

NEWSLETTER

SPRING 2019



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**Natural Hormone Replacement
for Men & Women**

CERTIFIED MENOPAUSE PRACTITIONER
NATUROPATHIC PHYSICIAN

THE HEALTH BENEFITS OF ZUCCHINI



Zucchini is one of the healthiest Things you can eat!

Fun fact: did you know that zucchini is actually a fruit? Botanically speaking zucchinis are a member of the gourd family. Just like cucumbers and pumpkins, they're considered a type of berry which classifies them as a fruit. Although in the culinary world they are prepared like a vegetable, it is safe to say this versatile food is more than worthy of an addition to your grocery cart.

Zucchini is a nutrient dense fruit rich in antioxidants and high in fiber. In fact, just one medium sized zucchini contains 50 percent of your daily vitamin C needs and is full of alpha-carotene and beta-carotene. Carotenoids, including **beta-carotene**, **alpha-carotene** are vitamin A precursors that act as antioxidants to the body. Antioxidants are known to counteract oxidative damage to the body, which plays a role in the

development of chronic diseases. Zucchini is low on the glycemic index which makes it a favorite for those watching their carb intake. Most of the nutritional properties of zucchini are found in the seeds and the skin so be sure to not to remove those when preparing your meal.



Another benefit of zucchini is that it is high in water content and aids in digestion. Research suggests that because of its hydrating properties and its ability to provide essential electrolytes to the body that it is a useful tool when it comes to managing weight and treating digestive issues. Eating anti-inflammatory foods such as plenty of non-starchy fresh fruits and.....

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ZUCCHINI CONTINUED.....



vegetables is the first step to lowering body-wide inflammation and gut-related issues.



Zucchini is great for your heart! Being rich in potassium, zucchini is a preferred food to combat hypertension. Fun fact: zucchini contains more potassium than a banana! For our bodies to be perfectly balanced, we require a 2:1 ratio of sodium and potassium. With so much of our junk food being high in sodium it throws off this balance and can contribute to high blood pressure. Eating more potassium rich foods can help keep our bodies balanced and our hearts healthy.

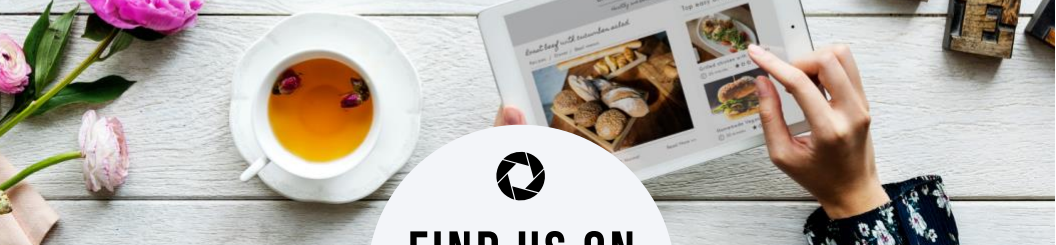
Zucchini is one of nature's best foods and is packed with nutrients to keep us healthy. Include it in your diet and your body will be thankful. We love swapping pasta noodles for zucchini noodles 'zoodles' by spiralizer them. With all the health benefits of zucchini, it's no wonder that this is a healthy swap for traditional pasta.

Spiralizing the zucchini is easy with a spiralizer. We found ours on Amazon for a really good price. When swapping for pasta you can either blanch the zoodles to give them a softer texture or serve them raw and enjoy the crunch with your favorite spaghetti sauce.

Enjoy!!!



Fun recipe included in newsletter



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MAGNESIUM: MIRACLE MINERAL

If I were to use one word to describe magnesium, it would be relaxation. Magnesium relaxes the body in many ways. Muscle spasms? Magnesium! Migraine and other headaches? Magnesium! Asthma? Magnesium. High blood pressure? Magnesium! You get the idea. We could all probably use a little more relaxation. Instead, a coffee shop waits on every corner. We consume so much coffee that our cars must contain special trays so we can “drink” and drive.

Magnesium does so much more. It is the coenzyme of over 300 different enzyme systems in the body. It is involved in energy production, inhibits formation of blood clots and dilates blood vessels. One of the major organs that it affects is the heart.

