

OCT 2023

# VILLAGE

QUARTERLY



WELLNESS QUARTERLY

VILLAGE MED SEATTLE

DR. TARA  
SHELBY

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Welcome to Village Medicine, your destination for holistic health and wellness.

We believe in the power of community, compassion, and comprehensive care to transform your life.

With a team of dedicated experts, we're here to guide you on your journey to optimal well-being.



**VILLAGE MEDICINE SEATTLE**

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# Discover a Healthier You at Village Medicine!

Our mission is to create a sustainable environment where providers and patients work in tandem to support the health and wellbeing of individuals, communities, and the planet.

Our diverse group of practitioners do this by providing exemplary and multi-disciplinary medical care.

In unifying our life's work with our lived experience, we offer a supportive and empowering environment that nurtures all communities and celebrates cultural and philosophical perspectives.



# MEET OUR NEWEST PROVIDERS

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Our ever growing team aims to complete your holistic care



**DR. JEN DANIELS,  
ND, ARNP**

**NATUROPATHIC PHYSICIAN,  
NURSE PRACTITIONER**

Jennifer's practice interests include primary care for all ages, pediatric medicine, gender-affirming healthcare, and menopausal hormone therapy.



**DR. MEGHAN ZECH,  
ND, FABNO**

**NATUROPATHIC PHYSICIAN,  
INTEGRATIVE ONCOLOGY**

Meghan provides integrative support and side effect management for cancer, cardiovascular disease, metabolic concerns, gastrointestinal concerns, menopause, osteoporosis/osteopenia, anxiety and depression, insomnia, and fatigue.



# GROUP CLASSES

Every quarter, we offer a lineup of group classes designed and led by our wonderful providers.

These classes help our patients develop skills and hone practices that speak to their wellness as a whole.

Here are the amazing classes Village is offering this quarter!

SEPT - NOV



## Mind Body Medicine with Dr. Tara Shelby

Mind-body medicine group teaches the inextricable connection among our thoughts, sensations, feelings, and our mind, body, and spirit – between ourselves and the social and natural world in which we live.

The Center for Mind Body Medicine uses evidence-based skills for self-care, nutrition, self-awareness, and group support to promote wellness.

Mind-body skills, such as meditation, biofeedback, guided imagery, and self-expression, are scientifically validated to reduce stress and restore physical and psychological health.

This approach heals individual trauma and builds community-wide resilience.

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SEPT - OCT

## Surviving & Thriving: a class for women\* with ADHD



with Dr. Carrie McMillin

In this series of classes, Dr. McMillin will help you better understand your ADHD brain so that you can finally get to the bottom of why you struggle in certain areas of your life. We will dig into specific strategies for problems with work, home life, and relationships. You will leave with helpful tools to try, curated resources, and a connection to other individuals who live with similar struggles every day.

\*This class is designed for women and fem-presenting adults with ADHD, whether they struggle more with inattentive symptoms, hyperactive symptoms, or all of the above. We will touch on the unique ways that women and fem-presenting individuals with ADHD struggle due to societal pressures and late diagnosis.

Level One and Level Two classes are available!



## Awakening Divine Pleasure

with Dr. Simmons and Dr. Daniels



**Online group class 6:30 - 8:30 PM, Thursdays, October 5th, 12th, 19th, and 26th**

In this 4-part series, you will have the opportunity to work in an intimate group to explore your pelvic bowl, awaken your root energy, and bring forth your deeply held pleasure potential.

You will learn:

- How to ditch shame and open your heart to pleasure
- The anatomy and function of your pelvic bowl and the female arousal network
- Exercises for tuning into your body and turning up the heat
- How to integrate intimacy tools into your daily life

\*\* Due to the specificity of the anatomical teachings in this workshop, it is for those assigned female at birth.\*\*



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# HERBAL RECIPE

BY DR. MEGHAN ZECH

“Support your immune system with this easy **Elderberry Syrup!**”



VILLAGE MEDICINE SEATTLE



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## SUPPORT YOUR IMMUNE SYSTEM

Traditionally the elder tree was known as nature's medicine chest with a range of health benefits that could be derived from use of the flower, leaf, berry and bark. Specifically, the berries are known for their ability to fight viral infections and clear deep congestion in the lungs, kidneys and joints.



Elderberries contain high levels of vitamins A and C and are rich in antioxidants. When taken at the first sign of an illness, elderberry can help fight off or minimize the duration of respiratory infections. This syrup can be taken daily to strengthen the immune system or as needed to soothe a sore throat or ease a stubborn cough (especially with the addition of wild cherry bark).

