

Huycke for Health Newsletter: December 2010

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Published: December 7, 2010

From the Office

We hope all of you had a happy Thanksgiving and are looking forward to more celebrations this month. To keep well during this cold weather, limit your sugar and alcohol intake, dress in layers to avoid chills or overheating, and try to get plenty of sleep.

You can add a daily **Nucleotide** capsule to help boost your immune system (we have these at the office.)

If you have an appointment, and the parking lot is icy, please **PARK** on **either side** of the front walkway for easier access.

REMEMBER--if you need a prescription refill, please **CALL YOUR PHARMACY** and ask them to fax us a refill request. Make sure to do this at least **TWO WEEKS BEFORE** you are out of refills, since Dr. Huycke may need you to have labs or an exam before she can refill it.

If you need a 'STOP-GAP' prescription (i.e., you need an additional refill to 'tide you over' because you ran out of prescription medication) there will be a **\$35.00 charge**.

NEW TABLET HCG!

In addition to the hcg drops, we are now offering hcg tablets. These are taken once daily, do not require refrigeration, and cost less. If you are interested please call the office at 658-5570.

December Office Hours

Our office will close early on Thursday, December 23rd, and remain **CLOSED** until we re-open on Monday, January 3rd at 8 a.m. If you need **supplements** or **prescription renewals**, please make sure to ask for them by Dec 16th! 658-5570.

From The Doctor

Tired of aluminum toxicity from your antiperspirants? You can change to Jason's or Tom's brand, but they still have the opportunity to clog your pores. Another top-of-the-line option is frankincense essential oil. It's expensive, but allows the underarms to do their job while deodorizing. Only use the pure essential oil.

What substance decreases macular degeneration by three fourths? (answer below)

Microwaves are unhealthy if they leak. How does one test for a leak? Put a cell phone in the microwave (**DO NOT TURN THE MICROWAVE ON!**). Call that phone from an outside line. If the phone rings, you have a leak in your microwave. You should either get the microwave repaired (does anyone know of a microwave repairman?) or discard the unit.

If you have a titanium implant, take cilantro daily. An optimal way is to put cilantro in a spray bottle and spray the upper palate once a day.

Pregnant women pass along two-thirds of their body burden of mercury and heavy metals to their first-born. To prevent this toxicity, have the pregnant mother take large doses of chlorella (40 to 60 capsules per day) for 2 days per week. This is safe for both mom and babe, and when it is not detoxifying, it serves as a great source of minerals. Be certain that you have an excellent source of chlorella, as some sources are grown in conditions where the chlorella absorbs heavy metals before you ingest it. This does not serve any useful purpose, and may cause illness. **We have chlorella in the office, call 658-5570 to order.**

In Switzerland, a group of mothers gave their autistic children up to 120 capsules of chlorella per day for 6 months, and had a moderate to marked regression of their children's symptoms.

To lower your risk of cancer by one half, take 200 mcg. of **selenium** per day.

For folks with food sensitivities, an excellent resource for most recipes is **vegetariantimes.com**. There is a boxed area to the left of each recipe in which you can type your allergies, and the appropriate recipes pop up.

Finally, there is a company, Stetzer Electric Inc., which detects high frequency energy from electrical outlets. They do this with microsurge meters, which read the volts in an electrical outlet. Optimal measurements should be under 50. Our office will rent out this meter for \$5 per day, or you can purchase a meter for \$125. If you have high electrical readings, you may want to purchase filters from this company (it takes about 20 to remediate a home). This company is recommended from the **Public Health SOS book**, which spotlights hazards and solutions of electromagnetic pollution.

Answer to macular degeneration question: If you have a family history of macular degeneration, taking estrogen can help.

Sincerely,
Ann Huycke, MD, ND