

# NEWSLETTER

PRESENTED BY DR. LAURIE MARZELL

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## WHAT'S NEW IN THE CLINIC

We want to congratulate Candace on the upcoming arrival of her baby girl. Candace has been our rockstar during this pandemic, working late and coming into the office to assist you in getting your supplements. We are so grateful for all her help. As her due date approaches, she will be taking a leave to settle into motherhood. Our good friend Constance will be coming back to help us out in the meantime. So if you see a new familiar face, please help us in welcoming Constance back to the clinic. She will be physically in the office Wednesdays and Fridays to coordinate supplement pick ups and shipping.



## A NOTE FROM DREA

I wanted to take a moment and thank you personally for all your patience and support while we transition our clinic into a safer, more digital space. It hasn't always been smooth but we are finding our flow and we couldn't have done it without your help. Thank you! You may remember me from when I used to work in the clinic before moving to Utah.

I've worked for Dr. Marzell for over 5 years now because I love it here! On my initial transition, I worked behind-the-scenes doing her PR, marketing, creating her amazing ebooks, building her website, and creating newsletters like this. Since then I have moved into a larger role here and now have the pleasure of speaking with you when you call the clinic. I couldn't be more proud to be able to work with you again and to serve you in a more personalized role. Thank you for your kindness in welcoming me 'back.' I am so happy to be here!





## WE HAVE SOME NEW PRODUCTS FOR YOU TO GET EXCITED ABOUT!

### FUSION SOFT CHEWS

#### Iron 45 mg + vitamin C

For those patients who cannot swallow another pill, these little chews pack a wallop of iron in a nonsugar, grape-flavored chew that is a delicious treat. So many folks are running a bit low on iron. It is important for blood cell production, muscle function and brain health. As our population detours from red meat (an excellent source of iron), it is difficult to adequately replace this important mineral. Women are at particular risk who are menstruating.



### HAWTHORNE IN A LIQUID CAPSULE

Some of you love the Hawthorne solid extract, which is a molasses-like syrup derived from Hawthorne. Its consistency preserves it and provides all the flavonoids and nutrition that the plant contains. If syrup is not your thing, the liquid capsules are probably the next best. Hawthorne is great to lower blood pressure at least 10 mm/Hg and strengthens blood vessels, improves cholesterol, and helps the heart.



### CBD AVOCADO BODY BUTTER TO HELP WITH ACHES, PAINS AND INFLAMMATION

We have started carrying a new CBD pain cream. This cream is a body butter, thick with extra strength pain-relieving CBD oil mixed with avocado oil, preserved with vitamin E. No synthetic, cancer-causing preservatives, and made in the USA! I was impressed with this company, who have all the batches analyzed by an independent laboratory to make sure there is CBD, and carefully check to eliminate any contamination with THC. CBD is the substance extracted from the hemp plant that possesses significant anti-inflammation properties, as well as providing pain relief. It is well-absorbed and a little does a lot. We look forward to sharing more details about this soon, including pricing. We cannot wait for you to try this!



## Navigating to Get Coverage with Medicare

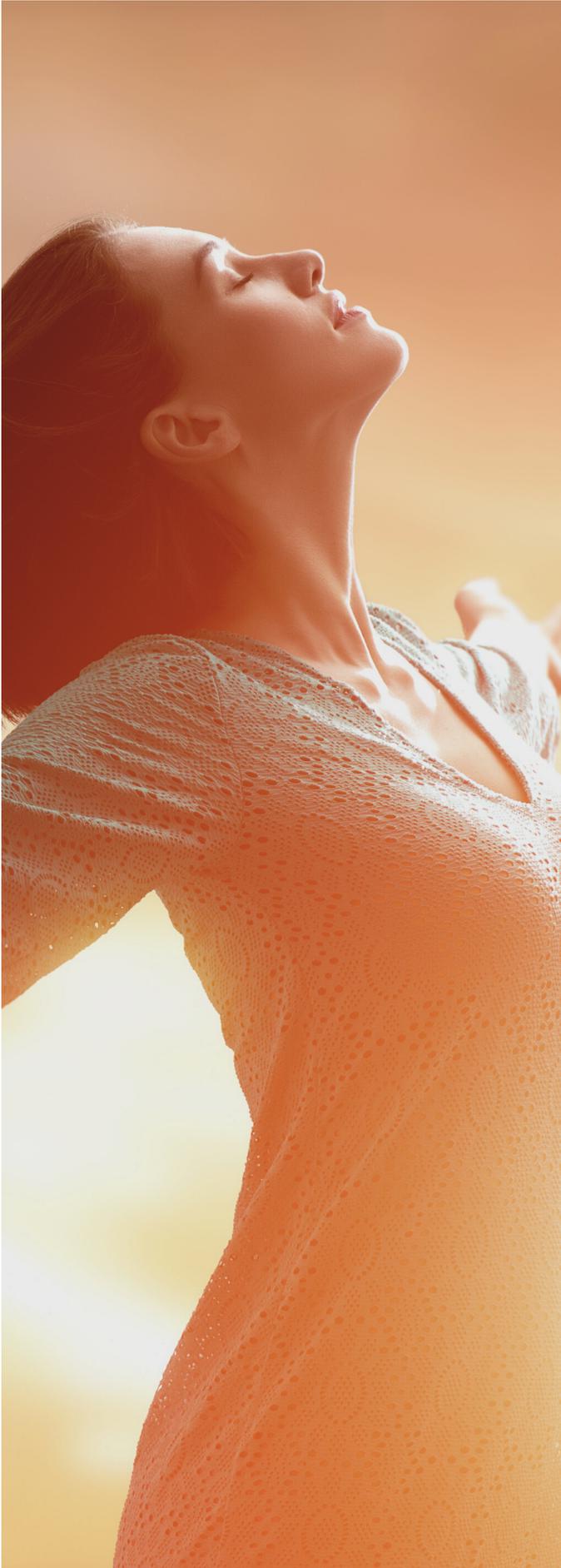
Just because you are switching to Medicare does not mean you will no longer be covered by insurance for naturopathic services. Here is how the system works:

You can choose to have the government pay for your medical care directly. Naturopathic services are not covered for this option. If you add a supplemental plan to cover more than the basic medicare, that option is dispensed from the government and will **not cover naturopathic care either.**

However, you can opt to take your monthly allotment of medicare funds and send them to a private insurance company to provide your health care. Two of the companies, Regence and United have programs under these options to cover naturopathic care. These private commercial insurance companies are called Advantage Plans. These plans also cover other doctors and health care services and hospitals. The United plan is connected to AARP, however, you do not need to be a member.

We encourage patients to talk to an insurance agent to make sure all the doctors and hospitals that you want to be connected to are under your plan. To be exactly sure that I am covered, use my “doctor number” which is 1811036700, aka NPI number. All agents can look up this number and tell you if there is coverage for my care and how much depends on the plan.

We hope this helps you in choosing your healthcare options so that you can receive continued care from our office and keep the doctors you love.





## **A FEW THINGS TO REMEMBER ABOUT YOUR SUPPLEMENTS**

While we are doing everything we can so that someone is available to you in the office, we highly recommend ordering your supplements online.

We have signed up for multiple supplement accounts to help you order them online and smooth out the process. While we wish we could see you and have you drop by the clinic for pick-ups, those will be very limited at this time. We want to invite you to consider ordering online.

Fullscript: Dr. Marzell does submit recommended supplements through FullScript online and they will mail them directly to you once you set up an account. To set up an account you can go to our website [www.drmarzell.com](http://www.drmarzell.com) and go to Patient Resources OR you can [CLICK HERE](#).

Thorne: Any of the Thorne products you generally pick up from our clinic can be ordered online as well. [CLICK HERE](#) to sign to log in if you have an account or scroll down and click "[No Account, Start Here](#)" to register. Our online account offers the same quality formulas and pricing you can find in our office.

We hope you can take advantage of these online options until things get back to normal and we can be in the office again. If you have any questions about this, please call Drea at the office phone number and she can help you.





## LET'S TALK ABOUT CURCUMIN

What supplement might just be the best one of all? In such a contest, it may well be a curcumin extract. What is curcumin? It is one of the active components of turmeric, a yellow mild-flavored spice that is a part of curry powder and in almost all Indian food products. Did you know the rate of cancer in India is quite low? It is, and curcumin consumption is thought to be part of the reason why. Curcumin is a major anti-inflammatory substance.

The drugs we use to calm inflammation, such as aspirin and Aleve, are known for irritating and damaging the cells lining the intestinal tract and stomach. They commonly cause bleeding. They have also been linked to pancreatic irritation. However, the mild-mannered curcumin is a super anti-inflammatory substance without harm to the cells in the gut, nor elsewhere. Curcumin especially protects the liver.

Why is it so important to decrease inflammation? It is important if you have cut yourself or have an infection; inflammation stimulates the immune system and repairs of the tissues. When it becomes chronic, it can damage tissues and provoke the immune system to release toxic substances.

**CONTINUED ON THE NEXT PAGE.....**

What's your story?



## FEELING A LOT BETTER? SHARE YOUR STORY!

Has Dr. Marzell helped you with hormones or food allergies? Your story matters and we want to hear from you!

Every story shared is a chance to help make someone else feel less alone. Stories are what brings us together and how we can learn from each other. It is also a great opportunity to see what is working for others.

We'd love to start a segment in our newsletters featuring your success story. Of course NO personal information would be shared. We value your privacy. Even a few sentences can help someone else, so don't be shy.

Please email us your story with a headline of MY STORY to [drmarzell@drmarzell.com](mailto:drmarzell@drmarzell.com) to be featured and receive a small gift as a token of our appreciation.



