

Functional Medicine is an evolution in the practice of medicine which addresses the health care needs of the 21st century.

By shifting the focus of medical practice to a patient-centered approach, Functional Medicine addresses the whole person and deals with the cause of your illness, not just the symptoms.

#### Our Pharmacists:



Laura Pfaffenberger,  
PharmD



Denise Orwick, RPh

#### Our Practitioners:



Shelley Roby, ARNP



Julie Heuser, ARNP

## Diabetes Can Be Reversed Through Major Diet and Lifestyle Changes

Diabetes is a life-altering imbalance of blood sugar metabolism that often leads to nerve damage resulting in blindness, amputations, and kidney disease; and it is a major contributor of heart disease. The mainstream media is just now catching on to what natural health advocates have been saying for years: type 2 diabetes can be reversed through dietary and lifestyle changes, and without the need for lifelong drug interventions. A recent report by CNN says that improving one's diet, keeping off excess weight, and regularly exercising can help people with diabetes get rid of it permanently.

"We have seen numerous people reverse their condition," said Dr. Michelle Magee, director of the MedStar Diabetes Institute in Washington. "But it takes a real dedication for the rest of their lives."

Typically, overweight or obese people who eat poorly and exercise little eventually develop type 2 diabetes. The conventional course of action is then to regularly watch blood sugar levels with a monitor and take daily shots of insulin, the hormone normally produced by the pancreas to process sugars but that is under-produced or non-existent in diabetics.

But by eliminating processed foods loaded with highly refined sugars, eating lots of whole organic foods, and getting regular exercise to maintain healthy muscle and fat levels, diabetics can actually get their bodies back on track to where they can once again naturally produce their own insulin, and even stop having to inject themselves with insulin every day.

But while diabetes is primarily a disease of excess - excess sugar and refined carbohydrates - it must also be understood that there are other factors that play a role as well.

For example, medical research is now shedding light on the fact that environmental toxicity can cause havoc in the endocrine system and negatively impact blood sugar metabolism. Likewise, how a person metabolizes proteins and carbohydrates can be a determining factor as well. Additionally, how the body copes under stress can also play a role.

Until recent years there was no easy way to determine who was at risk of diabetes and who isn't beyond just observing a person's diet. But new medical technology now offers a way to evaluate and assess a person's biochemical burdens by testing 11 different important biomarkers of health that can help us to determine why people might have diabetes or whether or not they are candidates to get it.

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Functional Medicine Assessment (FMA) with the revolutionary Solaris device quickly and easily assesses 11 different biomarkers such as protein metabolism, carbohydrate metabolism, adrenal stress, toxicity, and others. Assessed with a small urine and saliva sample, these biomarkers are vital in understanding a person's biochemical uniqueness and why they have certain conditions and/or symptoms. And with this understanding, we can then pinpoint specific weaknesses in patients and develop a lifestyle/nutritional protocol that is individualized to the patient's unique needs.

If you or a loved-one has type 2 diabetes, or any other condition that you would like help in assessing and treating, call us today to schedule a Functional Medicine Assessment.

## *What's New At Precision*



As a business and healthcare provider, we at Precision are always striving to be the best at what we do and bring the best offerings to our patients. Precision has recently been granted PCAB accreditation. PCAB was created by the leading organizations in the pharmacy profession for the purpose of recognizing those compounding pharmacies that have demonstrated their outstanding commitment to quality. Currently, there are only 100 PCAB Accredited pharmacies nationally. This designation ensures Precision's high commitment to quality and accuracy in all formulations. Precision now ranks among the best compounding pharmacies in the country for quality.

Precision is the areas only compounding pharmacy that is both PCAB accredited and a member of Professional Compounding Centers of American (PCCA). When you choose Precision you can be assured you are receiving superior products and service.

### **Reiki: Healing Touch Therapy**

Louise Motzenbecker has joined the Precision Compounding team to offer her skills as a Reiki master. Reiki is a form of healing touch therapy. It is different from a massage in that you remain fully clothed and there is no manipulation of body tissues or muscles. The Reiki experience is different for all who take part, however, the most common experience is a renewal of energy. This practice is generally used to promote stress reduction and relaxation.



Louise is offering an introductory special on Reiki sessions. Buy one, one-hour session for \$50, and receive the second free!

# Upcoming Events

## Talk Tuesday-April 19<sup>th</sup> @ 6:30

Free seminar with our health care providers.

### Seminar Topics:

- Importance of hormone balance
- Hormones and aging
- Differences between synthetic & bio-equivalent hormones
- Symptoms of hormone deficiency or excess
- Functions of hormones
- Options for testing your hormone levels



# Recipes

## Classic Lemon Bars

### Ingredients:

For the crust:

- Vegetable oil, for greasing
- 1 1/2 sticks unsalted butter
- 2 c all-purpose flour
- 1/4 c packed light brown sugar
- 1/2 c confectioners' sugar
- 1/4 tsp salt

For the filling:

- 4 large eggs, plus 2 yolks
- 2 c granulated sugar
- 1/3 c all-purpose flour, sifted
- 1 tsp grated lemon zest
- 1 c fresh lemon juice

### Preparation:

1. Make the crust. Position a rack in the middle of the oven and preheat to 350°F. Grease a 9x13 pan with vegetable oil and line with foil, leaving 2-inch overhang on all sides; grease foil with oil. Pulse the butter, flour, both sugars and salt in a food processor until the dough comes together, about 1 minute. Press evenly into the bottom and about 1/2 inch up the sides of the prepared pan, making sure there are no cracks. Bake until the crust is golden, about 25 minutes.
2. Make the filling. Whisk the whole eggs and yolks, sugar, and flour in a bowl until smooth. Whisk in the lemon zest and juice. Remove the crust from the oven and reduce the temperature to 300°F. Pour the filling over the warm crust and return to oven. Bake until the filling is just set, 30-35 minutes.
3. Let the bars cool in the pan on a rack, then refrigerate until firm, at least 2 hours. Lift out of the pan using the foil and



## French Toast

### Ingredients:

- 1 c half-and-half
- 3 large eggs
- 2 tbsp honey, warmed in microwave for 20 seconds
- 1/4 tsp salt
- 8 (1/2-inch) slices day old or stale country loaf, brioche, or challah bread
- 4 tbsp butter

### Directions:

1. In a medium size mixing bowl, whisk together the half-and-half, eggs, honey, and salt. You may do this the night before. When ready to cook, pour this custard mixture into a pie pan and set aside.
2. Preheat oven to 375°F. Dip bread into mixture, allow to soak for 30 seconds on each side, then remove to a cooling rack that is sitting in a sheet pan, allow to sit for 1-2 minutes. Over medium-low heat, melt 1 tbsp of butter in a 10-inch nonstick sauté pan. Place 2 slices of bread at a time into the pan and cook until golden brown, approximately 2-3 minutes per side. Remove from pan and place on rack in oven for 5 minutes. Repeat with all 8 slices. Serve immediately with maple syrup, whipped cream, or fruit.



## Whipped Cream

### Ingredients:

- 2 tbsp sugar
- 1 c heavy whipping cream

### Directions:

Place a metal mixing bowl and metal whisk into the freezer for 10-15 minutes. Place the sugar into the mixing bowl and add the whipping cream. Whisk just until the cream reaches stiff peaks. Store any unused portion in an airtight container for up to 10 hours. When ready to use, rewhisk for 10-15 seconds.