

VIS CLINIC NEWSLETTER

The Science of Nutrition



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Allergies and the Elimination Diet

Specific foods or foods eaten frequently may be related to a long list of health conditions, including digestive problems, headaches, chronic sinus drainage, low energy, depression, mood swings, eczema, skin irritations, joint aches, asthma, weight gain, and others. People may suffer from these symptoms for long periods of time without realizing that they can be connected to the foods they are eating. Often it isn't until a food is removed that the connection between symptoms and foods can be made.

The Elimination Diet removes common foods that may be causing symptoms and, with reintroduction, helps patients identify the foods that may be triggering their symptoms. After the initial period of eliminating foods, many chronic symptoms should improve or disappear. When the burden on the immune system is decreased, the body has an opportunity to heal.

During the elimination period, it is important to make sure that the diet is still enjoyable and nutrient dense. The road to optimum health starts with decreasing the burden on the immune system while ensuring adequate nutrition.

The Elimination Diet identifies food triggers, reduces inflammation, supports healthy microbiome, focuses on dairy-free and gluten-free foods, provides phytonutrients to heal the gut, reduces toxic burden, has no calorie restriction, and promotes body awareness to food.

Healing the gut, and being able to successfully reintroduce foods is important, as eating the same few foods day after day does not provide the body with the full array of phytonutrients necessary for overall health. A diet with a large diversity of foods helps ensure that the body gets essential nutrients and is especially important for those who have digestive issues.

The Elimination Diet identifies food triggers, reduces inflammation, supports healthy microbiome, focuses on dairy-free and gluten-free foods, provides phytonutrients to heal the gut, reduces toxic burden, has no calorie restriction, and promotes body awareness to food.

To learn more about Allergies and the Elimination Diet, sign up for Health Coach Dana's webinar on October 7th, from 12:00-1:00pm. [Click here to register.](#)

Not available on Wednesday? [Get the recording and watch at your leisure.](#)



Vis Clinic Lab Offerings:

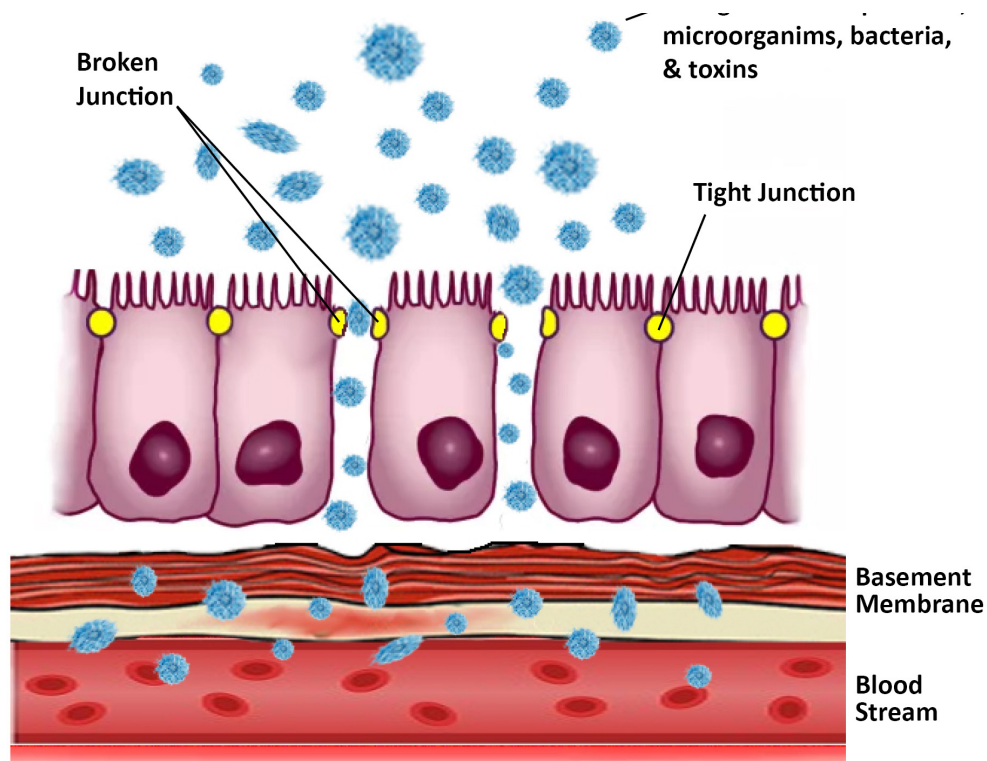
IgG Food Antibodies

IgG Food Antibodies (Delayed Food Reactions)

The IgG Food Antibody Assessment is a blood test that measures antibodies to 87 commonly consumed foods.

