

DR. LAURIE MARZELL N.D., N.C.M.P.

NATUROPATHIC PHYSICIAN  
CERTIFIED MENOPAUSE  
PRACTITIONER

**DR. LAURIE  
MARZELL  
N.D., N.C.M.P.**

[WWW.DRMARZELL.COM](http://WWW.DRMARZELL.COM)

## Autumn Newsletter 2022

This season we are focusing on mental health, elevating your immune system, the role of fiber in gut health, blueberries and the brain and so much more.

# Sale!



THE BLACK FRIDAY CYBER MONDAY PROMOTION WILL BEGIN NOVEMBER 24TH, 2022 AT 10:01 PM AND RUN UNTIL NOVEMBER 30TH, 2022 AT 12:59 AM. ORDER YOUR SUPPLEMENTS ONLINE WITH FULLSCRIPT AND RECEIVE A 15% DISCOUNT

*take advantage*

DON'T FORGET TO USE OUR CODE.  
COPY AND PASTE OUR CLINIC CODE FOR  
FULLSCRIPT:

**JEQ8YVS9DTFMCHQPWQZNHZFDISE**  
**Y4LENUFFDLOC5NBU2FZ4**

OFFER VALID UNTIL OCTOBER 31ST.  
PLEASE CONSULT WITH YOUR DOCTOR BEFORE STARTING YOUR SUPPLEMENT ROUTINE.

# HOW TO ORDER SUPPLEMENTS ONLINE

In an effort to make getting your supplements easier, we have two additional options to order your supplements besides from our own inventory. Please visit: [Patient Resources](#) to learn more.

**Who is FullScript?** FullScript is a virtual wholesale pharmacy that ships your supplements directly to you.

**How does it work?** If Dr. Marzell recommends a supplement routine, we can send the order directly to FullScript within your medical chart. FullScript will email you (keep an eye on your junk mail inbox) to confirm the order and to process the payment. Viola!

**What are the advantages?** You can decide what you need and when by managing your online account for re-orders. Another advantage is not having to wait for our office to get inventory in should you run out. Additionally, you can expect the same pricing as we have in the office and you won't have to pay our \$10 shipping fee. As Dr. Marzell continues to research all the supplements available through FullScript, you will have many more options at your disposal when considering supplemental health.

**Ordering Thorne Online:** Thorne is a trusted brand by our office and although we usually have it in stock, there are times we are out or waiting for a delivery. To ensure there are no disruptions in your health routine, you can order directly from Thorne [HERE](#).



**Copy and Paste our Clinic Code for FullScript:**  
JEQ8YVS9DTFMCHQPWQZNHZFDISE  
Y4LEENUFFDLOC5NBU2FZ4

# A NOTE ABOUT COVID

Covid is still among us. Unfortunately, it is mutating as most viruses do, which changes the effectiveness of vaccines made to help attack the original virus. There are so many misconceptions, I thought a few basics may be helpful.

It is still a good idea to protect yourself from getting this virus. Particularly if you have risk factors such as overweight, age, lung or cardiac problems. We do not know the likelihood of sequelae from a covid infection. Here are a few thoughts.

One of the prominent virologist was misquoted on several statements he made, which gave people a misconception of what he was trying to convey. An example was that he warned against wearing a mask; that they were not effective. The rest of the sentence was, if they are nylon or cloth; and not fitted or worn properly. Masks WORK! I recommend a double mask if you are using a surgical mask; and/or a surgical mask with an NK95, or an NK95 alone is still pretty efficient. They must be fitted over the nose to prevent infection spread.

Another gem is the idea that if you are 6 feet apart from another person, you are protected. If that person sneezes or coughs, large particles can travel 3-6.5 feet away. However, small particles of that sneeze or cough can reach 20-26 feet! Viral particles can stay on surfaces for a few days, but simple alcohol can disinfect surfaces within minutes.

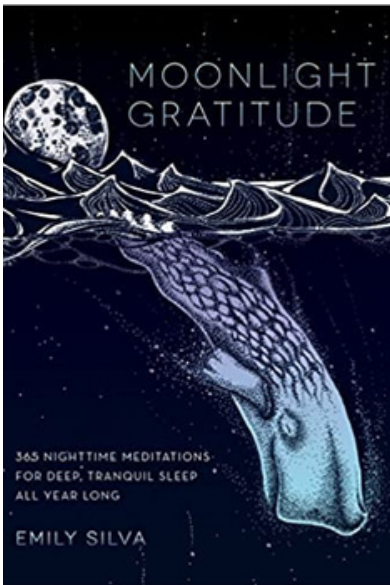
Vaccines will not absolutely stop the spread of covid, but will greatly decrease the severity of the disease if you get it. They are worth getting. Each strain has been more transmissible than the prior one. Keep a mask on in a crowd; inside or out. And a simple to do test kit is available now so you can test yourself and potential contacts before meeting with them. It is not 100 % effective, but is in the 90's. Also, it is very inexpensive and easy to use.

