

# NEWSLETTER

SUMMER 2019 – The Feel-Good Edition



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Natural Hormone Replacement  
for Men & Women

CERTIFIED MENOPAUSE PRACTITIONER  
NATUROPATHIC PHYSICIAN

# BLUEBERRIES AND THE BRAIN



***Blueberries are the king of antioxidant foods. Did you know they can help your brain too?***

As many of my patients know, I attended a Berry Conference this year. The purpose was to share berry research on various medical conditions. All berries have certain chemicals (flavonoids, anthocyanin and phenolic acids). These chemicals have potent effects on human tissues. They have strong anti-inflammatory, anti-cancer, anti-diabetic and pro-health properties. The most fascinating studies were the effects of these foods on brain function.

One study was presented of 14 healthy children aged 7-10 years. Some were fed a blueberry drink; some a sugar drink and some a vit. C drink. All children were given cognitive challenges two hours later. EEG tracings were done, and tasks were assigned. The children who had the blueberry drinks had improved accuracy and reaction time for the cognitive tasks (brain busters).

The test responses coincided with the frontal areas of the brain showing more activity there. This area is involved in “executive function” or making decisions and carrying them out.

These findings support prior research which was also stunning in another blueberry study. It showed short-term improvements in 7-10 year old children in executive functioning, verbal memory and mood 1, 2, 3 and 6 hours after consumption of a beverage containing 127-253 mg of anthocyanins from the blueberries.

Regarding the adults, we also experience brain benefits from blueberries. I think one brain exercise would be to state that 5 times! A study of healthy older adults, age 68-75 years found consumption of as low as 7 mg of anthocyanins increased cognition, mood, and decreased blood pressure in 2-4 hours. 14 mg was needed to decrease blood pressure, still a small dose.

The current research on berries and the quick and positive response of the brain was impressive. Berries for breakfast? A very good idea! Stayed tuned for other tidbits about berry benefits in future newsletters!



# HOW GROUNDING HELPS YOUR HEALTH



It is so easy to get lost in the hustle and bustle of this technologically advanced world, often we forget to practice the simplest of habits that can have a profound effect on our health. One of the easiest things you can do for your health is to incorporate the art of grounding or also referred to as 'earthing' into your daily lives.

Grounding is the practice of connecting our bare feet (or other part of your uncovered body) directly with the Earth's natural surfaces like sand, grass or dirt. With the exception of putting your finger in an electrical socket or getting hit by lightning, the Earth is one of the most natural sources of energy that we can tap into.

Much like an electrical circuit needs a ground to be complete its course, our bodies are conduits and also benefit from being grounded. Just as the sun can provide healing benefits, receiving them from the Earth often goes overlooked.

Once upon a time man walked barefoot and slept directly on the soil, therefore naturally supplying their bodies with the benefits of connecting to such a healing source. Many of us have misplaced our connection with Earth's energy and are missing the benefits of such a simple health and wellness strategy.

By direct skin to earth contact, it allows the transfer of electrons from the earth to the body and increases the total number of electrons in the body. This increase benefits the body by energizing it, reducing inflammation and promoting healthy sleep patterns. Studies have shown it also helps aid depression and uplifts moods. Scientists have even been studying the effects of grounding to restore the body's biological rhythms and improve blood pressure with amazing results.

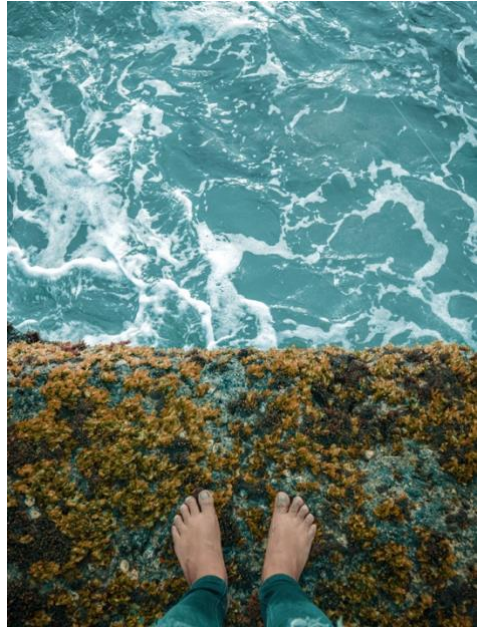
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## GROUNDING CONTINUED.....

