

Don't forget Options Naturopathic...

## Winter Lecture Series

continues next week-you can still join the courses, only \$5 a class!

Next class: **Feb 5th, 6 - 7:30 pm: Formulating Your Own First Aid Kit**

**Reservations are NECESSARY**, call 216-707-9137 or email Fannie at [oncmanager@gmail.com](mailto:oncmanager@gmail.com)

A natural first aid kit is a necessary and reliable way to treat common acute disorders as they occur. Rather than having to shop for remedies as problems come up, prepare for the most common ailments and injuries that effect all of us at different points in our lives. A list of remedies will be provided to treat everything from abrasions to yeast. Take care of your family naturally while potentially avoiding emergency room visits. First aid kits also provide quick dosing for your naturopathic physician following phone consults.

Classes will be every other Thursday evening through April 16th at Options Naturopathic Clinic.

Please join us for lively discussions! **Reservations are NECESSARY**, call 216-707-9137

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ALSO, Spotlight in the news this week:

### Mercury in your food-and this isn't FISH we are talking about!

Yet another reason to avoid processed foods and high-fructose corn syrup! Turns out this is yet another source of potential heavy metal contamination. The process of making high-fructose corn syrup uses a caustic soda. Such soda is often contaminated with mercury. Upon initial testing, almost half of foods tested (9 in 20) were found to contain mercury. Considering High-fructose corn syrup is a common ingredient in countless processed foods, it is critical to read labels and avoid any foods with this ingredient. More importantly, it is critical to understand how mercury is toxic to human physiology. Three systems are usually the most heavily impacted: the nervous system, the endocrine system and the immune system-where normal enzymatic function is blocked by the presence of heavy metals. Imagine the risk to small children who are eating Pop Tarts for breakfast, Nutri-grain bars for lunch and a store-bought sweetened bread at dinner time. This type of toxicity is far more rampant than we can imagine and explains why so much of the population is so sick.

See more at

[http://www.usatoday.com/news/health/2009-01-27-corn-syrup\\_N.htm](http://www.usatoday.com/news/health/2009-01-27-corn-syrup_N.htm)

**Options Naturopathic Clinic offers testing for toxic metals.  
Ask your naturopathic doctor for details.**

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**Options Naturopathic Clinic**

Erin H. Holston Singh, N.D.& John Sherman, N.D.

Shreveport: 318-675-3676 Fax: 318-673-9913

Cleveland: 216-707-9137 Fax: 216-707-0162

[doctorerin@gmail.com](mailto:doctorerin@gmail.com)

[www.optionsnaturopathic.com](http://www.optionsnaturopathic.com)