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**PUBLISHER**

*Donna Etchey*

**EDITOR**

*Brian Kelly*

**CONTRIBUTORS**

*Nick Twietmeyer  
Leslie Kelly*

**ADVERTISING**

*Josh Hamilton  
Jessica Heron  
Travis Vance*

**CIRCULATION**

*Amber Van Duren*

**LAYOUT & DESIGN**

*Rainier Powers  
Travis Vance*

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*Donna Etchey*  
(360) 385-2900  
detchey@ptleader.com

For advertising, please contact:

*Jessica Heron*  
jheron@ptleader.com

*Josh Hamilton*  
jhamilton@ptleader.com

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# Mystic Monkey Yoga offers a variety of classes

By Leslie Kelly

When Jason Calsyn opened Mystic Monkey Yoga in Port Townsend in 2017, he was hoping to attract students of all ages and all abilities.

And that's what happened.

"I had been living and teaching yoga in the Seattle area, and I knew I wanted to open my own studio," Calsyn said. "But I wanted to get out of the city and I wanted to be close to nature. When I visited Port Townsend, I liked the culture here and the sense of community."

Calsyn has been practicing and teaching yoga for more than 20 years. He grew up in Lynnwood but began doing yoga when he lived in San Francisco, California.

"There was a little studio near where I lived, and they were offering a 'new student special.' So, I thought 'Why not?'"

At the time he just wanted something as a form of exercise. But after a while, he grew to really like it.

"Once I got into all the aspects of it — the mindfulness and the concentration — I knew it was something that would stay with me."

It was after he had been practicing yoga almost every day that he decided he wanted to teach it to others. He's been teaching for eight years or so.

Calsyn said there are various levels of certification for yoga instructors. He has the E-RYT 500, which is one of the highest levels of certification by the Yoga Alliance.

*"Because we are viewed as a low-risk sport, and according to the Governor's (Inslee) latest rules, we are able to have five people per class, using social distancing and masks."*

At Mystic Monkey, they offer a number of different kinds of yoga. The most popular are the Vinyasa classes, which are a faster-pace yoga that concentrates on breath control. The temperature for that class is 95 degrees.

"Before COVID, we would fill those classes up fast," he said. "We'd have about 20 or 25 people in the room. Especially in the winter because people liked to get in and get warm."

Since the pandemic began, the studio has offered virtual classes. As of Jan. 11, they are open for small in-person groups.

"Because we are viewed as a low-risk sport, and according to the Governor's (Inslee) latest rules, we are able to have five people per class, using social distancing and masks," he said. "And we are still offering online classes as well."

Most people who do yoga do it for exercise and more, he said.

>> *Continued on Page 5*

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# Mystic Monkey class descriptions:

## HOT HATHA

These classes consist of static postures held for longer periods of time. Students gain balance, flexibility, strength, and confidence in these classes. Each instructor incorporates their own training and background into their teaching, so you can expect to learn something new each time. The room temperature for Hatha classes is between 100 and 103 degrees.

## YIN YOGA

A more restful practice involving holding postures for a long period of time to allow the muscles and connective tissues to release. This is a more passive form of yoga which uses gravity and the shapes of the poses to achieve the effect, rather than more active engagement. The room is gently heated to 80 to 85 degrees for Yin classes.

## WARM YOGA FLOW

These classes are flowing and intuitive, and sequenced dynamically and with intention. Classes are therapeutic and challenging, and suitable for all levels. The room is a little cooler for these classes, a comfortably warm 85 degrees.

## KUNDALINI YOGA

A powerful original practice designed to awaken one's full potential. Breath work, mantras, and kriyas are used to "charm the snake" out of the basket at the base of our spine and rise up through the seven chakras, breaking up stagnant energy. Kriyas (yogic exercises) and meditations are used to prepare the body to handle the release of energy throughout the body, and asanas and bandhas are used to manage and direct it. The room is gently heated to 80 to 85 degrees for Kundalini classes

## VINYASA

A bit faster-paced, and place great emphasis on pranayama (breath control). These classes may be more aerobically challenging, but will rapidly build strength and flexibility. It is recommended that you have at least a few classes' worth of experience before taking this class. The temperature for this class will be set to 95 degrees.

