



From the Desk of Dr. Nooshin Darvish, Medical Director



Welcome to Our New Home!

Happy New Year! On behalf of the Holistique healthcare team, I wish you a prosperous and healthy new year....And to begin this new year, we welcome you to Holistique Medical Center's new permanent home located at **1899 116th Ave. NE, Bellevue, WA.**

Thanks to everyone who pulled together over four hard-working days to move the clinic and prepared and re-organized the clinic into a fully-functioning system by the end of the weekend. What an incredibly unifying weekend that was!

For those of you wondering the reasons behind Holistique's move, here are the main two. First, to accommodate our growing number of patients and our expanding services, we needed a larger space. Because of your support and referrals of your friends and family, Holistique has grown into a unique healing space! We appreciate your trust and feel grateful for the joy and satisfaction of serving you.

Second, Overlake Hospital is expanding its operations on the Bellevue campus and many buildings are being demolished to make room for new multi-story medical towers. Our old building was no exception. We continue to maintain our relationship with Overlake Hospital and make use of their excellent patient care services.

As you know with every change comes new opportunities and challenges. As we strive to provide you with excellent integrative health care, we continue to expand our array of services to provide you with the most comprehensive healing. Our new services include: Weight Management programs, Bionic Hydrotherapy (Foot Bath), infrared acupressure bed therapy, and coming soon, Nutritional IV therapy. We look forward to a continued healing relationship in 2006!



IV Therapy

After approval by Washington State Senate on March, 8 2005, Washington House of representatives approved an expanded practice scope for Naturopathic physicians for the first time in 20 years to now include nutritional IV therapy. The law went into effect August 1st 2005. As a result ND's are able to administer "...intramuscular, intravenous, subcutaneous, and intradermal injections of substances consistent with the practice of naturopathic medicine ..."

At Holistique Medical Center, we have hired nurses with over 20 years of experience in IV therapy to establish and administer the nutritional IV therapy program at Holistique under the supervision of Dr. Darvish or Dr. Leslie.

What is Nutritional IV therapy?

Nutritional IV therapy is the administration of vitamins, minerals, amino acids, and/or fatty acids intravenously.

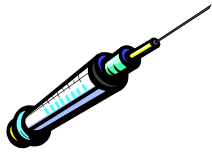
What are the benefits of IV therapy?

For those of you who suffer from chronic digestive and mal-absorption issues, IV therapy is an easy and quick way of ensuring that optimal nutrition is received by your cells. Those with migraine headaches, cancer, hepatitis, neurological diseases, chronic disease, MS, autism, weight loss, chronic inflammation, malnutrition and many others can dramatically benefit from IV nutritional therapy.

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Flu Season and Flu shots



Wondering about alternatives to the Flu vaccine, how about trying a scientifically proven homeopathic remedy, **Mucococcinum** for preventing the flu. Mucococcinum is German homeopathic medicine which does not

have any side effects. The typical dosage is one tablet every 2 weeks for the duration of the flu season. And if you do come down with similar symptoms to the flu, take a dose every 2 hours and your flu symptoms will resolve in a couple of days. The medicine is very safe for babies as well as for children, adults and elderly. Please stop by Holistique Medical Center to pick up your dose. Also, those of you who are fighting flu-like symptoms, please take advantage of the Constitutional Hydrotherapy treatment.

New Regence Select Network

Beginning July 1, 2006 Dr. Nooshin Darvish will be added to Regence Select Network which is initially being offered to large employers. For example it will replace Regence Select and Traditional Medical Plan at The Boeing Company.

Providers in this network, who have hand selected by Regence Blueshield, have been exhibiting "excellence, cost effectiveness, and practicing evidence-based medicine". **No referrals required!**

Dr. Darvish On Radio with Dr. Pat



Dr. Darvish has been a special talk show guest on the number one alternative radio show in the Greater Puget Sound area, The Dr. Pat Show on KKNW 1150 am. Dr. Pat Baccili, known as the "Oprah" of the radio, is an internationally acclaimed radio host who is known

for her outstanding interviewing talent. Her show has won several prestigious international awards including: *The 2005 Crystal Award of Excellence* and *The 2005 Award of Distinction in Radio*. Previous talk show guests have included the well-known Deepok Chopra. Dr. Darvish is honored to be invited by Dr. Pat to be a special guest on her show....Thank you Dr. Pat!

