

ILLNESS VERSUS HEALTH

Illness is NOT a normal part of aging. Extensive scientific research demonstrates that many of the chronic diseases associated with aging can be prevented or even treated by adopting a healthy lifestyle.

A therapeutic lifestyle change program is recommended by leading health organizations as a first-line treatment option for many of the following conditions: heart disease, high blood pressure, stroke, osteoarthritis, diabetes, high cholesterol, metabolic syndrome, osteoporosis, stress related disorders, fatigue disorders, polycystic ovary syndrome, PMS, menopause, prostate problems, conditions related to weight and obesity.

FirstLine Therapy (FLT) is a specialized therapeutic lifestyle change program that targets the underlying causes of chronic illnesses by incorporating a sensible eating plan, exercise, nutritional supplementation, and stress management.

FLT is not just a weight loss program. FLT focuses on common, chronic health problems, such as high cholesterol, insulin resistance, unhealthy body composition, as well as healthy weight balance. The FLT eating plan is different. Most programs are focused on low fat diets while FLT emphasizes the importance of a low-

glycemic index eating plan that is consistent with current research.

FLT incorporates medical foods and nutritional supplements that enhances the program's effectiveness and shortens the time it takes for you to achieve risk reduction goals.

FLT has been demonstrated to be effective in human clinical studies whereas most programs lack clinical evidence of effectiveness.

Excess body fat can greatly increase your health risks. But a higher ratio of muscle increases your metabolism and is associated with a lower incidence of illness. Improving your muscle to fat ratio is perhaps the most powerful tool in controlling the aging process and restoring vitality and that is what FirstLine Therapy is all about.

Join us for an 8 week program which includes Medical food shakes, 3 Body Composition analyses/measurements, 4 group meetings/classes, patient binder with menu plans and recipes, and all information needed for the program.

Dr. Kerie Raymond, Naturopathic Physician, will be conducting group classes in this exciting program. Call our office today to see how you can get involved in this program and take back your health!

for questions or to schedule call 541-504-0250 • www.CenterforIntegratedMed.com



916 SW 17th St., Suite 202
Redmond, Oregon 97756

Payson Flattery DC, ND, DAAPM
Kerie Raymond ND
Vicki Kahn LAc, LPTA

Call today to Schedule

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CALENDAR OF EVENTS

FirstLine Therapy Group Class – Starting Soon! See back page article. Call for details

Talk Series: 1st and 3rd Tuesday of the month 6-7pm RSVP: 504-0250

July 3rd – No Talk - Happy Independence Day

July 17th – Healthy Nutrition for Kids and Teens. Dr. Kerie Raymond

August 7th – Tendonitis and Arthritis. Dr. Payson Flattery

August 21st – Bio-Identical Hormones. Dr. Kerie Raymond

September 4th – Acupuncture. Vicki Kahn

September 18th – New Guidelines for Annual Exams. Dr. Kerie Raymond

Join our Newsletter Email List! go to www.CenterforIntegratedMed.com

CIM NOW OFFERING MASSAGE THERAPY

Hello! My name is Marian B. Findley, and I am the new Massage Therapist at CIM. I am really excited to join a team of such talented and skilled health care professionals who are also compassionate about what they do for their patients. By adding Massage Therapy to CIM, complete holistic health care is now available all at one place.

After graduating from The Boulder School of Massage Therapy in Colorado, I decided to settle in Bend. Growing up in Portland, I always looked forward to camping and skiing trips in Central Oregon. I also knew this would be a great place to begin my Massage Therapy career. For 8 years I have worked at The Spa at Eagle Crest Resort, and 2 years ago I began my private practice, Tumalo Therapeutics. I incorporate various techniques I have learned over the years in my continuing education classes to develop a style of massage mainly combining Therapeutic Swedish with specific Deep Tissue and Sports Massage. I also include the stretching aspects of Thai Massage and am trained in Pre-natal and Post-partum Massage. Having been athletic most of my life, I know first hand that Massage, often combined with other therapies, has helped me to recover from injuries.

Massage has many benefits all of which strengthen and rejuvenate the body, mind and spirit. Massage helps to relieve pain and tension in the body we develop from old injuries, repetitive working situations and the stress of daily life. By increasing circulation and stimulating the immune system, one will often notice the positive affects from Massage Therapy after their first appointment. Massage can also decrease high blood pressure, detoxify the muscle tissue, break up scar tissue which creates pain and stiffness, increase mobility, and allow a tired, aching body a chance to relax and recharge.

I hope to see you at CIM for a therapeutic massage appointment, whether it's your first one or you have had many. We will be offering 30, 60 and 90 minute treatments and I am available on Tuesdays from 9am-12pm and 1pm-6pm or Wednesdays from 2pm-6pm. Include massage as part of your healthy summer!

Marian B. Findley, LMT 

Mention this ad for our July Special: \$10 off a 60 or 90min massage (on Tuesdays)

www.CenterforIntegratedMed.com

SPORTS NUTRITION: ENHANCING ATHLETIC PERFORMANCE & RECOVERY

There are many reasons people choose to exercise. Whether it is to lose weight, feel better, build muscle, or to increase endurance or athletic performance; your nutritional status before during and after exercise has a large impact on maximizing the benefits associated with exercise.

