

# Quick Recovery Clinic Newsletter

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### Featured Article



You don't have to suffer with hayfever every Spring. Find out how to not only relieve your allergic symptoms, but how to get rid of the allergies forever.

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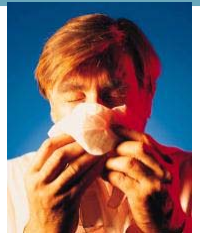
Spring time will soon be upon us. After such a prolonged and severe winter, I am more than ready for a little warm sunshine. However, spring also means flowers and ALLERGIES!!

***We have included a \$10 coupon at the end of this newsletter to help you get started on the road to being allergy free.***

## Start Now To Head Off Springtime Allergies

### Why do I have hayfever?

If you suffer from HAYFEVER, nobody needs to tell you that it's Springtime. Your nose knows!! As many as 25% of Americans suffer from significant hayfever allergies during this season. Hayfever or "seasonal allergic rhinitis" is the allergic sensitivity to wind borne pollen. In reality, hayfever is only one of a broad variety of possible allergies which all possess a common mechanism. While it is a mystery why a particular individual is allergic to a particular substance, it is the same overreaction of the immune system that causes one person to snuffle or wheeze when the cottonwoods bloom or another to sneeze when a cat jumps into her lap.



When an allergy sufferer contacts the allergen they are sensitive to, be it cat dander or pollen, the immune system attacks it with an immune antibody known as IgE {Immunoglobulin E}. IgE binds itself to the allergen, and then binds with certain types of white blood cells. These cells then react by releasing histamine, a protein that causes swelling and inflammation, the body's first line of defense against any invading microorganism. In this case, however, the invader is harmless while the immune system REACTION causes the irritating, uncomfortable symptoms we know as hayfever.

So the million dollar question is: How can we keep the immune system from overreacting and attacking the allergen? I have found that the solution is fairly simple. Just keep the allergen from stimulating the immune system's reaction. How do we do that you ask? By eliminating the allergen BEFORE it starts causing trouble. And the key to doing that is in the LIVER.

The liver performs over 500 functions in the human body. One of its main functions is to clean toxins out of the body. The most simple explanation is: When the liver can no longer clear the toxins out of itself, it becomes overloaded and this causes dysfunction. Now add "the last straw," a known allergen like pollen or cat dander. The liver can get overwhelmed with this influx of an added toxic burden {the allergen}, the liver can't clear the allergen out, so now the immune system gets involved, resulting in hayfever. The solution seems simple to me....clean out the liver. But start doing it now, because it takes a month or more to clean out and strengthen the liver, so it can handle the expected onslaught of Springtime pollen.

I have included nutritional suggestions on how to clean out your liver in this newsletter. I have also listed some herbs to help with hayfever symptoms. READ ON.

## Detoxification Of The Liver

### A Clean Liver Works Better

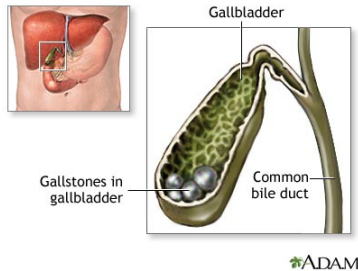
If the liver is working properly, it can handle the added burden of Springtime allergens with no problem. A healthy liver is able to quickly eliminate the extra influx of allergens, be it pollens or other environmental toxins. This would keep the immune system from being recruited to handle the extra burden. The result...no hayfever or allergies.

