

# Huycke for Health Newsletter: November 2010

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Published: November 1, 2010

## From the Office

The weather finally turned cold, and the leaves are gorgeous! to properly appreciate the fall, its important to stay well. Keep away from the sweets, since viruses and bacteria all feed on sugar--its their favorite food! Keep your ears and the back of your neck covered if you are out in cold, windy and damp weather. Stay well hydrated, get plenty of sleep and at least moderate exercise, and enjoy the upcoming holidays!

If you feel a cold coming on, stop by and pick up some nucleotides andoligo copper from our office--the dynamic duo that boosts your immune system and helps fight off colds and flus.

For those who don't like to drive in rain and snow:

1. WE SHIP PRODUCT! Place a phone order with your credit card and you will have your supplements in a few days.
2. Dr. Huycke offers TELEPHONE consults. If you need to speak to the doctor about a health concern and can't make it to the office, call 658-5570 so we can schedule you.

Dr. Huycke is now a Naturopath as well as an M.D.--check with your insurance company to see if they allow benefits for Natural or Holistic Medicine.

## Holiday Office Schedule

- During Thanksgiving week we will be in the office Monday and Tuesday ONLY.
- Our office will be CLOSED the week between CHRISTMAS and NEW YEAR's (December 24th to 31st) We will re-open for regular office hours on Monday, January 3rd. Please check your supplements and prescription medications and make sure you re-stock in plenty of time, so that you don't run out while we are away.
- Happy and Healthy Holidays to all!

## In the Community

- Dr. Huycke has started giving talks locally about the benefits of Natural Medicine. In November, she will discuss possible causes of ADHD, Autism, and HyperActivity, and recommend some Natural treatments for these concerns.
- Wed, Nov 3rd, 7:00 to 8:00 pm, at the Caldwell High School Auditorium, 3401 S. Indiana Avenue, Caldwell, ID, 83605
- Wed, Nov 10th, 7:00 to 8:00 pm, at Oregon Natural Market, 373 SW 1st Street, Ontario, OR, 97914
- There is no charge for these talks. For more information, please call the office at 208 658-5570.
- If you know of a group of 20 or more who are interested in Natural Medicine and would like a speaker, please call the office at 658-5570 and talk with Michele. Topics include Women's Health, Bio-Identical Hormones, Breast Thermography, Homeopathic Remedies for Common Childhood Ailments, Autism/ADHD, and more.

## From the Doctor

Don't eat your essential fatty acids and minerals together. They will make soap! Separate them and eat your EFA's with one meal, and minerals with another.

GMO corn shreds the intestinal lining of the insects, and it does our intestines as well. Organic only for this food.

A great book on electromagnetism is [Public Health SOS](http://PublicHealthSOS.org) which can be ordered from [electromagnetichealth.org](http://electromagnetichealth.org).

- Blue tooth is microwave radiation. There are no health effects for the first 5 years, but rapid decline after this.
- Blackberry seems to have the best electromagnetic profile, the I phone is the worst.
- Over 1 milligauss of electromagnetism is considered detrimental to health. Steel belted radial tires in cars generate 10 milligauss. Most cars expose the driver to 30 milligauss and that front passenger to 25 milligauss. The Prius exposes both front seats to 40 milligauss, and the backseat has 50 milligauss. Heated carseats have been reported to cause prostate cancer.
- Fluorescent bulbs, although they are supposedly environmentally friendly, contain mercury. If there is a bulb breakage, your home could be contaminated with this neurotoxin, and could require special clean-up crews for hazardous substances. If you decide to use them, when they burn out, they need to be taken to hazardous waste pick-up sites. Without this attention to disposal, there could be ground water contamination with mercury, if people dispose of these bulbs in the trash.

Finally, mothers have a tremendous ability to pass on their heavy metal toxicities to their babies. A great way to avoid this is to take 50 or 60 chlorella for 2 days per week during the pregnancy. It is great for mineralizing the baby, and there's no possibility of reabsorption of the heavy metals. I can only recommend BioPure chlorella at this time. Don't skimp and take 3 or 4 per day, you need high levels to really drive the metals out.

Sincerely,  
**Ann Huycke, M.D.**