

SYNERGY TIMES

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Have a Health Holiday!

For those people that have a tough time saying no to food during the holidays, we recommend Hoodia. By working to suppress the appetite, we can eat our favorite dishes, just not as much. Hoodia is a cactus extract that has no effect on blood sugar or heart rate. It is strictly an appetite suppressant. One or more tablets can be taken 30 minutes before meals to safely reduce hunger. And for those carb lovers, try Phase 2 carbohydrate blocker and make sure you don't out grow your clothes during the holiday season.

Keep low Stress this Season

The holidays are designed to be a fun time spent with loved ones. As great as this is, it can also create a lot of stress. From parties, to relatives, to the economy, Theanine can provide a safe effective solution to calm things down so the time spent can be enjoyable. Theanine is an amino acid derived from green tea that does not cause drowsiness but does relax the nervous system. We offer 100,200, and even 500 mg for those really tough in-laws.

How Much D?

There is so much information out today about the benefits of Vitamin D. How much is enough? The problem is the testing for vitamin D is relatively unreliable. Some check for D2 (plant form) and D3. Others do not take into account region or skin type when developing reference ranges. We would like to recommend reading these two web articles that follow this information before having your next D test done. Also remember that any prescription form of vitamin D will be D2, as it is the only FDA approved form.

We suggest keeping intake below 5,000 I.U. unless tested and no more than 10,000 I.U. if found to be low.
www.paleonu.com/panu-weblog/2009/10/29/vitamin-d-test-accuracy-and-variation.html

www.aacc.org/publications/cIn/2009/july/Pages/CovStory1July09.aspx



Synergy News

- We still offer Natura World imperfect mattresses. They make a perfect Christmas gift at a fraction of the price!
- We also are offering 30% off of all Natura World organic mattresses through the month of December
- Coming Soon: Klair-Labs women's complete probiotic with an amazing 100 billion CFU bacteria count
- New Bluebonnet Methyl B-12 sublingual tablets sweetened with Earth-sweet. Available in 1000 or 5000 mcg.
- Also, we have Bragg's organic all natural apple cider vinegar drink with organic honey.
- Just a reminder to any patients of local integrative physicians that we offer 20% off of practitioner supplements

Just to clarify, we offer Gift Certificates in any dollar amount. A perfect gift for the Holidays!

Manuka Honey May Fight Infections

Though the antibacterial properties of manuka honey are well known, Rowena Jenkins and a team of researchers from the University of Wales Institute believe they have unearthed exactly why it may help fight bacteria. Their work suggests that manuka honey has a special component that may fight certain infections by eradicating the primary proteins found in bacteria. During the trial, methicillin-resistant *Staphylococcus aureus* (MRSA) was grown in a laboratory and was evaluated with and without manuka honey for a period of four hours. This study was repeated with sugar syrup to establish whether or not the effects were caused by honey's sugar content, as most bacteria cannot grow in a high-sugar environment. Last, the bacterial cells were broken and proteins were separated via a system that displayed each protein as a distinct spot. Looking for proteins is important because if bacteria don't have enough proteins to build their internal structures, they cannot survive. In fact, only negligible amounts of proteins were seen in the manuka honey-treated MRSA cells. One protein (FabI) was completely missing, which may indicate that lacking proteins necessary for bacterial survival is how manuka honey wards off infections. The sugar syrup group did not have the same result. This study is especially interesting because MRSA is resistant to many common antibiotics.