If you are exposed to someone who is positive, please isolate for a few days and test yourself and mask, to make sure you do not spread this. A few simple measures can make a big difference in dealing with this pandemic.

# CURRENTLY LOVING

MENTAL HEALTH EDITION

Moonlight Gratitude: 365 Nighttime Meditations for Deep, Tranquil Sleep All Year Long by Emily Silva. We both read and use these meditations regularly. Not only are the meditations thoughtful, but the art in this book is stunning. It makes a wonderful gift to others but we highly recommend you get a copy for yourself.



These meditations are a great way to clear your head from the chaos of the day's happenings and a cozy addition to your nightly routine. They can even be used as journal prompts. Drea bought a copy for her entire family last year for Christmas and they all loved it. Emily also hosts online webinars on Tuesdays that will add extra value in helping you stay emotionally grounded and present.

Needless to say, we are raving fans of Emily and her spirit/creativity. Any tool we can use to help bring us peace to our lives is a blessing.

Check out some of the artwork from the book below



# gentle reminder

WE'VE SEEN AN INCREASE IN COVID RECENTLY.  
PLEASE BE EXTRA CAREFUL. JUST A REMINDER TO  
WEAR A GOOD FITTING MASK TO HELP PROTECT  
YOURSELF AND OUR STAFF. MASKS ARE REQUIRED  
WHEN VISITING OUR OFFICE IN PERSON.



# HEALTHY BRAIN: BLUEBERRIES TO THE RESCUE

*Blueberries are the king of antioxidant foods. Did you know they can help your brain too?*



As many of my patients know, I attended a Berry Conference this year. The purpose was to share berry research on various medical conditions. All berries have certain chemicals (flavonoids, anthocyanin and phenolic acids). These chemicals have potent effects on human tissues. They have strong anti-inflammatory, anti-cancer, anti-diabetic and pro-health properties. The most fascinating studies were the effects of these foods on brain function.

One study was presented of 14 healthy children aged 7-10 years. Some were fed a blueberry drink; some a sugar drink and some a vit. C drink. All children were given cognitive challenges two hours later. EEG tracings were done, and tasks were assigned. The children who had the blueberry drinks had improved accuracy and reaction time for the cognitive tasks (brain busters).

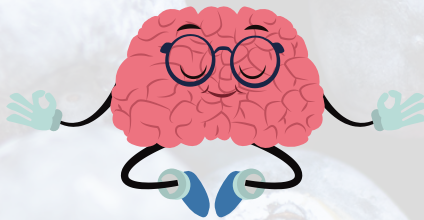
The test responses coincided with the frontal areas of the brain showing more activity there. This area is involved in “executive function” or making decisions and carrying them out. (Cont'd next page)

# BLUEBERRIES CONT'D

These findings support prior research which was also stunning in another blueberry study. It showed short-term improvements in 7-10 year old children in executive functioning, verbal memory and mood 1.15, 2, 3 and 6 hours after consumption of a beverage containing 127-253 mg of anthocyanins from the blueberries.

Regarding the adults, we also experience brain benefits from blueberries. I think one brain exercise would be to state that 5 times! A study of healthy older adults, age 68- 75 years found consumption of as low as 7 mg of anthocyanins increased cognition, mood, and decreased blood pressure in 2-4 hours. 14 mg was needed to decrease blood pressure, still a small dose.

The current research on berries and the quick and positive response of the brain was impressive. Berries for breakfast? A very good idea! Stayed tuned for other tidbits about berry benefits in future newsletters!





*oatmeal cookies*



[CLICK HERE FOR THE RECIPE](#)

## *GLUTEN FREE OATMEAL COOKIES*

*PERFECT FOR THE GLUTEN SENSITIVE, THESE OATMEAL COOKIES ARE A GO-TO RECIPE IN OUR HOME. WITH A CHEWY CENTER, CRISPY EDGES AND POCKETS OF CHERRY + DARK CHOCOLATE, YOU'RE IN FOR A TREAT.*

[WWW.SIMPLYDRE.COM](http://WWW.SIMPLYDRE.COM)

# A NOTE ON MEDICAL COVERAGE / 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.

**YOU  
NOT  
HE**

*Les Brown - Author*

*In every day, there  
are 1,440 minutes.  
That means we have  
1,440 daily  
opportunities to  
make a positive  
impact.*

*stay positive....breathe...*

**OF  
THE  
DAY**

# CEREBRAL ALLERGIES

Are you tired and irritable all the time? Do you “fly off the handle” for no good reason? Do you experience mood swings? Jekyll and Hyde behavior? Do you fall asleep after meals? Do you crave certain foods? Then you may be suffering from food allergies. Until recently, few food reactions were recognized. It has now been discovered that moods and behavior can be affected by eating foods you may be sensitive to.