Maintaining a well balanced pre-exercise and post-exercise meal is paramount. Generally, easily digested meals before the event consisting of a blend of complex and simple carbohydrates (CHO), a small amount of protein, and minimal to no fat can help maintain glycogen stores and provide readily available fuel. It is important during the event to consume at least 60 grams of carbohydrate per hour, or one gram per minute. Using bars, liquid, or gels is good practice, however, it is important to try and avoid sugar spikes as this can be detrimental to performance, especially in the long run. Therefore, longer chain carbohydrate products can be beneficial. The absorption rate, or speed at which you absorb CHO from the digestive tract, is believed to be the rate limiting step in how fast you can metabolize or burn ingested carbohydrates during exercise. Our body can only absorb about 1 gm of CHO/min and exceeding this is not always beneficial. Newer research has shown that a combination of fructose and glucose above the 60 grams can increase CHO absorption as they use different absorptive pathways. A recent study showed the power output from consuming the glucose-fructose combination was 8% higher than those consuming glucose alone. After exercise it is important to eat within 1-2 hrs, and a 4:1 ratio of CHO to protein has been shown to be ideal.

The B-vitamins (thiamin, riboflavin, vitamin B-6) are necessary in the energy producing pathways of the body, while folate and vitamin B-12 are required for the synthesis of new cells, such as the red blood cells, and for the repair of damaged cells. Active individuals with poor or marginal nutritional status for a B-vitamin may have decreased ability to perform exercise at high intensities. There are many other nutritional approaches to enhancing performance and these include vitamins/minerals, creatine monohydrate,

Krebs cycle intermediates, short chain amino acids, and ribose (the rate limiting step in ATP/energy) synthesis.

Fluid intake should be about 1L/hr, but this will vary depending on the sport, duration and intensity of exercise, temperature and humidity. Fluid absorption will be enhanced with CHO or salt (i.e. sport drinks). Begin hydrating the night before or early in the day before the event and drink 600 mls 1-2 hours before and 300-600 mls 10-15 minutes before the event. For more detailed information on hydration please contact CIM for a handout on hydration and athletics.

Many competitive athletes develop problems with over training and pushing their body too hard. This can result in an inability to recover quickly as the recurrent stress begins to decrease your body's ability to secrete specific substances (cortisol, DHEA, epinephrine and nor epinephrine) from the adrenal gland causing fatigue and slower recovery from exercise. In addition, as one ages he or she often produces less testosterone and growth hormone ultimately leading to less strength, endurance and slower recovery.

Individuals wanting to maximize their response to exercise should consider an evaluation of all their organ systems to remove any underlying imbalances or stressors. This will allow your resources to be better allocated to the task at hand, whether it is a jog with friends or a competitive event. In addition, CIM offers a full line of sport nutritional products designed to help you reach your goals whatever they may be.

“To be always intending to make a new and better life but never to find time to set about it is as to put off eating and drinking and sleeping from one day to the next until you're dead.” Og Mandino

THE DISTURBANCE OF SHEN - DEPRESSION

We have all known someone who suffers from depression, or possibly you are affected by this disease. Most western doctors feel that depression is caused by a chemical imbalance, and prescribe medications, and possibly counseling.

In Traditional Chinese medicine depression is the disturbance of “Shen”. Shen is described as “spirit”, or the life within you. One can look into the eyes of someone with depression, and see the dull, or decreased light in them. Shen is also seen as the “Mind”, because it controls actions such as: consciousness, sleep, insight, intelligence, memory, thinking, wisdom, emotions, and ideas. Shen can be what drives someone, or motivates, or keeps them excited about living. The Shen is housed in the Heart, so when the Heart becomes deficient it can result in depression, insomnia, poor memory, & poor concentration, just to name a few.

The treatment for Shen disturbance is to tonify the Heart Qi, and calm the Shen. This is done by placing acupuncture needles at specific acupuncture points. Occasionally this can result in some emotional release while you are receiving the treatment. Acupuncture can have a significant effect on people with depression. Call our office today if you would like to schedule an appointment. 🌿

“A man too busy to take care of his health is like a mechanic too busy to take care of his tools.” Spanish Proverb

SELF CARE - HEALTHY EATING (PART ONE)

With the stressors of modern life, it is easy to forget about taking care of yourself. Take some time to prioritize your schedule and put self-care on top. When you make the effort to eat healthfully, relax, and exercise you will reap the benefits in increased energy, vitality, and productivity in all of your daily activities and improve sleep quality as well. Below are some quick and easy food ideas for maintaining a healthy diet.

Healthy Eating on the Go!

It is important to eat at regular intervals throughout the day in order to keep your energy high and your blood sugar balanced. Aim to eat a protein-containing snack every 3 hours. Check your local health food store for pre-packaged snacks, deli items and healthful treats to take “on the go”!

- Carry a small cooler with snacks like veggie sticks (carrot, celery, zucchini, cherry tomatoes, broccoli, etc), hummus, crackers, hard-boiled eggs, etc.
- Energy bars: Lara, Clif, Paleo-Bars, etc.
- Grated coconut and grated carrots with veggie sticks or crackers.
- Nuts or seasoned pumpkin seeds are a great zesty snack.
- Lean chicken or turkey slices
- Bean dip, hummus, or nut butter with celery or carrot sticks
- Smoked salmon with crackers and cucumber slices
- Baked corn chips with salsa and refried beans
- Trail mixes – mix your own from the bulk foods section at a natural grocery store
- Prepare foods on the weekend when you have more time, and pack into single serving containers to pack for lunch. Soups and stews freeze really well, so make a big batch.

- Marinated Tofu
- Make a protein shake or fruit smoothie
- Keep nuts and seeds in Ziploc baggies in your purse, car, office, etc. (if you tend to overeat nuts, only keep 1-2 ounces in each location).
- Use canned beans (refried, baked, etc) or canned tuna on crackers or to add to a store bought salad.
- Keep fruits and veggies at work with a jar of almond butter for an easy high protein snack.
- Frozen dinners and canned soups (Healthy Choice, Health Valley, etc. – just read labels and avoid those with lots of additives or hydrogenated oils).
- Carry a water bottle and sip on it throughout the day to keep well hydrated.

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