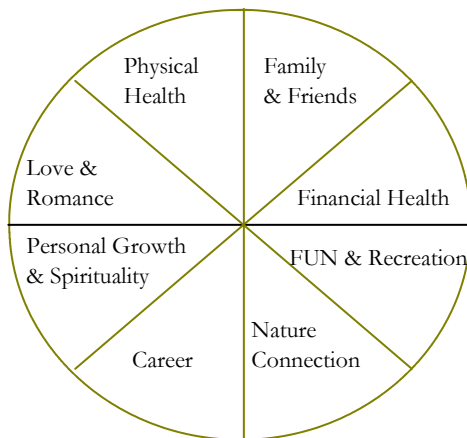


PANGEA  NATURAL HEALTH  
NEWSLETTER

Each day, I wonder if the next will be better for our stricken nation. With daily news of the fallen economy, we are each affected differently. Financial health is certainly a critical piece in the puzzle of wellness. However, whole health stems not only from feeling monetarily sound, but from finding physical, spiritual, mental, and emotional wealth.

It is at these moments that we must attend to our health even more. Do not give up those things that bring you joy. Do not cut corners when it comes to taking care of yourself. Growth, both economic and otherwise, is kindled by hope, trust, and hard work.

I recommend that my patients look at their “wellness pie” regularly and see what areas are lacking. How “full” is each piece of the pie? Shade in each area appropriately. What realms of your life are being neglected? Recognize that all of these areas contribute to your overall health and sense of well-being. Make a pact with yourself to complete this exercise every 3 months, with the intention of both awareness and change.



May your life be rich in many ways...

Be well,  
Dr. Chanté



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I am available to speak to your group or business on health related topics. Please contact me for more information.

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## Pangea NEWS

- Starting **April 3, 2009**, I will be available to see patients 1-2 days/week in Idaho Falls at **The Cottage by the Falls Wellness Center**. Owned by a local couple, this new center is located in downtown IF in a beautiful old house on G Street. Their vision is to create a place that provides a variety of wellness services and classes under one roof. Eventually, they will be offering health classes/workshops including cooking classes, yoga, and meditation. In addition to naturopathic medicine, other services will include chiropractic, nutrition counseling, foot zoning therapy, holistic dental consultations, and massage therapy. Watch for their GRAND opening later this summer/early fall. Until they are up and running, you can call my office to schedule an appointment.
- Although you are more than welcome to continue refilling your supplements directly through my office, you can also order many of your refills through Emerson Ecologics. To set up an account online, go to [www.pangeanaturalhealth.com/resources\\_dispensary.html](http://www.pangeanaturalhealth.com/resources_dispensary.html) (call or email me for the password). You can also call 1-800-654-4432. Several companies including Thorne, Ayush, Natural Health International, and Pure Essence must still be refilled directly through me.
- I attended the SpringForth Wellness Expo in Idaho Falls on March 6th and 7th as part of The Cottage Wellness Center. It was a great success and I met many interesting local practitioners!

## FOCUS ON: Hormonal Imbalance

Hormonal imbalance is a vague term frequently used to describe a wide array of symptoms, sometimes vague themselves. Most people immediately think of reproductive hormones such as estrogen, progesterone, and testosterone and common menopausal symptoms such as hot flashes. The reality of hormone imbalance is much more complex than this. The “endocrine” system refers to the organs, hormones, and other neurotransmitters that control the essential functions of our body. Best known are the thyroid, adrenal and reproductive glands (ovaries/testes). Other lesser known players include the pituitary gland, the hypothalamus, the pineal gland, the pancreas, and all the chemical messengers that are a part of these systems. For both men and women, hormones play a role in mood, sleep, energy, libido, digestion, skin/hair health, appetite, temperature regulation, just to name a few. You can imagine why someone who has hormonal imbalance may not feel like themselves!

### **How do you determine what is out of balance?**

Based on a combination of symptom patterns, health history, physical exam, and lab testing, it is possible to determine which hormones need balancing. For lab testing, I use a combination of saliva and blood hormone testing as well as specialty metabolic panels when needed. I often see adrenal and thyroid dysfunction going hand in hand.

### **What are the treatment options?**

Treatment always combines nutritional, lifestyle, and supplement/hormone recommendations. Changes in diet include such things as reducing sugar and caffeine intake, adding hormone supporting foods such as flax seeds, seaweeds, and plant based oils, or balancing your ratios of proteins/carbohydrates/fats. Lifestyle changes are critical. Examples are exercise suggestions, improving sleep, stress management tools, and recognizing the mind/body connection. Finally, supplements and hormones are prescribed based on your specific symptoms. Botanical medicines, homeopathy, therapeutic vitamins and minerals, glandular based supplements, or bioidentical hormones are used as needed.

## Real Recipes (simple recipes for real people)

### *Caribbean Lime Halibut*

—from “Feeding the Whole Family” by Cynthia Lair

- 1 tablespoon tamari or soy sauce
- 3 tablespoons extra-virgin olive oil
- 1 tablespoon grated ginger
- 3 tablespoons lime juice
- 1 teaspoon agave nectar or sugar
- 3-4 cloves garlic, minced
- 1 pound halibut fillet



To marinate the halibut, put tamari, 2 tbsp of oil, ginger, lime juice, agave, and garlic in a small mixing bowl; whisk together. Place fish in a shallow pan and pour marinade over top. Allow to marinate 30 minutes to 1 hour in the refrigerator.

Preheat oven to 400 F. Heat remaining olive oil in ovenproof skillet (cast iron works well). Remove halibut from marinade. Place fish in pan, skin side up, and sear for 1 minute, turn and sear second side for 1 minute.

Leave fish in skillet and place in oven. Bake until almost cooked through, 7-10 minutes. Add extra marinade to fish and serve!

*\*\*Halibut is rich in selenium, protein, and omega 3 fatty acids \*\**

## Featured Product: Krill Oil

In recent years, there has been a lot of buzz about the importance of omega 3 fatty acids (DHA/EPA) contained in foods such as fish and flax seeds. Indeed, the benefits of these anti-inflammatory fatty acids are evident for a variety of conditions including asthma, skin conditions, autoimmune disease, cardiovascular disease, among others. For many people, there are advantages to taking a fish oil supplement, usually in the form of capsules or liquid (i.e. cod liver oil). Enter onto the scene a new tiny omega 3 powerhouse: krill. Krill are small shrimp-like crustaceans found in ocean waters. They are fed upon by whales, seals, penguins, squid and fish. Because they are near the bottom of the food chain, the concerns about toxicity are fewer. What makes krill oil unique? Krill oil contains omega 3 essential fatty acids bound to phospholipids, thereby making it more bioavailable for your body. Another interesting health benefit is the presence of a powerful antioxidant called astaxanthin which gives krill its pink color. More research needs to be done on this new source of omega 3s, but it may prove to be a powerful alternative to fish oil!