## BEGINNER'S YOGA

This class will introduce newcomers to yoga to the most common asanas (poses), proper alignment in these poses, how to modify poses to make them work for you, and how to move in and out of each. Some basic pranayama (breathing practices) are explored, as well as common vocabulary to help you feel "in the know," and a little bit of yogic philosophy, as it pertains to yoga practice.

## VIN AND YIN

This is a combination class - the first portion of class will be a vigorous hot vinyasa practice, then the last portion will settle into sweet restorative yin. A great way to get a challenging workshop and also find deep relaxation, all in one class!

This is an all-levels class and the temperature will be set to 95 degrees.

## ASTRO-TANTRA YOGA

A practice uniquely prepared each week based on the current planetary positions and movements, with asanas tailored to help us navigate the astrological energies present, with balance and strength in the chakras and body.

Tantric kriyas are incorporated into each class with the goal of infusing fire, increasing vital energy and freedom in our breath, body and life!



>> *Continued from Page 3*

"Yoga is an exercise, but it is a lot more than just an exercise," he said. "It has a way of healing. One thing I've found in my life, I can come to yoga no matter how I feel, and I come out happy. I feel good in my mind and in my heart."

The studio does offer several versions of "hot yoga."

"Hot yoga is seen as a trend, but it's been around since the 1990s," he said. "When it first came out it was very popular, especially for the 'Type A' people who are attracted to something very intense."

"But that's not really what we're about. We use heat as a way to help people warm up their muscles. It's a clarifying type thing and helps people to release."

Even though at times it seems to be only a trend, Calsyn thinks it's here to stay.

Yoga is rewarding as a healthy form of exercising for the body and the spirit, he said. But there's something else important about yoga.

"It creates a community," he said. "It's a wonderful place to make connections, especially for younger people who don't

drink or party and need somewhere to socialize. It's a healthy way to get together."

And that's been hard during the pandemic. But Calsyn thinks the online classes help and with the small classes that are now allowed to be offered, the regulars will feel a sense of unity.

Mystic Monkey was named for the Hanuman Monkey God which is said to have superpowers and is very dedicated and devoted to his ruler. Calsyn thought it would just be something fun, and would represent the idea that through dedication, one can accomplish anything.

In the near future, Mystic Monkey plans to offer classes to teach others how to teach yoga. The hope is that those students will become teachers at the studio.

"I get a great joy and fulfillment in sharing yoga," he said. "This is a tradition that has helped people become the best versions of themselves for thousands of years. Whether you're experienced or brand-new to the practice, you can find a yoga home with us."

For more, go to [mysticmonkeyyoga.com](http://mysticmonkeyyoga.com) or call 360-344-8283. Mystic Monkey Yoga is located at 2211 E. Sims Way.



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# Cold water can be healing

If your mother ever told you to “Go jump in a lake,” you may want to get to know Rebecca Sornson.

By Leslie Kelly

Sornson is the co-owner of Hearth Natural Medicine, at 112 Kala Square Place, and she’s a firm believer in hydrotherapy. Hydrotherapy is a modality of naturopathic medicine which utilizes water’s unique properties to help the body increase its own vitality.

But Sornson came to know about hydrotherapy almost accidentally.

“I was a swimmer in high school and I always loved to be in the water,” she said. “We would swim in Lake Michigan growing up. When I was in medical school at Bastyr, I was very stressed and tired. So, after class in the afternoon, I would take a walk down to the water and wade in. I found it always helped me relax.”

This, of course, was in the warm summer months. As it got cooler, Sornson began to wonder if her water therapy could continue.

“It’s probably the most horrendous thing I could have done,” she said. “But I just got in the water. When I got out, I was so refreshed. I felt like I had the energy to continue on with my day.”

Because she was used to the water, she would stay in for about five minutes. Most beginners at cold water hydrotherapy should stay in the

water for only about a minute and then work up a resistance so they can stay in longer.

