

# dr leila's notes

January/February 2010

## Get Healthy in 2010

Consider detoxification as one of your first steps to getting healthy and feeling good. Please read the attached flyer on detox. But.....before choosing a program that is right for you-get a Blood Chemistry Panel and/or a Biomeridian Test to help decide which program would best meet your needs.

Also, don't forget February is Heart Healthy Month! Get tested to help evaluate and prevent potential health concerns. Find out where you need support. If you are ready to start a program or would like to be tested..... Please call me for an appointment and we'll talk!!

### Keys to Colon Health

1. Improve transit time- Take magnesium citrate to help with constipation
2. Eat a colon friendly diet-foods like fruits and vegetables, plenty of fluids, whole grains, cold water fish, very little red meat
3. Provide friendly bacteria- take a pro-biotic daily will help to re-establish good bacteria in the gut
4. Exercise- physical movement helps intestinal movement
5. Reduce stress in your life
6. A gentle detox- this will give you a needed break to your colon eliminating irritants such as refined sugars, flour, meat and alcohol

All of the above helps your colon clean out unwanted toxins so your body can heal any inflammatory damage and unwanted buildup. Thus giving you more energy and feeling of good health!

It's going to be a great year!  
I hope this finds you healthy and happy!

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### Special Note

I became a  
Grandma!!  
Milo Dane  
Jan 18, 2010!!