Most people have heard of the herb Milk Thistle. A lot of people even know that Milk Thistle helps clean out the liver. But most people don't realize that Milk Thistle alone isn't going to get the cleansing job done. In fact, it may even cause other problems to arise, like nausea or gallstones. The liver uses a very complicated process to accomplish its own cleansing. This process involves two major pathways, Phase I and Phase II. Each Phase does different things and each Phase requires different nutritional support. Efficient liver cleansing is dependent on the support of both Phase I and Phase II. Here is a list of vitamins, minerals, and herbs that are necessary for the support of both phases of liver cleansing. Beadvised, these ingredients work much better when all of them are taken together at the same time, because they are synergistic, meaning they are more effective together rather than singularly.

vitamin C	thiamin	niacin	pantothenic acid
magnesium	zinc	copper	molybdenum
milk thistle	dandelion root	gotu kola nut	panax ginseng
L-glutathione	glycine	DL-methionine	bromelain
N-acetyl L-cysteine			

Make it easy on yourself and get all you need in one pill. Our clinic carries Metacrin-DX, which contains all of these ingredients.

### Imperative: Don't Forget The Gallbladder



### The Gallbladder Helps The Liver To Cleanse

Once the liver has detoxified chemicals, they are delivered to the gallbladder for bile secretion into the feces for elimination. If bile synthesis or secretion is compromised, liver detoxification of toxins or chemicals cannot be accomplished efficiently. Therefore it is imperative that the gallbladder be supported when you are trying to cleanse the liver. You want the toxins to go OUT, be eliminated, because you certainly don't want to keep them IN. You also don't want the bile in the gallbladder to lose its effectiveness and become sluggish. Sluggish bile

can lead to gallstones.

The symptoms of sluggish bile or gallstones are: intolerance to fried foods or citrus, flatulence, burping, or indigestion. If you have already had your gallbladder surgically removed, you must support bile production with specific nutrition, so that you will have normal digestion.

The vitamins and herbs that support the gallbladder are:

- vitamin C
- Milk Thistle seed extract
- ginger root
- phosphatidyl choline
- taurine
- beet root
- dandelion root

Our clinic carries an excellent herbal combination called Bile Min, which contains all of the ingredients listed above.

## Relief Of Hayfever Symptoms-Naturally

### Antihistamines vs Natural Remedies

Conventional medical treatment of hayfever relies on antihistamine drugs. These drugs provide symptom relief by blocking the action of histamine. However, histamine also functions in the brain to maintain alertness. So drowsiness is a common and disconcerting side effect of many commonly used antihistamine drugs.

The nutritional and preventive approach to hayfever relief offers real relief, and even a possible cure, to sufferers of hayfever and other allergies without either the drowsiness of traditional antihistamines or the serious side effects of the newer drugs.

Vitamin C and other antioxidants strengthen the immune system and reduce histamine production. Vitamin C with bioflavonoids is especially effective. One bioflavonoid, Quercetin, an extract of eucalyptus, is uniquely able to block the release of histamine by the white blood cells, greatly reducing sensitivity to allergens and stopping a hayfever attack before it gets started. The herbs Stinging Nettle and Fenugreek also provide symptom relief. Stinging Nettle is a natural antihistamine, and Fenugreek is a natural decongestant. Other herbs which may be beneficial are cubeb, papaya, red eyebright, and skunk cabbage.

In our clinic we sell Nature's Way "Fenu-Thyme," which is a great herbal combination for sinus congestion. We also have Antronex which is not only a natural decongestant, but it also helps clean out the liver. And we sell HistoPlex-AB which has most of the herbs already listed above, plus other herbs specifically designed to treat the processes involved in airborne allergies.

## Laughter Really Is The Best Medicine

### Disorder In The Court

These are things people actually said in court:

ATTORNEY: Now doctor, isn't it true that when a person dies in his sleep, he doesn't know about it until the next morning?

WITNESS: Did you actually pass the bar exam?

ATTORNEY: How was your first marriage terminated?

WITNESS: By death.

ATTORNEY: And by whose death was it terminated?

WITNESS: Take a guess.

ATTORNEY: Doctor, how many of your autopsies have you performed on dead people?

WITNESS: All of them. The live ones put up too much of a fight.

ATTORNEY: Do you recall the time that you examined the body? WITNESS: The autopsy started around 8:30 p.m.

ATTORNEY: And Mr. Denton was dead at the time?

WITNESS: If not, he was by the time I finished.

ATTORNEY: Are you qualified to give a urine sample?

