



“In school you get the lesson and then take the test.....In life you take the test and then get the lesson.”

—Unknown Source

My name is Teresa Fromm

I would like to share my weight loss story with you.

I consider myself a professional dieter. Since the last decade it has been a constant struggle for me to lose weight. I have tried every diet known to woman.

I had read Dr. Trudeaus book about HCG and the protocol for treatment of obesity. I felt hope. I started the hormone injections September 23, 2008, with a weight of 216 lbs. I followed the program exactly. And much to my surprise this was really working for me. I was losing a pound a day. It was very simple.

I was able to have 3 ounces of protein for lunch and dinner, one cup of vegetables per meal, 2 servings of fruit and 2 Melba toasts per day. I was not hungry,

I had lots of energy. I was very creative with my meals with many different spices. Apples baked were so fabulous. This is the best program I have ever done.

After 40 days I lost 27 lbs. I will do another series, so I can lose another 30 lbs. For all those who feel hopeless, the HCG diet may be your answer.

A New Weight Loss Program Finds Great Success at Federal Way Naturopathy

By Karen Rasmussen, ND

Federal Way Naturopathy is promoting the HCG (human chorionic gonadotrophin) diet weight loss program based on European physician Dr. Simeons' manuscript "Pounds and Inches: A New Approach to Obesity". The program is medically supervised; safe, and very effective in promoting weight loss. The theory behind the use of HCG is that it stimulates the part of the brain referred to as the hypothalamus to release abnormal fat stores in problem areas at an accelerated rate by resetting an individual's metabolism. By affecting the rate of metabolism, an individual can maintain their weight loss and lose even more weight in the future without concern for hunger or abnormal fat deposition.

The weight loss phase requires a minimum of 26 days and up to a maximum of 45 days dependent on weight loss goal. The program entails daily injections of HCG and a 500-calorie diet made up of protein, vegetables, and fruit. The reason for such a low calorie diet is that the body will only release the abnormal fat reserves after it has burned the consumed calories. Patients of FWN have successfully lost between 25-30lbs in a six-week period. The HCG diet can be repeated for further weight loss after a minimum six-week break to prevent immunity to the HCG itself.

The weight loss program is not covered by insurance, and will not be billed by the office. To learn more about this exciting opportunity, it is strongly advised that you read Dr. Simeons' manuscript online. The website is: <http://www.hcgdietinfo.com/Dr-ATW-Simeons-Pounds-and-Inches.htm>.

Contact FWN to get information about expenses for the program and required visits.

“Unless someone like you cares a whole awful lot, nothing is going to get better. It’s not.” (Dr. Seuss, *The Lorax*)

Now that the elections are over, whether you are relieved or not, our work as the American public is far from over. Every time I see a picture of president elect Obama with rays of light shooting out from him or a halo over his head, I worry. Not because I believe he will fail us, but because we might fail ourselves while waiting for someone else to make it better. What are our responsibilities as citizens of this great country?

As naturopathic doctors, one of our important precepts of healing is to first remove the obstacle(s) to cure. If a patient gets a headache every time they drink coffee, it makes sense to take away the coffee, before we prescribe a headache remedy. What are some obstacles in America, that keep us from our highest potential? Well, I happen to know healthcare, and ironically it is one of our obstacles. Healthcare costs in the U.S. are by far the most expensive in the world, and going up. Medicare is now expected to last only until 2016. Three years ago it was expected to last until 2026. If we consider the current rate of increase in healthcare costs and the aging population, in three more years, Medicare will be expected to run out of money by the end of 2012. Our healthcare costs are now almost 17% of the nation’s entire gross domestic product. Note: we do not have the best healthcare outcomes in the world, just the most costly. My belief is that this group of people who have the highest rates of chronic disease in the world are not going to relieve their economic woes until they address their health, and other significant obstacles to cure. What if we focused on the health of the individual, instead of the companies pushing pharmaceuticals, genetically modified, irradiated and pesticide laden foods? What if the connection between the health of the environment and human health was recognized as important?

One of my favorite writers, Michael Pollan (author of “The Omnivores Dilemma” and recently “In Defense of Food: an Eaters Manifesto” among others) recently wrote an eloquent letter to the future president. It was printed in the New York Times Magazine on October 9th, 2008. It discusses the importance of food in politics, the environment, and ultimately the health of our people. As a healthcare provider, taxpayer, and food consumer, I found it most relevant. Below is an excerpt from the article. For the full article, go to nytimes.com/2008/10/12/magazine. “Dear President-elect:

It may surprise you to learn that among the issues that will occupy much of your time in the coming years is one you barely mentioned during the campaign: food. Federal policies to promote maximum production of the commodity crops (corn, soybeans, wheat and rice) from which most of our supermarket foods are derived have succeeded impressively in keeping prices low and food more or less off the national political agenda. But with a suddenness that has taken us all by surprise, the era of cheap and abundant food appears to be drawing to a close. What this means is that you, like so many other leaders through history, will find yourself confronting the fact — so easy to overlook these past few years — that the health of a nation’s food system is a critical issue of national security. Food is about to demand your attention.