Elderberries are a food-like herb and as such can be consumed in larger quantities. As a remedy for cold and flu, frequent dosing can be more effective than just 1-2 doses daily. At first sign of an illness, you can take a teaspoon every 1-2 hours.

## WHAT CAN YOU DO WITH IT?

Elderberry syrup can also be incorporated into your daily foods.  
Try some of these easy ways to use it!

- **drizzle over oatmeal or yogurt**
- **mix a small amount into your tea or sparkling water**
- **blend into a salad dressing**
- **add it to smoothies for an antioxidant boost**

# ELDERBERRY SYRUP

BY DR. MEGHAN ZECH



## INGREDIENTS:

- 1/2 cup dried elderberry or 3/4 cup fresh berries (use black or blue elderberry, do not use red elderberries as they are toxic)
- 4 cups water
- 1 tbsp fresh ginger chopped
- 2 cloves
- 1-2 cinnamon sticks
- 1/4 cup dried rose hips
- 1 1/2 cups raw honey
- 2 Tbsp. wild cherry bark - optional add in for coughs
- Brandy (optional preservative)

## DIRECTIONS:

1. Add the herbs, spices and water to a large pot and bring to a boil.
2. Reduce the heat and simmer until the liquid is reduced by half.
3. Allow the mixture to cool then strain the herbs and return the liquid to the pot.
4. Add honey and stir to dissolve. It's OK to apply low heat to help the honey blend into the mixture but be sure not to boil it! Overheating honey degrades its beneficial enzymes.
5. Pour the syrup into glass jars and refrigerate. Add a label with the date.
6. Optional: Brandy can be added to help preserve and extend shelf life. Add a volume that is 15 to 20% the volume of the syrup. Stir into cooled syrup.
7. OR (if you don't add the alcohol) another option can be to freeze the syrup in ice cube trays to prolong its shelf life.

Note: Even without the brandy, this syrup is not for children under 1 year of age as honey is not safe for babies.

Refrigerate syrup and use within 1-2 months.

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# COMMON DEFICIENCIES IN ADHD

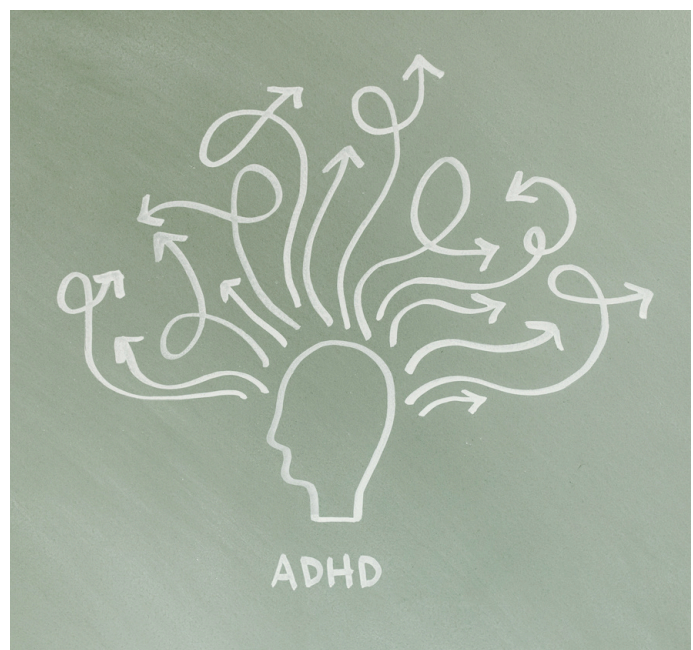
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DR. CARRIE McMILLEN

As a naturopathic physician specializing in ADHD, I understand the importance of optimizing foundational health and wellbeing to manage ADHD symptoms. One area that is essential to evaluate is vitamin and mineral deficiencies.

Research has shown that certain deficiencies are more common in people with ADHD, and understanding how these vitamins and minerals affect the body can help you determine which ones could potentially have the biggest impact on your health and ADHD symptoms.

Generally, when I work with patients, I like to check-in on the following 5 potential deficiencies, particularly if there are additional health conditions, poor diet, or possible absorption issues in the gut. Remember to talk to your doctor before taking any new supplements!



### MAGNESIUM

Magnesium levels can impact sleep muscle and nerve function, bone health, and your ability to manage stress and anxiety. Most people who eat a standard American diet are somewhat deficient in magnesium, although people with ADHD have higher rates of magnesium deficiency.

