



Choices Healthy Views

Doctors Choice

by Dr. Devin A. Mikles MD

Tax Deductions for Food Supplements and Special Diet

Many patients want to know if they can deduct the cost of their supplements on their tax return. Under current tax law, nutritional supplements and diet supplements or medical foods are tax deductible in specific circumstances. Here is what is needed:

- In order for food supplements and special diet purchases to qualify as a tax deduction, a physician or other health professional must prescribe the food supplements and special foods for alleviation or treatment of an illness.
- The patient must get relief for specific medical problems and not just to feel better.

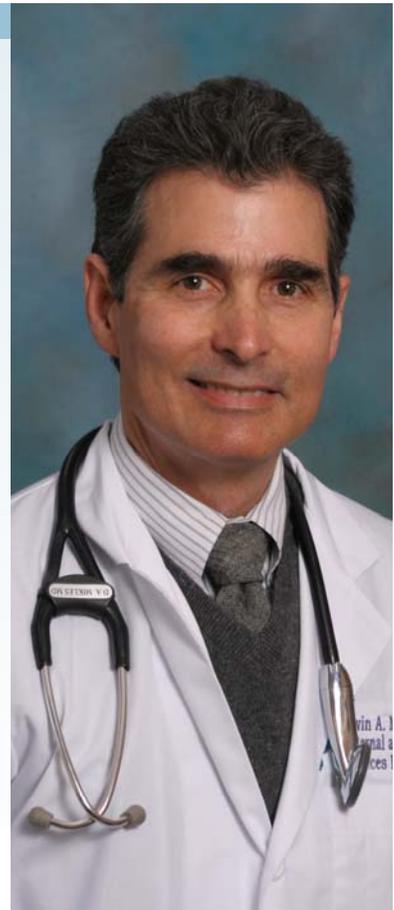
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What's New at Choices



Choices is pleased to announce that Family Nurse Practitioner, Karen M. Johnson has rejoined our practice. Karen's mission is to provide quality healthcare to each person with respect, compassion and the understanding of each person's needs. She has a special interest in Hormonal Balancing, Preventative Care, Health and Wellness and Autoimmune disorders. Please call our office at [\(928\) 203-4844](tel:9282034844) to schedule an appointment with this practitioner.

- ◇ **Qi Gong** is offered every Tuesday at 12:30 p.m. by Master L. V. Popat. Gratitude donations only.
- ◇ **Cold Laser Therapy** now available at Choices. Please schedule an appointment with your practitioner to discuss whether this healing power of laser light would benefit you.



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Choices Natural Medicine Store

Choices Natural Medicine Store is located just off our lobby and is open to the public. The store provides a selection of physician grade, high quality nutritional supplements to complement the management of your health and provide nutritional support for healing and prevention. All products we sell follow FDA good manufacturing practices and provide independent laboratory analysis for pesticides, chemical contaminants, heavy metals or uncharacteristic microorganisms. Our goal is to provide the best products available on the market to complement your health care needs.

Tax Deductions for Food Supplements (continued)

- A prescription from the doctor or other health care professional should state that for a specific diagnosis, a special diet and food supplements were prescribed.
- The outcome must be a reduction in "x" health problem(s).

Expenses that should be deductible include:

1. Food Supplements

Additional Costs to purchase special foods over the cost of regular food that is similar are deductible. An example is a person with gluten intolerance buying wheat free products vs. products with wheat in them.

2. Shipping Costs for the items being purchased.

3. Transportation Costs for traveling to a special establishment to purchase the prescribed items in addition to mileage for shopping at the local grocery store per mile at the applicable rate.

For this purpose, an acupuncturist and a nutritionist are considered health care professionals.

Similar to any deductible expense, all receipts must be maintained for the above items.

Natural Medicine Store Favorites

by Brian Whitney

Why does Choices Integrative Healthcare choose Cholest by Thorne Research?

Natural management of healthy cholesterol levels should involve dietary and lifestyle modifications, including a low-saturated fat, low-carbohydrate diet, and aerobic exercise. As additional supplementation, several nutrients and botanicals can be used to help maintain lipid metabolism and support healthy cholesterol levels.*

Cholest contains *Monascus purpureus*, a red-pigmented yeast grown on rice. Numerous studies in China and the United States have demonstrated that red yeast rice preparations are helpful in maintaining blood cholesterol levels already in the normal range.* This is important, as maintaining optimal cholesterol levels has been shown to be one component of maintaining cardiovascular health.*

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Cholest (continued)

In addition to naturally occurring substances called monacolins, red yeast rice contains the phytosterols beta-sitosterol, campesterol, and stigmasterol, as well as isoflavones and trace minerals, all of which can contribute to cardiovascular health.* Red yeast rice is obtained by a specific process that ferments rice. One of the natural by-products of the rice fermentation process is citrinin, although usually the more sophisticated the fermentation process, the lower the amount of citrinin that is produced as a by-product. Citrinin is a mycotoxin. Because mycotoxins can cause inflammation and other injurious effects in the body, Thorne Research's Cholest regularly tests at less than 0.05 parts per million, which is less than 1/20th of the generally recognized standard in the industry of less than 1 part per million.



