



# SUNDANCE NATURAL MEDICINE



NEWSLETTER: SUMMER 2013

## Superfood of the month: Moringa

Let's talk about Moringa: one of the most nutrient dense plants on earth; its leaves are often eaten as a vegetable.

- Moringa is native to India
- This **superfood** has been used worldwide to help combat malnutrition.
- It is a nutritionally complex whole food naturally abundant in vitamins, minerals and amino acids

What can it do for your health?

- Restore nutritional imbalances
- Add concentrated superfood nutrition to your diet
- Assist in your consumption of the recommended servings of vegetables per day

## Exercise:

**What exercise is stimulating to the lymphatic system?  
Trampoline**

**If you have a stiff, painful back and have been diagnosed with scoliosis, consider yoga and stretching. Yoga is a great way of improving posture and reducing stiffness and pain.**

## Boost your Immunity

Have more sex.

Wilkes University found that making love once or twice a week increases our flu fighting antibodies. It is believed that having sex exposes us to more germs, and therefore increases our defenses.

## Do You Suspect That You May Have A Thyroid Condition?

Don't be shy about coming in to the office for an assessment. The typical lab test, TSH, along with others, is no longer used as confirmation of a thyroid problem. The best way for a physician to diagnose a thyroid condition is by ruling out a long list of signs and symptoms. If you have been diagnosed with a hypothyroid or hyperthyroid condition, your medication should be taken every day. Please do not put off your assessment and blood test due to fear of having to use a thyroid medication. Your thyroid is an important organ in relation to metabolism — it does not like being ignored.

## DID YOU KNOW CORNER



DR. PAMELA SMITH  
RN, ND

- Familiar with America's greatest psychic Edgar Cayce? He was twentieth century's outstanding mystic and seer-able to see healing come about in the human body. Today we call such people Medical Intuitive's.

Answer to question of previous newsletter:

The kidneys and bladder

Nutrition: Which of these foods are highest in antioxidants?  
Coconut, spinach, blueberries or coffee?