Additionally, we offer panels for spices and varied plant based foods. The panel also includes a total IgE measurement. The body can react to foods in many different ways. Adverse food reactions can lead to distressing symptoms and chronic health conditions. Often times it is unknown exactly which food(s) may be the cause and testing can help identify the problematic foods. Removal of the reactive foods often results in resolution of symptoms.

Conditions associated with IgG food sensitivity are Irritable Bowel Syndrome, Major Depressive Disorder, migraine headaches, skin rashes such as eczema, joint aches, autoimmune disease, Crohn's Disease, and obesity.



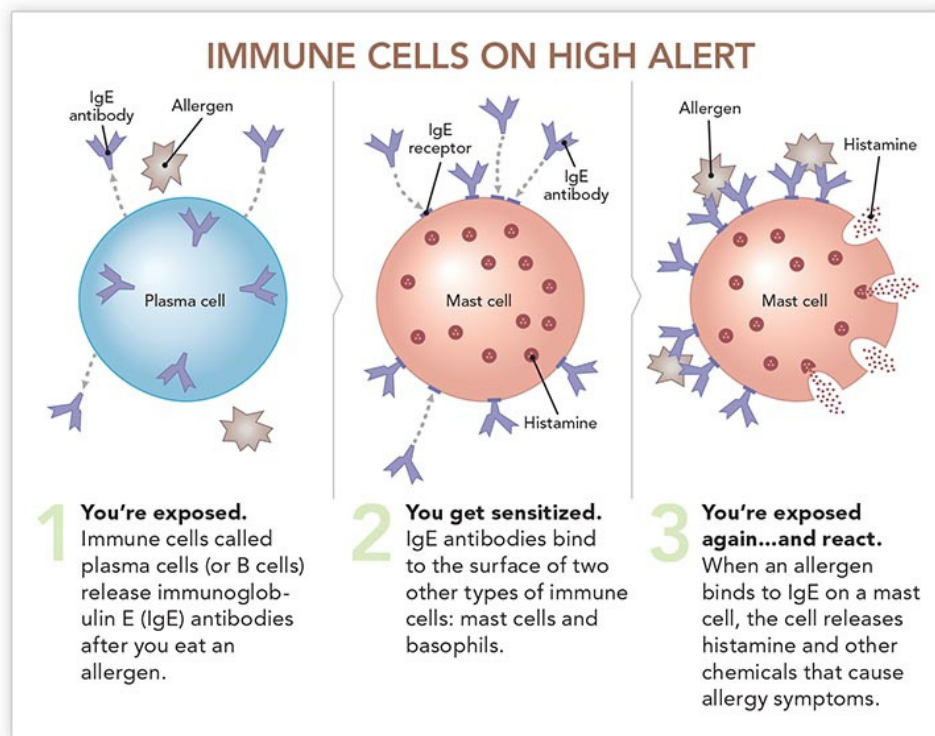
Vis Clinic Lab Offerings:

IgE Food Antibodies

IgE Food Antibodies (Immediate Reactions)

The IgE Food Antibody Assessment is a blood test that measures IgE antibodies to 19 of the most allergenic foods. The panel also includes a total IgE measurement. The body can react to foods in many different ways. The prevalence of food allergies in Western countries is rising, with up to 10% of the population affected. This trend likely involves a complex interplay between genetic, epigenetic, and environmental risk factors.

Testing for IgE food antibodies is useful for individuals who suspect that a food is responsible for causing their symptoms. Conditions associated with IgE food allergy include hives, itchy skin, stuffy nose, sneezing, watery eyes, nausea, vomiting, stomach cramps, diarrhea, swelling, shortness of breath, wheezing, and anaphylaxis.

