

# *SUPERCHARGE YOUR IMMUNITY*

Health and Healing this Season



## **Prevention Before Infection**

The fall season is beautiful! The weather starts to cool, leaves change into brilliant yellows, oranges, and reds, and the holidays are just around the corner!

The one thing we do not look forward to is the increased amount of sickness due in part by reduced levels of vitamin D and other immune boosting vitamins.

With increased group activities indoors where germs spread easily, it's important we remain proactive with our health. Vis Clinic provides extensive resources on how to avoid the colds and coughs and enjoy the season!

## **The Latest In This Issue:**

- **New Vis Doctors**
- **Vis Lab testing**
- **IV Vitamin C, Myer's Cocktail**
- **Vitamin C push and Glutathione Push**
- **Vis Supplement Store**
- **Vis Wellness Kitchen**

# Welcome to the Vis Family!

**Dr. John Dowling N.D.**



**Dr. Damian E. Rowe BSc, D.C.**



## Our New Vis Clinic Doctors

We are excited to welcome on two amazingly talented healthcare professionals! Both Dr. John Dowling and Dr. Damian Rowe have extensive background in Functional, Naturopathic, Environmental Medicine, and have been certified and trained under Dr. Chad Krier following the methodologies of Vis Clinic and the Krier Ladder System Approach to health and wellness. Dr. Dowling and Dr. Rowe are accepting patients into Vis Clinic's new patient program as well as adjunctive Chiropractic care and acute care appointments for the fall season!

For questions on becoming a new patient and scheduling your appointment with Vis Clinic Call: 316-425-3729

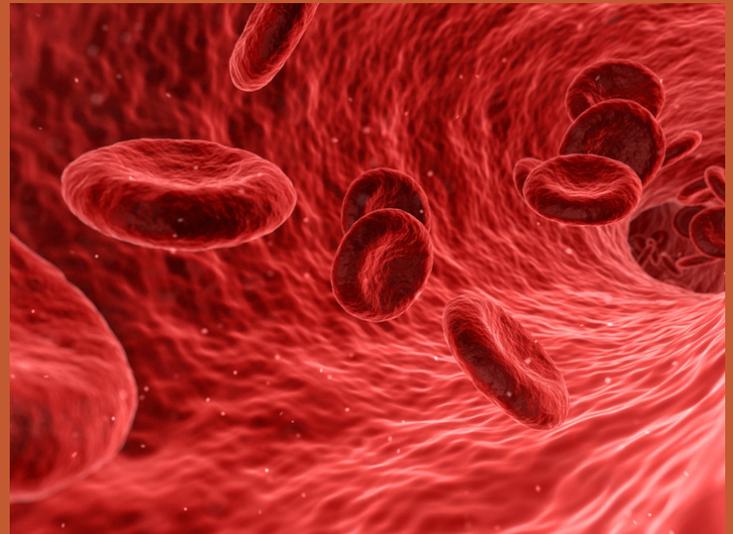
## *Lab Tests for Prevention*

Vibrant Covid Antibody test- From identifying recent infections to whether you have recovered from an exposure, the Covid Antibody test is built to cover the disease span. With a comprehensive combination of PCR and advanced serology-based antibody testing, Vibrant can provide results in as short as 36 hours!

Vibrant Micronutrient Panel- This lab test provides extensive information regarding each individual's unique micronutrient makeup. Measuring both serum and cell levels, the micronutrient panel provides information on two components of the body. Though it would seem obvious to boost nutrients with one of the many commercially available supplements, the human body is more complex than that. Certain nutrients perform best in the presence of other nutrients. For example, the body needs vitamin D to absorb calcium, while other nutrients may perform counteractive functions.



To learn more about our lab tests, visit "Vis Labs" on our website [www.visclinic.com](http://www.visclinic.com)



***"Though it would seem obvious to boost the body's nutrients with commercially available supplements, the human body is more complex than that."***

Urinary F2-isoprostane/creatinine marker-This test is the "Gold Standard" for measuring oxidative stress which can be used to assess efficacy of antioxidant therapy. Many supplements we take during the cold season have antioxidative components to them. Testing our bodies efficacy towards these antioxidants is critical for preventative health!

CBC "Complete Blood Count"- This test provides information on your blood and overall health. CBC's help providers diagnose, monitor and screen for a wide range of diseases, conditions, disorders and infections. This can be done to evaluate a patient's overall health.

Lab tests play a key role in providing our team of doctors the road map required to tailor a preventative treatment plan to keep your immune system strong at all times of the year!

# The Vitamins That Support Us



## What are Vitamins and Minerals?



Vitamins and Minerals are terms that we throw around a lot. We are often told, to "take your vitamins." Products are commonly advertised as having a certain amount of vitamins and minerals to tell us they are good for us. We understand that going into cold and flu season it is important to take vitamin C as it helps keep you healthy, but we often don't know how or why vitamin C and others are important for immune health.

