

## holistique History

Welcome to our first ever Newsletter, **holistique e-News**. Our goal is to inform you of some of the latest medical information available and to introduce to you our services.

First let's cover a bit of history on how Holistique came about. The idea of Holistique Medical Center and Spa was in the minds of Dr. Nooshin and John Darvish for many years. It finally started to come into reality in the fall of 2002 when Overlake Hospital Board approved Dr. Darvish to be the first Naturopathic Physician to open a clinic on the Hospital Campus.

After several months of construction and remodeling of the space as well as consultation on the center's vision and mission,

Holistique Medical Center and Spa finally opened on Feb 10<sup>th</sup>, 2003. Our vision continues to be:



*" We are known to all as the **standard of care for health, wellness, and natural beauty.** Through revolutionizing the patient experience, we are the medical professionals of choice for **non-invasive, non-surgical, and effective health and beauty medical procedures.** We **transform and enrich lives.**"*

Many people have and continue to be involved in making this vision come into reality.

Amongst these special people are our practitioners and staff who help make a difference in your health:

**Dr. Nooshin Darvish**  
(Naturopathic Medicine)

**Dr. Emi Hosoda** (Internal Medicine)

**Dr. Leah Chen** (Oriental Medicine)

**Robert Long** (Massage Therapy)

**Joshua Sommers** (Colon Therapy/Massage Therapy)

**River Burk** (Colon Therapy)

**Nicki Vaseghi** (Medical Aesthetician)

**Danielle Ottesen** (Billing Specialist)

**Virginia Imani** (Receptionist)

Our mission is to **resolve, restore, replenish, and rejuvenate** your health, well-being, and beauty.

Sincerely,

*Dr. Nooshin K. Darvish*

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### Briefly

- ♦ Our goal is to publish *holistique e-News* every other month. Please let us know what topics you would like to see in the newsletter. You can e-mail your suggestions to: [info@HOLISTIQUEMEDICINE.COM](mailto:info@HOLISTIQUEMEDICINE.COM)
- ♦ Would you like to receive this newsletter electronically? Drop us a line at: [info@HOLISTIQUEMEDICINE.COM](mailto:info@HOLISTIQUEMEDICINE.COM)

## Grand Opening

To celebrate the opening of Holistique Medical Center and Spa, we cordially invite you, your friends, and family to our **OPEN HOUSE** on

*June 12<sup>th</sup>, 2003 from 4- 9 pm. All are welcome.*

Please join us for hors d'oeuvre, beverages, and give-aways.

## Finally... Some Relief for Post-Menopausal Vaginal Irritation!

Estrogen plays an important role in vaginal health. It builds and strengthens vaginal tissue, promotes proper acidity (pH), and helps nurture protective microflora, the good bacteria.

So when a woman's estrogen levels begin to diminish during menopause, vaginal health may deteriorate. Tissue may dry out and atrophy. Acidity may drop, causing a decline in the number of healthful, protective bacteria such as *Lactobacillus*. These changes provide an opportunity for harmful bacteria to take over, triggering itching and

malodorous discharge.

Recently, Japanese researchers evaluated the ability of short-term, low-dose oral estriol supplementation to improve vaginal health in

**After just two weeks of daily oral supplementation ... the population of the good bacteria in the vagina increased by 4 times**

postmenopausal women with long-term vaginal itching and vaginal discharge. After just two weeks of daily oral supplementation of very low dose estriol, the population of the good bacteria in the vagina increased by 4 times, producing relief of the vaginal irritation.

Estriol is the mildest of the three major forms of estrogen. Estriol is less likely to over-stimulate the lining of the uterus compared to the more powerful estrogens such as estradiol and estrone. Estradiol and estrone are linked with a higher risk of endometrial cancer because they cause thickening of the uterus lining, estriol has a very low risk.

The Japanese study also showed estriol at very low doses has the potential ability to prevent vaginal atrophy, reduce urinary tract infection, boost bone density, and reduce hot flashes in postmenopausal women.

## T3 Therapy May Be Your Final Answer!

Are you suffering from any of the following symptoms and your doctor tells you "it's all in your head"....

PMS, Slow Metabolism, Brittle Nails, Headaches, Dry Skin, Hormone imbalance, Dizziness, Easy Weight Gain, Tire Easily, Fatigue, Ankle Swelling, Water Retention, Muscle pain, Difficulty losing weight, Constipation, Joint Pain, Depression, Poor concentration, Anxiety, Brain fog, Low Libido, Carpel Tunnel, Cold hands/feet, Acne- And much much more....

...If your body temperature is low (below 98.2 F) AND you have at least one of the above symptoms, you may be actually suffering from a condition known as Wilson's Thyroid Syndrome or WTS. WTS is one of the most common conditions in North America and guess what...it is commonly misdiagnosed or not diagnosed at all.

WTS is a syndrome caused by insufficient amounts of the thyroid hormone, T3. Briefly, the thyroid secretes mainly an inactive hormone called T4. T4 is a more stable hormone that does not have much activity in the body. It however travels in the blood system to the tissues in your body.