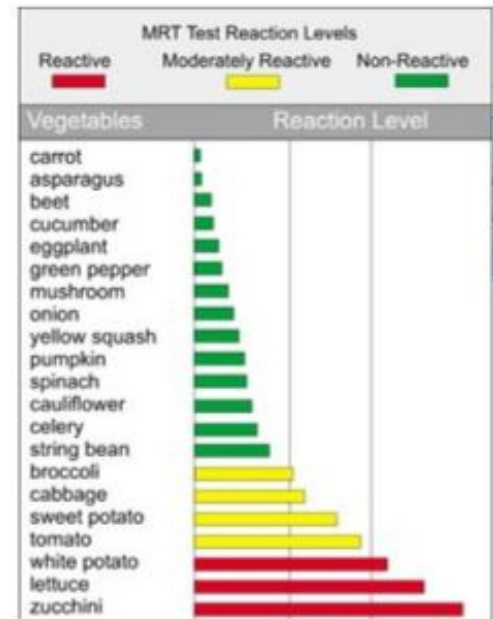


Vis Clinic Lab Offerings:

Mediator Release Test

Mediator Release Test

The single common feature and most clinically important component of all diet-induced inflammatory reactions is that they ultimately cause mediator release (cytokines, leukotrienes, prostaglandins, etc.) from various white blood cells (neutrophils, monocytes, eosinophils, lymphocytes). All food-induced inflammatory reactions involve mediator release, which is the single most important event leading to all the negative effects food sensitivity patients suffer. Mediator release corresponds to volumetric changes in neutrophils, monocytes, eosinophils, and lymphocytes. MRT provides unmatched reliability and precision because it is the only instrument in the industry that combines advanced flow cytometry technology with the patented impedance-based "Ribbon Method".



MRT, along with Oxford's patented "Ribbon" method, is the only instrument capable of measuring the subtle volumetric effects of antigen challenge on individual white cell populations simultaneously (lymphocytes, eosinophils, monocytes, neutrophils). And because MRT is able to identify more relevant inflammatory reactions than any other test or method, therapeutic outcomes are maximized with its use.

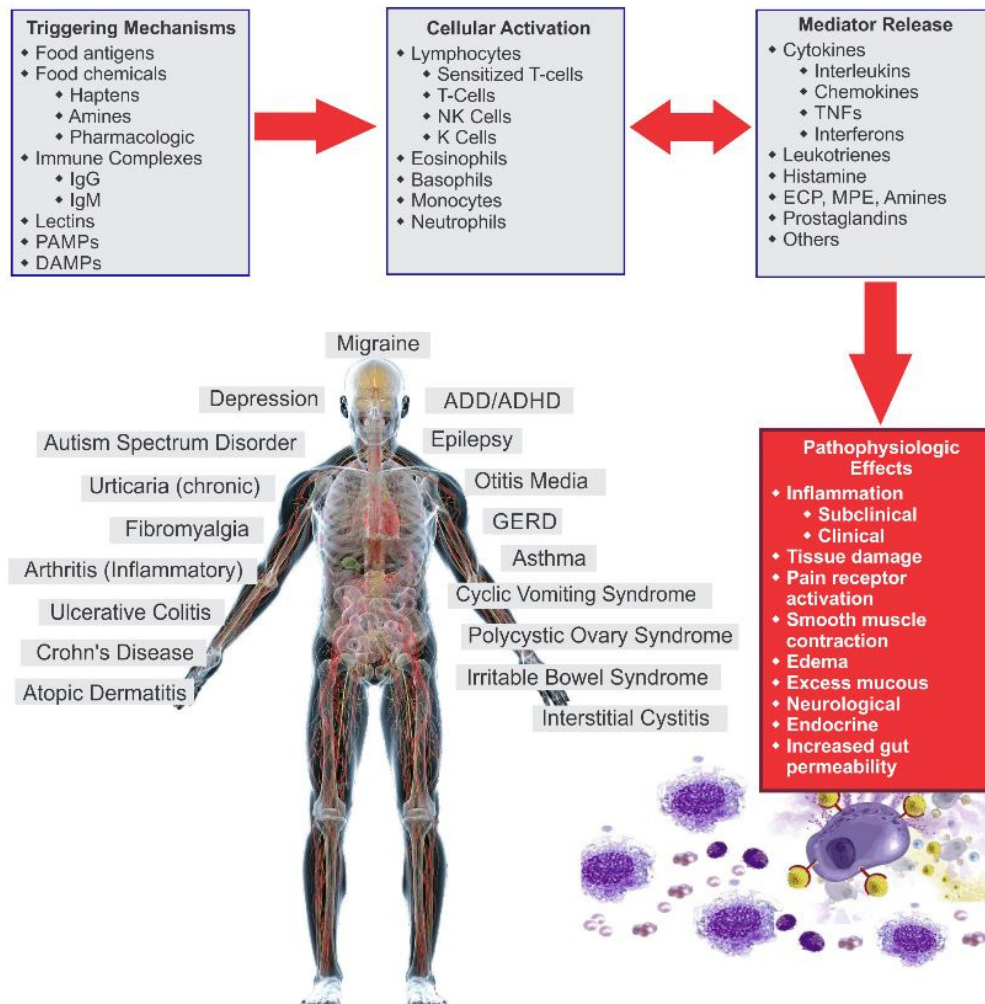
- Quantifies the inflammatory response to food and food chemicals.
- Accounts for clinical and subclinical inflammation.
- Accounts for the widest range of inflammatory pathways.
- Capable of measuring both innate and adoptive pathways