A basic understanding of vitamins is that they are organic, containing carbon, hydrogen, and oxygen. Minerals, on the other hand, are chemical elements required by living organisms other than the four elements carbon, hydrogen, nitrogen and oxygen. Both vitamins and minerals are absolutely necessary for our metabolism to work. Their absence in our bodies can cause serious or life-threatening disease!

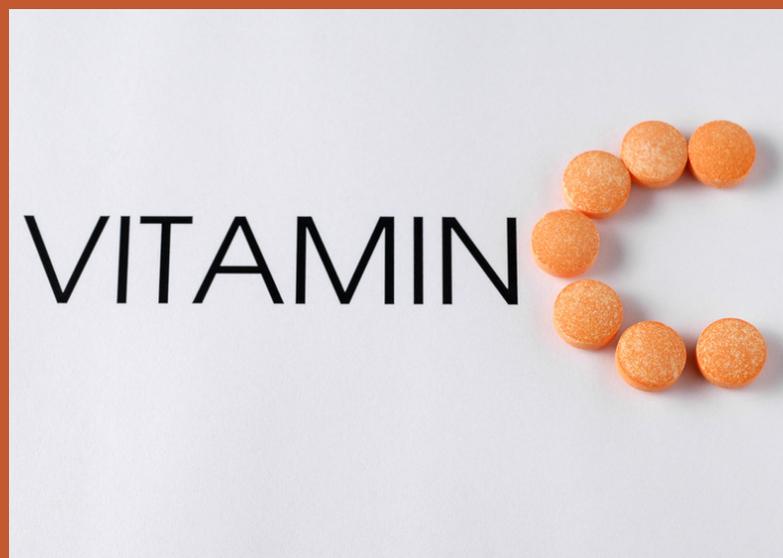


## Vitamin C

One of the most powerful vitamins for aiding in immune support, vitamin C aids in the growth/repair of blood vessels, teeth, bone, ligaments, tendons, and skin. It keeps all our cells properly "glued" together. Ironically, this is not created in our body and must be obtained by proper nutrition or supplementation! Studies indicate that vitamin C is the fourth leading nutrient deficiency in the United States. Various disease and exposure to pollutants as well as excessive physical and psychological stresses increase the bodies need for vitamin C.

## Selenium

A very potent nutritional antioxidant, Selenium is the most important mineral for the immune system and is essential for an optimum immune response. It regulates reactive oxygen species and "redox" reactions. These are the reactions that reduce oxidation of damage in our bodies. Also a great detoxifier, selenium is required for the production and action of glutathione peroxidase in the liver.



*"Vitamin C is the fourth leading nutrient deficiency in the United States."*

## Zinc

Zinc has been shown to play different roles in immune health. We do know that zinc is vital in activating the immune system by turning on the enzymes that break down proteins in viruses and bacteria so they are less able to spread. Also zinc helps increase activation of our cells that fight infection!



*"Selenium is the most important mineral for the immune system"*



*"Magnesium plays a key role in supplying energy to our immune supporting cells"*

## B Vitamins

B vitamins we focus on consist of B1, B2, B3, B5, B6, B9, and B12. The B vitamins are commonly found together in foods and often share similar functions as co-enzymes for various processes within the body. These, similar to the properties of magnesium, help in the production of energy within cells, immune system, and nervous system function. They also aid in the metabolizing carbohydrates, amino acids, and fats as well as healthy cell growth and division.

## Magnesium

Required in more than 1800 biochemical reactions, magnesium is useful in keeping stress hormones under control, helps maintain normal bowel muscle function. Magnesium plays a key role in supplying energy to our immune supporting cells, helping to fight off infection and disease.



*"These similar to the properties of magnesium, help in the production of energy within the cells, immune and nervous system function."*



*What about B4, B7, B8, B10, and B11?*

*These are no longer considered or labelled vitamins as they do not meet the official definition of a vitamin. However, many are still used and suggested as additional nutritional supplements.*

# Intravenous Aids to Immunity



## What is IV Nutritional Therapy?

IV Nutrient Therapy started in the 1940s and was promoted and then expanded on by early pioneers including Dr. Myers who is known best for the Myer's Cocktail which is a popular IV therapy provided by Vis Clinic. IV therapy is the most beneficial way to receive nutrients, as vitamins and minerals are put directly into the blood stream. Most oral supplementation only provides a fraction of the benefit of the vitamins or mineral as our bodies digestive process does not absorb 100% of the nutrients. Bypassing the digestive system directly into the bloodstream through IV nutrient therapy allows full integration. Receiving regular IV therapy once or twice a month can greatly improve patients overall health and immunity. At Vis Clinic, patients can schedule regular nutrient IV's curated by our Doctors to meet the unique deficiencies of each patient.