“When you get out and get warmth, it’s like a reset,” Sornson said. “In the cold water there is a huge tightening of the muscles, and then when you get out, there’s an opening of the blood vessels.

“There’s a strong sensation of warmth. At that point your circulation increases and there’s a rush of endorphins. You become relaxed, happy and joyful. After one experience, people are sold on this.”

While most people who enjoy hydrotherapy, wade into lakes or other bodies of water, there is an in-office version offered by Hearth Natural Medicine. It’s called “constitutional” hydrotherapy.

“The patient is partially clothed and in a lying position,” Sornson said. “There’s an exchange of hot and then cold towels placed on their chest. There’s a certain timing to it which brings about that same refreshed feeling.”

She, and co-owner Joshua Kraetsch (Sornson’s husband), decided that they would bring this modality to Port Townsend when they opened their health care business in July 2020. Sornson is a naturopathic doctor and a licensed massage therapist and Kraetsch is studying to be a counselor.

Sornson’s specialty is treating people from an ecosystem perspective which means investigating how food, lifestyle, stress, psychological health, and spiritual health may all be playing a role in a person’s wellbeing. Naturopathic medicine, she said, has many different modalities (such as hydrotherapy, massage, homeopathy, craniosacral and visceral manipulation, etc.)

But what sets it apart from conventional medicine is the belief in the body’s ability to heal itself.

“The earth can heal itself, just as the body can,” she said. “Seeing that is a great way to have a life-promoting experience.”

Because the clinic was opened just this past July, Sornson said they don’t know what it’s like to operate without a pandemic.

“We have only one patient in at a time, and we wear masks and social distance when possible,” she said. “And we clean in between.”

The clinic offers tele-medical appointments as well.

Sornson opened the clinic to offer naturopathic medicine to people from all walks to life and she operated as a family medical clinic, offering screening labs, wellness visits and fertility consultation. She realized that oftentimes, natural medicine wasn’t available

to those of lower income. So, she arranged to take insurance and tries to keep her prices reasonable.

Many people haven’t had the access to natural medicine and this allows them the opportunity to experience it,” she said.

As for what ailments hydrotherapy can help with, it’s endless, she said.

“When I started at Bastyr, we treated HIV-positive patients to help keep their bodies strong and resilient,” she said. “But hydrotherapy can help with all sorts of illnesses, such as chronic fatigue, to depression and other mental conditions.”

“What is important for anyone trying hydrotherapy is to consider safety first,” she said. “Begin with a shallow place in the water and do a quick in and out until you build up a tolerance.”

As for whether she plans to guide a group into a real body of water, once the pandemic is over and the weather is warmer, she hasn’t decided.

“That might be fun,” she said. “But it’s really a low-tech thing. Most people can do that on their own.”

To learn more, go to [hearthnaturalmedicine.org](http://hearthnaturalmedicine.org), or call 360-390-5844.



Bernie and Bonnie Masi

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# What is Cold Water Hydrotherapy?

By Dr. Northrop, ND,  
Hearth Natural Medicine

## HOW DOES COLD WATER THERAPY WORK?

The primary effect of cold: is the direct and intrinsic first response of the body's nervous system and vasculature to the cold stimulus. It includes effects such as blood vessel constriction, slowed circulation, decreased swelling and bleeding, decreased nerve conduction, and pain relief. We may, at times, desire one or more of these effects (usually pain relief), but the real therapeutic action lies in the response to the primary stimulus, or the secondary effect of cold.

The secondary effect of cold: is the body's reaction to the primary cold effect in its attempt to normalize function (you actually get warm)—these effects are the typically desired therapeutic outcomes, including increased circulation and blood vessel dilation, increased metabolism, and increased white and red blood cell migration. These effects have a broad range of therapeutic applications across all body systems.

