

# Huycke for Health Newsletter: January 2011

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## Happy New Year to all of our patients

We appreciate your continued support and look forward to working with you to reach and maintain optimal health in 2011.

We would like to welcome **Charlene Ward** to our practice. Charlene will be replacing Michele at the front desk. (Michele's family is relocating to Denver.)

## From the Office

- We now have **HCG** in **TABLET** form. No need to mix or refrigerate. Call for details!
- We can **SHIP** supplements. Call 658-5570 to order.
- If you need a **PRESCRIPTION REFILL**, call your **PHARMACY**. They will fax us the request.

## In the Community

- **Jan 4th--Take This, Not That--Natural Remedies for Common Winter Ailments.**  
Dr Huycke will give a radio show presentation on her favorite supplements and medications for colds, flu, and winter 'blues'.

Time: 9p.m.

Location: Boise Community Radio, 89.9, INFUSIONS LIVE

- **Jan 20th--Dr. Huycke and Melody Edwards, PT, will give a joint presentation. Dr. Huycke will talk about causes and preventative methods for autism, ADD, and ADHD. Ms. Edwards will discuss the many effects of gluten intolerance on the body.**

The talk is **FREE**, but you must **RSVP** to reserve a space, since seating is limited. Please call **658-5570** to reserve your spot.

Time: 6:30 to 8:00 p.m.

Location: The Ground Floor, 136th East Idaho Avenue, Meridian, ID, 83642.

- **Jan 27th--Dr. Huycke will expand on her 'Take This Not That--Natural Remedies for Common Winter Ailments.' radio talk.**

Time: 7:00 p.m.

Location: PT 180, 5909 State Street, Boise, ID 83703

The talk is **FREE** if you sign up with PT 180 at 343-7700 to reserve a space.

## From the Doctor

**Happy New Year!** For your New Year's resolution, check your shampoo for the following undesirable agents and substitute for a more healthy option. Remember, anything that goes on your skin is absorbed as if you have eaten it. You could also scrutinize your creams, and makeups using the same standards.

- Propylene glycol: a cheap synthetic petrochemical that helps emulsify, it is a skin irritant that can age the skin.
- Sodium lauryl sulfate: a caustic detergent suds well. It is also an engine degreaser and garage floor cleaner. It ages and damages the skin and hair. It can cause cataracts even if it does not come into contact with the eyes.
- Fragrance: cheap toxic scents that can cause headaches, lung problems, skin irritation, dizziness, memory impairment, and rashes. They are trying to mimic the scents of the healthful essential oils.
- Mineral oil: a cheap petroleum-based oil that clogs the skin pores, enlarges them and leads to saggy skin.
- Parabens: cheap preservatives used to inhibit microbial growth. They are highly toxic and can cause skin rashes and allergic reactions.
- Imidazolidinyl and diazolidinyl urea: they release formaldehyde which is toxic, and cause rashes.
- Synthetic colors can cause allergies, skin and nerve problems. Avoid them. This also applies to hair coloring agents which are all toxic, except for some henna products.
- Triethanolamine (TEA): used to adjust the pH of the shampoo, it can cause allergic problems, dryness of the hair and skin, and can be toxic to the body if absorbed over time.

For airline travellers: the body scanners have back-scatter radiation. This radiation is absorbed very superficially on the skin. Compared to the airline flight, the radiation from the scanners is miniscule. However, there have been no long term studies on this technology. We don't know if there will be an increase in skin cancers. Until there is more evidence, it might be prudent to opt out of the metal-detector screening for the physical-search options.

Also, the amount of radiation from flying can be markedly decreased by flying at night.

Sincerely,  
**Ann Huycke, MD, ND**