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Are You Compromising Your Health?

Every day your body is attacked by toxins. The exposure to chemicals comes from numerous sources including...

- Pesticides found on fruits and vegetables
- Non-organic meat and dairy products tainted with dioxins
- Fish that have high levels of mercury and pesticides
- Bisphenol-A and phthalates in plastic beverage bottles, tablecloths, shower curtains, plastic food wrappings, and plastic food storage containers
- Unfiltered well and city water
- Household cleaning products, cosmetics, perfumes, dry cleaning, carpet, and vinyl floors
- Furniture, air fresheners, mattresses, and shampoo

These toxins continue to build up in your cells, tissues, and organs each day. When your detoxification and elimination systems are overwhelmed, they are unable to handle the load of incoming toxins. This build up can...

- Compromise your overall health;
- Cause premature aging;
- Deteriorate brain function and vision; and
- Contribute to hormone imbalance, digestive problems, cardiovascular disease, and cancer.

Studies have shown that low-dose daily exposure to chemicals can especially affect women's health. These chemicals affect the hormonal system leading to such conditions as infertility, fibroids, endometriosis, fibromyalgia, thyroid disease, and more.

There is something you can do to reduce your toxic burden: detoxification. Like a car that needs periodic oil and filter changes, your body needs periodic detoxification to clean out all the toxins that have accumulated in your system over the years. If you feel progressively sluggish, tired, achy, and run down, maybe it's time for your "filter to be cleaned." Even if you feel fine, you should consider a detox program at least twice a year for continued good health.

The basic principle behind detoxification is to remove the toxins stored in your body. This is done by releasing chemicals from fat tissue, organs, and extracellular spaces that have been stored for years. Once they are released, they will re-enter the blood stream and will be metabolized through the liver. This is why it is critical during detoxification to support liver pathways. Next, the organs of elimination need to be supported to get the toxic byproducts produced from the liver out of your body.

I recommend the **Clear Change Program**. This program enhances your body's natural metabolic detoxification process

while providing adequate fuel for both cleansing and other daily activities, supporting energy metabolism and overall well-being.

Components of the Clear Change Program

The Clear Change Program is an easy-to-follow program that will get you on track to feel better and have energy in just ten days. Components include the **Metagenics Powdered Nutritional Product**, which provides you with all the nutritional support needed to be successful on the program, and **AdvaClear**, capsules that provide detoxification and antioxidant support and promote overall well-being.

Three Simple Steps

Step 1 (days 1-4) is the Initial Clearing. During this step you begin to eliminate potentially allergenic foods as summarized in the General Food Choices in your program manual.

Step 2 (days 5-7) focuses on Metabolic Detoxification. You will be eating from a limited menu and increasing supplements as indicated or recommended by your healthcare provider.

Step 3 (days 8-9) is the Reintroduction stage. In this phase you will slowly reintroduce approved foods while reducing supplements. Careful attention should be paid to any reactions you may have as you reintroduce foods.

After you complete the three steps you work on maintenance, continuing to slowly reintroduce food groups one at a time, waiting a day or two to see if you note a reaction. This scientifically formulated program is easy-to-follow and provides comprehensive patient support including a shopping list, sample menus, and recipes.

"Metagenics Clear Change Program makes me feel amazing! Prior to the first time I tried it last year, I was so nervous about feeling tired, hungry, crabby, etc. But you feel exactly the opposite. I noticed a significant positive change in my energy, my mood, my mental clarity, and the weight loss is just an added bonus. It is an important reminder how great my body and mind can feel when I give respect to my diet. Thank you Metagenics."

Getting healthier is important — and so is feeling your best. The Clear Change Program will show you how to do both. Step in to get started today!





Stacy Teer, PharmD

Support for Your Thyroid

The thyroid is one of the most important, and often mismanaged, glands you have working in your body. Located in the front of your neck, this butterfly-shaped gland secretes hormones that control some major functions including weight management, how you use energy, how you metabolize food, and even how you sleep. For women, hormones can shift out of balance during childbearing and menopause, and even under chronic stress, putting them at a higher rate of thyroid conditions than men, and at various times of life.

Healthcare practitioners frequently rely solely on blood tests and do not work through the delicate gray area between “your lab results are fine” and “let’s try prescription hormone therapy.” But only considering these extreme ends of the spectrum leaves you at risk for a lifetime of thyroid imbalance, and possibly more serious, even irreversible, thyroid conditions.

Before you begin to worry, let me reassure you that there are many ways to support thyroid health easily and naturally, utilizing food and nutrients to encourage proper functioning. The way you eat can actually help, or hurt, your thyroid gland. The nutrients your thyroid needs are easily accessible in many foods and dietary supplements. With the right information, you can make simple choices to improve thyroid health. Here’s how.

The thyroid gland needs specific vitamins and minerals to properly do its job. While each one of you is different, research shows that there are a few key nutrients that are highly valuable for everyone.

Iodine (I): This is the most important trace element found in thyroid functioning. Without iodine, your thyroid does not have the basic building blocks it needs to make the necessary hormones to support all of the tissues in the body. Thyroxine (T4) and Triiodothyronine (T3) are the most essential, active, iodine-containing hormones you have. This is something you can easily improve by eating more iodine-rich foods like kelp, haddock, shrimp, salmon, oysters, sardines, and iodized sea salt.

Selenium (Se): This element is indispensable to your thyroid in several ways. Selenium-containing enzymes protect the thyroid gland when you are under stress, working like a detox to help flush oxidative and chemical stress, and even social stress—which can cause reactions in your body. Selenium-based proteins help regulate hormone synthesis, converting T4 into the more accessible T3. These proteins and enzymes help regulate metabolism and also help maintain the right amount

of thyroid hormones in the tissues and blood, as well as organs such as the liver, kidneys, and even the brain. Selenium also helps regulate and recycle your iodine stores. These are all very important functions. Selenium is found in tuna, mushrooms, beef, sunflower seeds, halibut, and soybeans.

