

Make contact with your N.D., make contact with yourself.

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Prevention of Colorectal Cancer

Suggestions on what you can do to protect yourself from the second–most deadliest cancer: colon cancer.

1-LIFESTYLE (Diet and Activities of Daily Living)

WHAT TO EAT:

Eat fruits and vegetables, especially lots of GREENS and green vegetables, such as kale, collards & broccoli.

Eat less meat or eliminate altogether. Specifically RED meat.

Use only Olive oil, coconut oil, sesame oil or other fresh, plant-based oil when cooking. Preferably olive oil for salads and dressings, for application after food is cooked and coconut oil for frying or sautéing.

Increase fiber in the diet by using the following on food daily: ground flax, chia, or psyllium seeds.

WHAT NOT TO EAT:

No high-fat dairy.

Eliminate all BAD fats in the diet, such as from meat, margarines, generic store-brand vegetable oils, etc. NO Canola oil.

Avoid peanuts.

Reduce sugar until all cravings are gone. Start with cane sugar and proceed to honey, fruits (fructose), maple syrup, etc. if necessary to eliminate the craving for sweets and sugar.

Avoid alcohol

Physical activity reduces chance of death by cancer! Start exercising NOW!

Smoking: quit while you are ahead! (We also offer smoking cessation programs)

2-NUTRITION (vitamins and minerals):

Supplements to be taken WITH food:

Consider the following separately OR take the [Multi Nutrients](#) (which contains all of the following):

[Beta Carotene](#) [Folic acid](#) [Calcium](#)

[Vitamin E Succinate](#) [Vitamin D](#) [Vitamin C & Bioflavonoids](#)

If you have had cancer, or for more aggressive protection, use the [Immune Multi Nutrients](#) which carries a higher dose of all of the cancer protective nutrients in one product. Six capsules a day is the recommended dose.

Additional protective nutrients:

[HMF Forte](#) [Green Tea](#) [Resveratrol](#)

[Perilla oil](#) [Anthocyanins](#)

[Glutamine](#) [Quercetin](#)

[Curcumin \(Meriva\)](#) is a bioavailable form of Curcumin, bound to a highly absorbable fat/phospholipid)

Since taking all of these nutrients could be a bit excessive, we suggest taking the Multi Nutrients plus two others. One should rotate what the other two supplemental nutrients are after every bottle. For example, take Multi Nutrients with HMF Forte and Perilla oil for six weeks (the time one bottle will last at a dose of 2 caps, twice a day) and then stop the HMF Forte and Perilla and start Green Tea and Fruit Anthocyanins until they are gone and so forth. If one currently has cancer or is able to supplement all of these items there is no problem to take all the supplements together. Of course the more that is taken, the more protection that is offered.

3-Additional CONSIDERATIONS:

Butyrate enemas once every other day to reverse polyp formation and encourage anti-neoplastic changes. (By prescription only, probably only necessary for those who have had colon cancer, have severe polyps or a strong family history).

For further information, please make an appointment to see Dr. Liz.

Creating a Natural Medicine Cabinet

Botanical Medicines for Colds and the Flu

Fall and winter-those lovely seasons of the year when we find ourselves getting cold or flu symptoms. Knowing the difference between cold and flu symptoms can give us a sense of what to watch for as symptoms tend to shift over time. This is especially helpful for parents who might not understand the symptoms their child is experiencing. Therefore having a handle on what to expect during an acute cold or flu can help alleviate worry and allow trust in the attempted healing process at hand (which is all a cold or a flu is, you know! a healing process!). This table from The National Institute of Allergy and Infectious Diseases is helpful for distinguishing between the symptoms of a cold and the flu.

Symptoms	Cold	Flu
Fever	Rare	102-104F, lasts 3-4 days
Headache	Rare	Prominent
General Aches and Pains	Slight	Usual, can be strong
Fatigue, Weakness	Quite mild	Can last up to 2-3 weeks
Extreme Exhaustion	Never	Early and prominent
Stuffy nose	Common	Sometimes
Sneezing	Usual	Sometimes
Sore Throat	Common	Sometimes
Chest Discomfort, Cough	Mild to moderated: hacking cough	Common; can become severe
Duration	Last 7-14 days	Last 3-10, fatigue and cough may linger
Complications	Sinus congestion or earache	Bronchitis, Pneumonia

There are many tools naturopathic doctors use to address cold and flu symptoms. These include homeopathic remedies, botanical medicines, nutritional supplements and hydrotherapy techniques. First and foremost it is important to respect the body's innate efforts to restore itself to a state of balance, or what we call "homeostasis". This process requires the use of metabolic energy, especially during the flu. The body can best restore itself to health if the ill person rests, minimizes food intake, chooses nourishing foods to consume and provides immune support using various remedies.