## **CURCUMIN CONTINUED.....**

These are great to fight an invasion of bacteria or viruses but will damage our healthy tissues in the long run. Most diseases in civilization are the result of inflammation gone awry. These include heart disease, arthritis, obesity, digestive disease, dementias and last but not least, cancer. There is a handy dandy test to see if you are in a state of inflammation. It is called the CRP or C reactive protein. It is a marker of inflammation and can be used to determine the effectiveness of therapies. I have run several CRP on patients; if they were high,

I have been quite impressed with the response of patients using curcumin to drop the value of their CRP to safer levels. Curcumin is a little difficult to absorb. We carry it in two types. One is hooked on to a lipid group. The lipid group is absorbed more easily and brings the curcumin with it. There is also a form called BCM-95. This form has an incredibly high ORAC value of 1,500,000 per 100 grams. The ORAC value reflects how many free radicals can be neutralized. Free radicals are the bad guys that damage tissue. For comparison, blueberries have 6,552 per 100 grams. It also super- exceeds the values of cranberries and green tea.

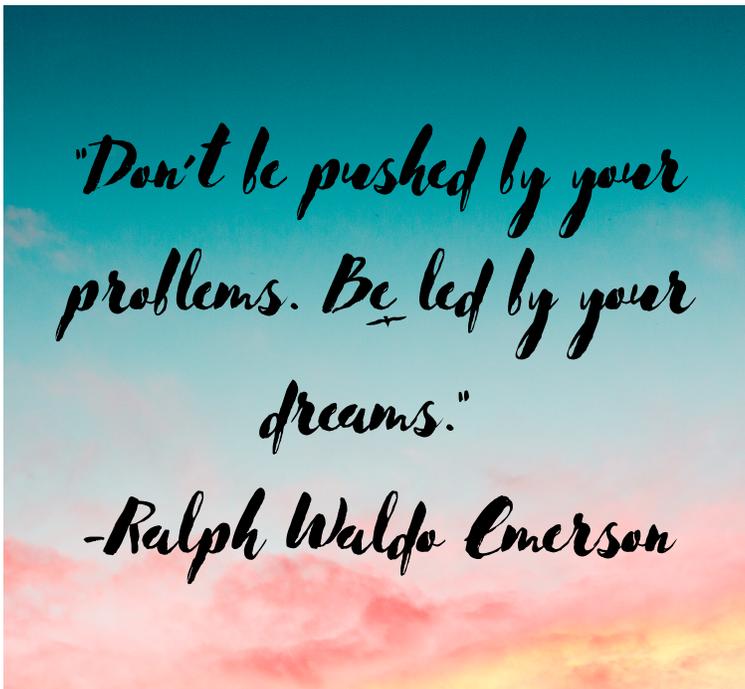
For those folks taking an anti-depressant, curcumin may increase the effectiveness of that medication. So if you are considering taking just one supplement, you know which one to choose!



## WHAT WE'VE BEEN OBSESSED WITH LATELY

### MONTEREY BAY LIVE CAMS

Did you know that Monterey Bay Aquarium streams live footage of several of their exhibits daily? They do! You can watch the jellyfish live (Drea's personal favorite) or lovingly stare at the otters playing in the water. Sometimes just watching animals can help connect us to Nature and provide some extra relief and in a lot of cases, lots of giggles too. They are so cute! [Click here to check it out.](#)



### HEADSPACE

Headspace is an application for your phone or a website to visit that offers multiple ways to add meditation to your life. Studies on meditation have shown that integrating this practice into your life can have many health benefits. Including lowering stress, which is abundant right now. It is a paid membership but they do have a free trial AND a Netflix special so you can decide if it is right for you. We are absolutely loving having added this to our daily routine and high recommend their services. [Check out their Netflix special by clicking HERE](#)





## DID YOU KNOW DR. MARZELL JUST WROTE A NEW BOOK ABOUT FOOD ALLERGIES?

### SNEAK PEAK- READ THE INTRO FROM THE BOOK:

Food allergies are a topic many doctors are not interested in. Most physicians do not want to spend excessive time with patients talking about diet. Conventional medicine gives little opportunity to study nutrition. Unfortunately, much of the disease we witness originates with food choices. Who wants to tell someone that they cannot eat their favorite food? The tick tac toe of connecting disease to drug does not always work. Sometimes physicians and patients must look further and deeper to find the cause.

I have been amazed at the variety of diseases associated with food allergies, and at the reactions I have witnessed. Some patients have had symptoms for decades. A simple change in diet can free a patient from chronic illness, without the side-effects of drugs. Most patients with autoimmune disease have food allergies. They are also associated with mood reactions, addictions, and chronic inflammation. I applaud you for opening this book. It contains 40 years of experience with food allergy work. In your hands may be the key to unlock pain, and pathology. Prepare to have several lightbulb moments as you learn the tools to work with this fascinating entity.

Thank you to the physicians who have taught me the value of learning about food allergies. And thank you to the patients who have also taught and amazed me.

*xoxo Laurie*

Would you be up for reviewing the book to help us market it?  
Contact Drea and she will send you a free copy to review.