Zinc (Zn) and Copper (CU): These trace metals are vital to thyroid function. Low levels of zinc can cause T4, T3, and the thyroid stimulating hormone (TSH) to also become low. Research shows that both hyperthyroidism (overactive thyroids) and hypothyroidism (under active thyroids), can sometimes create a zinc deficiency leading to lowered thyroid hormones. You can get zinc by eating beef, turkey, lamb, soybeans, walnuts, sunflower seeds, almonds, split peas, whole grains, and maple syrup.

Copper is needed to help produce TSH, and maintain T4 production. T4 helps cholesterol regulation, and some research even indicates copper deficiency may contribute to higher cholesterol and heart issues for people with hypothyroidism. Crabmeat, oysters, lobster, beef, nuts, beans, tomato paste, and dark chocolate all contain copper.

We also have a great product available in our supplement line called **Thyroid Support with Zinc**. This comprehensive formula supports healthy thyroid function and includes kelp (as a natural source of iodine), selenium, zinc, and copper. Take two vegetarian capsules daily (just 63¢ per day) to keep your thyroid healthy and functioning properly.

THE BEST MEDICINE... LOL

Doctor: I have some bad news and some very bad news.
Patient: Well, might as well give me the bad news first.
Doctor: The lab called with your test results. You only have 24 hours to live.
Patient: Twenty-four hours! That’s terrible! What could be worse? What’s the very bad news?
Doctor: I’ve been trying to reach you since yesterday.

A man speaks frantically into the phone, “My wife is pregnant, and she is about to have the baby!”
“Is this her first child?” the doctor asks.
“No!” the man shouts. “This is her husband!”



The Key to a Healthier Diet in 2015... God-Packaged Food

Many of you have made New Year's resolutions to eat healthier. When trying to become healthier, a sure way to tell if a food is a good choice is to look for "God-packaging".

God-packaged foods are whole fruits and veggies that are purchased looking the way they grew. God-packaged foods are bought whole and processed in kitchens, not in factories. An apple looks like an

apple. Rice has the hull on it. A green pepper hasn't been cut up yet. You can also choose to eat animal products (meat, chicken, eggs, dairy, fish), raw nuts and seeds, and whole grains that are minimally processed.

So many modern foods are packaged in a factory. To choose healthier options when you buy factory-packaged foods, look for an ingredients label with few ingredients and only food-sounding ingredients (i.e. no artificial chemicals). *Do you want to eat real food or pseudo-food?*

Keeping your blood sugar stable helps prevent modern diseases like obesity and diabetes; therefore, *try to buy products with nutritional labels that show the number of grams of fiber plus the number of grams of protein (blood sugar stabilizers) equals more than the number of grams of sugar (blood sugar de-stabilizers). In other words...*

FIBER + PROTEIN > SUGAR

These are some simple ways to determine what foods to eat for optimal health. If you have questions, please stop in and ask us. To your health!

Nutrition Facts	
Serving Size - 1/4 cup (41g)	
Servings Per Container - about 6	
Amount Per Serving	
Calories 140	Calories from Fat 10
% Daily Value*	
Total Fat 1g	2%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 20mg	1%
Total Carbohydrate 29g	10%
Dietary Fiber 6g	24%
Sugars 1g	
Protein 6g	+
Vitamin A 25% • Vitamin C 4%	
Calcium 6% • Iron 15%	
<small>*Percent Daily Values are based on a 2,000 calorie diet.</small>	

“A goal is not always meant to be reached, it often serves simply as something to aim at.”

- Bruce Lee

Do you have any goals set for 2015? We challenge you to pick at least one, write it down, and post it where you will see it throughout the year.

Biblical Health Tip... Healthy Satisfaction

You may find yourself looking for satisfaction or pleasure in eating and end up overeating, especially during the holidays. Here are some healthy eating tips:

- Don't feel obligated to eat everything on your plate,
- Chew slowly and taste the flavor,
- Eat to nourish and energize your body, and
- Find real satisfaction in a relationship with God instead of food.

The Bible says ...

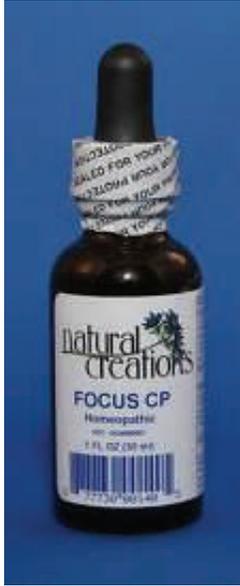
Psalm 63:1, 5 – O God, you are my God, earnestly I seek you; my soul thirsts for you, my body longs for you, in a dry and weary land where there is no water. My soul will be satisfied as with the richest of foods; with singing lips my mouth will praise you.

Back to School Help for ADD/ADHD Sufferers

Now that the holidays are over and the kids are back to school, you may find that your ADD/ADHD sufferer needs a bit of support. We have an effective and safe supplement available without the major side effects of commonly used prescription medications: **FOCUS** drops from Natural Creations.

This homeopathic product was designed to support mental clarity and the ability to start and finish the task set before a child who sometimes struggles with staying focused. Focus CP is a non-alcoholic, cherry-flavored liquid designed for kids. Children should take one drop of Focus CP per year old in the morning. Meaning a six year old would take six drops.

For teens or adults who suffer from ADD/ADHD, try Focus HP instead. Take ten drops once or twice daily as needed.



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Boudreaux's
NEW DRUG STORE
The Problem Solvers

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