

Red Tail Wellness

By Terry Chriswell

You may have noticed the ads for **Red Tail Wellness** in *Natural Awakenings*, focused mainly on helping people who suffer from thyroid conditions or people who have thyroid-related symptoms (foggy-headed, fatigue, weight gain for no reason, constipation, depression, dry skin and hair, low libido, among others) but isn't managed by their physician because they are in the "acceptable" ranges of good thyroid health.

Drs. Ian and Karen Hollaman and their practice at Red Tail Wellness have been of particular interest to me because I have hypothyroid, diagnosed for about 7 years now. I was told by the first physician who diagnosed me that I would likely be on medication the rest of my life due to a family history of thyroid disorder. Recently, my physician increased my dosage because it isn't working as effectively as it was 2 years ago.

Does this sound like you? I had a chat with Drs. Ian and Karen to talk about how they help their thyroid or thyroid-symptomatic patients improve their health and why it's important to partner with different practitioners for your *optimum health*.



NA: Tell me why I shouldn't just take a pill every day for my thyroid for the rest of my life?

I&K: First, everyone should have an MD on their health care team, however, understand they are trained for a certain standard of care they are obligated to fulfill, and can be subject to litigation if they don't. Therefore, their standard of care is to manage your symptoms and make you feel better, which a daily pill can do in the short term.

NA: And the long term?

I&K: Did you know that the "normal" ranges for thyroid function for LabCorp is different than Qwest? No wonder there are so many people with symptoms but are considered within normal ranges! What we understand as chiropractors and holistic functional medicine practitioners is the **gray area** – it's not just about the numbers. The gray area is outside the scope of standard medical training. Ninety

percent of hypothyroid is an autoimmune response, which means the pill doesn't work to correct the underlying cause of your hypothyroid issues. Over time, the autoimmune response will continue to attack your thyroid tissue, destroy it and you will lose more and more of the thyroid hormone, see your dosages consistently increase, have more side effects, more symptoms that you can't even supplement for anymore.

NA: Scary. And then what?

I&K: Maybe in your 40's you see these thyroid symptoms increase, but by the time you are 60, you could have joint problems, or cognitive decline which is now correlated to thyroid hormone use, more inflammation and neurodegeneration. By that time, we can most likely only manage but not necessarily reverse. If you knew in your 40's that your 60's were going to be riddled with health problems, wouldn't you do something in your 40's about it?

I&K: So when I was in my 20's and had the sense to realize my family history could affect me so profoundly, I could have found someone like you and avoided my hypothyroid issues today?

I&K: It is a misconception that your genetic background determines your health. It is mostly about your environment and your lifestyle choices including food, exercise and stress that determine your level of health. Epigenetics teaches us that your DNA is consistently rearranged or "expressed" so you are literally a different person than you were even a year ago. So yes, we could have taught you how to eat properly and how to handle stress, bring back a healthy biochemistry, repair and rebalance your immune system, help you enjoy your life throughout your life span so that it decreased the likelihood that you'd develop problems in your 40's and beyond.

NA: What are the biggest, preventable problems you see these days?

I&K: First is probably **personal responsibility**. People need to take the time and have a level of willingness to understand what it means to be healthy.

We are too often prone to instant gratification. Even if you know you will be healthier in a month, even healthier in a year, in 5 years, in a decade or two, there are a lot of people who don't want to think that far ahead, or take the steps necessary to make life-long improvements. Second is **blood sugar**. Processed carbs and sugar foul up everything. Lots of people can't handle carbs, are hypoglycemic or pre-diabetic, but again, instant gratification wins. I want that Snickers now. Trust me, it will hurt you now and down the road. Last would be **gluten**. Again, one incidence of eating a cinnamon roll can be in your system for 6-9 months, causing inflammation. Our bodies haven't properly developed the enzymes to break gluten down AND because of

bio-engineering, the gluten molecule is constantly changing. Our bodies don't know how to use it. It's like putting diesel gas in a premium engine.

NA: *You talk a lot about optimum health, and I see you are experimenting on yourself with your new favorite supplement, turmeric. What does optimum health mean?*

I&K: Redefining your health at every level. It not only means you have no visible symptoms, no daily pills, but you feel great. Then you say, "What can I do to feel even better now and down the road?" And we take you to the next step. Could be cleaning up bacteria in your gut, changing your diet, anti-inflammatory supplements, applied kinesiology, you name it. We

motivate you, provide proper support and expectations and give you honest communication. This is for you, your family - especially kids - for future pregnancies. It's about the best output possible. We learned this for ourselves, through our own medical issues, to help others empower their lives.

