

Amplify Your Health



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HOLIDAY RELIEF



join us at ASCENT
Sunday December 6th
10:00 to 5:00

Handmade Jewelry
Apparel
Italian Pottery
Crafts

Raffle that day for
services and Italian
Classes

Sign up now!!

Make you Health a Priority this year

In addition to our Wellness Programs we are creating comprehensive nutrition and blood chemistry programs. These may include:

- Hormone evaluation
- Thyroid Testing
- Organic Acid Testing for Toxic Substances
- Anti-Aging related blood chemistry profiles
- Nutritional counseling for optimal performance
- Nutrition starter packs

Call 303.343.8800 or [email](#) Ascent with questions or to make your appointment.

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10.21.09

Greetings!

The topic of this this week's issue is Thyroid Health. As we approach the Holiday Season we can expect cooler weather and less daylight, thus it is vital to have a healthy functioning thyroid gland. Adequate levels of thyroid hormones are needed to keep the body energized and warm, and the mind happy and focused. Suboptimal levels of thyroid hormones cause a slowing of cellular metabolism of the entire body, leading to poor tolerance of cool winter temperatures, fatigue, depression, and weight gain, among others.

What can you do to ensure optimal thyroid health?

- Increase your consumption of Iodine and Selenium, two nutrients that are commonly deficient in the Standard American Diet yet are essential for a maintaining healthy thyroid hormone levels.
 - Iodine is the primary ingredient of the thyroid hormones T3 and T4. Low Iodine levels are a primary cause for sub-optimal thyroid hormone production. Adequate Iodine intake also helps prevent cancers of the thyroid gland and reproductive organs, including the breast, ovaries, and prostate. We recommend Iodizyme-HP, as this product contains two different and biologically active forms of Iodine.
 - Selenium: this multifunctional nutrient is ESSENTIAL for production of healthy thyroid hormone, Glutathione (the body's primary antioxidant enzyme, assisting the body in the removal of toxic heavy metals), and anti-viral and anti-cancer proteins.
- Reduce exposure to compounds that interfere with thyroid hormone metabolism: chlorine, fluoride, and birth control pills.
- Get tested. If you have symptoms of low thyroid function, talk to Dr. Julie about getting a baseline thyroid hormone lab test. This is the most accurate way to ensure that your thyroid is producing enough hormones to keep your metabolism revved up through the winter. It's a good idea to get a comprehensive blood test every year.
- Thyroid Supplements. Ascent Health Center provides you the highest quality, pharmaceutical grade supplements that are sold only to doctors.
 - GTA is pharmaceutical grade, porcine thyroid extract with added selenium. This is our go-to product for restoring a sluggish thyroid gland.
 - Meda-Stim is a 'multi-vitamin for your thyroid'. It contains all the raw materials like Iodine, Selenium, Zinc, and herbs that are necessary for optimal thyroid production and metabolism.
 - Thyrostim supports the brain regulation centers (hypothalamus and pituitary) that help to regulate thyroid hormone output. This works well for 'stress hypothyroidism' because stress hormones lead to decreased production of thyroid hormone.

Live Healthy!

Dr. Julie DC, FIAMA

[EMAIL](#)

Ascent Health Center 303.343.8800

Why is Ascent different than other Chiropractic clinics?

Could you imagine making four different appointments to bring together the disciplines of [Chiropractic](#), [Acupuncture](#), [Mind-Body Medicine](#) and [Functional Medicine](#)? Better yet, try getting each of your practitioners to communicate and share their findings.

Good news, you don't have to! Dr. Julie and the Ascent Staff are pleased to provide each of these disciplines to our patients.

* Holiday Special * Give a gift of health!

A present of Health and Wellness will last long after the packages are opened.

- 1) Discounts on all of our Wellness Plans
- 2) Winter-Immune booster package
- 3) 25% back to you on all gift certificate purchases

Ask for details



Offer Expires: December 31st, 2009.

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