Vis Clinic Lab Offerings:

Mediator Release Test

Medical Conditions Where Sensitivities Can Play A Role:

- Gastrointestinal: Irritable Bowel Syndrome, Functional Diarrhea, GERD, Crohn's Disease, Ulcerative Colitis, Microscopic Colitis, Lymphocytic Colitis, Cyclic Vomiting Syndrome
- Endocrine: Obesity
- Neurological: Migraine, ADD/ADHD, Autism Spectrum Disorders, Epilepsy, Depression, Insomnia, Restless Leg Syndrome
- Urological: Interstitial Cystitis
- Gynecological: Polycystic Ovary Syndrome
- Musculoskeletal: Fibromyalgia, Inflammatory Arthritis
- Dermatological: Atopic Dermatitis, Urticaria, Psoriasis, Chronic Fatigue Syndrome



Mind Matter's: Staying Positive in a Crazy World

You can eat the best organic, whole foods diet, take all the proper nutrients and herbs and exercise for an hour every day but if your mind and mental habits are not healthy you will not achieve optimal healing. It can be difficult to stay positively confident in a world filled with so much uncertainty. We have bullets flying at us from all directions and we all carry a great deal of baggage on this journey called life but the good news is how we choose to handle these bullets and carry our luggage is up to us! We all have more control of our experiences than what the world seems to teach, which can be so incredibly empowering. One of life's little questions is "Are some people just born positive thinkers ...or is it their choice?" No matter your past, the luggage you carry, or the bullets flying at you right now, you have a choice in how you approach life. And you can change the approach at any moment. The lecture "Mind Matter's: Staying Positive in a Crazy World" will teach you how to handle these bullets and carry your baggage in a manner to remain confident and joyful in a world filled with so much uncertainty and pain. We will also discuss 10 actionable steps to help you improve your mindset and achieve a life of joy and passion, no matter what!

To learn more about Mind Matter's: Staying Positive in a Crazy World! sign up for Dr. Jenn's webinar on October 21st, from 12:00-1:00pm. [Click here to register.](#)

Not available on Wednesday? Get the recording and watch at your leisure.



Vis Clinical Services: Naturopathic Mindfulness Counseling

Do you have any of these thoughts:

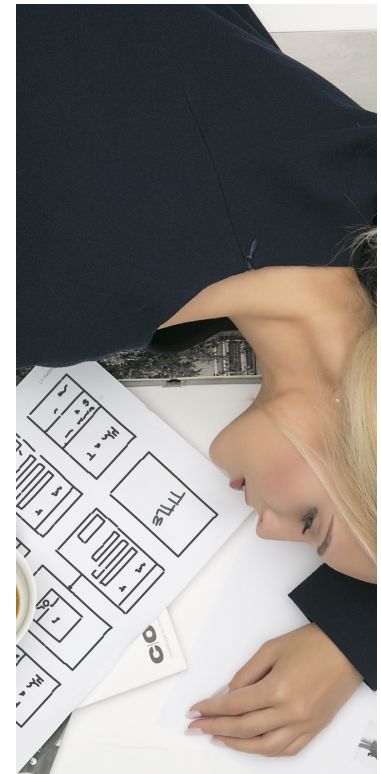
- I am constantly stressed
- I do not have time for anything
- I can't separate work from personal time
- Even when on vacation, I keep thinking about work
- I'm having sleep problems
- I constantly worry
- Relationships cause me stress
- I can't enjoy work because it is too stressful
- It's hard for me to focus
- I am ruminating over my problems again and again
- I see only the negative
- I have racing thoughts
- I have trouble sleeping
- My muscles feel tense



