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December 2008

PANGEA NATURAL HEALTH NEWSLETTER

Welcome to Winter!

It is with great pleasure that I announce the very first issue of the Pangea Natural Health Newsletter! As winter settles in, I settle in with my pen and ideas—with hopes to share some interesting and informative health tidbits with you and your family.

My goal is to write about a broad range of health topics in a number of formats. You will find recipes, stories, current health research, general wellness advice, Ask Dr. Chanté, and more. If you have specific questions you would like me to address, send an email to chante@pangeanaturalhealth.com. I will try to respond in my next newsletter for the benefit of the entire community.

The holiday season is a time for joy, sharing, and family. It may also be a time for change. As the clock strikes midnight and we ring in the new year, some of us will choose to make the notorious “resolution.” What is a resolution? An intention to make different choices or to set out on a new path... Often, upgrading your personal health is part of this plan. I urge you to put your health first this year—good health is the foundation for leading your best life. Finding true wellness can be like trying to see in a dark room...it can be challenging at first, but as your eyes adjust you discover a whole new world. It is well worth it!

I wish you and your family much health and happiness in the coming new year!

Be well,
Dr. Chanté

P.S. If you have any interest in becoming a patient at Pangea Natural Health but would like more information, you can always call me for a free, 15 minute consultation. There is also a plethora of info on my website at www.pangeanaturalhealth.com.



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I am available to speak to your group or business on health related topics. Please contact me for more information

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Ask Dr. Chanté

Q: What exactly is a naturopathic physician?

A: A naturopathic physician is trained as a primary care general practitioner with expertise in natural and holistic medicine. Naturopathic physicians perform physical examinations, laboratory testing, nutritional and dietary assessments, metabolic analysis, allergy testing, and other diagnostic techniques. They take the time to listen and get to know the whole person, then adapt natural treatment approaches to fit a person's needs. Naturopathic physicians cooperate with all other branches of medical science, referring patients to other healthcare practitioners for diagnosis and treatment whenever appropriate.



Today's naturopathic physicians artfully blend modern cutting-edge diagnostic and therapeutic procedures with ancient and traditional methods. Because naturopathic physicians believe in understanding patients from the cellular-level up, they actively pursue the latest biochemical findings relating to the workings of the body and the dynamics of botanical medicines, nutrition, homeopathy, and other natural therapies. These physicians are succeeding in their goal to present the world with a healing paradigm founded on a rational balance of tradition, science, and respect for nature.

FOCUS ON: Specialty Laboratory Testing

I have found specialty laboratory testing to be of great benefit when treating patients, especially those with chronic health issues. Why are they called "specialty" lab tests? I use this word to differentiate them from the conventional lab tests run at most local labs and hospitals (such as cholesterol, blood glucose, etc.). Specialty labs provide cutting edge information about hormonal, metabolic, nutritional, and neurotransmitter imbalances. Some of these tests include:



- Urinary/Salivary female and male hormone testing (more accurate than blood testing in my experience)
- Adrenal Health (identifies deficiencies or excesses in cortisol production, a major stress hormone in your body tied into sleep, energy levels, immune system functioning, inflammation, and more)
- Detoxification Capacity (your body's ability to detoxify external toxins and internal metabolites)
- Antioxidant Status (antioxidants fight free radicals and are an important part of slowing down your body's aging process)
- Metabolic and Nutritional Deficiencies (may be inborn or acquired; implicated in chronic health complaints)
- Food Sensitivities (identifies food reactions taking place in your body that may be causing chronic health complaints)
- Comprehensive Digestive Analysis

These are just a smattering of the many specialty tests that are available. Combined with an extensive health history/intake, physical exam, and conventional labs, specialty tests allow for more targeted, comprehensive treatment.

Some of the reputable companies I work with include Metametrix, US Biotek, Diagnostechs, Labrix, Meridian Valley, and Alcat. Please contact me for more information!

Real Recipes (simple recipes for real people)

Sweet Apple Walnut Kale

—from “Feeding the Whole Family” by Cynthia Lair

1 bunch kale

2-3 tbsp butter (or 1 tbsp vegetable oil for non dairy option)

1/2 apple, very thinly sliced

1/2 cup walnuts, coarsely chopped

1 tbsp unrefined cane sugar or brown sugar

2-3 tbsp apple juice or cider

1 tbsp tamari or soy sauce

2 tsp apple cider vinegar

Pull away the kale leaves from the stems before washing. Wash thoroughly in cold water. Tear or cut into bite size pieces.

Melt butter in large skillet over medium low heat. Add walnut and apple and sauté for a few minutes.

Sprinkle cane sugar over walnuts and apples so they are evenly coated. When apple is soft, add kale leaves and sauté on medium heat until leaves are a bright green.

In a small bowl, combine juice and tamari. Pour into skillet and cover. Cook until leaves are tender, 5-7 minutes. Dress with vinegar before serving.

***Kale, like other dark leafy greens, is rich in vitamins A and C, folic acid, calcium, and iron. ***

What does PANGEA mean?

Pangea (alternate spelling Pangæa) was the unified landmass that existed in earth’s history before the continents separated.

This name was chosen for its implication of WHOLENESS, one of the main tenants of naturopathic medicine. The totality of the human individual must be taken into account in healing. This includes recognizing the interconnectedness of the seemingly separate systems/organs within the body, as well as the relationship between mind, body, spirit, and environment. In addition, the name literally translates to “all (pan) earth (gaia).” Our earth’s wellness rests on the health of the natural environment which includes every one of us living here. It is imperative that we take ownership over our personal wellness.



7 Core Principles of Naturopathic Medicine

1. Identify and treat the underlying cause of disease
2. Use the least invasive therapy available
3. Treat the whole person
4. The healing power of nature
5. The doctor as teacher
6. Whole body wellness
7. Prevention

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Licensed naturopathic doctors receive four –five years of graduate level doctoral education in accredited naturopathic medical universities, including three years of clinical experience. Training includes basic medical and clinical sciences, as well as naturopathic philosophy and therapeutics.