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July Newsletter

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Open House- A Success!

Thank you everyone that attended our Open House! Your attendance is so appreciated and we enjoyed having you. This was also our One Year Anniversary as a stand alone clinic. Some of you have been our patient for 12 or more years. Hard to believe! Where has the time gone? Our children are getting older and so are we. The goal of our office is to help the aging transition. Hopefully we can assist you with maintaining functionality as well as looking and feeling youthful. Hormone therapy, Botox and Juvederm are very instrumental in helping us feel our best. As a reminder, we also have a

Primary Care Aspect. We are able to treat different levels of wellness/prevention as well as acute illness. Think of us before going to Urgent Care for a sinus infection and certainly before going to the Emergency Room. The wait for a visit is not nearly what you will see in most offices. Most likely we can see you within 30 minutes of arrival. If you call ahead and give us your insurance information, you will wait less time. Having to verify insurance can take time. Again, we would like to thank you all for coming.



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- Office Hours:
- Tuesday-Friday 9a-4p
- Saturday 9a-12 noon
- Closed Sunday/Monday
- Phone 253-858-2408
- www.gigharborhealthclinic.com

Exercise Corner

Do 3 runs for time:
400 meter run/walk

12 push up- these can be boy or girl push ups on knees.

21 kettlebell swings.

You can do this with a ten-pound weight, held between your legs and swinging up. You have now collected a few

exercise ideas for the last few months. Mix and match these for the week. You get the general idea. YouTube exercises you are unsure of for proper body alignment.

Bioidentical Hormones: Oxytocin

Oxytocin is a hormone that is gaining in popularity at this time. On its own, you can increase it naturally by hugging someone, taking part in social gatherings, or even during childbirth. It's the LOVE hormone. That surge you feel after having a baby, that feeling of love and nurturing is helped along by this hormone. It has other healing properties as well. Oxytocin can relieve pain and help wounds heal. In mice it helps with obesity where there is a deficiency in receptors. It helps mood, decreases stress, and increases generosity. It helps with bonding. Although controversial, it has been given

to both children and adults in small dosages for focus and concentration. Patients are noticing they are better able to cope and feel comfortable in social gatherings. Sometimes as we age, there tends to be a feeling of loneliness and isolation. Oxytocin can sometimes bring us out of our shell. Anxiety lessens. It's not the first hormone to add, but it is a great

way to augment a regimen. As all the other hormones, it takes 6-8 weeks to see an improvement. Call our office if you would like an appointment to discuss this.



Bicycling-The Benefits!

- As most of you know, I'm in Love with my bicycle. Everyone has their favorite physical exercise to do and this is it for me. Living here, it's beautiful to cycle any time of day. This side of the bridge is relatively safe. The Huffington Post recent-

"Cyclists know that self-sufficiency pays off"

ly printed some benefits of biking:

- Cyclists are in really good shape.
 - They have ample amounts of energy.
 - They've got swagger
 - They take safety seriously

- Cyclists know that self-sufficiency pays off.
- They live longer.

If you are interested in feeling the wind on your face and pedals under your feet, visit a local bicycle shop. There are used bikes at great prices and after the initial investment, there is only yearly maintenance for your bike. Give it a try!

How to lower High Blood Pressure without Medications:

- Take 300 to 500mg of Magnesium daily. It also helps strengthen bones and helps to control irregular heartbeats.
- Exercise. Walking one hour a day will help lower blood pressure naturally. Divide up the hour if needed, but

doing it all at once will boost collateral blood flow.

- Lose Weight. The loss of 10 pounds can possibly eliminate one high blood pressure drug.



- Control stress. This will decrease cortisol and adrenaline.
- Get enough sleep. Sleep deprivation worsens high blood pressure.

The Dangers of Anxiety

Anxiety is not to be ignored. Studies have shown that patients with heart disease and anxiety, are twice as likely to die than patients without anxiety. When you are anxious, your body is under chronic low-level stress. Your body functions in a hyper-alert state, releasing harmful hormones like adrenaline which raises blood pressure, cortisol which causes the accumulation of belly fat and raises cholesterol levels. This type of patient requires frequent office visits and constant attention. However, in our current healthcare climate, it is difficult to provide this kind of care to patients. Oftentimes, the help of the fam-

ily is enlisted to decrease anxiety. Of course a behavioral therapist and/or anti-anxiety medications taken sparingly can be beneficial as well. Taking walks helps to decrease anxiety. Walking is very underrated. It helps to increase neurotransmitters in the brain that give a sense of calm and happiness.



Massage also helps to decrease anxiety. Relaxing music is a good therapeutic aid. If you feel you suffer from anxiety, give our office a call. We will be happy to work with you.

Be Smart about Your Medications

The cost increases that are taking place in our healthcare system have included medications as well. New prescriptions are not usually covered now by insurance. Generic medications now comprise 80% of our nation's

"Glass-tainted Lipitor brought the problem with generic drugs to national attention"

drug supply. The FDA states generic drugs have the same ingredients as branded, but this is not true. Generic meds are allowed to use fillers that may affect the patient. Some can be wheat-based resulting in allergies and not actual

side effects from the drug. Be aware of inferior drugs. Ask for brand-name versions of the drugs if possible. On-line purchase of drugs is rising, but know where these drugs come from. Try and deal with licensed pharmacies in the U.S. Avoid foreign websites selling drugs at deeply discounted prices. The best way to avoid all this is to STAY HEALTHY.

Kids Versed in Junk Food Logos Tend to be More Obese

A new study published in the peer-reviewed *Appetite* journal found an interesting correlation. Over 100 preschool boys and girls were asked to identify brands associated with fast food logos. The children's height and weight were measured as well. The outcome: The better preschoolers could identify fast-food and junk food logos, the

more apt they were to have a higher BMI (body mass index). Marketing to children is a public health challenge. However, parents need to be aware how powerful it is. Not only is some fast food restaurant devoid of nutrients, but it is also high in



"The Better Kids Can Identify Junk Food Logos, the Higher their BMI."

fat and sugar. Children will follow their parents' example. Usually if the children are overweight, the parents are as well. Let's all be an example to our family and be good to ourselves by avoiding these kinds of restaurants.