Our goal is to get underneath the surface symptoms. We learn how to work with the causes of stress, and practical ways to deal with it. We introduce research-based techniques for lowering stress levels, such as mindfulness exercises. Mindfulness counseling is a gentle and tool-based approach for counseling. Mindfulness is the concept of being present in your moment, without judgment, with kindness. This is easy in definition and difficult in practice. Counseling this way teaches patients how to use mindfulness to ease anxiety, depression, grief, or trauma. In session, clients learn how to be more present in their bodies, through sensation and have a different relationship with their thinking. During counseling sessions, you will learn how to use contemplative practices (meditation, neuroscience, breathing techniques, calming techniques) in a way that creates re-wiring of the brain to help battle self-criticism, low self-worth, or low self-esteem patterns.

Vis Clinic Lab Offerings: Adrenal Stress Index

Abnormal adrenal function can alter the ability of cells to produce energy for the activities of daily life. People who have a hard time rising in the morning, or who suffer from low energy throughout the day, often have abnormal adrenal rhythms and poor blood sugar regulation. The Adrenal Stress Index panel measures stress hormones and insulin, to help clarify the causes of fatigue, cravings, and obesity. The immune system trafficking also follows the cortisol cycle. If the cycle is disrupted, especially at night, then the immune system is adversely affected. Short and long-term stress is known to suppress the immune response in the lungs, throat, urinary tract, and intestines. If the Secretory IgA level that is measured is lowered our resistance to infection is reduced and allergic reactions may increase. The health of our skin, muscles and joints, bone, thyroid, brain function as well as our quality of sleep are also affected by the rhythm of our adrenal glands.



Serum Cortisol

This measurement is used to help diagnose problems of the pituitary gland or adrenal glands such as Cushing's disease, Addison's disease, infection of the adrenal glands, or congenital adrenal hyperplasia. It is not the best test to assess cortisol rhythm, but it is an easier way to quickly access whether one might be in a more hypo cortisol state or hyper cortisol state to better guide therapies. Please note: Do not take high doses of biotin (>5 mg / day) at least 3 days prior to cortisol and all hormone testing as it may interfere with the results.



Supplement Spotlight

Natural D-Hist: [Click here to shop](#)

Natural D-Hist is a targeted blend of flavonoids, antioxidants, proteolytic enzymes and botanicals designed to provide comprehensive support for seasonal challenges caused by common environmental allergens. The formula includes quercetin, bromelain, stinging nettles leaf, and N-acetyl cysteine. The powerful combination actively promotes healthy nasal and sinus passages for individuals with elevated histamine and respiratory irritation.



- Supports Immune Balance in Hypersensitive Individuals
- Supports Sinus and Respiratory Health
- Promotes Normal Viscosity of Mucus
- Clears Nasal Passages
- Contains a mixture of essential nutrients and herbs

D-Hist Jr: [Click here to shop](#)

D-Hist Jr. is a great-tasting, chewable tablet that includes a targeted blend of flavonoids, antioxidants, proteolytic enzymes and botanicals designed to provide comprehensive support for children with seasonal challenges caused by common environmental allergens. D-Hist Jr. includes quercetin, a powerful flavonoid to support healthy histamine levels. It supplies bromelain



to enhance the absorption of quercetin and to support mucosal tissue health and stinging nettles leaf to balance hyper-immune response. N-acetyl cysteine clears the airways by promoting normal viscosity of mucus. This unique nutritional combination safely promotes healthy nasal and sinus passages for children with elevated histamine and respiratory irritation.

- Supports Immune Balance in Hypersensitive Individuals
- Supports Sinus and Respiratory Health
- Promotes Normal Viscosity of Mucus
- Clears Nasal Passages
- Contains a mixture of essential nutrients and herbs

Supplement Spotlight

Cogniquil: [Click here to shop](#)

Cognition, including learning and memory, is dependent upon neurons in the human brain communicating with each other through synaptic connections. Age, genetics, diet, exercise, and environment may affect how efficiently neurons communicate and, thus, overall cognitive health. Cogniquil® contains a targeted blend of key ingredients designed to promote mental and physical energy and fuel motivation and clarity without overstimulation.