To listen to the previous shows and a schedule of future shows, please visit:

www.HolistiqueMedicine.com/radio.htm

Dr. Darvish continues to be interviewed by Dr. Pat on several topics including women's health, cancer, detox, wellness, etc. Dr. Darvish also airs the Health Tip of the Week DAILY on the Dr. Pat Show hour.

Listen to Dr. Darvish and the Dr. Pat once a month on the last Wednesdays from 11:00 am to 12:00 noon on station 1150 am. The upcoming shows are on Feb. 21st (Tuesday!) and March 29th at 11:00 AM.

New Faces at Holistique



Dr. Leslie specializes in women's health, digestive complaints, cardiovascular health and weight management. By combining modern, scientific, evidence-based methods with traditional, natural therapeutic modalities, her ultimate goal is to assist and empower patients to achieve optimal wellness. Dr. Leslie's main modalities include therapeutic nutrition, CranioSacral therapy, botanical medicine, homeopathy, and counseling. She is a Bastyr University graduate and has trained with both medical doctors and naturopathic physicians. Dr. Leslie received a Venture Grant Award for her medical work with the Samburu tribe in Kenya and Honors in Counseling from Bastyr. She is a member of the American Association of Naturopathic Physicians and the Washington Association of Naturopathic Physicians.

Nancy Tung, RN joins us as our nutritional IV therapy nurse. She has over 20 years experience in IV therapy and has had training in applied kinesiology. Her friendly, intuitive, knowledgeable, and professional nature will be comforting for those receiving IV therapy.

Marta Szadkowski has also joined Holistique as a Certified Colon Hydro Therapist. She is a certified Medical Assistant as well as a hydrotherapist. She is instrumental in the success of detoxification and bowel cleansing using the FDA approved Aquanet hydrotherapy machine.

Please join us in welcoming Dr. Leslie, Nurse Nancy, and Therapist Marta to the Holistique Community.



Soothe Pain Safely

You are probably aware that three prescription pain killers, Vioxx, Bextra and Celebrex were pulled off the shelves because of recent research showing the high risk of heart attacks along with numerous other side effects with their use. So, what does one do now for pain relief?



At Holistique, we offer safe and effective treatments for physical distress and pain. Kaprex, for instance, is a cox-2 inhibitor similar to Celebrex but is safe and easy on the GI tract. To ensure maximum safety, it is tested in four different ways. Derived from olive leaf and rosemary, it helps reduce joint inflammation and pain, is fast acting and long lasting. Another effective treatment option for pain is acupuncture with electric stimulation. Acupuncture is safe but does require several consecutive treatments for optimal results. Interferential therapy, a form of deep electric stimulation, is also very effective in reducing pain by releasing endorphins and enkephalins, body's natural pain killers, and eliminating inflammation and muscle spasm. See Dr. Darvish or Dr. Leslie for the right protocol for you.

Home Remedies for Pain Relief

Castor oil can dramatically ease muscle, joint and tendonitis pain and decrease inflammation and scar tissue. Here is how to use it.

1. Gently heat the castor oil under warm water.
2. Apply a very thin layer of oil to the area and gently rub it in.
3. Cover the area with ace bandage or other cloth.
4. Heat the area with a hot water bottle or towel for 30 minutes.
5. Repeat as necessary.

Muscle Pain

Having recently had a bout with a severe muscle spasm, I know what that can be like. Here are few of natural remedies:

Ultrasound and **interferential therapy** are effective ways to reduce muscle spasm and inflammation. Also hot pack and cold pack can ease the throbbing.

Here is another recipe for reducing muscle pain:

- 1-Mix together 1 teaspoon liquid extracts of lobelia, myrrh, and cramp bark.
- 2- Add a pinch of cayenne pepper. Too much cayenne will irritate the skin therefore its effectiveness!
- 3- Rub the compound gently into the effected areas.
- 4- Repeat as necessary.

Infrared Bed Reduces Inflammation pain

Not only does spinal compression cause fiery nerves, but it also impairs the functioning of organs along these neural pathways, making them more vulnerable to disease. Acupuncturists have long recognized that opening energy blockages in the spine spurs regeneration. Infrared Bed uses the principles of heat, (moxibustion), massage, acupuncture, acupressure, spinal traction, far infrared rays and the jade effect. The Chinese believe jade helps purify the body, strengthen the immune system and slow the aging process.