Red Tail Wellness has moved! Their new office is located at 4520 North Broadway in Boulder. 303-882-8447. RedTailWellness.com. See ad page 31.

@WEB ALERT!

FOR MORE INTERVIEWS/ARTICLES WITH RED TAIL WELLNESS, SEE MileHighNaturalAwakenings.com

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What do you Mean, My Gut is Leaky?!

By Dr. Ian Hollaman, DC

Understanding what is meant by “leaky Gut” may be critical to your health and well-being whether you are currently experiencing problems or not. Ongoing research is connecting this *proposed* condition to the full range of autoimmune disorders. It is a *proposed* condition because the American Medical Association refuses to recognize it as a diagnosis. And why should they? Big Pharma and the medical establishment (AMA) make billions of dollars annually on treating the resulting autoimmune diseases.



Leaky Gut is an increased permeability of the gastrointestinal (GI) tract that may be caused by toxins, poor diet, parasites, infections or prescription medications. This allows undigested food particles, as well as the above, to enter the bloodstream. This over-activates pro-inflammatory cytokines and the antibody system which worsens intestinal permeability and systemic inflammation. Current research links this condition with the onset, or worsening, of over 80 autoimmune disorders.

According to the U.S. Department of Health and Human Services, 23.5 million Americans suffer from one of 80 autoimmune diseases. Triple that number may have a genetic predisposition and no or few symptoms...YET! Some of the most common are: Alopecia areata (hair loss), Celiac disease, Diabetes type 1, thyroid diseases-Hashimoto’s and Graves’, Guillain-Barre syndrome, Hemolytic anemia, Inflammatory bowel disease, Multiple sclerosis, Psoriasis, Rheumatoid arthritis and Sjögren’s syndrome.

To understand the connection between gut health and autoimmune issues, we look to the example of Celiac Disease and the research of Dr. Alessio Fassano of the University of Maryland Center for Celiac Research.

Dr Fassano found that patients with Celiac Disease and other autoimmune disorders have significant impairment to the GI tract. He determined the molecule zonulin was responsible for the “leaky gut” process. This molecule manages the movement of molecules across our gut wall. A 2008 paper, “Celiac disease pathogenesis: the proinflammatory cytokine network” by JA Garrote confirmed this link. Garrote explains that when large, antigenic molecules cross the gut epithelium they can create systemic, chronic inflammation.

Regardless of your genetics, you may be experiencing some of leaky gut’s symptoms (see table), especially if you regularly ingest any of the food-like, processed substances found in the middle of the supermarket.

This is why nearly all Complementary and Alternative Medicine (CAM) practitioners look to digestive health first. New, sensitive testing allows the practitioner to get a clear picture of digestive health. Besides the skin, the intestinal tract is our direct interaction with our environment. This type of testing looks for antibody production and can be repeated to directly assess progress in restoring digestive health.

For those individuals with a family history of autoimmune disorders or for anyone who regularly experiences any of the symptoms in the table, rather than pop a “purple pill”, an antacid or an NSAID, consider optimizing your digestive health with an experienced professional. The benefits of less gas and bloating, fewer headaches, less depression or anxiety and feeling 20 years younger can be yours!

If you’re ready to achieve optimal digestive health, Dr. Ian Hollaman DC specializes in digestive health and autoimmune disorders such as Celiac Disease and Thyroid dysfunction. He can be reached at Red Tail Wellness Center, 303-882-8447 or see ad page 2.

Symptoms of Leaky Gut

- | | |
|------------------------------------|--------------------------|
| Arthritis | Fibromyalgia |
| Abdominal Distention | Depression |
| Airborne Allergies | ADD |
| Hay Fever | ADHD |
| Gluten Intolerance | Hashimoto’s Thyroiditis |
| Dairy Intolerance | Crohn’s Disease |
| Parasites | Fuzzy Thinking |
| Reoccurring Infections | Mood Swings |
| Diabetes Type 2 | Aggressive Behavior |
| Diabetes Type 1 | Alzheimer’s |
| Obesity | Mouth Sores |
| Chronic Fatigue | Recurrent Colds & Flu’s |
| Multiple Sclerosis | Sinus & Nasal Congestion |
| Ulcerative Colitis | Unstable Blood Sugar |
| Confusion | Yeast/Fungal Overgrowth |
| Poor Memory | Urinary Tract Infections |
| Fatigue & Malaise | Weight Gain |
| Toxic Feelings | Weight Loss Resistance |
| Dementia | Inability to Heal |
| Fevers | Adrenals |
| Asthma | Autism |
| Shortness of Breath | Insomnia |
| Bronchitis | Celiac Disease |
| General Food Intolerance/Allergies | Eczema |
| Bacterial Infection | Dermatitis |
| Candida | Nervousness |
| Infertility | Anxiety |
| Osteoporosis | |

GET IN BALANCE, NATURALLY!

