

Make Contact - Make Contact with Your N.D., Make Contact with Your Self.

In this e-news update:

- Dr. Erin back in Cleveland...*permanently!*
- **New website!** *Coming Soon!*
- **Gemmotherapy!** *Earthy new regenerative therapies that may apply to you!*
- **New Product** • **ChocOmega** : *Healthy chocolate!?!*
- **Twittering?** Tweeted yet? *Be sure to follow [Doctorerin](http://twitter.com/doctorerin)!*
(<http://twitter.com/doctorerin>)

Welcome Home Dr. Erin !

Many of you have sent emails to the office, thinking you've been removed from the newsletter list. As you can see, you have not been removed, it just took me this long to catch up! Since my husband and I moved back to Cleveland in August, I've been extremely busy getting settled, writing and implementing new systems in the office since that time.

Our return has allowed me to put a much greater focus on my practice here in Ohio, yet I still do a large number of consultations by phone and Skype--now with my Louisiana patients! (It seems a little absurd that I'm already considering a trip down south. Maybe when the snow comes.)

So what are all these new projects? Why have I been so busy? First is the imminent implementation of Options Naturopathic's **new website!** (www.optionsnaturopathic.com) **which will be up in a few days!** I've been working diligently since mid-summer, writing and working on this big project. I've finally created a forum to educate my patients and the public at large on many of the concepts I try to teach about naturopathy and Biotherapeutic Drainage. We will also have an **online store** set up, so patients can order their supplements hassle-free! You can shop by category, health concern or brand. This has taken countless hours to get going and I hope it makes everyone's life easier. I'll be sending out another update when the site goes live. Please watch for it and send this link to your family and friends who may be interested. Thanks!

Gemmotherapy

I attended the annual AANP (American Association of Naturopathic Physicians) convention & exposition in Tacoma, Washington in August. I encountered some old friends and colleagues as well as another old friend that I'd gotten away from over

the years: Gemmotherapy. Gemmotherapy is a type of liquid macerate extracted from the bud, shoot or rootlet of various herbs, bushes or trees. Since the gemmos are made from the embryonic parts of plants, the remedies contain a naturally perfect blend of constituents that work to remedy all sorts of degenerative processes and problems related to human disease. Some call these embryonic remedies *plant stem cell therapy*. While this might be stretching an allopathic idea a little too far into the naturopathic....it does conjure the right idea. Certain gemmotherapy remedies can actually help to regenerate various tissues, aiding in regaining lost function.

It's hard for me to describe the visceral excitement I have always had about gemmotherapy remedies. I started using the UnDa gemmos over 12 years ago, when I was still a student. Today I am mostly using a new company's gemmos that are concentrated-reducing the size of the bottle and dose but increasing the efficacy, since these extracts also eliminate the extra glycerin and alcohol that the macerates are made with.

I'm currently taking a course with another naturopathic doctor on the gemmos and have been making many notations about patients as certain gemmos make me think of particular cases. The most common gemmo I am thinking of is **Black Elder**-a much more tasty, safe and effective way to prevent and treat Swine flu than the vaccination! Black Elder is known for it's specific anti-viral effects, perfect for this season's needs. It's a more convenient form of elder to take than our fresh flavonoid extract **Winter Berry**, since it does not require refrigeration. When the new site is up, read about the research on Elder by searching the **Library!**

- **New Product** • **ChocOmega** : *Healthy chocolate!?!*

Also while at the AANP convention, I discovered an irresistible form of dark chocolate-with high concentrates of Omega 3-6-9 fatty acids! Another naturopathic doctor, Dr. Nita Bishop, has started combining Sacha Inchi nuts from Peru, which are high in Omega-3 and Omega-6 EFA's, with 72% dark cacao. YUM! Two of these tasty concoctions have 400mg of the RDA of Omega-3...so look out Hershey's Kisses! Also there are no preservatives, no excipients, nothing but fresh chocolate with all the original cocoa butter within so it literally melts in your mouth! (Cocoa butter is often taken out to sell on a secondary market for a higher price than producers can get by keeping it in the chocolate).

We think you will find this a great holiday gift, so try some! 6 oz. boxes are

\$19.99. Or, have a taste when you are in the office- 2 pieces for \$3.00. It's worth it!

- **Twittering?** Tweeted yet? *Be sure to follow [Doctorerin](#)!* Doctorerin (official profile name!) is still at it...follow her at (<http://twitter.com/doctorerin>). She's sending the latest important news and updates about natural medicine, the environment and the integral link between the two! (Plus commentary.)

Here are two recent "tweets", as they're called:

...*"Swedes connecting the dots, from diet to environment - <http://bit.ly/1dYQjr>*

When will we come anywhere near to doing the same?"

and

...*"What's in your supplements ? <http://bit.ly/FvxBU> via @[singh4health](#)"*

(Click on the links to see the articles she's referring to.)

Watch for another Quick e-news soon!

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