The Methylcobalamin (B12) supports cognition and contributes to healthy energy metabolism. Chronic insufficiency of B12 affects

peripheral nerves, the optic nerve, and the brain. Methylcobalamin also is a cofactor in myelin synthesis; in the methylation of homocysteine, a substance thought to damage neurons; and in the synthesis of monoamine neurotransmitters. Magnesium L-threonate (Magtein) supplies a highly bioavailable magnesium to the brain, which is vital to cognitive function. Ingesting conventional magnesium compounds does not appear to elevate brain magnesium, but animal studies have shown that Magtein crosses the blood-brain barrier, resulting in increased deposits in neural synapses, increased neural synaptic density, and improved brain function. Threacrine is a purine alkaloid found in certain coffee and tea species that has a similar chemical structure to caffeine yet with very different physiological effects. Threacrine promotes mental and physical energy, focus and motivation.

- Supports healthy brain magnesium levels
- Promotes concentration, mental clarity, and focus
- Supports cognitive health
- Promotes mental and physical energy and motivation to exercise



Interested in other supplements for your health concerns? Check out our online supplement store <https://visclinic.myshopify.com/>

October Webinars:

To register, please click on the webinar

Allergies and the Elimination Diet

October 7, 12:00-1:00pm

Cost: \$20.00

Join Health Coach Dana to learn how the Elimination Diet can help identify food triggers, reduce inflammation, and support a healthy microbiome by removing common foods that may be causing symptoms such as headaches, digestive problems, chronic sinus drainage, low energy, depression, mood swings, skin irritations, weight gain and more.



Mind Matters: Staying Positive in a Crazy World!

October 21, 12:00-1:00pm

Cost: \$20.00

Join Dr. Jennifer Mead to learn ways you can tackle everyday stressors to help you remain confident and joyful in a world filled with so much uncertainty and pain. In this discussion, she will introduce 10 actionable steps to help you improve your mindset and achieve a life of joy and passion.

Vis Clinic Webinar Library



We have been recording all of our webinars and we have quite a collection. Contact us to receive the recording or click here to access through our online supplement store. **Some webinars may require a small fee.*

- Functional Medicine Tips on Optimizing Immune Health*
- Oxidation, Inflammation, ApoE, and Coronavirus, Oh My!*
- 5 Steps to Changing Your Mental Health*
- Lifestyle Practices to Reduce Stress*
- Strengthening Your Immune System with Food
- Vis Clinic 10 and 25 Day Cleanse
- Loading Your Child's Backpack with Nutrition*
- Vis Clinic Infrared Sauna
- IV Nutrition
- Renew Food Plan*
- Cardiometabolic Food Plan*
- Mito-Keto Food Plan*
- Detox Food Plan*

NEW...Healthy Lifestyle Support Group:

Tuesday, October 20th from 12:00-1:00pm

Cost: Free

[Click here to register](#)

This group meets once a month and will be held virtually over zoom meetings until further notice.

Find your community, get the support and guidance you need, and have fun along the way.

Vis Clinic is offering a monthly support group around health and wellbeing. Led by Health Coach Dana, this support group gives you the opportunity to share your thoughts and experiences with others and develop deeper connections towards your health.

Much evidence shows that peer support is an effective strategy for ongoing health care and behavior change for people with chronic diseases and other conditions. Additionally, group members report less depression, heightened self-esteem and self-efficacy, and improved quality of life.

What should you expect during a Healthy Lifestyle Support Group meeting?

- Group discussion around health and lifestyle topics
- Explore ways to overcome obstacles
- Share tools and techniques with the group
- Develop relationships and connections with others that share your health concerns

***IF YOU WANT TO GO FAST GO ALONE, IF YOU
WANT TO GO FAR, GO TOGETHER.
-AFRICAN PROVERB***



INTERESTED IN LEARNING MORE ABOUT OUR HEALTHY LIFESTYLE SUPPORT GROUP? CALL DANA AT (316) 425-3729

What's New at Vis Clinic?

Meet our new Nurse, Camilla Smith

Camilla has a bachelor's degree in gerontology with a minor in biology. She then followed her passion for education and chased her lifelong dream to become an RN and graduated nursing school in 2013. Her past experiences include working in a medical surgical unit and volunteering with the Red Cross. As a volunteer, she worked as a nurse in the flight medicine clinic at an Air Force Base in England. When Camilla is not working, she loves doing anything outdoors. Hiking, camping, skiing, boating and biking just to name a few. Her second passion is cooking elevated savory dishes. She's been married for 13 years and has a 3 year old little girl. Camilla is excited to be working in an environment that promotes a healthy approach to self care!