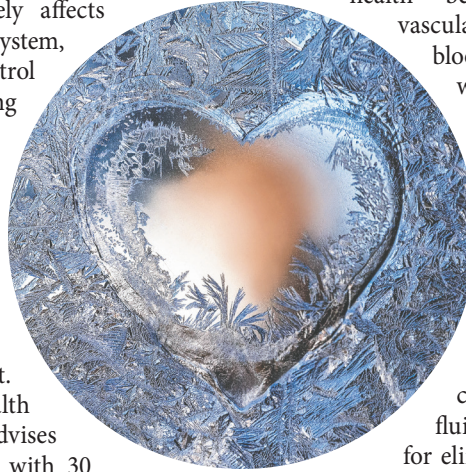
## WHAT DOES IT DO?

### 1. Nervous system and Mood Improvements:

Hydrotherapy's effects are mediated primarily through the nervous system, which closely affects the endocrine system, the master control center for regulating hormonal output in the body. A wide array of functions are influenced by endocrine activity, including sleep-wake cycles, thyroid activity, and stress hormone output. One popular health recommendation advises ending each shower with 30 seconds of cold water to help provide a mood boost.

### 2. Increased Circulation:

Another primary effect of cold water involves the circulatory system, by way of the nervous system, which acts on the smooth muscle lining of each blood vessel to create a "pumping" action.



This increases vascular smooth muscle tone, leading to such downstream effects as improved nutrient diffusion and elimination of waste products. There are numerous health benefits for increasing vascular tone, including lowered blood pressure, improved wound healing, increased post-workout recovery, and improved overall cardiovascular fitness.

### 3. Improved Detoxification:

A closely related benefit to increasing blood circulation is increasing lymphatic fluid circulation. Lymphatic fluid is our primary vehicle for eliminating waste products that are carried out by the blood from normal human metabolic processes. Proper detoxification is critical to immune response and overall health maintenance, and can be especially useful in treating infections and excessive inflammation. Some of the most profound healing effects

of cold water therapy stem from its effect on lymph drainage.

### 4. Increased Metabolism:

Cold water therapy can provide deep support to endocrine organs, normalizing all functions of the body. Its effect on the thyroid gland, regulator of the body's metabolism, is particularly beneficial. Optimal thyroid function is essential for proper nutrient utilization, allowing the body to break down fats, proteins, and sugars for conversion to fuel. All body systems are affected by this, with particular emphasis on the heart, brain, musculature, and digestive organs.

### 5. Increased Whole Body Resilience:

Whether improving athletic performance, healing from illness, or simply enhancing activities of daily living, cold water can encourage the body's normal regulatory functions to perform as intended. Slowly easing into a practice of cold water therapy can help build physical and mental tolerance, much the same way exercise does. With such broad-ranging effects on body and mind, hydrotherapy can serve as a powerful catalyst toward optimal wellness.



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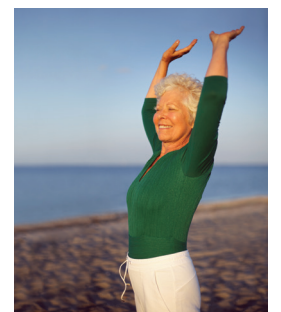
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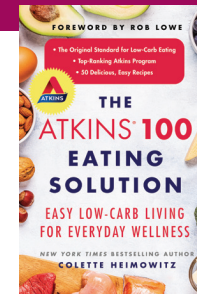
# New Year Nutrition: Take on 2021 with a sustainable, low-carb eating plan

A new year brings with it new opportunities to better yourself in all kinds of ways, including your health. Start by evaluating your at-home menu to make sure it aligns with your nutritional goals.

These recipes for Vegetarian Ramen Zoodle Bowls, Broccolini and Bacon Egg

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Recipes courtesy of *The Atkins 100 Eating Solution*™

## VEGETARIAN RAMEN ZOODLE BOWLS

Total time: 30 minutes

Servings: 4

- 4 large eggs
- ice water
- 2 cups fresh water
- 1 quart vegetable broth
- 5 ounces (3 cups) broccoli florets, cut into bite-size pieces
- 10 ounces (4 cups) spiralized zucchini
- 5 ounces (5 packed cups) baby spinach
- 1 tablespoon, plus 2 teaspoons, white miso paste
- 1/4 teaspoon kosher salt, plus additional, to taste, divided
- 1 tablespoon toasted sesame oil, plus additional for garnish, to taste
- 2 cups mung bean sprouts, for garnish
- chili garlic sauce, for garnish
- 1 cup shredded raw carrot, for garnish
- 4 tablespoons crushed peanuts, for garnish

In large saucepan of gently boiling water, cook eggs 7 minutes then transfer to bowl of ice water.

