

# Natural Wellness Center

## Call Today 988-0800

September 2007 Newsletter

[www.DrFerchoff.com](http://www.DrFerchoff.com)

Your Monthly Health Guide

### Back to School Time that means Time To Prepare Your Immune System!

The best way to have true health is by maintaining a healthy and properly functioning immune system. It is your immune system that protects you from the microorganisms that surround us, even the aging process may be closely related to your immune health; not only the passage of time.



Some common signs of an impaired immune system may be fatigue, repeated infections, inflammation, allergic reactions, slow wound healing, chronic diarrhea and an overgrowth of an organism that is normally non-harmful such as candida. The immune system is unique in that it is not a group of physical structures but a system of complex interactions involving different organs, structures and substances, such as bone marrow, white blood cells, and lymphatic vessels and organs; all of these are working together to keep you healthy. Many of the elements in our environment today compromise your immune system so it is important to give it all the important nutrients and providing the right environment. Stress is another factor that can greatly depress your immune system, when you stress it suppresses your white blood cell activity and places demands on your endocrine system all the while depleting your body of much needed nutrients. It is also a possibility to have an over active immune system or your immune system may be directed at an inappropriate target, as is the case with such diseases as lupus and rheumatoid arthritis, these are known as autoimmune disorders. Supplements that will support your immune system are probiotics, coenzyme Q10, bovine colostrum, essential fatty acids (like fish oil or Udo's 3-6-9), essential amino acids, zinc and glandular complexes (thymus PMG) are just a few examples. Come in today and ask any one of our qualified staff members what would be best for you.




### Tic..Toc..Tic..Toc..Detox!!

A great way to stay healthy and support your immune system is to detox. Everyday you are exposed to chemical irritants that can wreak havoc on your organs, glands and lymphatic system. Toxin build up can cause allergies, fatigue, chronic congestion, headaches, depression, constipation, stiff/sore joints and autoimmune disease. Anyone who is not pregnant or nursing and those that have not had a major organ transplant should detox two to three times a year. Your liver works hard to keep your body free of toxins and when it is over burdened do the above symptoms arise. Detoxifying the body allows your cells to heal and function at optimal levels; increasing oxygen levels, energy, nutrient absorption and overall well being. At Natural Wellness Center we offer a wide variety of detox products from the simple gastrointestinal cleanse to the top of the line blood cleansers.

## Quick..Fun..AND..Ultra Lite Friendly Recipes!!

### Easy Ratatouille      Total Carbs 66.5      Servings 16

- 1 large eggplant, cut into bite-sized pieces 16 carb
- 1 medium red pepper, cut into  $\frac{1}{2}$  inch wide strips, then cut crosswise in half 4 carb
- 1 medium onion, cut into  $\frac{1}{2}$  inch thick slices 4 carb
- 1 medium zucchini, cut into  $\frac{1}{2}$  inch thick slices 8 carb
- 1/4 cup carbwell Italian dressing 2 carb
- 1 can (14.5 oz) low sodium diced tomatoes, un-drained  28carb
- 1/4 cup mozzarella cheese 4 carb
- 2 Tbsp parmesan cheese .5 carb

**Mix** eggplant, red pepper, onion, zucchini and dressing in large skillet; cook and stir on medium-high heat 6 to 8 minutes or until vegetables are tender and lightly browned.

**Add** tomatoes; cook 15 minutes, stirring occasionally.

**Top** with cheeses; cover. Cook until cheese is melted

Makes 16 ultra lite friendly servings, about 1/2 cup each

### Spicy Grilled Fish and Peppers Total Carbs 18.5      Servings 6



- 1 cup carbwell Italian Dressing
- 1 tsp. Red pepper flakes
- 1 1/2 lb. Firm white fish fillets, such as halibut
- 2 each red and green peppers, seeded, each cut into 6 pieces
- 2 Tbsp Parmesan cheese
- 2 Tbsp finely chopped cilantro

**Mix** dressing and red pepper flakes. Pour half of the dressing mixture over fish in reseal able plastic bag. Seal bag. Refrigerate 15 minutes to marinate. Place peppers in a separate reseal able plastic bag. Add remaining marinade; seal bag. Shake bag gently until peppers are evenly coated.

**Preheat** grill to medium-high heat. Remove fish from marinade; discard marinade. Remove peppers from marinade, reserving marinade.

**Place** peppers on grill. Top with fish; cover grill with lid. Cook 4 minutes turn fish over. Brush with reserved marinade from peppers. Grill covered, an additional 2 minutes or until fish flakes easily with fork. Place fish and peppers on serving plate; let stand 3 minutes. Sprinkle with cheese and cilantro.

Makes 6 ultra lite friendly serving

## \$\$\$ Save money on treatments! \$\$\$

Come in today and tell Dr. Ryan you would like to start saving on the treatments you might already be receiving! By purchasing a package with the ultra lite program you can save up to \$1200! A package in mesotherapy can keep up to \$1000 in your pocket! A chelation / nutritional IV / comprehensive detox package can save you \$75 to \$1500! We can also offer you savings on ozone therapy, prolotherapy and UVB blood irradiation treatments.

P.S. Just a friendly reminder for our members; don't forget to come in during the first week of the month to receive your special **members-only discounts. 20% off all products the first week of the month.**



**Flor-essence  
Monthly  
Detox**

**Additional  
10% OFF**

With coupon expires 9/30/07



**Happy Birthday  
September Babies!**

**Come in and show us your ID to save  
additional money on your supplements!**

**Save Additional 5%**

With coupon expires 9/30/07



**ITI Probiotic Pearls**

**Save 20%**

With coupon expires 9/30/07



**PhytoGuard Capsules**

**Save 20%**

With coupon expires 9/30/07



**ITI Phytostan**

**Additional  
10% OFF**

With coupon expires 9/30/07



**ITI Super Milk Thistle X**

**Additional 10% OFF**

With coupon expires 9/30/07



**Hoodia Trim**

**Additional 10% off**

With coupon expires 9/30/07



**Bija Tea Deep Cleanse**

**Save 25%**

With coupon expires 9/30/07

**Simply print out coupons and bring to the Natural Wellness  
Center to save money!!!**

**[www.DrFerchoff.com](http://www.DrFerchoff.com)**

**----- Call (808) 988-0800**