**Subject line:**

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| Subject #1 | Do you believe in cheat days? |
| Subject #2 | **SUBJECT: Add these fibromyalgia experts to your medicine cabinet!** |
| Subject #3 |  |

**Note From Dr. C:**

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| Teaser | Hi There,  Can we come speak to your group? My docs and I love connecting with the public. Do you have a group that would like to learn the latest insights on weight loss, hormonal health, or safe uses of supplements?  Hit reply to this email with some details. Hope to see you soon!  Next point - do you love getting blood tests? Not the best experience, right? Are you confident about their accuracy?  Elizabeth Holmes set out to change all that and she has. Because of the splash she made in the market, the two major players in lab testing, Quest and Lab Corp, have raised customer experience and plummeted their prices.  Unfortunately, Ms. Holmes’ company has come under lots of fire. Here’s a more detailed update in the following video: |
| Remaining Text | <https://drive.google.com/file/d/0B1m0dy4nFGf2bG1uZGJiM0ZydDA/view>  Dr C signature.png |
| Hyperlinks | Video link: <https://youtu.be/A4Rg9VRXA0Q> |
| Photos |  |
| Promotions |  |
| Posted to Blog | DRC:  IHC: |

**DRC - Article**

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| Title | **CHEAT DAYS** |
| Teaser | “Do you believe in cheat days?” I was recently asked this question by a reader. He’d been encouraged to take a “cheat day” to eat whatever he wanted, and as much as he wanted, to better his metabolism.  I prefaced my response with two thoughts: First, if cheat days are working for you, and your blood tests are great, don’t change a thing. Second, consider questioning anything that is *really* appealing. |
| Remaining Text | What do I mean by that?  *Our minds are easily convinced of things we* ***want*** *to be convinced of.*  There’s a story of an ice cream peddler who came upon a man giving a political speech. He joined the group of listeners. The speaker was saying, “Down with fascism! Down with communism!” The listeners were cheering and waving their hands. The ice cream peddler joined in their enthusiasm until he heard the man say, “Down with ice cream!” Hearing this, the peddler walked away.  Our minds are like this. We believe easily in the things we want to believe in. When there is something we don’t want to believe, we want more evidence in order to be convinced. For instance, it may not take strong evidence to convince you that eating a plate of pie is good. That would be an appealing belief! However, I’ve not seen strong evidence for it.  Many patients tell me of books they read, like THE 4-HOUR BODY, by Tim Ferriss. I’m a fan of Ferriss’ work and there is great information in the book. However, many have tried the cheat days he encourages and found that they lost a lot of momentum: They gained more weight on the cheat days than they could lose on the others.  For many of us, food is like an addiction, especially when it comes to sweets and certain types of junk food. Do you know these foods actually change your taste buds? If you’re eating clean, good food, your taste adapts, shifting your taste buds in helpful ways. Your cravings for unhealthy food ceases. If you start eating poorly again, your taste buds change, throwing you back into a cycle of food cravings.  You feel like you’re starting over again.  If you’re questioning whether cheat days are helpful, don’t do them. Instead, think more deeply and ask yourself, “Why are cheat days needed?” Many times, when we want or feel the need for more food, we’re actually experiencing cravings and not true hunger.  **Why do we have food cravings?**  If you’re on a healthy diet, one reason could be you’ve cut out too many carbs. If you don’t eat enough good carbs, your blood sugar will plummet. When your blood sugar plummets, your brain says, “I need glucose now.” This isn’t negotiable, so you become like a puppet on a string being sent over to grab the candy or whatever it is you’re craving.  Other factors to consider are proper amounts of sleep, your caffeine intake and your emotional state. Are you getting enough sleep at night? Are you overdoing caffeine? Do you feel a lack of security, fear, panic or anger that may be causing the cravings? There’s a separate brain in the intestinal tract, called the enteric nervous system. Due to the way this system functions, you can experience false feelings of hunger when you’re swallowing your feelings or stuffing your emotions.  **How do you differentiate between legitimate hunger and false hunger?**  Legitimate hunger goes away when you consume healthy food. When you eat an adequate amount, you’re not hungry anymore. False hunger doesn’t want healthy food. It wants sweets, junk food or heavy foods, and it wants more and more without satisfaction.  If you’re unsure whether your hunger is legitimate or not, eat some healthy food, and see what happens. If you feel satisfied, it was legitimate hunger. On the contrary, if you aren’t satisfied and want more and more food, it wasn’t legitimate hunger and was caused by something else.  Get in touch with what’s going on inside of you. Why the cravings are there? If deep feelings are causing false hunger, there are ways to deal with them to avoid addiction to the wrong foods. Try talking to a close friend or counselor. Try journaling, if you’re unable to communicate with another person as quickly as you’d like. Try some type of movement or another activity to occupy your time instead of turning to the wrong foods.  Cheat days are alright if you’re lean and fit, and they’re already a part of your regime. If not, think more deeply about why cheat days may be needed. Is your diet off? Do you need more sleep? Are there negative feelings stuck inside you? Let your answers be the stepping stones to lead you to better health. |
| Hyperlinks |  |
| Photos |  |
| References |  |
| Bio | Alan Christianson is a New York Times Bestselling Author and a Phoenix, Arizona-based Naturopathic Medical Doctor (NMD) who specializes in natural endocrinology with a focus on thyroid disorders. He is the author of The New York Times' Bestseller The Adrenal Reset Diet, The Complete Idiot’s Guide to Thyroid Disease, and Healing Hashimoto’s – A Savvy Patient’s Guide.  He frequently appears on national TV shows like Dr. Oz, CNN, The Doctors and The Today Show as well as print media like Women’s World, USA Today, Newsweek, and Shape Magazine. When he’s not maintaining a busy practice, his favorite hobbies include mountain unicycling, technical rock climbing, and watching the stars.  [www.drchristianson.com](http://www.drchristianson.com/) |
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**DRC Mention - Dr. Brady’s Fibro-Fix Summit**

