

SAVE A TREE

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CONTACT
DR. SARA FLEMING
AT
SARA.FLEMING@
FAMMED.WISC.EDU

Medical Editor
Dr. Sara Fleming
Layout
Shelly Smekens

WNPA
1-800-980-9672
www.wisconsin-nd.org

Building a Healthy Terrain

Do you ever wonder why some people always tend to get sick, but others who are exposed to the same germs successfully ward off illness? This is because those individuals who do not get sick have a healthy terrain, or internal balance that protects them from illness. In preparation for the upcoming cold and flu season, there are some basic things you can do to build and support your terrain. First, enhance your body's natural barriers.

Skin: Perspiration is essential for clearing your body of toxins. Take a sauna and do not suppress a fever. Fever is your body's way of fighting infection.

GI tract: Take a probiotic supplement or eat fermented foods, like kefir, tempeh, or yogurt. Probiotics are the "good" bacteria that will

defend your body against the "bad" bacteria.

Lungs: Take 100 conscious deep breaths each day. Breathe in through your nose for 6 counts and out through your mouth for 8 counts.

Kidneys: Drink half your body weight in ounces of water each day.

Adrenal glands: Have a daily routine. Go to bed and rise at the same time every day.

In addition to supporting your body's natural defenses, eat a healthful diet. Aim to fill half your plate with colorful vegetables. Fill

the other half with lean meats and whole grains. Adequate rest and regular exercise are also key factors in building a healthy terrain.

Sarah Herman, Student at National College of Naturopathic Medicine, Portland, OR



Finding health, happiness: A Patient Testimonial

Before I came to the Naturopathic Family Clinic in Janesville, WI, my health was very poor. I was overweight, tired all the time, moody, and had severe cramping with my menstrual cycles. My health has dramatically improved since I began seeing Dr. Allison. I have **lost 87 pounds**, my energy is coming back, and my

mood swings are now barely noticeable. **I am a much happier and healthier person.** Dr. Allison found health issues that several doctors in my area refused to check for. I am very excited about my results and the treatments I have received. When someone says that alternative treatments are not the way to go, I tell them

to look at me and ask my husband how naturopathic medicine has changed my life. **My improved health has made life better for my whole family.** I am living proof that natural medicine works.

*S.K., Newton, Wisconsin
Patient of Dr. Allison Becker,
Janesville, WI*

Juicing to Enhance Health

Consuming fresh juice in your daily diet offers an array of health benefits. With the current nutritional guidelines recommending 5-10 servings of fruit and vegetables daily (1/2 – 1 cup per serving), juicing provides a way to more easily meet or exceed that goal. Fruits and vegetables contain essential vitamins, minerals, phytonutrients, and soluble fiber. Juicing can make these nutrients more easily absorbed and available to the body. When deciding on what to juice,

choose mainly vegetables due to their lower sugar content than fruits. Four ounces of juice, preferably diluted with water, is an adequate daily serving.

High in antioxidant nutrients, consuming fresh juice regularly can increase energy, build and strengthen the immune system, and help detoxify the organ systems. Food cravings can be decreased, lowering caloric intake, and potentially leading to desired weight loss. Fresh juice may also prevent chronic disease, as well as enhance the

healing of acute and chronic conditions. Some of these conditions include chronic fatigue syndrome, fibromyalgia, heart disease, hypertension, hypercholesterolemia, arthritis, cancer, digestive problems, blood sugar imbalances, and constipation.

Getting started, you will need a juicer. Wash all produce, cut away spoiled parts, use organic produce whenever you can, and peel non-organic

fruits and vegetables. Drink the juice as soon as it is made to gain the most benefits from this “live” food. Be aware of the “Dirty Dozen,” produce generally highest in pesticides, and

Dirty Dozen

Highest in pesticide residue, eat organic as much as possible.

Peaches
Apples
Bell Peppers
Celery
Nectarines
Strawberries
Cherries
Kale
Lettuce
Grapes
Carrots
Pears

Clean 13

Produce with lowest pesticide residue.

Onion
Avocado
Sweet Corn
Pineapple
Mango
Asparagus
Sweet Peas
Kiwi
Cabbage
Eggplant
Papaya
Watermelon
Broccoli

From www.foodnews.org

A Favorite Recipe

2-3 carrots
1/8 – 1/4 beet
1-2 stalks celery
1/4 – 1/2 apple
Small slice of fresh ginger

Optional Ingredients

Jerusalem artichoke– to decrease carbohydrate cravings
Garlic– to prevent or treat cold & flu
Fennel– to lift the spirit
Cucumber – to cool the body
Cabbage – to support digestion and heal ulcers



the “Clean 13,” top foods with relatively lower levels of pesticides. Of course, organic produce is preferred so that there is the least risk of pesticide exposure. Thanks to Cherie Calbom, “The Juice Lady”, for her enthusiasm about juicing. Additional information on juicing can be found at www.juicebookinfo.com.

Dr. Robin DiPasquale,
Madison, WI