

News For Health Nuts

...‘Cause We’re Crazy About Feeling Good!

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Goodbye, Summer!

Well, it's that time of year again...

Leaves are beginning to turn. Mornings see young kids walking to the bus stop. School uniforms have replaced swimsuits, denim shorts and T-shirts in my house. Evenings are spent on homework, and video games are banished to the weekends.

Labor Day weekend, though, Russ and I took our boys to Pittsburgh for one last fun summer weekend ☺

We went to the Carnegie Science Center (my first time there). For anyone with small children (or medium-sized ones, like me!) it's an awesome chance to stand back and watch them play and learn.

After all, for kids, play IS learning! I watched my biggest kid (i.e. the one I married) and my smallest one work together to build an earthquake-proof building. I watched my mini-me (Chris, who is eleven), watch the planetarium show with fascination. I love to look at the stars too, and wonder what's out there.

We saw the biggest model train set I've ever seen! (I texted a picture of it to my friend, our nurse practitioner Donna, whose hubby Ben is a model-train aficionado.) We explored a Cold War era spy submarine which has been docked near the origin of the Ohio River since the 1970s.

The big thrill of the weekend, though, was our trip to Kennywood. My boys are thrill seekers! Nicky, who is six, is FINALLY big enough to ride the Phantom's Revenge, and took full advantage. This roller coaster is a true thrill ride, one of the ten fastest roller coasters on the planet. We highly recommend it to any coaster lovers out there! Not bad for a first grader!

We ate great food and visited some of our favorite spots. But now we're home again, and it's time to get back to the routine.

We have some upcoming fun planned though! Chris and I will be taking Daddy and Nick on a daysail in Sandusky Bay. Chris can show off the skills he learned when we took our sailing course in July. We just have to make sure we tie Nick to something! No man overboard drills for us!

Hope you enjoy the cooler weather and the beautiful fall colors! ❖

Weight Loss: What To Do First?

First Published on August 17, 2013

Hi, everybody! I'm starting a short series about weight loss, since I've been talking a lot about it in the office this week.

OK, so you want to lose weight? What's the very first thing you should do? Do you research weight loss programs? Go shopping for clothes in the next size down? Throw away all the junk food in the house?

Nope!

The very first thing you need to do is COMMIT to losing weight. The act of making a decision and committing to seeing it through changes the way you think. It alters hormones and chemicals in the brain. Commitment makes success more likely.

It's not "I wish I could lose weight." It's not even "I'm going to TRY to lose weight."

It's "I'm going to lose 10 pounds by Thanksgiving."

Make sure your initial commitment is a doable goal, reachable in a set amount of time. It increases confidence and makes it more likely that you will stick with it during tough days. If you set a very aggressive goal, it's easier to say "I couldn't have done it anyway," and give up.

After you've chosen a weight loss goal and committed to achieving it, what's next?

Next you have to DECLARE your commitment.

If you keep your goal to yourself and don't share it with friends and family members, only you will know if you don't reach your goal. Sharing it with others makes it much harder to give up.

Also, if you tell others about your goal you may inspire others to start THEIR weight loss journey with you. It's much easier to walk the weight loss path if others are walking with you. Those who do not have a goal to lose weight are likely to provide lots of support and encouragement as well.

If you need and want to lose weight, here are your very first steps:

1. COMMIT Decide to lose weight. Chose an initial goal and make it doable and realistic. One example would be 10 pounds in 3 months. Remember that weight loss is a long, slow journey and 1 pound per week is a healthy target. Fat loss goes slow! Then when you reach your goal you can set a new goal for the next step of the journey.

2. DECLARE First write your goal down on a sticky note and put it on your bathroom mirror where you can see it every morning. Then read it OUT LOUD. Sounds silly, but speaking aloud activates different centers of the brain than silent thinking. Tell close friends and family members about your weight loss goal. Give them the opportunity to support you. Also, you may well inspire others to start their own weight loss journey. Health is contagious!

Over the next few weeks I'm going to continue to share other steps in the weight loss journey.

So here's my declaration: Two weeks ago I committed to losing ten pounds of fat over the next 90 days. I have lost 1 pound so far and am very proud of my success!

To See Part Two of the series, "Weight Loss: Choosing a Program," visit www.jenniferwurstmd.com

Back To School With Shaklee!

With kids going back to school, our experienced parents out there will know that along with spelling and math, there is one other thing they will be sure to pick up.

Germs.

And it's not just the kids who suffer from the back-to-school sickies. Parents often wind up catching it too!

Fortunately Shaklee has two lovely products to help everybody in the house stay well this fall.

