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## Spring Newsletter 2023

April is Irritable Bowel Syndrome awareness month, Stress Awareness month & National Garden month. We are bringing you tips and tricks for your garden, natural ways to cope with stress and how to help heal your gut.

# 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

# SPRING CLEANING: NOT JUST FOR THE HOUSE

Spring cleaning isn't just for your house. Spring is a great time to spring clean your mentality, environment and habits. As we move into the season of growth, we wanted to give you a gentle reminder to evaluate what is and isn't serving you.

3 ways to Spring Clean:

- Go through your social media accounts. Reflect on each account you follow and really ask yourself how that content makes you feel. If it doesn't add to your life positively, time to hit that unfollow button.
- Be conscious of the habits you are choosing and meditate on if they are serving you. If they aren't, begin to make small changes to cut them out of your lifestyle to make room for better habits.
- Digital clutter is a thing. Put time aside to tackle your email inbox or desktop and delete/back up anything you don't need immediate access to. You will feel so much lighter.

[For more ideas and to read the rest of the blog, click here.](#)



# CURRENTLY LOVING

## GARDENING TIPS

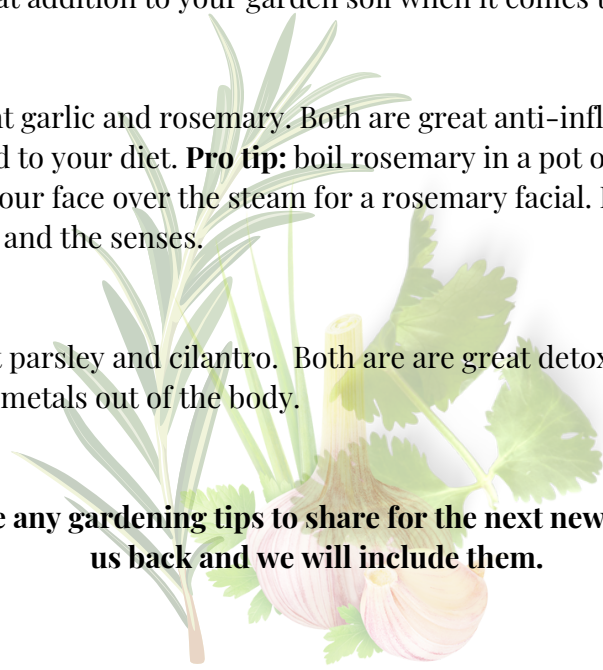
Spring is the time to plant and we couldn't be happier to share some of our favorite gardening secrets. This will be a new addition to our newsletters but a staple moving forward. We encourage you to grow your own food, and de-stress by working in the garden.

**Tip#1: Soil:** Save those eggshells for your garden. After you crack them, place them in a bowl to dry. Once dried, throw them into a blender and grind it to a powder then sprinkle onto your garden bed. You can also crumble the eggshells by hand and sprinkle them on your garden bed to deter slugs and other bugs from crawling around. Used tea bags also make a great addition to your garden soil when it comes to adding nutrients.

**Tip#2:** Plant garlic and rosemary. Both are great anti-inflammatories when added to your diet. **Pro tip:** boil rosemary in a pot of hot water and place your face over the steam for a rosemary facial. It's calming on the skin and the senses.

**Tip 3:** Plant parsley and cilantro. Both are great detoxifiers and grab heavy metals out of the body.

**If you have any gardening tips to share for the next newsletter, email us back and we will include them.**



# Compounded Scripts



If you are new to compounded prescriptions, congratulations! One of the many benefits of being on a compounded prescription is that the formula and dosages are tailored uniquely for you. Unlike other medications, it is made to order vs mass produced. This means that your medication is not sitting on a shelf losing potency.

A gentle reminder that being on a compounded prescription does require a little extra care on your part. As your medication is formulated just for you, the pharmacy does not pre-make the formula. You will be responsible to notify the pharmacy when you are getting low and call them for a refill about 1.5 weeks **before** you are out of your medication to allow for the compound to be made and shipped to you without lapse.