I often consider magnesium supplementation for patients who struggle with sleep issues, muscle cramps, constipation, headaches, and anxiety.

Magnesium supplements exist in many forms—citrate, threonate, glycinate, etc—and not all forms of magnesium are created equal in how readily they are absorbed. Plus, research seems to point to some forms of magnesium being more suited to specific effects. For example, magnesium glycinate may be more well suited for neurologic benefits of magnesium.

### VITAMIN D

Essential for calcium absorption, immune function and countless other processes, it also appears to be linked with levels of neurotransmitters like serotonin and dopamine which are super important for ADHD and mental health overall!

In my experience, most of my patients are deficient in vitamin D, even if they have been taking a standard maintenance supplement. I like to see levels at 50-75 nmol/L on bloodwork, and it is crucial to look at labs for Vitamin D because this is one of those vitamins that can be harmful if you take too much!

Vitamin D is an easy one to take and since it may be linked to fatigue and depression, it is part of most of my treatment plans. It is particularly important for people who have IBD or other inflammation in the gut which can make it hard to absorb vitamin D in the diet.



# IRON



Iron is another supplement that you definitely want to avoid overdoing, so getting bloodwork to determine your actual values is important. Iron levels can impact energy levels, exercise tolerance, growth, and how well your nervous system functions. Iron deficiency is also correlated with tic disorders and sleep struggles.

Knowing its actions in the body, I always pay close attention to iron levels for my patients who struggle with sleep or those who experience tics. I also think about iron if a patient has heavy periods or eats very limited meat in their diet.

Luckily, lab work gives us really great information about whether or not a person's iron levels are getting low, as long as you are sure to get a ferritin level. Ferritin can help us understand how much iron your body has in "backup stores", and this often drops low even before true anemia shows up.

# B VITAMINS



I could write pages about the link between the different B vitamins and ADHD, but in short, we definitely see higher rates of deficiencies in several of the B vitamins in people with ADHD. B6 may be particularly important when fatigue and irritability are major struggles. Folate (B9) can be affected by mutations in the MTHFR gene which make it more difficult for your body to convert folate from your diet into a form that the body can use. Some researchers have proposed that excess hyperactivity and impulsivity in some people with ADHD may be able to be explained by B12 levels.

As with many of the other nutrients, inflammation in the gut can make it harder for the body to absorb B vitamins as well. Diet also plays a major role in B vitamin levels. For example, B12 is only available from animal sources or in fortified foods.

The take home message? Your B vitamin levels can be having a major effect on ADHD symptoms and on your general energy and health. This is an easy problem to correct, but knowing whether or not you have any mutations or absorption issues that are playing a role is crucial.

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# ZINC

Zinc plays an important role in the nervous system, as well as the immune system and growth. It also affects your sense of taste and smell, and appetite. For some patients that find they really struggle with appetite, zinc supplementation can help. I also think about zinc for patients who seem to get frequent respiratory infections and for patients with hair loss or poor hair growth.

You need to be careful with taking zinc, because the ratio of zinc to copper in the body is very important. If you take a zinc supplement, you may also need to add copper in the right amount in order to keep the correct balance.

If you would like to check if a vitamin or mineral deficiency could be contributing to your symptoms, it is important to always talk to your healthcare provider. They can help determine what supplements and doses are best for your specific situation.



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IN HEALTH,  
DR. CARRIE MCMILLEN

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# Our Docs Are Always Learning

## GI HEALTH CONFERENCE

Dr. Tara Shelby sits on the board of the GastroANP (Gastroenterology Association of Naturopathic Physicians), and she helped plan the annual conference, which was held in the last weekend of September.

Dr. Paul Mischyszyn and Dr. Jen Daniels were in attendance to learn with Dr. Shelby about all things GI. Lectures ranged from updates on SIBO treatments, IBD, fecal microbiota transplants, and acid reflux.

The lectures were informative and engaging, and our providers found the updates on SIBO treatments to be especially helpful, as this is an area that is rapidly evolving and can be challenging to keep up with.

Overall, the conference was a fantastic opportunity for professionals in the field of gastroenterology to come together and learn from one another. Dr. Shelby is already looking forward to next year's event and is excited to see how the field will continue to evolve and develop in the years to come.



Dr. Tara Shelby and her GastroANP team giving out awards.

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# GUT HEALTH

## DR. TARA SHELBY



Why do Integrative Physicians love studying, testing and treating your gut?