Thorne Research takes the utmost care to make certain they are offering the highest quality and purity red yeast rice formula and Choices Integrative Healthcare has been able to rely on the efficacy and results proven by the use by hundreds of patients over the course of many years.

“Cholest is a great preventive supplement that helps maintain optimum cardiovascular function.”

Nutrition Goals by Bonnie Elkhair FNP-C, CNS Comparing Current Weight Loss Supplements: Risks and Results

Efficiency, safety, and tolerance are concerns when choosing supplements for weight loss. Peruse a health food store, or google weight loss supplements, and find numerous products claiming to cause successful weight loss. Unfortunately, nutritional supplement manufacturers are not held to the same FDA production standards as pharmaceutical manufacturers, and product availability doesn't guarantee reliability. Ethical companies and high quality products do exist, and recommendations regarding appropriate supplement choices and brand choices should be routinely discussed with your healthcare provider.

When dieting to lose weight, a daily multiple vitamin is needed. Vitamins are essential nutrients the human

body can't produce or store, required for normal metabolism. Additionally, B Complex, Vitamin D3, Fiber, Probiotics, and Omega 3 fatty acids enhance weight loss. Protein intake can be challenging, and meal replacements offer convenience, but the chosen product needs balanced protein, carbohydrates, and fats. Other dietary supplements may be considered for some, under medical supervision. For example, combining B complex vitamins with inositol, choline and methionine may boost energy and fat metabolism. Conjugated linoleic acid (CLA) may help decrease fat and build muscle. Resveratrol may speed up metabolism and prevent growth of fat cells. Carnitine may aid weight loss by improving exercise performance.



* These statements have not been evaluated by the Food and Drug Administration (FDA). These products are not meant to diagnose, treat or cure any disease or medical condition. Please consult your doctor before starting any exercise or nutritional supplement program or before using these or any product during pregnancy or if you have a serious medical condition.

Complementary Health Practices Available at Choices

- Acupuncture
- Botanical Medicine
- Chiropractic
- Cold Laser Therapy
- Homeopathy
- Intravenous Infusions
- Mind/Body Medicine
- Neural Therapy (NT)
- Neuromuscular Therapy
- Nutritional Therapy/Counseling
- Relaxation, Visualization
- Stress Management
- Traditional Chinese Herbal Medicine
- Ultraviolet Blood Irradiations and Ozone Therapy

Alternative Care Treatments

UVBI/O3 Therapy

Ultraviolet Blood Irradiation/Ozone therapy (UVBI/O3) is a special process used in the Choices Clinic whereby blood is withdrawn from a peripheral vein in the body, treated with ultraviolet light, oxygenated through admixture with ozone and then retransfused into the body using a closed loop system for purity and safety. UVB therapy was first used in Germany in 1928, before the advent of antibiotic drugs, to successfully treat a woman who was dying of sepsis. It continued in use for treatment of infections of all types (bacterial, viral, fungal, protozoa) and toxic conditions such as snake bite or organic poisoning until the pharmaceutical revolution led to the disuse of this valuable treatment tool. Since then there have been multiple studies done in Germany, Russia and China where it is regularly used. Some of the indications for UVB/Ozone treatment include:

Asthma, allergies, acne, acute flare up of arthritis, diabetic retinopathy and macular degeneration, fibromyalgia, injuries, wound healing, venous stasis ulcers, migraine, chronic intestinal inflammation, occlusion of the arteries, thrombophlebitis and general detoxification.

Biological effects include: normalization of blood pH, increase in arterial and venous oxygenation, electrical charge on the red blood cells, antibacterial capacity of the blood, hemoglobin, white blood cell count, phagocytosis, and reduction of cholesterol, creatinine levels, blood lactate, clot formation, blood viscosity, uric acid levels, fibrin levels, plasma viscosity and surface tension of the blood.

Acute infectious situations can typically be treated with one treatment daily or every other day until improved or resolved. Ask your health care provider if this treatment is right for you.



Recipe of the Month: Snack Attacks

contributed by Beverly Coleman, MPH, L.Ac



- 1 cup **ROLLED OATS** (uncooked) – for healthier skin, nerves and bowel functions
 - 3 chopped **BLACK MISSION FIGS** – for potassium, fiber, energy
 - 30+ chopped **RAW ALMONDS** – for heart and arteries, brain and nerve functions, regulation of HDL and LDL, Vitamin E, B complex, calcium, magnesium and potassium
 - 3 Tablespoons **RAW CACAO NIBS** (unsweetened) – for antioxidants, mood elevation, heart health, many nutrients (esp. magnesium and chromium) – Note: these benefits do not prevail when chocolates are processed with milk and/or sweeteners.
 - 3 Tablespoons **RAW BLACK SESAME SEEDS** – for healthier skin, hair, bones, kidney and bowel (lubricant) functions – anti-aging, antioxidants, very high nutritional content
 - 1/3 cup **PLAIN GOATS KEFIR or COCONUT KEFIR** – for probiotics, immune function, calcium, aids digestion (coconut kefir is more hydrating and healing to children and sick or recovering elders)
- form above mixture into balls and roll each ball in dried coconut and refrigerate –
--Makes a great breakfast with tea or a snack for you and your family or friends –

Want to sample them first? We serve them at Choices' "Wellness and Self Experiences"
Call Beverly at 928-204-9233 for more information.