If the pharmacy notifies you that you do not have refills on file, it is because you are either due to check in with Dr. Marzell or lab work is needed for refills. This is another reason why calling the pharmacy early will benefit you so we can help.

# THE AMAZING BENEFITS OF L-GLUTAMINE?

*L-glutamine is one of our favorite supplements for gut health.*



L-Glutamine is a naturally occurring amino acid found in protein foods like eggs, beef and tofu. It is the most abundant amino acid in the blood stream. While our bodies can make L-glutamine on its own and is ingested through foods, our bodies use so much of it that supplementation can be very beneficial.

L-glutamine is also a powerful amino acid for gut health. The intestinal tissue lining uses L-glutamine to create a strong surface for digestion and nutritional absorption.

Supplementing with L-glutamine is the most effective treatment for repairing and healing the gut lining and a helpful remedy for those suffering from leaky gut, malabsorption, or inflammatory bowel disease (IBS, Crohn's, Ulcerative colitis) and diverticulitis. It works by tightening the open junctions and triggers them to create more mucus needed for proper protection.

*Continued on the next page.....*

# THE AMAZING BENEFITS OF L-GLUTAMINE? CONT'D

L-glutamine is a wonderful supplement to take daily or intentionally after the ingestion of antibiotics as antibiotics can negatively impact the gut microbiome and metabolic activity.

Studies show that L-glutamine can also work with and enhance the immune system, benefitting the whole body and combatting inflammation. It acts as a fuel source for immune cells including white blood cells.

If you want to improve gut health, heal from antibiotics or suffer from other GI related issues, consider the benefits of L-glutamine.



# Sale!

THIS MONTH WE ARE FEATURING L-GLUTAMINE.



*Take \$4 off a Bottle*

WHEN YOU ORDER THROUGH OUR CLINIC.  
GIVE US A CALL AND WE CAN SHIP YOU  
SOME.

OFFER VALID UNTIL END OF MAY 2023.  
PLEASE CONSULT WITH YOUR DOCTOR BEFORE STARTING YOUR SUPPLEMENT ROUTINE.



# recipe of the month

## SHITAKE HOT AND SOUR SOUP RECIPE

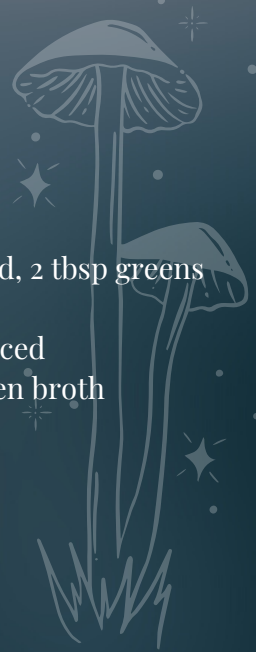
Here is a recipe from [Chef Ming Tsai](#) who presented this wonderful soup on the [Dr. Oz Show](#). He stated that he eats this all the time and is never sick! It is loaded with good things for the immune system; shiitake mushrooms, ginger, garlic, and chicken broth. Besides that it is yummy.

### SHIITAKE HOT AND SOUR SOUP

- 1 tbsp grapeseed oil
- 1 jalapeño, minced with seeds
- 1 tbsp minced ginger
- 1 tbsp minced garlic
- 2 bunches scallions, green and white parts sliced, 2 tbsp greens reserved
- 1 lb shiitakes, stems removed and tops 1/4-in sliced
- 2 1/2 quarts chicken stock or low-sodium chicken broth
- 2 tbsp naturally brewed soy sauce
- Juice and zest of 2 lemons
- 1 block silken tofu, cut into 1/2-inch cubes
- 2 cups shredded carrots
- Freshly cracked black pepper

### Directions

In a stockpot over medium-high heat, add oil and swirl to coat the bottom. Add jalapeño, ginger, garlic and scallions. Sauté until aromatic, about a minute. Add shiitakes and sauté 2 minutes, until softened. Add stock and soy sauce, bring to a simmer and reduce by 20%, about 5 minutes. Add lemon juice, tofu and carrots and cook gently for 2 more minutes to heat tofu through. Season with black pepper. Ladle soup into serving bowls and garnish with reserved scallion greens and lemon zest.