ARE YOU ONE OF THE 13 MILLION UNDIAGNOSED THYROID DISEASE SUFFERERS?

Did You Know?

- Hashimoto's disease, an autoimmune disorder that destroys thyroid tissue, is the most common cause of hypothyroidism.
- A Hashimoto's sufferer can present with normal levels of TSH (thyroid stimulating hormone).
- 90% of Hashimoto's sufferers improve after eliminating gluten from their diet.
- 20% of T4 is converted to T3 (the one the body can use) in the intestines, but only in the presence of healthy flora.
- Birth control pills can mask low thyroid by elevating TSH to normal levels despite the presence of significant symptoms.
- Taking Iodine may worsen Thyroid symptoms.
- Thyroid dysfunction can elevate cholesterol and triglycerides.

Good Thyroid Health is important for healthy:

Bone metabolism • Gastrointestinal function • Male reproduction • Liver • Gallbladder • Growth hormones • Fat burning • Brain chemistry • Insulin and glucose metabolism • Pregnancy • Cholesterol • Adrenal hormone metabolism • Estrogen metabolism and breast cancer • Liver detoxification • Stomach acid production • Protein metabolism • Heart • Protein binding

“Your optimal health is our family's passion”



“Dr. Hollaman has been able to re-create the proper function of my endocrine system and I feel like a new person! I've lost weight and feel good about myself again.”

Jill C. Steam Boat Springs, CO

A new paradigm of healthcare exists at Red Tail Wellness, using proven principles to listen and understand your health goals. Compassion, concern and knowledge underscore a passion in using the most modern forms of health-care including Functional Medicine, Applied Kinesiology, Thyroid Care and Chiropractic. *Call today and let your health soar!*

**NEW
LOCATION!**

4520 N Broadway
Boulder, CO 80301

303.882.8447
RedTailWellness.com



RED TAIL
WELLNESS CENTERS

Red Tail Wellness Center - Boulder

Doctors Ian and Karen Hollaman, Doctors of Chiropractic talk about Health and Wellbeing



Two years ago, husband and wife team Ian and Karen Hollaman moved to Colorado and opened the Red Tail Wellness Center in Boulder. They met during their last year at Palmer College of Chiropractic, although Ian was attending the California campus and Karen the Florida campus. They added a third team member in 2010; Cecelia Hollaman will be one this month. Ian grew up in Ft. Collins, studied biology at CU-Boulder and still has family locally. Karen grew up in New Jersey, studied history, art and religious studies at the College of Saint Elizabeth and spent two years in Alaska. Both of them received life-changing care from a chiropractor and developed a passion to help others overcome health challenges and guide them to vibrant health. We dropped in for a chat.

YOU ATTENDED SCHOOL 2,500 MILES APART; HOW DID YOU MEET?

KH During our last year of chiropractic school, Ian was given a free trip to Palmer Florida's Homecoming for his services at Palmer West. We've been together ever since, except for Palmer's Clinic Abroad program; Ian went to Brazil and I went to Mada-

gascar. We worked in clinics, orphanages, jails and a leper colony helping people who did not have regular healthcare. It was an amazing experience – everyone was so thrilled to get help.

WHY DID YOU NAME YOUR CENTER THE RED TAIL WELLNESS CENTER?

IH I'm a falconer and my passion is training birds of prey. It made sense that I'd help my patients soar in terms of health. People come to us when their "wings" are a little damaged and our job is to help them heal themselves so they can soar again.

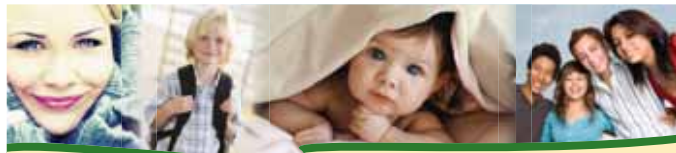
ANY OTHER INTERESTING HOBBIES?

IH We love the outdoors, hiking, camping, spending quality family time with our daughter and I do have a modified Toyota 4x4 that I take out when I have time.

KH My hobby has been my daughter who is turning one and she has intensified my passion to work with women and children. I believe healthy babies are happy babies. And happy baby means a happy mama!