The human microbiota consists of over 100 trillion symbiotic microbial cells harboured by each person, in different parts of the body such as the skin, lungs, vaginal canal but primarily the largest part of the human microbiome resides in our intestines.

Types of bugs in our gut include bacteria, archaea, fungi, viruses, protists and more. The traditional view is that a human body is a collection of over 10 trillion cells which are themselves the products of over 23,000 genes. When you look within the nooks and crannies of every human being (especially in the guts), we've discovered over 100 trillion bacteria of several hundred species bearing 3X the amount of non-human genes. Gulp. So scientifically speaking we are superorganisms made of up smaller organisms working together...we hope.

Our gut microbiota does way more than simply "digest" our food into usable nutrients. We know the microbiota in our guts affect the biological functioning of every organ system in our bodies. When you look more closely, we are composed of far more bug genes and cells than we are human!

Perhaps you've heard about fecal microbiota transplants (FMT), where we implant stool from a healthy individual into another, most known for treating the dangerous and drug-resistant bacteria *Clostridium difficile*. Sounds gross, but you might be shocked to know that FMT is currently being studied across more medical specialties and for more diseases than you would have ever expected.

### Restoration of Microbial Diversity Impacts Disease

#### Fecal Microbiota Transplant (FMT) Clinical Trials

##### Gastroenterology

Clostridium difficile infection	
IBD	NCT03804931
IBS-C + IBS-D	NCT03613545
Liver Cirrhosis	NCT03014505
Hepatic Encephalopathy	NCT02636647
NASH	NCT03803540
NAFLD	NCT03648086
Pancreatitis	NCT02318134
Primary Sclerosing Cholangitis	NCT02424175
Alcoholic Hepatitis	NCT03827772

##### Neurology

Autism Spectrum Disorder	NCT03829878
Parkinson's Disease	NCT03808389
Alzheimer's Disease	NCT03998423
Bipolar Disorder	NCT03279224
Depression	NCT03281044
Anorexia Nervosa	NCT03928808
Schizophrenia	NCT04001439
ALS	NCT03766321
Epilepsy	NCT02889627

##### Autoimmune/Allergies

Multiple Sclerosis	NCT03594487
Chronic Fatigue Syndrome	NCT03691987
Psoriatic Arthritis	NCT03058900
Rheumatoid Arthritis	NCT03944096
Ankylosing Spondylitis	NCT03726645
IgA Nephropathy	NCT03633864
Sjogren's	NCT03926286
Atopic Dermatitis	NCT04283968
Alopecia Areata	NCT04238091
Peanut Allergy	NCT02960074
C-Section	NCT04173208

##### Infectious Diseases

Antibiotic Drug Resistances	NCT04181112
UTIs	NCT03367910
HIV	NCT04165200
2019-nCoV	NCT04251767
Chronic Hepatitis B	NCT03429439

##### Cancer/Other

GVHD	NCT03492502
Immunotherapy Tx Support	NCT03353402
Organ Transplantation	NCT03617445
Radiation Enteritis	NCT03516461
Pitt Hopkins Syndrome	NCT04132427
Malnutrition	NCT03087097

##### Metabolic Disease

Obesity	NCT03391817
Type II Diabetes	NCT01790711
Metabolic Syndrome	NCT02050607
Chronic Kidney Disease	NCT04361097
Type I Diabetes	NCT04124211



## GUT HEALTH, WITH DR. TARA SHELBY

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Although we currently don't have the complete sequencing or understanding of what a "healthy" microbiome actually means, we do know that our gut bacteria are negatively affected by food, environmental toxins, pharmaceuticals and stress.

We also know that our microbiome has a substantial impact on how our immune systems develop and function beginning from how we are inoculated through our birthing process. New information is suggesting that this process might be starting before birth while a fetus is in the womb and dependent on maternal food consumption during the 3rd trimester of pregnancy!



If you are interested in understanding more about your unique microbiome and how it might be contributing to other disease states or ailments you are struggling with, we are here to explore with you! Until then... **here are two awesome tips you might not have known.**

#1. When all of the different probiotic strains and combinations are studied, the hands-down best possible probiotics are not capsules but instead, eating 30 different vegetables in ½ cup servings per week leads to the healthiest intestinal microbiomes on the planet.

#2. Village is currently running a year-long research study along with the Thaena Postbiotic. Thaenabiotic is a fecal-derived, sterilized, full-spectrum postbiotic that contains metabolites from a unique, healthy ecosystem of microbes originating from the special donors we have hand-picked. YES, we are currently using sterilized perfect poo to repopulate your guts. For more information, ask us!