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| Teaser |  |
| Remaining Text | The Fibro Fix Summit starts on June 20th, and tens of thousands will learn why proper diagnosis and treatment of fibromyalgia (FM), as well as other fatigue- and pain-related disorders, is a neglected and poorly understood niche in medicine.  Will you be there?  **The Fibro Fix Summit could help if you are suffering from:**   * Body-wide Pain * Persistent Fatigue * Unrefreshed Sleep & Insomnia * Depression and/or Anxiety * Irritable Bowel Syndrome * Thyroid and/or Adrenal Dysfunction  1. Register immediately to make sure you’ll see the free talks: 2. <insert registration link> 3. Purchase all of the expert talks (price GOES UP when the event STARTS on MONDAY): 4. <insert sales link>   Once you own the expert talks, you can listen to the audios on your computer or mobile device, read the complete transcripts and share this important information with family and friends.  **If you learn even one fact from one expert that changes your life, it will be worth it!**  The online access package for all of the expert talks is $59 now through Monday morning at 10 A.M. U.S. eastern.  **After that, it increases to $79.**  Owning the talks also gives you access to eCourses, guides, eBooks and other advice from the expert speakers, at no additional charge!  **Click here to learn more about owning this expert advice:**  <insert sales link>  See you at the summit! |
| Hyperlinks | Your link to attendee registration: *https://qt247.isrefer.com/go/FIBRO16reg/agchristianson/*Your link to the order page: *https://qt247.isrefer.com/go/FIBRO16order/agchristianson/*Your link to affiliate registration: *https://qt247.isrefer.com/go/FIBRO16aff/agchristianson/*Your link to speaker voting: *https://qt247.isrefer.com/go/FIBRO16vote/agchristianson/* |
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**Recipe**

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| Name | **Mini Meatloaf** |
| Teaser |  |
| Remaining Text | 2 pounds organic ground turkey meat  10 ounces frozen, chopped spinach  1-2 teaspoons oil  1 medium onion diced  6 ounces mushrooms diced  2 carrots (grated or finely diced)  4 flax eggs (combine 1 tablespoon of ground flaxseed with 3 tablespoons of water and let sit for 15 minutes)  1/3 cup coconut flour  2 teaspoons salt  2 teaspoons pepper  2 teaspoons onion powder  1 teaspoon garlic powder  1 teaspoon dried thyme  1/4 teaspoon grated nutmeg  Directions:   1. Preheat oven to 375 degrees. 2. Thaw the spinach and squeeze out the excess water and set aside. 3. Heat a pan on medium heat, add the oil and fry the onions and mushrooms until the onions are translucent and some of the liquid has cooked out of the mushrooms. Set aside to cool. 4. Place the ground meat in a large bowl, add the spinach, carrots, mushroom/onion mixture, flax eggs, coconut flour and all the spices. Use your hands to combine it well but do not over mix to be too thin. 5. Fill 18 regular size muffin tins to the top with the meatloaf mixture. (Greasing the tins with coconut oil or lining them may be a good idea if the meat you’re using is fairly lean) 6. Enjoy! |
| Recipe Details |  |
| Picture |  |
| Posted to Blog |  |