Drain cooking water from saucepan then add broth and fresh water. Bring to simmer over medium-high heat. Add broccoli and cook 3 minutes then add zucchini and spinach. Continue cooking until spinach is wilted and



zucchini is crisp-tender, 2-3 minutes. Remove from heat.

Ladle about 1/2 cup broth from saucepan into small bowl. Add miso paste and 1/4 teaspoon salt; whisk to combine. Return mixture to soup, add sesame oil and stir to combine. Add additional salt, to taste. Cover to keep warm.

Remove eggs from ice bath; peel then cut in half lengthwise. Ladle 2 cups soup into four serving bowls. Top each portion with one egg and 1/2 cup sprouts. Drizzle with chili garlic sauce and additional sesame oil, to taste. Top each serving with 1/4 cup shredded carrot and 1 tablespoon crushed peanuts.

Nutritional information per serving: 10 grams net carbs; 17 grams total carbs; 7 grams fiber; 16 grams protein; 13 grams fat; 253 calories.



## BROCCOLINI AND BACON EGG BITES

Total time: 45 minutes

Servings: 4

- Nonstick cooking spray
- 5 slices (4 ounces) no-sugar-added bacon
- 5 large eggs
- 3 ounces cream cheese
- 2 tablespoons feta cheese
- 1 tablespoon hot sauce
- 1/2 teaspoon kosher salt, plus additional, to taste, divided
- 4 1/2 ounces broccolini (5-7 stalks), stalks and florets thinly sliced
- 1 tablespoon water
- 1 1/2 cups baby arugula
- 1 tablespoon lemon juice
- 1 tablespoon extra-virgin olive oil
- freshly ground black pepper, to taste
- 1 cup fresh blueberries

Preheat oven to 350 F. Lightly coat eight silicone egg-bite mold cups or eight cups of standard nonstick muffin tin with nonstick cooking spray and set in large baking pan.

In large nonstick skillet, cook bacon over medium heat until golden, about 5 minutes per side. Transfer to paper towel-lined plate to drain. Chop bacon into small pieces.

In blender, puree eggs, cream cheese, feta cheese, hot sauce and 1/4 teaspoon salt until smooth.

Pour off all but 1 tablespoon fat from skillet. Add broccolini, water and 1/4 teaspoon salt. Cook over medium-high heat, stirring frequently, until broccolini is tender, 3-5 minutes. Remove from heat.

Fill each egg cup with 1 teaspoon bacon and 1 tablespoon broccolini. Top with egg mixture, filling cups to about 1/8 inch from top. Add just enough boiled water to baking pan to come halfway up sides of molds.

Bake egg bites until set, 20-25 minutes. Take pan from oven then take molds from water bath. Let egg bites cool then remove from molds.

In medium bowl, toss arugula, lemon juice, oil and salt and pepper, to taste. Place 3/4 cup salad, two egg bites and 1/4 cup blueberries on four plates and serve.

Nutritional information per serving: 9 grams net carbs; 11 grams total carbs; 2 grams fiber; 14 grams protein; 34 grams fat; 400 calories.

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Total time: 50 minutes

Yield: 24 cookies

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- 1/2 teaspoon baking soda
- 1/4 teaspoon kosher salt
- 1 large egg
- 1 teaspoon vanilla extract
- 1/2 cup sugar-free semisweet chocolate chips
- 1 teaspoon flaky sea salt

Set oven racks in upper- and lower-third positions. Preheat oven to 350 F. Line two

cookie sheets with parchment paper.