For our bodies to thrive at their greatest potential, they require a direct connection with the Earth on a daily basis. We encourage all of our patients to start their own grounding journey and carve out time to stand barefoot in the grass, soil or sand every day for at least 15 minutes. Try starting your day by sipping your morning cup of coffee or tea while standing barefoot on the lawn or take off your shoes for the last 15 minutes of your evening walk. Get back to the basics with this simple yet effective health practice.



## THE BENEFITS OF TURMERIC IN YOUR DIET



Did you know that the spice that makes curry yellow is really a powerful medicinal food? with many health benefits? Curcumin is the active chemical found in turmeric. Turmeric is a root and is ground up and used in cooking.

In Portland, we can actually buy the fresh turmeric root in our grocery sections. Although turmeric is the source of curcumin, it is not easily absorbed. Meriva is a supplement that maximizes absorption by combining curcumin with a fatty molecule.

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# THE BENEFITS OF TURMERIC IN YOUR DIET

Curcumin is a potent anti-inflammatory agent. Although, inflammation is essential to fight off infections, it can easily get out of control.

Unfortunately, many times our bodies are drawn into a chronic “fight”, which results in damage to our tissues and exhaustion of our immune systems. It also frequently results in pain. Examples of this would be arthritis, autoimmune disorders and allergies.

Is your body inflamed? There is a simple way to tell. It is to check the C reactive protein level. If this simple blood test is high, the body is on fire.

Curcumin or Meriva would be helpful to calm the overzealous immune response. It is a good idea to treat and then recheck the C-reactive protein levels. They should be lower, and that means safer.

Curcumin has a very interesting effect on the brain, especially in regards to aging brains. As we age, tangles of filaments can gum up the works in our brain. Like spider webs, it interferes with brain function. To prevent this, our immune cells work to gobble up the nasty webs.



In Alzheimer’s disease patients this process is impaired. In animal studies and using human immune cells, it has been shown that adding curcumin to the immune cells, helped them restore their ability to destroy and eliminate these bothersome webs in our brains. Pretty amazing for a food with little to no adverse reactions! There are also studies showing curcumin may help healthy brains function better; increasing cognitive function.

In the heart and blood vessels, curcumin prevents blood clots, protects blood vessels and heart cells against inflammation, and decreases cholesterol levels. It is thought that it prevents plaque in arteries from forming.

Curcumin also has some interesting studies regarding its effects on cancers. Have you been told you had intestinal polyps after your colonoscopy?

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# THE BENEFITS OF TURMERIC IN YOUR DIET

In one study, people who had genetic tendencies to form multiple polyps and ultimately colon cancer, were given curcumin. A decrease in polyp formation was noted. If curcumin can help these folks, it may well prevent further polyps and potentially cancer from forming in other patients. Curcumin has been found helpful in decreasing growth of cancers as well as preventing them. Studies have been done showing positive effects on breast, pancreatic, prostate, brain and head and neck cancers.

Should you include this supplement in your plan to optimize health care? The amazing results of so many studies are suggesting that may be a very good idea!



**BIG  
SALE**

SUMMER SALE

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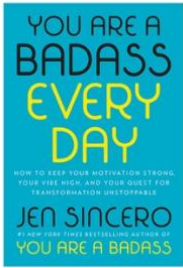
*\$5.00 off 120 capsules*



# FEEL GOOD BOOKS WE RECOMMEND

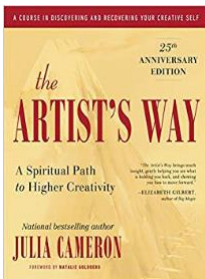
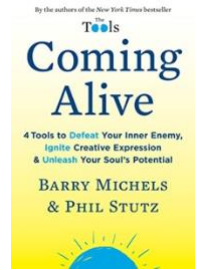


*We are huge advocates of self-care. Remember, you can't pour from an empty cup. If the rain has you down or you're just generally feeling blue, we put together a list of our best 'feel-good' books to help you manage your stress and get back to normal. You deserve it!*



We always seem to recommend Jen Sincero when it comes to being motivated. We are fan favorites of her writing style and ability to help you see a clear path to becoming a more productive and happy person. With her sense of humor much like ours, she is easy to read. Guaranteed you'll walk away laughing and energized.

Phil Stutz and Barry Michels are masters at helping you identify the mental blocks that keep you from achieving your goals. They dive deep into how our inner roadblocks can derail our achievements and guide you through how to overcome them. This book feeds your emotional and spiritual needs and fills your proverbial 'cup' so you can pour from it without draining yourself.