~ Dr. Tara Shelby, ND, LM

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It's important to note that while certain factors can negatively impact our gut bacteria, there are also things we can do to support a healthy microbiome. Eating a diverse range of whole foods, particularly fruits and vegetables, can provide a variety of nutrients that our gut bacteria thrive on. Additionally, avoiding unnecessary antibiotics and incorporating stress-reducing practices into our daily lives can also have a positive impact on our microbiome.

As research continues to uncover the complexities of the microbiome, it's becoming increasingly clear that the health of our gut bacteria plays a crucial role in our overall health and well-being. By taking steps to support a healthy microbiome, we can potentially reduce our risk of various diseases and improve our quality of life.

# MEET OUR AMAZING PROVIDERS

## Dr. Tara Shelby, ND, LM Founder and CEO, Naturopathic Primary Care Physician

Tara believes that the best doctors are those who serve as ambassadors of information and who take the time to consult, engage, and empower patients. She works in relational-based collaboration with her patients so that they are active participants throughout the process of their own healing and in the development of their treatment plans.



## Dr. Paul Mischyszyn, ND Naturopathic Primary Care Physician

Paul believes that our biomedical health reverberates into every part of our lives: work, relationships, physicality, and attitude.

Using a thorough health assessment and in-depth lab testing, he works with patients to replace unhealthy habits with tools to promote health.

## Dr. Carrie McMillin, ND Naturopathic Physician, Integrative ADHD Specialist

A combination of a fascination with neuroscience along with navigating the world of ADHD and neurodivergence with her own family, led Dr. Carrie to create a practice specializing in working with people with ADHD and anxiety. She is passionate about helping children and adults gain control over their lives through accurate diagnosis and a better understanding of how their awesome brains work.



## Erin Brower, LMHC

### Individual & Couples Counseling

With over 20 years of experience in clinical therapeutic work, and a lifetime of curiosity, Erin is driven to understand relationships and connections of all kinds. She has always been fascinated by why people seek connection and what can be done to strengthen those bonds over time. She teaches clients how to establish kind, clear boundaries, and honest communication. Together with her clients, she works to create environments where sustainable healthy relationships are formed.



## Dr. Ryan Simmons, DPT

### Physical Therapist, Pelvic Floor Specialist

Ryan is a practitioner with over 15 years of experience in therapeutic massage and integrative healthcare modalities, such as perinatal care, hormone health, and indigenous healing practices. She has received extensive training in various areas, including internal pelvic assessment and treatment, nutrition and gut healing, somatic experiencing and trauma, breath work, and yoga.

## Dr. Meghan Zech, ND, FABNO

### Naturopathic Physician, Integrative Oncology

Meghan provides integrative support and side effect management for cancer, cardiovascular disease, metabolic concerns, gastrointestinal concerns, menopause, osteoporosis/osteopenia, anxiety and depression, insomnia, and fatigue.



**CONTACT US**

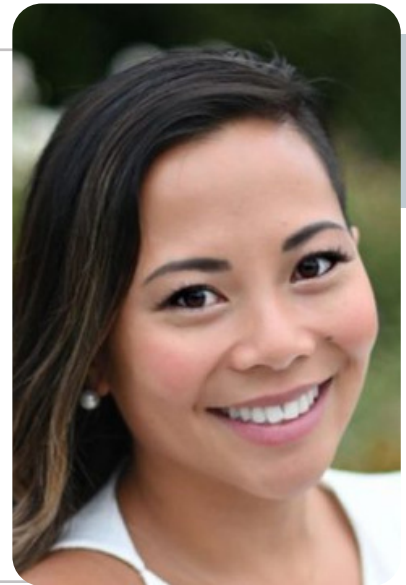
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Sophia Adams,  
DNP, ARNP, PMHNP-BC  
**Advanced Registered Psychiatric Nurse  
Practitioner**

Sophia has always had a strong interest in mental health and the human mind. She has worked in numerous specialty areas ranging from postpartum, post anesthesia care, and the emergency room to detox and residential eating disorder treatment. The experience she gained working with diverse populations furthered her belief that mental health is a crucial foundation of overall health.



Dr. Jen Daniels, ND, ARNP  
**Family Nurse Practitioner, Naturopathic  
Physician**

As a Family Nurse Practitioner and Naturopathic Physician Jen walks the line between both worlds of the traditional medical model and naturopathic medicine. Initially trained as a Naturopathic Physician, Jen's core indoctrination and medical philosophy has always stemmed from the naturopathic perspective. Her approach to patient care is blending both worlds together, meeting patients where they are at and using all the tools in the toolbox from mainstream medications to botanicals.

