



"What Can I Eat?"

by *Dr. Iva Lloyd, ND*

Many well-intentioned people have read many books and reviewed different websites looking for guidance on the ideal diet or latest trick to losing weight, fighting cancer or addressing an underlying health issue. With all conflicting information, most people are left wondering "What can I eat?" [Food intolerance testing](#), which highlights those foods that your body has a difficult time digesting, or [foods that cause an adverse reaction](#) can add to the problem. When we add in the concern with [genetically modified foods](#), [food additives](#) and preservatives and other [processed food](#), it can seem like eating is a struggle and there is nothing left to eat. It doesn't have to be that way. [Dr. Lloyd's](#) blog "[What Can I Eat](#)" provides guidelines to healthy eating.

"Change of Season Soup"

by *Dr. Anthony Moscar, ND*

With colder months approaching, many people will change their wardrobe to warm wool and add the extra blanket on their bed. Car tires will be changed for better grip and windshield wiper fluid will be switched for colder temperatures. Most aspects of life have a seasonal requirement needing preparations and so does our diet and medicine. To learn one way to prepare yourself, read [Dr. Moscar's](#) blog "[Change of season soup](#)".

What's Up in 2015?

The more awareness you have of what affects health, the healthier you can become. Each month in 2015 we will highlight a key [health factor](#) starting with [water](#) in January, [breathing](#) in February and [movement](#) in March. We will be offering free seminars and other information on each topic. Our **12 Months to Health** allows individuals to gradually introduce healthy habits into their life. [Check out our website](#) for more information and for a listing of the topics on a monthly basis. Space is limited -- so reserve your spot now by [contacting the clinic](#).

Clinic Update

Every month [Integrated Health Practitioner magazine](#) (IHP), a national magazine for health professionals, chooses one alternative clinic to highlight. In November our clinic was the IHP feature. [Click for a link to the article](#).

Research Update

The two main health topics in the news these days are the [concern with overuse of antibiotics](#) and the ongoing [controversy about vaccinations](#), especially the [flu vaccine for the elderly](#). We encourage you to stay informed. If you have any questions, please talk to one of our naturopathic doctors.

Seminar Schedule

We will be taking a break from seminars in December, but starting in 2015 we will be offering an even more expansive listing of seminars and talks. Check out our website for a [listing of upcoming seminars](#). If there is a topic that you would like us to cover, please let us know.