WITNESS: Are you qualified to ask that question?

ATTORNEY: Doctor, before you performed the autopsy, did you check for a pulse?

WITNESS: No.

ATTORNEY: Did you check for blood pressure?

WITNESS: No.

ATTORNEY: Did you check for breathing?

WITNESS: No.

ATTORNEY: So, then it is possible that the patient was alive when you began the autopsy?

WITNESS: No.

ATTORNEY: How can you be so sure, Doctor?

WITNESS: Because his brain was sitting on my desk in a jar.

ATTORNEY: I see, but could the patient have still been alive, nevertheless?

WITNESS: Yes, it is possible that he could have been alive and practicing law.

**Lion's Head Meatballs**

This recipe is low fat, so it is easy on the gallbladder.

This is a famous dish along the Yangtze, with regional variations. In Shanghai, the sauce will be sweet and sour. In Chongqing, it will be hot and spicy. And in Wuhan...well, it will depend on the season and the mood of the chef.

Makes 10 meatballs, for 5 main-dish or 10 appetizer servings

ACTIVE TIME: 45 minutes

TOTAL TIME: 45 minutes

EASE OF PREPARATION: Easy



1 cup "lite" coconut milk  
 2 1/2 tablespoons reduced-sodium soy sauce  
 1 tablespoon curry powder  
 1 pound lean ground pork or beef  
 1/2 cup chopped scallions  
 1/4 cup minced leek, white and pale green part only  
 2 tablespoons cornstarch  
 1 tablespoon all-purpose flour  
 1 tablespoon toasted sesame oil

1 tablespoon finely chopped fresh ginger  
 2 teaspoons seeded and minced chile pepper  
 1/2 teaspoon salt  
 1/4 teaspoon ground white pepper  
 2 teaspoons extra-virgin olive oil  
 1 medium head Boston or iceberg lettuce  
 1/4 cup chopped fresh basil or Thai basil  
 1 tablespoon freshly grated lemon zest

1. Combine coconut milk, soy sauce and curry powder in a large saucepan. Set aside.
2. Place pork (or beef), scallions, leek, cornstarch, flour, sesame oil, ginger, chile, salt and pepper in a large mixing bowl. Knead by hand until thoroughly combined and the mixture becomes sticky. Divide into 10 equal portions, about 1/4 cup each. Roll each portion into a ball.
3. Heat olive oil in a large nonstick skillet over medium heat, swirling to coat the sides. Add the meatballs and cook, turning occasionally, until browned on all sides, 8 to 10 minutes. Transfer to a plate lined with paper towels.
4. Bring the coconut-milk mixture to a boil over medium-high heat. Add the meatballs; cover, reduce heat to low and cook for 8 minutes.
5. Line a serving bowl with lettuce leaves. Arrange the meatballs on top. Garnish with basil and lemon zest. Serve hot with the coconut-milk sauce drizzled over the top or on the side for dipping.

NUTRITION INFORMATION: Per meatball: 115 calories; 7 g fat (3 g sat, 1 g mono); 26 mg cholesterol; 5 g carbohydrate; 10 g protein; 1 g fiber; 297 mg sodium; 83 mg potassium.

**NUTRITION PROFILE:**

Low Calorie | Low Carb | Low Sodium | Low Cholesterol | Low Sat Fat | Heart Healthy

**Please help us go GREEN. Let us send this newsletter to you via email.**

Just give us a call at the clinic and tell us your email address.

## Save \$10

**Quick Recovery Clinic**  
**3303 NE Minnehaha St #C**  
**Vancouver, WA 98663**  
**{360} 750-0250**

I mentioned five products by name in this newsletter:

Fenu-Thyme natural decongestant  
 Antronex natural decongestant and liver cleanse  
 Metacrin-DX for liver support.  
 Bile Min for gallbladder support.  
 Histoplex-AB natural antihistamine

We are offering \$10 off the purchase of one of these.  
 Either mention this coupon or bring it in for \$10 off.

Offer Expires: April 30, 2009