Dr. Atoosa Kourosh, MD, MPH, RYT  
**Allergist Immunologist**

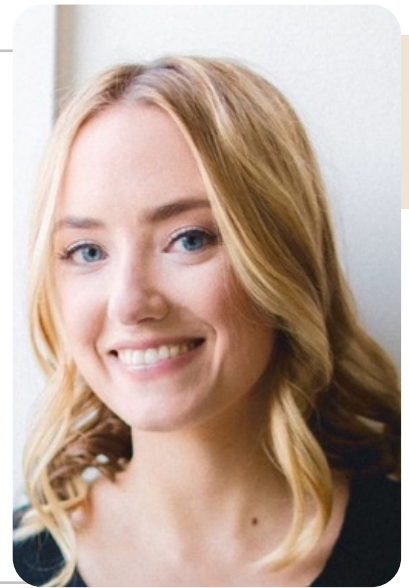
As a Pediatrician and Allergy/Immunology specialist with a Master's in Public Health, Atoosa has always had a deep interest in both United States and developing world medicine, health care, and innovation. In her practice, Atoosa combines treatment modalities from the cutting edge of allopathic medicine with the best of traditional healing practices via Functional & Integrative Medicine philosophies to treat the whole person in their environment.



## Brooke Heyman, ARNP

### Advanced Registered Psychiatric Nurse Practitioner

Brooke is a board-certified Psychiatric Nurse Practitioner trained in psychiatric assessment and treatment with medication management, psychotherapy, and a variety of non-pharmacological approaches. She works with clients ages 21 and older. She utilizes conventional, integrative, and complementary or alternative approaches to psychiatric assessment and treatment.



## Dr. Kira Baum, ND, LAC, EAMP

### Naturopathic Physician, Hypnotherapy, Acupuncture and East Asian Medicine

Naturopathic medicine has allowed Kira to delve deep into a way of healing that meets the person where they are at and invites them to get closer to the earth and to their higher self. She gets to listen deeply, serve as a guide and resource for her patients, and incorporate the healing power of eastern medicine (acupuncture), the natural world around us (herbal medicine and nature immersion), and the Inner wisdom of her patients.



## Julia Pascualy, LMHCA

### Individual Counseling

Implementing a person-centered & trauma-informed approach, Julia supports her clients on their mental health journey through empathic understanding, empowerment, & a belief in their ability to evolve and heal. She values cultural humility, a lifelong process that involves suspension of judgment, meeting clients where they are, and respecting diverse experiences & points of view. Julia specializes in treating anxiety disorders (i.e., OCD, GAD) and is trained in CBT and Exposure and Response Prevention (ERP).



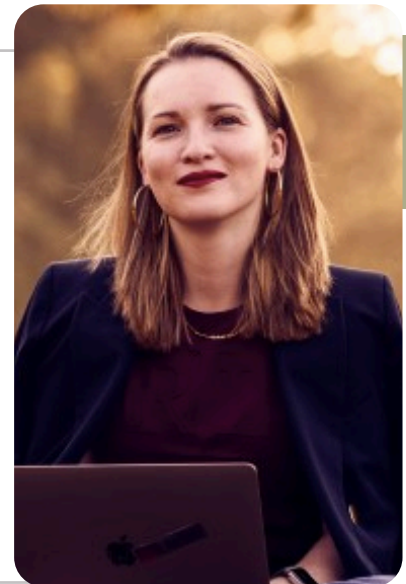


## Dr. Louise Berkowicz, MD Energy Medicine Physician

The human energy field is a field of energy that surrounds everyone. A balanced energy field is one that has symmetry of flow, rhythm and gentle vibration and feels comfortable. Louise's goal is to bring about that harmony and symmetry. Louise offers heart centered hypnotherapy, as well as using 'past life regression therapy' for some patients. The energy medicine Louise practices involves leading the patient to be able to deeply listen to their body. And live the most authentic balanced life that is possible.

## Irina Rakhmanova Mentor and Healer

Inner honesty changes the attention vector from the outside world to personal internal processes. When we stop doing things on autopilot and start paying close attention to our feelings, we become aware of our inner needs and desires. We start recognizing what is truly ours and what is influenced by others, building an essential skill of self-reflection. Irina believes that a comprehensive understanding of oneself gives an impulse to act, try new things, overcome fears, breathe more freely, and live more fully.



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