In medium bowl, use handheld electric mixer on medium speed to beat peanut butter, stevia, baking soda and salt, scraping down sides if needed, until well combined, about 1 minute. Reduce speed to low, add egg and vanilla extract; beat until combined.

Shape dough into 24 balls (about 1 tablespoon each) and place 2 inches apart on prepared cookie sheets. Using tines of fork, carefully flatten each ball, creating crisscross pattern.

Bake, rotating cookie sheets from top to bottom and back to front halfway through, until edges begin to brown and cookies are set, 7-9 minutes. Cookies should not be browned. Let cool 10 minutes on cookie sheets then carefully transfer to cooling rack to cool completely.

In small microwave-safe bowl, add chocolate chips and microwave on high in 20-second increments, stirring after each, until melted, about 1 minute.

Dip dry fork into chocolate then drizzle over cookies. Sprinkle with sea salt.

Nutritional information per serving (1 cookie): 1.5 grams net carbs; 3 grams total carbs; 1.5 grams fiber; 3 grams protein; 6.5 grams fat; 79 calories.

## An easy-to-follow food guide

The latest science continues to support the many health benefits of a low-carb approach to eating beyond just weight loss. Simply reducing your carb and sugar intake by two-thirds over the “Standard American Diet” helps avoid the development of obesity, metabolic syndrome and type 2 diabetes.

While many eating approaches can be vague in their approach, “The Atkins 100 Eating Solution’s” fan-favorite program provides a clear-cut way to control your carb intake with 100 grams of net carbs (the total carbohydrate content of the food minus the fiber content and sugar alcohols) and shows you how to make

delicious and satisfying food choices that lessen their impact on your blood sugar. This personalized approach is a way of eating you can follow for life.

With cutting-edge research and delicious recipes, this book provides a variety of foods with plenty of room for personalization. This easy-to-use guide, written by Colette Heimowitz, the company’s vice president of nutrition and education, can also show you how the plan can be modified to fit in with most ways of eating, including vegetarian, Paleo, Mediterranean and more regardless of food preferences, lifestyle or cooking abilities.

Visit [atkins.com/atkins-100-eating-solution-book](http://atkins.com/atkins-100-eating-solution-book) to purchase the book.

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# Learning about naturopathic medicine:

## Q & A with Dr. Molly Force of Prosper Natural Health Wellness Center

**Q:** Tell me about yourself and why you chose this profession.

**A:** I was raised in a family of conventional physicians. I was submitting my medical school application to MD schools all over the U.S. and it happened to be the first year electronic submission as a single application for all the schools. When I was selecting from the list Bastyr University popped up. I had never heard of it. I went to their website and thought ND was actually a typo. As my eyes glanced over their page, it dawned on me that there was another medical track out there. The option to work closely with an individual to uncover the root cause of illness and understand the science behind recognizing and addressing the physiologic imbalances causing their ailments resonated deeply with me. I turned my focus to the mastery of natural primary care medicine. This changed my life and my trajectory. I have been honored to study and work alongside phenomenal individuals as we seek balance and wellness for them. I get the opportunity to spend time with my patients and develop deep relationships with them as they make this journey.

**Q:** What is different or unique about your clinic? When did it open? People think Naturopathic medicine is expensive and insurance won't cover it. What do you think?

**A:** Prosper Natural Health Wellness Center boasts a remarkable amount of highly skilled practitioners from a variety of care models. We offer a holistic approach through functional medicine-focused Naturopathic Medicine, Ayurvedic and Chinese Medicine Herbalism, acupuncture and massage. Prior to COVID we had a heat-capable movement studio which provided hot yoga, meditation, and pilates. Our Naturopathic physicians practice in a team-care model. This allows us to work together with the patient in a way that we can each contribute our expertise. We find this depth of practice to be truly integrative. Prosper opened in 2008 here in Port Townsend.