The bed uses jade-covered massage caps, the most efficient natural way to conduct warm Far Infrared Rays, deeply penetrating and loosening tight back muscles. Studies in China and Korea report a 90% improvement in people with chronic muscle and bone pain as well as 95% improvement in ill patients using the Infrared Bed. We offer this as a **complimentary** service to all our patients. Please call to reserve your time to take advantage of this healing bed.

Sore Throat Gargle Recipe

- 1 tbs of freshly squeezed lemon juice
 - 1 clove of garlic smashed
 - 1/2 tsp salt
 - 1 pinch of cayenne pepper
- All the above mixed in 1/4 cup of water.
- Gargle and spit out 2 -3 times per day to relieve and treat sore throats and common cold.



Natural Remedies

Fever Herbal Tea



Some herbs such as ginger, peppermint and elderflower, are helpful in reducing the fever.

Here is a tea recipe which will make your body break into a sweat and increase blood circulation therefore reducing the fever.

1. Pour one cup of boiling water over two teaspoons of grated ginger, 1 teaspoon of dried peppermint, and 1 teaspoon of elderflower.
2. Cover and Steep for about 10 minutes.
3. Strain and sweeten to taster if desired.
4. Take up to 5 cups a day.

Traveler's Diarrhea

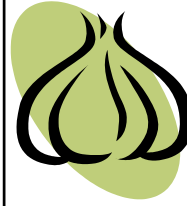


Berberis aquifolium, also known as Oregon Grape Root is an antimicrobial herb which can prepare and defend your digestive tract from questionable sanitary water.

1. Take half teaspoon or two 500-mg capsules daily for up to a week prior two your trip.
2. Take the capsules or liquid 3 times a day 15 minutes prior to eating during your trip.
3. Following your trip, take the capsules for up to 2 weeks.

Please remember nothing replaces sanitary water and good judgment.

Garlic: Natural Antibiotic



Research has shown that garlic is excellent for strengthening our immune systems. Garlic is most potent when it is taken raw. But raw garlic can have its own drawbacks. A good way preserve the antimicrobial qualities of garlic while making it palatable is to pickle it. Here is wonderful recipe:

1. Mix 1 cup of each soy sauce, apple cider vinegar, honey and water.
2. Warm up the mixture gently to dissolve the honey
3. Place the mixture in a canning jar. Fill up the jar with peeled garlic cloves, make sure that the garlic is covered by the liquid.
4. Screw the lid and refrigerate for at least weeks before using.
5. Pickled garlic will keep for at least 3 months in the refrigerator.
6. Take one or two cloves daily.

Note: Most over-the-counter garlic capsules are not effective. Freeze-dried garlic gives as good or even better than raw garlic results.

Fruit flies



Do you suffer from fruit flies around your house?

1. Mix one cup of water, 2 tablespoons sugar, 2 tablespoons white vinegar, and 2 squirts of dish washer soap.
2. Pour it in a flat container for maximum exposure.
3. Place it close to where you have seen the flies.
4. And watch them disappear
5. *For best results, place multiple container around the house!*

Impotence

Ginko Biloba



Ginko Biloba has shown to improve the age-related impotence.

The number one cause of impotence is atherosclerosis, also known as hardening of arteries, which limits the blood flow to the penis. Ginko Biloba dilates the arteries and improves blood flow.

Start by taking Ginko Biloba twice a day and gradually add one more dose. One of the doses should be before sexual intercourse.

Perfusia, a time released L-Arginine, an amino acid, has been scientifically proven to improve libido and erectile dysfunction in men. Typical dose is one cap 2 times a day.

Preventing Moths



Moths stay away from strong smelling herbs. To protect your clothes and linen hang a few bunches of fragrant herbs such as mint, basil, sage, lavender, eucalyptus, or peppermint. Replace the herbs every 2-3 months.



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IV Therapy- *Continued*

Much research, for instance, has been done showing the efficacy of IV Vitamin C and chronic hepatitis and some cancers. IV Phospholipids has been successful with improving symptoms of autism, ADD, etc.

If you are suffering from viral infections such as pneumonia, bronchitis, etc. IV therapy may be a quick and effective remedy for you.

When is IV therapy contraindicated?

If you have allergies to certain nutrients or medications or you have certain cancers, IV therapy may not be right for you.

How long will an IV therapy take?

If you are receiving an IV push which includes Magnesium, B vitamins and other basic nutrients, the procedure only takes 10 minutes. On the other hand, if you are being administered amino acids, or a complex nutrient protocol, the IV therapy can take up to several hours.

Please consult with Dr. Darvish or Dr. Leslie to determine if this therapy is right for you.