# 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.

# MAN TR A

*Quote by Emily Silva*

*"As the sun rises, it shines its light on the dew on the grass and leaves, making nature sparkle to welcome the new day. Every morning, the dew just sits there waiting for the sun to shine. The two create a beautiful welcome, the beauty of a new day. How will you sparkle today? How can you bring your light to things that seem ordinary? Your light is as glorious as the sun. Create sparkle and give light wherever you go."*

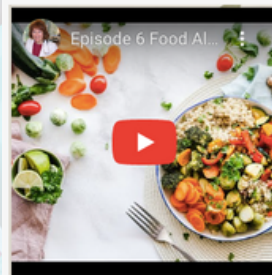
*find her book on Amazon*



# OF THE DAY

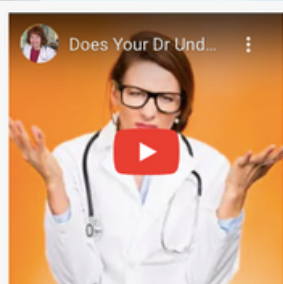
# RECENT PODCASTS

*Have you been listening to Dr. Marzell's podcasts? They are educational dotted with humor and explained in a way that makes sense. Give them a listen and don't forget to share them with your friends. We look forward to creating so many more!*



**EPISODE 6: FOOD ALLERGIES - HOW TO MAKE PEACE WITH FOOD**

*[Click here to listen now](#)*



**EPISODE 3: DOES YOUR DOCTOR UNDERSTAND HORMONE THERAPY? PART 1**



**EPISODE 9: PERIMENOPAUSE - USING HORMONES IF YOU HAVEN'T REACHED MENOPAUSE YET**

# HOW TO GET RID OF ANTS NATURALLY

## KEEP THEM OUT OF THE GARDEN AND YOUR HOUSE

Avoid putting chemicals in your home and garden with these natural remedies.

There are many natural ways to help eliminate those pesky ants from getting into your home and eating your precious food.



Cinnamon will send an eviction notice to ants on your premises. If you are an essential oil lover, mix water and cinnamon essential oil onto a cloth and wipe down your counters or entry points with the mix to keep ants at bay.

You can also use ground cinnamon at the entry points to repel ants. Keep in mind to replace it every week or so as it will dry out and become less effective. Works like a charm and no chemical residue left in your kitchen! You can also sprinkle cinnamon on your house plants or in your garden to waive away aphids and ants.

### RID YOUR HOME OF ANTS USING BORIC ACID:

1 Cup sugar

3 Tablespoons Boric Acid

# Cups Warm Water

Instructions: Mix the sugar and the boric acid well. Slowly add in the water while mixing continuously to avoid lumps. Store for up to several months. When you are ready to use, pour some in a jar lid filled with cotton balls and place the cotton balls on your window sill or in your garden. Ants be gone!



# STAYING HEALTHY

## *Supplement Protocol*

### **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 20,000 iu x 4 days, 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.

# CLINIC HOURS



reminders:



## 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.

# R<sub>x</sub>

**Prescriptions:** Please contact your pharmacy if a refill is needed so that they can send us a request by fax. These requests are essential and added to your chart. Our fax number is 833.643.1228. Should your pharmacist notify you that there are no further refills available, it is likely because you are due for labs or to check in with Dr. Marzell for further refills. Once the pharmacy has faxed us, please expect a call from our office so we can arrange an office visit if one is needed.



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