Some people tend to push themselves during a cold or the flu and don't slow down unless the body forces them to stop. Resting is important because it gives the body a chance to provide energy for its immune response. The flu often forces rest, thus enabling the body to better create a fever. The fever destroys protein structures that serve as foods for micro-organisms. Sleep and rest allow restorative processes to occur, so make sure to respect this physiologic need.

Certain symptoms can make resting difficult due to discomfort. This is one symptom where naturopathic medicine can be of great benefit, so don't hesitate to give Options a call and we will help you or your family member feel more comfortable while experiencing acute symptoms.

Many of us have heard the phrase "feed a cold, starve a fever". This saying can be helpful because it reminds us not to eat during the flu. Minimizing food intake during the flu supports the body because the digestive system has been slowed down, allowing the body to use its energy to make a fever. What "feed a cold, starve a fever" does not portray is the need to be gentle with our bodies during any acute illness. Eating requires energy so the key is to eat foods that are easy to digest like a soup made without dairy and containing lots of cooked vegetables. Eating this way provides needed vitamins and minerals but does not require much energy to digest. Removing sugar from the diet during a cold or the flu is important because sugar suppresses immune function and disrupts pH balance. Consuming pop and sweetened drinks or fruit juices put a burden on the body since concentrated forms of sugar are known to lower white blood cells. It is best to drink **water** and decaffeinated **herbal tea** during a cold or the flu. It is acceptable to add a touch of honey to the tea, but keep additional sweeteners to a minimum, even honey, if possible. Remember to respect the body's innate needs and it will have a better chance of quickly returning to a healthful state.

Sometimes more is needed to help a person recover quickly. We naturopathic doctors like to use herbs when we want to expedite the acute illness. Several botanical remedies used to treat cold and flu symptoms are [Echinacea](#), [Elderberry](#), [Goldenseal](#), and [Oregon Grape Root](#).

Echinacea has long been used for supporting immune function during acute illnesses. Studies in Germany have shown that infections with flu-like symptoms clear more rapidly when taking [Echinacea](#).

Elderberry fruit contains flavonoids that help reduce inflammation, which is necessary during the healing process of an acute illness. [Elderberry](#) also contains antiviral constituents. There are several products containing elderberry that we have at Options. First there are two syrup-like products, the pure [Elderberry syrup](#) and the larger [Winterberry](#), which is like our [Fruit Anthocyanins](#) but with extra elderberry added for the winter flu season. [Berry Well](#), another immune formulation chock-full of elderberry (plus other natural anti-virals) is ideal for children during the viral-laden cold and flu season. For those who want a form of elder that doesn't need to be refrigerated and is easily carried in a bag or purse, there is the [Black Elder](#) gemmotherapy. Seven drops, twice a day gives good flu protection and is a tasty alternative to a vaccination!

Garlic has a long history of use as an antimicrobial. One has to eat many cloves to obtain a therapeutic dose during acute illness. A more concentrated dose can be achieved by using it in capsule form. [Allimax](#) is a garlic product manufactured using techniques that preserve the medicinal constituents of garlic when it is put into capsules.

Oregon Grape Root, found in the product [Berberis Formula](#), and [Goldenseal Plus](#) caps contain a substance called berberine. Berberine inhibits the ability of bacteria to attach to human cells and enhances immune cell function.

During a cold or the flu it is useful to consider using a product that contains several botanical ingredients mixed together designed to support immune function. Examples of these products are [Viracon](#), [Herbal Biotic](#) and [Herbal Cough Elixir I](#) and [Herbal Cough Elixir II](#) (abbreviated as "Herbal CE I" and "Herbal CE II", the Herbal CE II is made without honey for safe usage in children under 1 year old).

So which remedies are best for you and your kids? Here is a quick guide.

Giving young children remedies can be tricky mainly because many of them taste bitter. Consider tinctures made with glycerin or syrups, although avoid remedies with any added carbohydrate in older kids and teens. Berry Well is a powder that is sweetened with Dried Pineapple Powder and Xylitol so removes the glycerin content found in other remedies. Since it can be dissolved in water or juice, it is suitable for children of all ages. Goldenseal and Oregon Grape Root are bitter and best given in capsule form. Allimax, Viracon, Berberis Formula and Herbal Biotic come in capsules too big for children to swallow and are given to teens and adults.