Magnesium is essential for heart health and mandatory for anyone with heart disease. Magnesium is a natural anti-arrhythmic drug. It is important in treating heart attacks, chest pain from heart disease and congestive heart failure.

“Good thing I took my magnesium today!!”



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MAGNESIUM CONTINUED.....

Several studies have found magnesium increases HDL; the “good” cholesterol. HDL is the clean-sweeper of arteries, taking out garbage and reversing plaque. In several studies, giving magnesium IV to heart attack patients reduced the mortality by up to 70%.

It also helps with constipation. Folks who eat a lot of cheese and take calcium tablets that are not balanced with magnesium may be benefited by an extra magnesium tablet or two.

Could you lack magnesium? Symptoms of a magnesium deficiency are fatigue, depression, anxiety, irritability, insomnia, muscle spasms and memory loss. How do you know if you are taking too much? Easy! Excess magnesium causes loose stools. Decreasing the dose will resolve the problem.

If you are looking for the diet to provide adequate magnesium, you need to be eating nuts, whole grains, greens, legumes, fish, meat and dairy products. More than 80% of magnesium is lost in refining whole grain rice or wheat to white. 50-70% of magnesium is lost in cooking water. (another good reason to eat soups!).

We are celebrating magnesium with a discount on it. Why not get a better, more restful sleep or relax those muscle spasms with a little extra magnesium?



10 MAGNESIUM-RICH FOODS TO ADD TO YOUR DIET



FLASH

Sale

GET \$4 OFF



FOR THE NEXT TWO MONTHS
GET \$4.00 OFF A BOTTLE OF
MANGESIUM



LIMIT ONE BOTTLE PER MONTH
NO COUPON NECESSARY. WHILE SUPPLIES LAST

FOCUS @ WILL: WHY WE LOVE THEM



Our office has discovered Focus @ Will and we aren't looking back! Focus @ Will is a totally different music streaming service designed to help you perform at your best. Here's how it works: they use neuroscience to optimize brain productivity through their music to keep you focused, energized and free from distractions.

While listening to the blast from the past 80's jams we all pack our playlists with is enjoyable, it is also distracting. It pulls you from your work and brings you down memory lane...fun, but not productive. Since our office has started using Focus @ Will to keep us, well focused, we have felt and seen an improvement in our work flow and energy levels.

So if you're the type to let your mind wander or need a better way to hone in on your work without feeling distracted, we recommend Focus @ Will. It's such an inventive way to keep your mind concentrated on your work while stimulating your production. What can we say, we are fans and had to share with you!

To learn more, go to: www.focusatwill.com/howitworks

STARTING 2019 GREAT NEWS

For our Medicare Patients

Medicare Patients: Rejoice!

For the first time, our office will be covered for Medicare patients through Regence's MedAdvantage Plans. They are offering a PPO and HMO plan that extend your Medicare network to include our office. Now you can come see us! After years of applying, we have finally gained traction to be able to service our Medicare patients and we couldn't be more excited! If you have any additional questions, please feel free to call our office for help.

A woman with dark hair, wearing a striped shirt, is shown in profile from the chest up, shouting enthusiastically into a white megaphone with a red top. The background is white with a large pink triangle on the right side.

**REGENCE MEDADVANTAGE
PPO PLAN**

**REGENCE BLUE ADVANTAGE
HMO PLAN**

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REMEMBER: IF YOU ARE CHANGING INSURANCE AND WANT TO BE
SURE WE ARE IN NETWORK, GIVE YOUR INSURANCE
REPRESENTATIVE OUR NPI# 1811036700

MONTHLY RECIPE

TO HELP YOU EAT CLEANER AND STAY HEALTHY



HEALTHY ZUCCHINI RECIPE

This is a perfect beginners recipe for getting started using your spiralizer

Instructions:

Spiralize zucchini into thin noodles using a spiralizer.

Heat large pan on medium-high heat. Melt butter, then add garlic and sautee until garlic is fragrant.

Add the zucchini noodles and grated parmesan cheese and salt & pepper to taste. Cook for 1-2 minutes or just until the **zoodles** are al dente.