## Myer's IV Cocktail

The Myer's Cocktail as mentioned above was developed by Dr. John Myers who administered some of the first IV vitamin treatments in Baltimore in the 1970s. It consists of magnesium, calcium, vitamin C, B complex and extra B5 and B6. Vis Clinic doctors have modified the Myer's Cocktail so that it can better fit the condition or age of the patient receiving the therapy. Myer's IV can be infused with selenium and zinc to increase immune support.

## IV Vitamin C

Vitamin C as mentioned cannot be produced by the human body. Thus the only methods of which we can obtain this vital nutrient is through nutrition and supplementation. The average daily requirement of vitamin C is about 200mg but during times of the year where sickness is more common, that requirement can go up. The easiest most effective way to ensure our body is receiving enough vitamin C is through IV therapy. These infusions can range from 15g-100g depending on a patients need.



# Give Your Immune System a Push!

IV Push and IM Therapy



*"An IV push injects the therapy directly from the syringe into the bloodstream."*

**Vitamin C Push**- Certain patients that do not need as high an amount of vitamin C will often be prescribed a push as the dosage is less than a typical IV drip and can be done much faster for patients on a busy schedule seeking immune support.

## IM "Intramuscular" Injections

An intramuscular injection is a technique used to deliver nutrients deep into the muscles. This allows the nutrients to be absorbed into the bloodstream quickly. IM injections provide a fast and effective way for patients to receive B vitamins, magnesium, and other combinations of nutrients to be assimilated into the bodies bloodstream!

## What is an IV Push

An IV push compared to a typical "drip" IV therapy injects the therapy directly from the syringe into the bloodstream. This process of administration takes about 15 minutes and is an excellent option for certain nutrient therapies.

**Glutathione Push**- Glutathione is our body's most important antioxidant and also plays a role in supporting immune function. An IV Push of this powerful antioxidant can help prevent and fight off infection.



### **Can I get an IV therapy at Vis Clinic?**

*Vis Clinic makes it easy to receive IV, Push, and IM therapies so you have everything you need to stay healthy this fall. Active patients Just need to call the clinic to obtain an IV order. If not an active patient, you would just need to meet with a Vis Clinic doctor prior to the IV order.*

# Watch, Listen, Learn!

## In-house Fall Lecture series:

### "Enhancing Your Health through IV Nutrition"

with

**Dr. Damian E. Rowe**

Join us October 19th at 12pm for an in-house lecture around IV nutrition and the benefits it can have in our overall health and wellness goals!



## Vis Clinic's Supplement Store

Our supplement store is open to the public  
8am-5pm Mon-Thurs  
and 8am-1pm Fridays  
Come see us for all of your supplement needs!



*Vis Clinic recommends these great products to help fight infection and boost your immune support!*



**20% off all supplements**

**17th-21st of October**

## Unleash The Vis this Fall!

Our Final Supplement sale for the year is October 17th-21st! !

**20% off all supplements in the store, come stock up!**

# Vis Wellness Kitchen



*"For optimal health this Fall and Winter, remember to balance adequate sleep, joyful movement and restoration while eating supportive foods!"*

## Pumpkin Chili

5 SERVINGS 1 HOUR 30 MINUTES



### INGREDIENTS

1 tbsp Avocado Oil  
 3 lbs Pie Pumpkin (Roasted and cubed)  
 3 cups Yellow Onion (chopped)  
 1 1/2 cups Carrot (chopped)  
 1 cup Celery (chopped)  
 2 cloves Garlic (minced)  
 4 cups Vegetable Broth, Low Sodium  
 28 ounces Crushed Tomatoes  
 3 3/4 lbs Red Kidney Beans (or any bean of choice)  
 2 tbsps Chili Powder (add another Tbsp for more spice)  
 2 tsps Cumin (ground)  
 1 tsp Cinnamon  
 1 tsp Sea Salt  
 1/4 tsp Cayenne Pepper (optional)  
 1 tbsp Pumpkin Seeds (Raw and sprouted for topping)  
 1 Avocado (for topping)  
 1 Dairy Free Ricotta Cheese (Kite Hill for topping)  
 1 Jalapeno Pepper (sliced for topping)

### DIRECTIONS

- 01 Preheat oven to 400 degrees F. Scrub and clean outside of pumpkin. Remove skin and seeds and cut into chunks (about 1 inch). Drizzle with avocado oil and sprinkle with 1/2 tsp salt. Toss to coat. Roast at 400 until tender, about 20 minutes.
- 02 Meanwhile, heat oil in a large pot over medium-high heat. Add onion and cook, stirring often, until starting to brown (about 5 minutes).
- 03 Reduce heat to medium, add carrot and celery and continue cooking until vegetables are soft (5 more minutes). Add garlic and cook, stirring for 1 minute.
- 04 Stir in broth, scraping up any browned bits and bring to boil over high heat. Add tomatoes, beans, chili powder, cumin, cinnamon, salt and cayenne (if using). Lower temperature while waiting for pumpkin puree and chunks to be added to chili
- 05 When pumpkin is roasted, add half the cubes to a food processor and blend into a puree. Add puree and the remaining pumpkin chunks to the chili.
- 06 Continue to simmer and cook, uncovered for about 20-30 minutes.
- 07 Add toppings of choice

Interested in learning about more ways to improve your eating habits? Schedule an individual session with Dana where she will help build a curated food plan to meet your dietary needs and health goals!