Please join us in welcoming Camilla to Vis Clinic!

We have recently renovated our clinic. Come relax in our Infrared Sauna, get an IV treatment in our spruced up IV room or select your favorite supplements from our expanded supplement store



What's New at Vis Clinic?

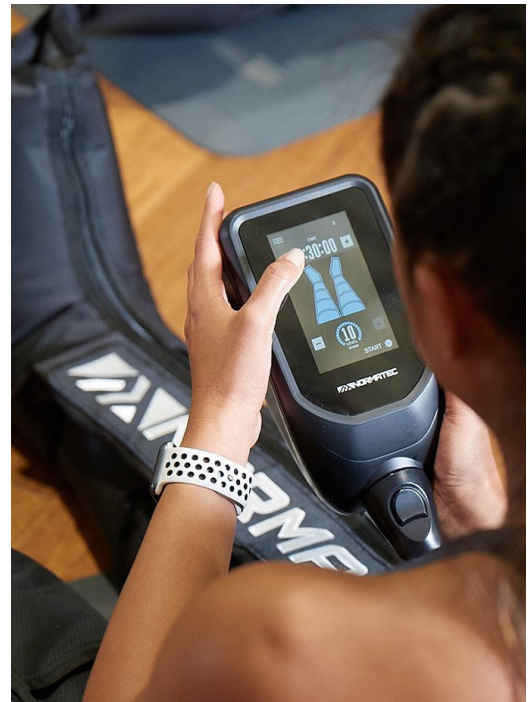
Introducing Normatec Pneumatic Compression Therapy

What is Pneumatic Medicine?

Pneumatic medicine is the use of non-invasive, painless, dynamic pneumatic compression to improve, vascular, venous, and lymph flow in the upper or lower extremities. The core component of pneumatic medicine is the NormaTec Pulse Technology inflation-deflation pattern, which uses dynamic compression (pulsing) to transport fluid out of the limbs.

Who Benefits from Pulsed Pneumatic Therapy?

- Lymphedema
- Venous Insufficiency
- Venous Stasis Ulceration
- Chronic Non-healing Wounds or Ulcers
- Other Edematous Conditions
- Prevention of Deep Vein Thrombosis
- Post-mastectomy Lymphedema
- Muscle aches and joint pain



How does it Work?

The device utilizes a patented compression technology, and multi-zoned garments which rhythmically inflate and deflate to carefully prescribed pressures, effectively mobilizing stagnant fluid in the limbs while helping disengage tissue and improve circulation.

PULSING: The pulsing action mimics the muscle pump of the legs and arms, greatly enhancing the movement of fluid and metabolites out of the limbs.

GRADIENTS: Veins and lymphatic vessels have one-way valves that prevent fluid backflow. Similarly, NormaTec Pulse Technology uses hold pressures to keep fluids from being forced in the wrong direction.

DISTAL RELEASE: Sequential Pulse Technology releases the hold pressures once they are no longer needed to prevent backflow.

What's New at Vis Clinic?

Try our new Infrared Sauna!

Perfect for individuals struggling with...

- Cardiovascular disease
- Diabetes
- High blood pressure
- Congestive heart failure
- Rheumatoid arthritis
- Chronic fatigue
- Poor digestion
- Depression and anger
- Chronic muscle and joint pains
- Mold Toxicity
- Heavy Metal Toxicity
- Cleansing



Individual sessions or packages are available. Call Vis Clinic for information and pricing. Our sauna offers 3 in 1 wavelengths, allowing you to experience a deep, detoxifying sweat. Your health is calling. Try our Infrared sauna today!



MOBILE THERMOGRAPHY SERVICE

Available at Vis Clinic Every 3rd Friday

Call (316) 640-8933 to schedule your appointment today!

Breast Health Screening - \$195.00 : Full Body - \$415.00 :

Men's or Women's Health Screening - \$295.00



- MD Interpreted . Pain Free
- Compression Free . Radiation Free
- FDA Registered Medical Device
- Safe and Effective at Any Age

We are happy to announce we will be providing Thermography services at Vis Clinic Every 3rd Friday. Call (316) 640-8933 to reserve your slot!



October 7: Elimination Diet Webinar 12:00–1:00pm

October 16: Bras Thermography Appointments

October 20: Healthy Lifestyle Support Group 12:00–1:00pm

October 21: Mind Matter's: Staying Positive in a Crazy World Webinar 12:00–1:00pm