There are many moving parts to the new food agenda I’m urging you to adopt, but the core idea could not be simpler: *we need to wean the American food system off its heavy 20th-century diet of fossil fuel and put it back on a diet of contemporary sunshine*. After cars, the food system uses more fossil fuel than any other sector of the economy — 19 percent. And while the experts disagree about the exact amount, the way we feed ourselves contributes more greenhouse gases to the atmosphere than anything else we do — as much as 37 percent, according to one study.”

Continued from page 2

Mr. Pollan goes on to discuss national security- if we import the majority of our food supplies, how do we guarantee it will continue to come in times of drought or crises? What if the oil costs to transport food become too great? Can we rely on countries like China to keep our health interests in mind when they cheaply process our foods? Shouldn't a nation concerned about terrorism ensure the safety of their food supply by creating smaller, more local growers, instead of huge monoculture farms and slaughterhouses where the introduction of a toxin could affect millions. And he mentions the health of our people. He notes food stamps are able to purchase a cart full of "junk food", because corporations paid for the right to label these non-nutritious items as food.

We have a responsibility as consumers to start voting with our purchases. Do we want local, sustainable, genetically modified, or pesticide laden? We need to realize that chronic disease is an expensive result of lifestyle choices. And most of all, we need to educate ourselves. A good place to start is with your naturopathic doctor, or a good health food store like Marlenes Market and Deli. *Dr. Beth DiDomenico*

—Events and Announcements—

We will be having "**The Great Federal Way Detox Class**" in March of 2009. If you are a current patient of ours and have never experienced the 5 week group detox class, please plan to join us.

Mid-March and April will be a wonderful warming time of year to do some spring cleaning of the body while learning about organics, cleansing programs, and sustainable eating.

This is our 10th year of teaching the course!! If you wish to ensure your place in the March 2009 class (limited to 20

desire more information, please call the receptionist at 253-942-3301.

Community Supported Agriculture

For any readers interested in CSA pick up at the clinic beginning in late spring, please contact the front desk. If we are able to get a group of 10 or more, we can get a local farm to provide weekly drops of freshly picked fruits and vegetables. See <http://pugetsoundfresh.org>

Welcome to our new staff at Federal Way Naturopathy

Heather Feller and Veronica Jensen

Maternity Leave for Dr. Karen Rasmussen

Dr. Karen will be expecting her second child in late December. Her two-year-old daughter, Tamar, is eagerly anticipating the new addition. Dr. Karen will be taking the month of January and February off to nest with her family and will return part time at the beginning of March.

Price Change Beginning 2009

At Federal Way Naturopathy, we strive to provide personalized medical care to every patient. We attempt to maintain the staff and supplies required to be timely and courteous while serving you. Occasionally, we find the need to increase our medical service fees to keep up with our costs. Beginning January 2009, those patients paying out of pocket for doctor visits may find an increased price for certain services. You will still find we have some of the lowest fees in the area. If you have questions or concerns, you are welcome to request a new fee schedule.

Federal Way Naturopathy

Natural Health Building

900 South 336th St

Federal Way, WA 98003

Phone: (253) 942-3301

Fax: (253) 815-8805

Website: www.fwnmedical.com

**Note our new extended hours for
appointments:**

Monday thru Thursday:

8:00 to 6:00

Friday 8:00 to 5:00

Saturday 9:00 to 2:00

***Clip coupon and
receive a ChicoBag
with***



***Purchase of \$75.00 or more in
our dispensary
(offer good while supplies last)***

***Mashed Ginger Sweet Potatoes with Fresh
Nutmeg***

*The ginger and nutmeg give these spuds a little
moxie, making them extra delicious.*

4 cups sweet potatoes, peeled and cubed

1 teaspoon sea salt

2 tablespoons unsalted butter

1/2 teaspoon fresh ginger, grated

1/4 teaspoon maple syrup

Freshly ground nutmeg

Bring pot of water to boil over high heat. Add sweet potatoes and salt; cook till tender, about 25 minutes. Drain, reserving 1/4 cup cooking liquid, and return potatoes to pot. Add butter, ginger, maple syrup, a pinch of nutmeg and 2 to 3 tablespoons of reserved cooking liquid. Mash potatoes. Serves 6.