## Gluten Free/Dairy Free Pumpkin Muffins (from [cookieandkate.com](http://cookieandkate.com))

12 SERVINGS 30 MINUTES



*Not only a cute decoration, Pumpkin is full of fiber, vitamin C, vitamin E, iron, folate, potassium and beta carotene.*

### INGREDIENTS

1/3 cup Coconut Oil (melted)  
 1/2 cup Maple Syrup (or honey)  
 2 Egg (room temperature)  
 1 cup Pureed Pumpkin (canned or fresh)  
 1/4 cup Non Dairy Milk  
 2 tps Pumpkin Pie Spice (or use 1 tsp cinnamon, 1/2 tsp ginger, 1/4 tsp nutmeg and 1/4 tsp allspice or cloves)  
 1 tsp Baking Soda  
 1 tsp Vanilla Extract  
 1/2 tsp Sea Salt  
 1 3/4 cups Gluten Free Flour (King Arthur GF is a good brand)  
 1/3 cup Oats  
 1/4 cup Cacao Nibs (optional mix in)  
 3/4 cup Dark Chocolate Chips (optional mix in: Choose Enjoy Life mini chips for dairy free/gluten free option)

### DIRECTIONS

- 01 Preheat oven to 325 degrees Fahrenheit. If necessary, grease all 12 cups of your muffin tin or use bleach free muffin cups
- 02 In a large bowl, beat the oil and maple syrup or honey together with a whisk. Add the eggs, and beat well. Add the pumpkin purée, milk, pumpkin spice blend, baking soda, vanilla extract and salt.
- 03 Add the flour and oats to the bowl and mix with a large spoon, just until combined (a few lumps are ok). If adding mix-ins, do that now.
- 04 Divide the batter evenly between the muffin cups. Sprinkle the tops of the muffins with about a tablespoon of oats, followed by a light sprinkle of pumpkin spice blend if you'd like. Bake muffins for 22 to 25 minutes, or until a toothpick inserted into a muffin comes out clean.
- 05 Place the muffin tin on a cooling rack to cool. These muffins are delicate until they cool down. You might need to run a butter knife along the outer edge of the muffins to loosen them from the pan.
- 06 These muffins taste even better after they have rested for a couple of hours! They'll keep at room temperature for up to 2 days, or in the refrigerator for up to 4 days. They keep well in the freezer in a freezer-safe bag for up to 3 months (just defrost individual muffins as needed).

*These muffins are made with maple syrup instead of refined sugar to help maintain steady blood sugar levels!*



## Dana's Fall Beverage

*Golden milk gets its name from the color of the spice, turmeric. Golden Milk is a traditional Ayurvedic (whole body healing) drink originating from India.*

*Ingredients are rich in antioxidants, support cell health, and combat infections while supporting the immune system.*

## 5-Minute Vegan Golden Milk (from Minimalist Baker)

2 SERVINGS 5 MINUTES



### INGREDIENTS

1 1/2 cups Canned Coconut Milk (or sub other dairy-free milk of choice)  
 1 1/2 cups Unsweetened Almond Milk  
 1 1/2 tps Turmeric (or 2 tsp fresh and grated)  
 3/4 tsp Ginger (or 1 tsp freshly grated ginger)  
 1 Cinnamon Stick (or 1/4 tsp ground cinnamon)  
 1 tbsp Coconut Oil  
 1 pinch Black Pepper  
 1 tsp Monk Fruit Sweetener (or 1 tbsp maple syrup)

### DIRECTIONS

- 01 To a small saucepan, add coconut milk, almond milk, turmeric, ginger, cinnamon, coconut oil, black pepper, and sweetener of choice.
- 02 Whisk to combine and warm over medium heat. Heat until hot to the touch but not boiling - about 4 minutes - whisking frequently.
- 03 Turn off heat and taste to adjust flavor. Add more sweetener to taste or more turmeric or ginger for intense spice + flavor.
- 04 Serve immediately, dividing between two glasses and leaving the cinnamon stick behind. Best when fresh, though leftovers can be stored covered in the refrigerator for 2-3 days. Reheat on the stovetop.