If a person eats a food that he/she is sensitive to, a series of reactions take place. Often, blood sugar levels drop drastically. This alone can cause fatigue, shaking, anxiety, nervousness and cravings for sugar. Some people who feel they have “reactive hypoglycemia” really have food allergies. By eliminating the offending foods, their hypoglycemia is “cured.” The hypoglycemia induced by a food allergy reaction can cause a slight swelling in the space between the brain and the skull. This increases pressure on the brain and can cause behavior changes such as fuzzy thinking, irritability, depression, confusion, inability to concentrate and hyperactivity in children. This phenomenon is called cerebral allergy and can be responsible for mood changes to epilepsy and schizophrenia.

Unfortunately, most of the people suffering from this malady either ignore the problem or are sent to a psychologist or psychiatrist with little benefit. It is also unfortunate that many physicians who are not well versed in nutrition and nutritional therapy will miss this diagnosis. In many cases, the patient can find complete relief by eliminating foods causing this reaction.

If you have any further questions about food allergies, we would be happy to answer them and provide further information for you.

# TOOLS FOR HAPPINESS

It's no secret that the holidays can bring on stress, anxiety and even depression. We want to arm you with some information to take control of your happiness and help to increase your quality of life. Below are some blogs we've published in the past that are very fitting for this season. Know that if you are struggling, we are here for you. All you have to do is call the office and we can get you an appointment as soon as possible. We want to give you a gentle reminder to take care of YOURSELF too. You cannot pour from an empty cup. Click on the link below for more.

[Anxiety: Natural Solutions](#)

[Controlling Blood Sugar This Holiday Season with Chromium](#)

[DEPRESSION: Beating the Blues Naturally](#)

[Low Dose Naltrexone: Using An Old Time Drug To Stop Your Body From Attacking Itself](#)

**“The secret of getting ahead is getting started. The secret to getting started is breaking your overwhelming tasks into small manageable tasks, and then starting on the first one.”— Mark Twain**



# STAYING HEALTHY

*during colder months*

## **DR. MARZELL'S SHOO FLU FORMULA**

### First Symptoms of Being Sick

Vitamin D 20,000 iu for 2-3 days, then decrease to  
10,000 iu for one week, then 5,000 iu daily  
Selenium 400 mcg. Daily for 4-5 days, then 200 mcg  
daily

Zinc 100 mg daily for one week; then 50-75 mg daily  
Vitamin C 1,000 mg three times a day; decrease 500 mg  
as you feel better daily

## **COVID SUPPLEMENT PROTOCOL**

### After Symptoms Appear

Vitamin D 20,000iu x 4days, then 10,000 x one week;  
then 5,000 iu daily

Vitamin C 1000 mg 3-4 x a day

Quercetin 1000 mg 3-4 x a day

Curcumin 2 capsules twice a day

Zinc 100 mg x 1-2 weeks; then 50- 75mg

Melatonin 6mg before bed

Selenium 400 mcg x 3-4 days; then 200 mcg



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.

# NOVEMBER + DECEMBER CLINIC HOURS



reminder:



## Clinic Schedule:

**Monday:** 8am-5pm (Telehealth appointments)

**Tuesdays:** 9am-1pm ( \*In patient office visits - messages checked throughout the day)

**Wednesday:** 8am-5pm (Telehealth appointments)

**Thursday:** Clinic is closed

**Friday:** 8am-5pm (Telehealth appointments)

\*Tuesdays Dr. Marzell is physically in the office for in-office exams and supplement pick ups. This is also when your supplement order will ship. All in-office patients are asked to arrive wearing a mask. Supplement pick ups are arranged through the office for a pick up time to reduce exposure and allow us sufficient cleaning time in between patients.

## Upcoming Out of Office Hours:

**Thursday November 24th and 25th:** The office will be closed in observance of Thanksgiving. We wish you a grateful and joyous time. Messages will be checked for urgent issues.

**Monday December 26th:** Our clinic will be closed in observance of Christmas.

**Friday December 30th:** Our office will be closed.



FIND US ON  
SOCIAL MEDIA



[CLICK HERE: INSTAGRAM](#)

[CLICK HERE: FACEBOOK:](#)

[CLICK HERE: PINTEREST](#)