In regards to insurance, Naturopathic medicine is covered as a primary care service in the state of Washington. It is not covered by Medicare due on a national level due to state differences in licensing for Naturopaths. Here, in the state of Washington, we are trained as primary care physicians to provide the depth of scope of practice for what is considered to be the standard of care for diagnosing and treating including the ability to provide pharmaceutical options and even minor surgical procedures. Our clinic is not contacted with any insurance plans. The medical insurance system has created a healthcare system where

the doctor-patient interaction is rushed and the insurance company dictates medical treatment. You will never experience this at Prosper Natural Health. We believe this allows us to provide the highest quality of healthcare and spend the amount of time focusing on what we think is important with our patients. We are happy to provide patients with the necessary codes and paperwork to submit to their insurance company for reimbursement.

**Q:** What is the one question most people ask about naturopathic medicine?

**A:** "What is it?" It makes me smile because I didn't know myself until I stumbled upon it at the moment I was submitting my medical school application. The name is confusing. It is the art of treating the patient with natural options as a first line therapy and recognizing the root cause of their imbalances. Just like in any medical profession there is vast variation in how Naturopathic physicians specialize. There are also people who call themselves Naturopaths who are not Naturopathic physicians, which requires a four- to five-year doctoral degree after a prerequisite of a bachelor's degree as well as sitting for national boards and continuing state-regulated continuing education.

**Q:** Tell me about your apothecary. Is it expensive? Why can't people just use vitamins over the counter?

**A:** Our apothecary is a fully stocked natural medicine shop that allows our patients to ensure that they are getting medicines that are vetted by our physicians, have strict manufacturing oversight and are direct from the manufacturer. This way we know the products are safe and will do what they are supposed to do. Often, purchases from online retailers can be tampered with, contaminated, expired or contain dangerous ingredients. Our products typically retail for a price similar to or less than what you can find on the web. Our medicines are sales-tax free when they are prescribed by a physician. We want our medicine to be accessible, both affordable and on hand when they are really needed. There are many times when patients need to start a medicine right away, so keeping a physician inventory of the medicines allows us to be better providers for our patients.

**Q:** You have mental health counselors. What is their role at Prosper?

**A:** Our mental health counselors are independent practitioners who work collaboratively with us for clinic referrals to provide our patients with a well-rounded mental and emotional healthcare experience.

**Q:** You have information on weight loss on your website. Is that program popular? Tell me about Sensitol.

**A:** Weight loss is a hot topic right now. Between stress and the stay home order there are a lot of people struggling to get their movement requirements filled. Many also suffer from the urge to grab sugar in an effort to soothe their stress. We want our community well. Our Naturopathic physicians provide free monthly seminars to the public to help educate and empower them. We call these Doc Talks and they are the second Tuesday of every month at noon. We loved doing them in person at Prosper, but now we offer them as webinars. We are constantly getting questions about weight loss, so we put together a comprehensive tool so that people can start their wellness journey as a DIY option. If they are not ready to commit to working with us one-on-one because they are new to the concept of Naturopathic medicine or are hesitant to make the leap, they can start at their own pace right from home making taking action toward their health with Prosper's online programs. They link up to a wellness tracking app that even allows them to communicate with us over a HIPAA-compliant platform if they decide to do a guided version of the program allowing us to ask questions of our physicians during the process. The programs offered provide them with food plans, recipes, shopping lists, videos on exercise and meditation as well as inspiring information to help them complete their goal. If you are signing up for the program and want to take it a step farther you can order suggested nutritional supplements that aid in the success of the program. We have four programs, a 28-day Weight Reset, an Immune Support Program, Stress Release Program, and Immune Balance and a 14-day Detox & Cleanse.

*Dr. Molly Force is a licensed Naturopathic family physician who provides a unique integrative medical approach to primary care medicine. She uses a functional medical model to understand the physiology of each patient's genetic, biochemical, and lifestyle factors. She combines natural healing with functional diagnosis to address root causes rather than focusing on symptoms. Her expertise includes digestive wellness, food sensitivities, women's health, autoimmunity, and brain health.*

*She is a member of the American Association of Naturopathic Physicians (AANP) and the Washington Association of Naturopathic Physicians (WANP).*



# Importance of a support system

Contributed by Peninsula  
Midwives

You're told to take your prenatal vitamin, avoid soft cheeses, deli meat and the litter box- the list goes on. But what can you do to best support yourself to have a healthy and happy pregnancy, birth and just as importantly, postpartum? After all, you are more than just the vessel.