SO, HOW WOULD YOU DESCRIBE YOUR BRAND OF HEALTHCARE?

KH Our number one goal in practice has, and always will be, treating others as we want to be treated. We focus on empowering our patients through education and supporting them through the healing process. We emphasize open communication via phone, email and office visits so we can respond to questions quickly and thoroughly. We are not just chiropractors who "crack backs." We address the whole body, head to toe, inside and out using a com-



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bination of head, hands and heart. We use functional medicine, applied kinesiology and chiropractic to get to the cause of a complaint, rather than mask it with the latest technique or nutraceutical.

IH We are patient-focused, not disease-focused! We test and re-test with muscle and lab testing so our patient can objectively see their issues have been resolved. Appointment times are longer. An initial consultation is 60-90 minutes, report of findings 30-60 minutes and regular treatments 20-30 minutes. Muscle work and chiropractic is given together without additional expense during visits.

WHAT TYPE OF PATIENTS DO YOU SEE?

IH We see a lot of thyroid and Hashimoto's Disease, food and gluten sensitivity, ADD or ADHD, depression and chronic pain. We believe a great deal of thyroid issues are autoimmune issues and we have a different approach to treatment. We look at the immune system as the culprit. My approach is to identify and figure out the triggers and then repair and rebalance the immune system. By doing this, the thyroid symptoms typically go away.

KH We also see digestive complaints such as Crohn's disease, irritable bowel syndrome, constipation, ulcers, digestive upset. We work with patients to reduce the risk of diseases such as diabetes, Parkinson's and Alzheimer's disease. Our holistic approach also looks at mind, body and spirit.

ANY LAST WORDS?

IH I love what I do because it doesn't feel like work. I get to communicate with my patient, interact and truly understand someone's health concerns. I want to help them get to their wellness goals as smoothly as possible. When I see that happen, it's very exciting. I get fired up when I see that people are involved with their health-care, becoming empowered, and regaining control of their health and life.

KH We smile, we have fun and we LOVE our patients!

Join Ian and Karen for a lecture on Gluten sensitivity, Tuesday, March 22, 7pm at the East Boulder Senior Center, 5660 Sioux Dr. Boulder. RSVP req'd, seating limited! Families welcome. The Red Tail Wellness Center, 3393 Iris Ave., Ste 105 Boulder. Call 303-882-8447 or RedTail-Wellness.com. See ad, page 21.

Katia I. Meier, MD and The Clear Sky Medical Team

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DO YOU KNOW WHAT IS REALLY IN YOUR FOOD AND WATER?



Although you may try to eat well to be as healthy as possible, you may not be as protected from consuming unhealthy substances as you think. **You are being misled if you think that:**

- The word "natural" will save you from eating anything artificial.** Even genetically engineered foods (GMO foods), maybe the most unnatural foods on earth, which contain mutated DNA and proteins, are allowed to be labeled as "natural". A major biotech company executive said: "if you put a label on genetically engineered food you might as well put a skull and crossbones on it." 'Well said... There have never been any human safety studies done; only animal studies, and they have found GMO foods to be the cause of multiple adverse health problems. Nevertheless, GMO foods were released to the public by the FDA without any labeling to inform consumers, which leaves you in the dark about what you are really eating. We might never be able to account for all the health implications from this mass human experiment.
- Drinking lots of water will keep you healthy.** Unless your water is purified, it will most likely contain the potent drug fluoride, among other toxic substances. The Centers for Disease Control warn against using fluoridated water for baby formula; it is known to cause bone, brain, and thyroid damage, infertility and dental fluorosis (teeth discoloration). In addition there are 24 studies showing fluoride exposure to cause lower IQ in children. Fluoride is actually a byproduct from the aluminum, fertilizer and pesticide industry and is regarded as a hazardous waste. Instead of being decontaminated, it is sold to water utilities and disposed of in your water! Ingesting fluoride in your water has no proven benefit and its safety is questionable at best.

The government agencies we trust to look after us allow all this to exist. It is common practice to have executives rotate between positions in the industry and regulating agencies. Many decisions made by these executives are made far from having your health in mind, instead their priority is the corporate profit of their future employer.

One of the most fundamental and basic rights, your right to know and to choose what you eat and not to be drugged against your consent, is taken away from you.

Yes, it is a jungle out there. However, the health professionals at Clear Sky Medical will help you navigate through the maze, educating you along the way on how to stay healthy. Knowledge will empower you to make healthy choices for you and your children.



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