During a bout of a cold or the flu please give Options a call and we will help determine the best dosing for you or a member of your family so that any acute cold or flu can be managed at home. Dr. Liz and Dr. Erin strive to educate patients about steps they can take at home to address acute illness and are willing to answer questions and provide support. The key to successful recovery from an acute illness is to determine the best course of action, trust the body's innate ability to heal and give the body time to heal with appropriate naturopathic support.

Also remember our [website](#) as a resource with the easily searchable [Health Library](#), [Immune](#) section with other articles on [Boosting Immunity](#), [Hydrotherapy](#), [What to do In Case of Acute Illness](#) and [Fever](#). **Our goal is to provide you with the tools to avoid chronic illness by dealing with acute illness appropriately, i.e. without toxicity and suppression!**

Need Dr. Liz to speak at your company? Let us know!

Public speaking is one of Dr. Liz's passions and she has spoken at several public and private events around Cleveland. As a member of Toastmasters, she is always looking for opportunities to further hone her skills with an audience. If your company has a 'Lunch and Learn' type of event or if you know of an organization that is looking for someone to speak about a topic in natural health care please let Dr. Liz or Fannie know! Thanks!

Saturday Hours for Dr. Liz

Dr. Liz is still available for some Saturday appointments. The first Sunday in December (December 4th) is nearly fully booked, but there are still times available for **December 11th**. If your work schedule prevents you from coming in during regular work hours, we hope these Saturday appointments help to accommodate your natural health care needs!

Recipes!

These yummy things were so delicious AND nutritious, they were just the right recipes to add to your growing repertoire of choices from Options Naturopathic! Most of our recipes are appropriate for individuals with food sensitivities or who are wanting to avoid sugar, gluten and dairy.

Cranberry Chutney

Ingredients:

Group 1

1 T. **Coconut oil**
1 tsp. **black mustard seeds**
1/2 small **onion**-diced
3 cloves **garlic**-diced or pressed
1 1/2 inch, peeled fresh **ginger**-diced
1/2 large or 1 small **green pepper**
4-6 whole **cloves**

Group 2

pinch fresh ground **black pepper**
3/4 tsp. **cardamom**
3/4 tsp. **cinnamon**

Group 3

2 cups fresh **cranberries**
1/4 c. **raisins**
1/2 cup water (or more or less-for desired consistency)

Group 4

1 packet **Stevia plus Luo Han** sweetener
2 T. **Brown rice syrup**
2 T. **lemon juice**
1/2 tsp. **sea salt**

Instructions:

Heat a medium-sized sauce pan for one minute; once sufficiently heated, add 1-2 T. coconut oil. Add the black mustard seeds and wait for them to pop. Once they pop immediately add the rest of the Group 1 ingredients. Sauté for a few minutes on medium heat and then add Group 2 and a few minutes later, Group 3. After the cranberries pop open, add Group 4 ingredients and continue cooking for about 20 minutes on low temperature, stirring regularly to assist in breaking down the cranberries. Once the chutney is mostly cooked, you will have a nice part liquid, partly chunky batch of chutney. For a more smooth consistency, use an immersion blender and blend until the desired mixture of chunk and liquid remains.

Serve warm with your Thanksgiving turkey or cool and serve later with roasted fall vegetables or other seasonal delights.

Tatsoi & Toasted Tempeh

This fall I (Dr. Erin) signed up for the Fall Community Supported Agriculture program with a local organic farm, Elmwood Stock Farms here in Lexington. This means I've been eating lots of fresh, local lettuce, greens, squash and root vegetables. One green that was new to me was tatsoi. It is so beautiful, I am including a few pictures of it, as well as one of my finished lunch! It's almost too simple to give instructions, so this 'recipe' is more of a *meal idea*.

Tatsoi is a kind of asian green, similar to bok choy, with hearty stalks but easy to chop up and steam in minutes. It makes a great lunch with a slice of tempeh that is simply toasted in the toaster oven for a quick

meal that is ready in five minutes. Wow! Be sure to not steam longer than 3-4 minutes, lest your greens get overcooked!

Below, my five-minute lunch is pictured with a carrot ginger sesame sauce that I made from the recipe chef, Michael Herschman, of the new restaurant on Larchmere, [Menu 6](#), gave me. Go have a taste if you are in Cleveland! Maybe he'll give you the ingredients, too!

If you don't have time for that, some excellent condiment choices for any steamed greens and tempeh would include olive or flax oil, sesame seeds and sea salt (known as "gomasio" in macrobiotic fare), or Herbamare.

Enjoy!