Incredivites

Supernutrition for Superkids

Shakleekids Incredivites is the first children's chewable multivitamin in the U.S. with lactoferrin, which helps kids' immune systems stay super-charged.* Packed with 23 essential nutrients, it's the world's best kids' supplement—with 600 IU of vitamin D to support strong bones and teeth, and 100% of the Daily Value of all eight B vitamins and vitamin C

NutriFeron

NutreiFeron is an exclusive patented formula providing the highest level of daily immune protection.* It is the only supplement created by the discoverer of interferon. NutriFeron has been shown to naturally increase levels of interferon, and is supported by 4 human clinical studies.

One study demonstrated a two-thirds reduction in sick days over the course of a winter in healthy adults who took NutriFeron as compared to placebo.

NutriFeron contains MACH, a patented blend of interferon-boosting plant extracts (500 mg) and a Shaklee exclusive. This proprietary blend of natural plant extracts is derived from pumpkin seeds, safflower flowers, plantago seeds, and Japanese honeysuckle flower buds, which have been clinically proven to support and stimulate the natural immune response process at the cellular level.

For further details of the science behind Shaklee's NutriFeron, please contact Dr. Jen.

* These statements have not been evaluated by the Food and Drug Administration. These products are not intended to diagnose, treat, cure, or prevent any disease.

Business Spotlight

This month's Business is MulchOne!



"More than 290 million tires are thrown away each year in the United States alone. These tires are clogging landfills, dumps and other unregulated disposal sites. MulchOne is changing the way you look at old tires, with a unique product line of recycled rubber mulch, rubber tile flooring, rubber pavers and more."

A new local business bringing safer landscaping products and environmental awareness to North Royalton and beyond. Want more information? Contact Cathy Gerbic at 440-668-9640.

Want your business highlighted in this newsletter? Let me know!

Coming Events...

We have several events coming up in September and October:

Shaklee 180 Turnaround Events

- Saturday, September 14, at 2:30 PM
- Saturday, October 5, at 2:30 PM
- Saturday, October 26, at 2:30 PM

Turnaround Events take place at State Road Family Practice.

Have an idea for an event to share with other Health Nuts? Please call and let me know! I do need some lead time for publishing purposes, so advance notice would be great!

Want more information like this? Want to stay up-to-date and also receive this newsletter via email? Visit my website and subscribe!

www.jenniferwurstmd.com

Staff Spotlight!



This month's Staff Spotlight is shining on the founder of State Road Family Practice: Dr. Matt Frantz!

This is a fantastic photo of Dr. Matt and some of the people he loves best in the world: his lovely wife Julie (AKA "the boss"), their sons and daughter and daughter-in-law. The only ones missing are his grandchildren, Wyatt and baby Emma!

When not doctoring and loving on his grandkids, Dr. Matt enjoys cheering on the local sports teams and golfing. He is also a fine artist! One of the paintings in the office is a Matt Frantz original. Look for it the next time you're in the office hallway!

Shaklee On Sale!

This month we are featuring NutriFeron and Incredivites at a discount! If you are interested in trying either of the products mentioned in the article on Page 3, you will save 10% on purchases from September 15-October 15.

Just make sure to mention you saw the discount in the September newsletter!

NutriFeron

Created by the Japanese researcher who initially discovered natural interferon, NutriFeron is a patented blend of four herbal supplements. Proven to increase the body's natural production of interferon, in as little as 3 days.

Incredivites

Chewable multivitamins for kids, made without genetically modified oils, artificial flavors, artificial sweeteners or artificial colors. They taste great and are a good way to fill in the gaps in your child's diet. Got a picky eater? Eating on the go? Add Incredivites to provide the "safety net."

Have a Suggestion?

Please feel free to contact Dr. Jen and request future topics for the newsletter! Want to learn more about one of our staff members? Let me know by calling 888-741-9153.

News FROM Health Nuts!

"I used to be so anxious that I couldn't enjoy my daughter's swim meets. I would worry about everything! Stress Relief Complex helped my anxiety and now I can enjoy her swim meets!" Bonnie N.

"I was taking a shopping bag full of supplements and still didn't feel good. Within a few weeks of starting Vitalizer Gold I had already started feeling better!" Karen K.

Michelle K. is on her way to Italy with her husband. Have fun and be safe!

Cyndee H. is celebrating her precious new granddaughter! Congrats Cyndee!

Nancy W. has been very busy with her painting, showcasing her artwork in art shows. She is amazingly talented!

Danielle M. is enjoying being home with her daughter after choosing not to go back to work as a teacher.

Cathy G. just got married! Hey Cathy remember I still need to know your new last name! Congrats <3

"I am doing great! I've lost 6 pounds so far so I'm really happy." Denise L. has had great results in just the first month of her Shaklee 180 Turnaround!

Mary Beth T. has had good relief from her hot flushes with Vita Lea Gold. Hooray Mary Beth!

Edie K. has shared Stress Relief Complex with several of her coworkers. One of them had her bottle confiscated by her hubby for his own use! LOL!