

Summer

2013

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Delicious Summer Berry Smoothie

Nutritious, Quick,
Antioxidant, Protein Packed,
Anytime, Anywhere Meal or
Snack!!!

Ingredients:

- 1/2 cup Blueberries
- 1/2 cup Strawberries
- 1 Banana
- 2 cups Coconut Milk
- 2 T Greek Plain Yogurt
- 1 T Ground Flax Seeds

1 scoop Greens Powder
1 scoop Protein Powder
**The Yogurt and
Ground Flax Seeds are
Optional. Substitute other
seasonal fruits as desired.

In a blender mix fruit,
yogurt, coconut milk, greens
and protein powder and
ground flax seeds.

Add 2 crushed ice cubes
to change the texture and
make it frostier or add more
coconut milk to make a
smoother shake.



Success:

2013

"Most people judge their success primarily in relationship to finances. However, money is only useful in this lifetime. It is not taken to Heaven as it has no meaning there. The ancients state that a successful life is genuinely loving who we are and what we do. It is generated from our hearts—not our heads. Success is our heart singing and our soul soaring. It is when our spirit and our minds meet as one, co-creating our own unique life canvas.

Remember: success is a career of the Seven C': consciousness, caring, creativity, cooperation, courage and commitment."
Universal Truths 1997

More Reasons to Love Chocolate!!

- * The Flavonoids in cocoa help balance blood pressure and reduce blood clotting.
- * Drinking cocoa drinks rich in flavanols improves blood flow to the brain for over two hours.
- * Chocolate improves mood and eases premenstrual symptoms.
- * Flavonoids in chocolate also improve blood sugar levels and help prevent cell damage.
- * Eating a square of dark chocolate daily may reduce the risk of heart attack by 50%.
- * Diets high in flavonoids—such as found in dark chocolate—lower LDL cholesterol and raise HDL cholesterol—which is protective.
- * A UK study showed that the theobromine content in cocoa may be more effective as a cough medicine than pharmaceutical treatments.

Yes, a little chocolate is good for you—just make sure to go for a cocoa content of 65% or more with minimal processing. Dr. G.

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Be Well



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What is the Buzz about Co-Q10?

Coenzyme-Q10 is a fat soluble compound found in cell membranes and lipoproteins. It is an important antioxidant protecting our cells against damage from free radicals. CoQ10 is part of the electron transport chain in the mitochondria of our cells involved in energy production of ATP. During this energy production process the reduced active form of CoQ10 is Ubiquinol. After the age of 35 the bodies ability to reduce this enzyme declines rapidly. Type 2 Diabetes, Congestive Heart Failure and Hepatitis has been linked to lower serum levels of Ubinquinol. It is also estimated that 30 to 50 percent of people have a genetic marker—single nucleotide polymorphism (SNP)—which reduces the ability to convert CoQ10 to Ubiquinol. Supplementing with the reduced form of CoQ10 would bypass this problem.

Safe levels of CoQ10 supplementation has been documented at 30 to 100 mg per day. People taking statin drugs which block the formation of cholesterol in the body also blocks the production of CoQ10. Thus CoQ10 supplementation once or twice a day is prudent. This enzyme is also beneficial in treating hypertension. Studies have shown that CoQ10 supplementation lowers both diastolic and systolic blood pressure. To supplement or not to supplement? CoQ10's health benefits uphold its cost at the supplement counter.

Dr. Gurski