale until leaves are dark and limp.
4. Remove marinate from fridge, add to kale, and cook on medium heat until warm.
5. Optional: let cook for 20 minutes without lid on low to let sauce thicken.
6. Serve over rice with Naan bread. Optional to add cilantro as a garnish



Chicken & Dumplings

Ingredients

Soup:
1 tbsp olive oil
6 chicken thighs
1 onion
3 large carrots
3 celery stalks
5 cups broth
1 can coconut milk
Seasoning suggestions:
garlic, italian, sage

Dumplings:
1/4 cup almond flour
2 tbsp coconut flour
1/4 tsp baking powder
1 egg
1 tbsp butter

Instructions

1. Precook chicken thigh, then combine remaining soup ingredients in pot and let simmer while dumplings cook.
2. Add suggested seasoning, or choose your own! Don't skip the good stuff. We use 2 tsp minced garlic, 2 heaping TBS Mrs. Dash Italian Medley, and some sage for good measure.
3. Combine dumpling ingredients, roll into small balls, and drop into the hot soup.
4. Let dumplings cook for 15 minutes.

Yields 3 Portions

557 Cal, 31gm Fat, 19gm Carb, 52gm Protein



It's no secret that I am obsessed with fall! Here are just a few of my favorites. Just remember- "Don't Skip the Good Stuff", add as many spices and herbs as you'd like, and most of all- happy cooking!

With Love,
Coach Jess



FROM THE DOC: FIRE CIDER

- Approx 7" of horseradish root
- Approx 7" of ginger root
- 1 yellow onion
- 1 orange
- 1 lemon
- 16 cloves of garlic
- 2-4 habanero peppers
- 1 TBS ground turmeric
- 2 TBS dried rosemary leaves
- raw apple cider vinegar & honey to preference

Instructions

1. Ingredient Prep: Clean all items well before using; Grate horseradish and ginger; Finely chop onion, peppers, and citrus (leave peel in tact). Remove stems, seeds, etc.
2. Divide prepped ingredients evenly into 2 quart-sized canning jars. Add apple cider vinegar, rosemary, and turmeric until jar is completely full, roughly 1/4" from the rim.
3. Cover opening with a piece of parchment paper, then secure with a tight-fitting lid. Store in a cool dark place for 4 weeks while it brews, shaking once daily.
4. After 4 weeks, strain over a cheesecloth, catching large bits and letting liquid fall into a pot. Gently squeeze remaining liquids out of the solids using the cheesecloth.
5. Add honey to taste. Store in a clean jar with a tight fitting lid, enjoy year-round!

From the Doc:

Fire Cider is an immune boosting health tonic that can be as concentrated or diluted as you'd like. Enjoy it as a quick one ounce shot, or dilute in a hot tea for a nice warm cider option! While Fire Cider is especially wonderful during cold weather seasons, it makes a great iced drink in the summer, too! Boost your immune system year-round with this naturopathic approach to well!

PATIENT TESTIMONIALS

Last but not least, we'd like to showcase our new "Reviews" page on our website, which includes existing reviews, and the opportunity to leave your own review as well!

Your referrals mean the world to us- please be sure to also read about our New Patient Referral Program online.