Your tissues then convert majority of this hormone into the much less stable and much more active T3 hormone. Because the majority of T3 conversion occurs in the tissues where it is immediately used up, there are no accurate blood tests that check for the deficiency of T3. WTS is mainly a diagnosis of exclusion, meaning that if you do have

**If your body temperature is low AND you have at least one of the above symptoms, you may be actually suffering from Wilson's Thyroid Syndrome**

hypothyroid symptoms but your lab results are normal and your body temperature is low, then the likelihood that you may be suffering from WTS is high. In fact, majority of women (about 80%) and 20% of men suffer from this problem.

The conversion of T4 to T3 is often reduced with each subsequent pregnancy and stressful situation such as marriage, death, job changes, etc. Each time you go through a stress or a pregnancy, your body's ability to change T4 to T3 reduces. As a result your symptoms worsen; you become more fatigued and more depressed perhaps.

The treatment is easy...it takes only a few temporary doses of sustained-

## T3 — continued

released T3 to bring your temperature to 98.6 F and free you of your symptoms. Once the correct T3 dosage is found, you may stay on the T3 for a course of 2 weeks.

After the 2 weeks, you wean off the medicine as your temperature main-

tains at 98.6 F. You no longer take the medicine but you continue to be symptom free.

Too good to be true? well thousands of people across the world have found relief of their symptoms with T3 therapy.

You may want to visit [www.wilsonsthyroidsyndrome.com](http://www.wilsonsthyroidsyndrome.com) for more info.

## Are You Suffering from Allergies and Don't even know it?

Many people suffer from allergies and do not even know it. Most think that allergies cause only hay fever or anaphylactic reactions. This is not true. In fact, almost every condition and symptom including fatigue, muscle pain, asthma, PMS, hot flashes, blood sugar problems, joint pain, depression, headaches, migraines, autoimmune disease, dizziness, brain fog, anxiety, weakness, canker sores, ear infections, recurrent or chronic infections, digestive problems, and many many others may be a result of an allergy reaction in your body.

**... almost every condition and symptom ... may be a result of an allergy reaction in your body.**

you are allergic to on day one, you may not have a symptom until three days later...And if you are exposed to this allergen every day, you will have symptoms daily or chronically.

Foods, nutrients, medications, environmental agents, hormones, chemicals, bacteria, viruses, fungi and parasites can cause chronic sensitivity reactions such as fatigue, headaches, muscle and joint aches, PMS, asthma, chronic infections, brain fog, depression and hundreds of other symptoms.

### **How are allergies treated?**

There are three basic forms of allergy therapy:

**1- Elimination:** This is known as the Gold Standard of treatment for allergies. Basically eliminating the substance from your diet or environment helps give a rest to your immune system to heal. The problem with this form of therapy is that complete avoidance may be difficult to maintain.

**2- Allergy Desensitization Injections:** Majority of Allergy

Specialist use Allergy shots to treat you for your allergies.

You are treated for one allergy per treatment day. These shots work to distract the immune system so that you will not react to the real thing. The problem here is that the injections may not always work and usually give temporary results. You reactions may return a few months later.

**3- NAET:** NAET is a natural form of allergy desensitization that uses acupuncture points and spinal manipulation to desensitize you to your allergies and sensitivities. When performed correctly, NAET can result in permanent desensitization to the allergen. Just like the allergy shots, only one substance can be treated at each visit. Basic 10 nutrients are treated first which help your immune system strengthen and help reduce your reactions to many other substances. Most symptoms resolve with the treatment of the Basic Ten. Most people get immediate results, however, some people do get worse before they get better.

For more info, please visit [www.NAET.com](http://www.NAET.com).

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*Transforming Lives  
From Within*

## Hydro Colon Therapy Coming June 2003

In order to provide a complete health and beauty care, Holistique is introducing Hydro Colon Therapy by the end of June 2003. The machine, AquaNet 2000, is FDA approved with both gravity feed and pressure control to achieve best results with maximum patient comfort. Josh Sommers and River Burk will be administering the treatments.

Both River and Josh have over six years of experience in Colon and massage therapy.

For maximum results, Hydro Colon



*AquaNet EC-2000, one of the few FDA approved Hydro Colon Therapy machines.*

Therapy should be combined with other detoxification treatments such as lymphatic drainage, constitutional hydro therapy, acupuncture and herbs.

Colon Therapy is effective as a part of weight loss program for constipation digestive disorder, autoimmune disease, arthritis, toxicities, PMS, acne, skin disorder, and many other symptoms and conditions.

We now offer complete detoxification programs and testing for Heavy Metal Toxicity, Chemical Toxicity, Emotional Toxicity and

Bowel Toxicity.

To learn more about Hydro Colon Therapy, please visit our web site: <http://www.holistiquemedicine.com/colontherapy.html>.

In order to find out if **Estriol, T3 Therapy, NAET, detoxification, or colontherapy** is appropriate for you, please make an appointment for an initial consult with Dr. Darvish.