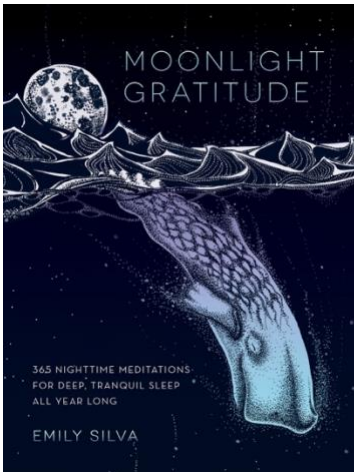
Remove from heat and serve immediately.

****TIP:** if using them as a replacement for pasta, we recommend spiralizing them and serving them raw underneath the pasta sauce.

CURRENTLY LOVING.....



As avid readers, we are always on the hunt for that next great book. We look for motivational literature that enhances our lives and we want to share with you our current favorites. We hope they benefit you and your life as much as they do for us!



This month we are featuring our favorite book to cozy up to. Moonlight Gratitude by Emily Silva. This gorgeous book is filled with nightly meditations to help you end your day and prepare for a restful sleep.

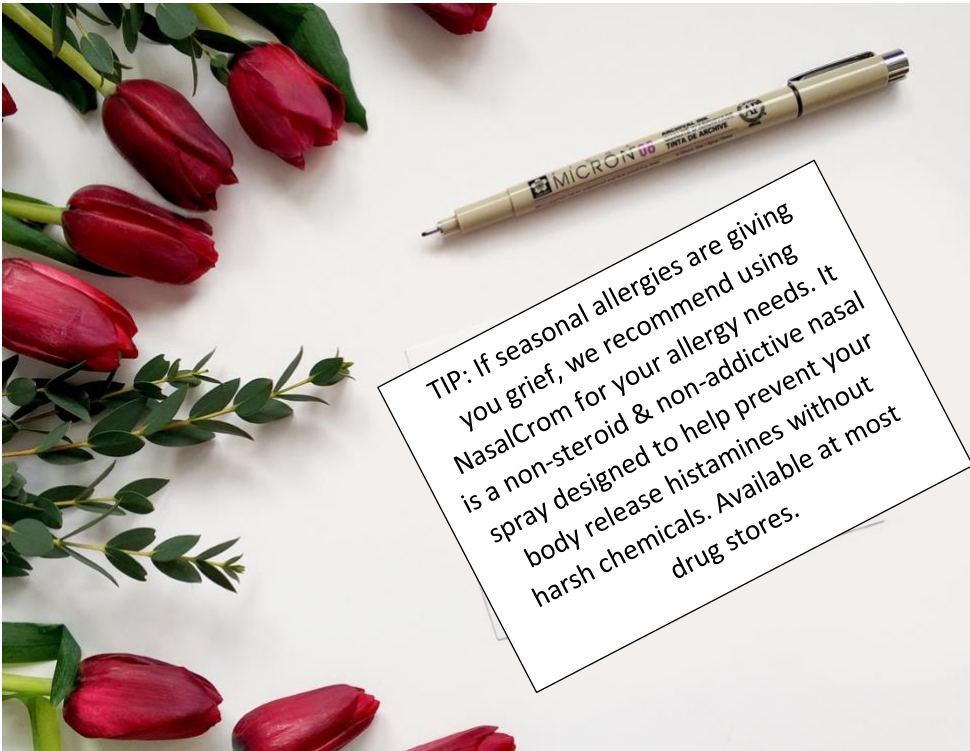
We absolutely love the artwork inside this gem and even more, we love the meditations! They are all so different and creative, we know you will love it too!

DID YOU KNOW?

Did you know that the LDN Research Trust Organization has a radio show? Even better, did you know that Dr. Marzell was on the radio?!

In her segment, she talks about autoimmune diseases, LDN, and cancer. You won't want to miss this! Open a web browser and go to:

<https://vimeo.com/224847987> to listen to the radio recording in its entirety.

A photograph of several red tulips with green leaves scattered on a white surface. A gold-colored Micron pen lies diagonally across the scene. A white text box with a black border is overlaid on the bottom right of the image, containing a tip about NasalCrom.

TIP: If seasonal allergies are giving you grief, we recommend using NasalCrom for your allergy needs. It is a non-steroid & non-addictive nasal spray designed to help prevent your body release histamines without harsh chemicals. Available at most drug stores.