We saved the best for last! The NYT says Julia Cameron "invented a way for people to renovate the creative soul" and we couldn't agree more. Julia inspires creative direction in your life and there's even a journal that accompanies this book to help keep you on track. Reading this book has changed our lifestyles for the better, you will love it!



## Turmeric Tea: Golden Milk Recipe

To make the paste:

Combine a ratio of 2:1 purified water to turmeric powder in a small saucepan. Sprinkle in some freshly ground pepper. Simmer on low heat for roughly 15 minutes or until a paste forms. **DO NOT** bring to a boil. Remove the paste from the pan and put it in an air-tight container and store in the fridge or until ready. It can be kept in the fridge for up to 2 weeks.

To make the tea/golden milk:

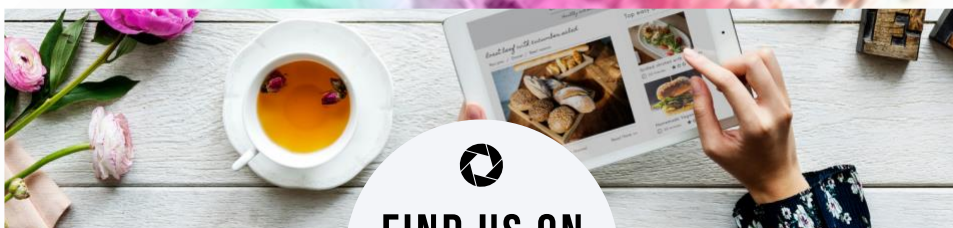
Heat milk or non dairy milk of your choice in a saucepan on low heat until heated through. Again, do not boil. When the milk gets to a temperature of your liking, remove from heat and add in  $\frac{1}{4}$  teaspoon of the turmeric paste to your drink. You can hand stir to combine or pulse in the blender for a smoother texture. Drink up!

Note:

Do not skip on the black pepper when cooking the turmeric. It is important that it is added as the black pepper helps the absorption of the curcumin/turmeric.

Feel free to get creative with your milk too. Try adding some other spices like nutmeg or cinnamon for added health benefits. You can also add a tablespoon of coconut oil to the milk before blending for an even smoother texture and to obtain some healthy fats. Other spices that go well with this drink are: cardamom, ginger, fresh ginger root or even some honey.





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2019



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# THE HEMP PLANT



Most people are familiar with marijuana and its potent chemical, THC. With the change in legal status for marijuana, another variant of the Cannabis sativa plant has emerged, hemp. Last year the Hemp Farming Act was signed into federal law. This removed the hemp plant from the Controlled Substances Act.

We have receptors in our bodies that respond to our own endocannabinoids. These receptors are all over our body. They also respond to phytocannabinoids or plant produced cannabinoids like those from the hemp plant. One excellent use of CBD, the active phytocannabinoid in hemp is pain relief. These plant extracts are proving very effective for not only relieving pain but also in decreasing inflammation.

These plant substances may offer a better alternative to opiates, and non-steroidal inflammatory agents such as aspirin and Ibuprofen. The later substances cause gut inflammation and bleeding. We are carrying topical creams that combine CBD oil with other botanical anti-inflammatory substances such as ginger and arnica.

Stay tuned for more articles on other systems affected by endo and phytocannabinoids.

# WE NOW OFFER GIFT CERTIFICATES!!!

*We have developed the prettiest gift cards in town and are SO excited to be able to offer you the ability to purchase gift certificates for your loved ones. Aren't they beautiful?! The gift certificates are available at the front desk and any amount can be applied to them. You can gift the amount of an office visit or any pre-paid amount of your choosing to be applied towards supplements or even B12 shots. Give the gift of health and buy locally.*

## Gift Certificate Laurie Marzell, N.D.

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## STAY TUNED.....

Our office will be soon carrying CBD oil for purchase within the clinic. YAY!!! The more research we do on CBD oil, the more confident we become on its healing properties and ability to be used as a pain management method. We wanted to be able to offer our patients the comfort of buying a CBD product within our clinic instead of having to go to a smoke shop which are often confusing and tend not to carry quality products.

We love the idea of being able to use a cream topically instead of damaging our lungs to get the same benefit. No high, just pain relief.

In the next few months, we will be posting a blog series of exactly how CBD oils can benefit the body, so you are fully informed on how to use this method of treatment. We will also share why we are confident in the brand we chose and why you should be too.

We will announce as soon as it is in stock. For now, keep an eye on the blog. If you are not subscribed, please go to [www.drmarzell.com](http://www.drmarzell.com) to stay up to date. That's all the good news for now. Stay tuned!

stay  
tuned