It's simple- the number one thing you can do to support yourself is to ensure you aren't the only person on your support team. Studies very clearly show when people are more supported, they have healthier pregnancy outcomes.

Health goes beyond what you eat or don't eat or how you exercise, which of course are deeply important. A healthy pregnancy is about how healthy you are

as a whole person. How are you sleeping? What are you doing that brings you joy? What are your coping strategies for the stresses of your everyday life? How are you feeling in this changing body and changing life? Is your work accommodating these changes?

What a support team should include varies from person to person, but the essentials include: a pregnancy provider that you trust and that shares your values around pregnancy and birth, a social support system that you can call on when you need a listening ear, help with errands, childcare or to share a moment of togetherness (tricky during a pandemic but can absolutely be done safely), and any institutional support needed for health insurance and home or food stability. You could probably do it alone, but you shouldn't have to!



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# Prosper Natural Health Wellness Center

## Dreaming of A More Restful Sleep?

By: Molly Force, ND

*Tossing and turning? Watching the hours crawl by? Even one night of poor sleep can make you an exhausted, irritable, sugar-craving beast the next day. We all have the odd sleepless night, but if sleep loss goes on long enough more serious problems like hormone imbalance, immune dysfunction and weight gain can result. Let's look at how you can increase your dose of healing ZZZs.*

### 9 Ways to Set Yourself Up for Sleep Success

Sleep hygiene isn't just about a clean bedroom. It's all the little things you can do to make your bedroom a restful place. Set yourself up for sleep success every night.

#### 1. Set a Sleep Routine

Bodies crave routine. Pick a schedule and stick to it.

#### 2. Limit Screen Time Before Bed

Blue light from digital screens can negatively impact sleep. Try not to use your smartphone, TV, laptop or tablet for one hour before bed.

#### 3. Create A Quiet Space

Sound is one of the biggest obstacles to sleep. If you can't control the noise around you, invest in some ear plugs.

#### 4. Limit Bedroom Light

Darkness cues your brain to get into sleep mode. A sleep mask is a simple but mighty tool.

#### 5. Stay Cool

Studies indicate for quality sleep a cool room helps. Experiment temperatures to see what feels right for you by pre-programming your thermostat to dip at bedtime. If your bedmate has different sleep temperature needs, keep the room cool and go European with individual blankets.

#### 6. Breathable Nightwear

Polyester and other synthetic fibres are not very breathable, making it more likely you'll heat up overnight. Opt for natural fibres such as cotton and bamboo to encourage airflow and allow your body to comfortably regulate its temperature.

#### 7. Don't Eat Too Late

Digesting food is a huge task, using over 80% of the body's energy. Ask your body to do this while you're sleeping, and it won't have the energy left to carry out that long list of overnight cleansing and healing functions.

#### 8. Morning Workout, Evening Yoga

Strenuous exercise contributes to great sleep at night, but not if it's within a few hours of bedtime. Gentler exercise (like yoga) before bed promotes longer, deeper sleep.

#### 9. Use a Weighted Blanket

Research shows using a weighted blanket can soothe your nervous system resulting in deeper, more restful sleep.



As you can see, the one-third of your life spent asleep directly sets you up for success in the other two-thirds of your life. If you are not feeling your best and suspect sleep is the issue, it's important to address the root causes.

Let's work together to design a personalized treatment plan with calming nutrients and effective lifestyle changes that will work for you. We can run tests to check your hormone and immune system function, and see if chronic inflammation is present. Give us a call to get started or book online.

Not Sleeping Properly?  
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Molly Force, ND • Rosalie De Lombeart, ND, MS (AYURVED) • Mary Schroeder, ND, LAc  
360.385.5375 • 213 Decatur Street, Port Townsend, WA 98368 • ProsperNaturalHealth.com