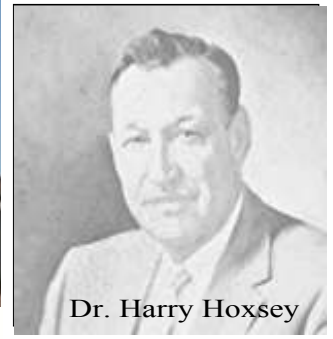




Mildred Nelson



Dr. Harry Hoxsey

BIO MEDICAL CENTER NEWSLETTER

Volume 13 January 2015

INDEX

- What are Probiotics? P. 1
- Ionic Detox foot bath P. 1
- What are probiotics P. 2
- Pizza Dough P. 2
- Guest rooms P. 2
- Laundry room P. 2
- Visit our website P. 2
- Thank you note P. 3
- 2015 Holidays P. 3
- Officers/Directors P. 3
- Appointments P. 3
- Books & Videos P. 3

IONIC DETOX FOOT BATH

Available now

Cost \$20.00 dollars for 30 minutes.

WARNING: Not advisable if you are pregnant, or think you might be pregnant or if you have an electrical implant such as pacemaker, cochlear, tens unit, etc. If you are currently taking any anti-rejection drugs, or have taken any anti-rejection drugs within the last six months

What Are Probiotics?

Probiotics are live bacteria and yeasts that are good for your health, especially your digestive system. We usually think of bacteria as something that causes diseases; but our body is full of bacteria, both good and bad. Probiotics are often called “good” or “helpful” bacteria because they help keep your gut healthy.

Probiotics are naturally found in your body. You can also find them in some foods and supplements.

It’s only been since about the mid-1990’s that people have wanted to know more about probiotics and their health benefits. Doctors often suggest them to help with digestive problems and because of their newfound fame, you can find them in everything from yogurt to chocolate.

How do They Work?

Researchers are trying to figure out exactly how probiotics work. Here are some of the ways they may keep you healthy:

- When you lose “good” bacteria in your body (like after you take antibiotics, for example), probiotics can help replace them.
- They can lower the amount of “bad” bacteria in your system that can cause infections or other problems.
- They can help balance your “good and “bad” bacteria to keep your body working like it should.

Types of Probiotics

Many types of bacteria are classified as probiotics. They all have different benefits, but most come from two groups. Ask your doctor about which might best benefit you.

Lactobacillus may be the most common probiotic. It’s the one you’ll find in yogurt and other fermented foods. Different strains can help with diarrhea and may help with people who can’t digest lactose, the sugar in milk. Bifidobacterium can also be found in some dairy products. It may help ease the symptoms of irritable bowel syndrome (IBS).

See Probiotics page 2



Prebiotics vs. Probiotics While probiotic-foods contain live bacteria, prebiotic foods feed the good bacteria already living in your digestive system. You can find prebiotics in foods such as asparagus, Jerusalem artichokes, bananas, oatmeal, honey, maple syrup, and legumes. Consider eating prebiotic foods on their own or with probiotic foods to perhaps give the probiotics a boost.

What Do They Do?

Probiotics help move food through your gut. Researchers are still trying to figure out which are best for certain health problems. Some common conditions they treat are:

- Irritable bowel syndrome
- Inflammatory bowel disease (IBD)
- Infectious diarrhea (caused by viruses, bacteria, or parasites)
- Antibiotic-related diarrhea

There is also some research to show they ease the symptoms of non-stomach-related problems. For example, some people say they have helped with:

- Skin conditions, like eczema
- Urinary and vaginal health
- Preventing allergies and colds
- Oral health

How to Use Them Safely

The FDA regulates probiotics like foods, not like medications. Unlike drug companies, makers of probiotic supplements don't have to show their products are safe or that they work. Ask your doctor for more information about the correct product and dose for you.

In general, probiotic foods and supplements are thought to be safe.

Sources:

American Gastroenterological Association: "Probiotics: What They Are and What They Can Do for You."

Pizza Dough

1 cup of milk
1 tablespoon of dry yeast (1 package)
2 tablespoons raw sugar
½ tablespoon sea salt
2 tablespoons olive oil
1 teaspoon chopped garlic or garlic powder
Mix by hand or in bread maker
Lay on oiled pizza pan or cookie sheet and press outwards until it covers the pan.
Paint with pesto sauce and cover with shredded mozzarella cheese. Add whatever you can have on your diet. We use chicken cooked in garlic, green pepper, onion, olives, mushrooms.

Pesto Sauce

In blender:

2/3 cup olive oil
1 cup sweet basil leaves
3 large garlic cloves
¼ cup pine nuts or walnuts
¾ cup parmesan cheese
½ teaspoon sea salt

A good sauce for linguini or for home made pizza.

Hoxsey Friendly Recipes by Patient *Linda Williams*

GUEST ROOMS



There are now guest rooms available for rent. Patients returning to the clinic after a day might enjoy the convenience of the guest rooms located on site. If you are interested, you can make reservations with Olga at the clinic office. Guest room rates are \$50.00 - \$60.00 USD.



**Laundry room
is now available
at Guest rooms.**

Visit our website: hoxseybiomedical.com
Comments and suggestions are welcome.

Thanks to Peggy and Richard Funderburk for their donations to the clinic



ADC Sphygmomanometer 2

Wide screen monitor for x-rays reading

2015 USA & México Holidays

Clinic will be closed on

January 1	Thursday	New Year's day
February 2	Monday	Constitución Mexicana
March 16	Monday	Benito Juárez (birthday)
May 1	Friday	Día del Trabajo (México)
September 14	Monday	Día de la Independencia (México)
November 16	Monday	Revolución Mexicana (México)
November 26	Thursday	Thanksgiving day (USA)
Dec 21-Jan 2	2 weeks	Clinic vacations
Jan 4, 2016	Monday	Clinic opens from vacations

BIO MEDICAL CENTER OFFICERS AND DIRECTORS

Mike Thornton
President & Managing Director

Liz Jonas, Vice-President

Donna McCright, Sec'y-Tres.

Dr. Arturo Rodriguez
Medical Director

Appointments

We have begun to take appointments for specific days, but not for a specific time or doctor. As in the past, appointments are not required, but are encouraged to better serve the patients. The patient will still be required to be at the clinic by 9:00 AM and plan to stay most of the day. By making an appointment, the clinic will be able to handle the daily patient load more efficiently.

BOOKS

CANCER MEDICINE FROM NATURE
Second Edition by Roger Bloom \$15.00 USD

YOU DON'T HAVE TO DIE
By Harry Hoxsey \$5.00 USD

YES YOU CAN SAY NO
By Marie Carlson \$12.00 USD

WHEN HEALING BECOMES A CRIME
By Kenny Asubel \$20.00 USD

EAT FOR YOUR LIFE
By Alison Taafe \$20.00 USD

HEALTHY PLEASURES COOKBOOK
\$20.00 USD

VIDEOS AND CD'S

THE EXPERIENCE
By Carol Main \$20.00 USD

HOXSEY AT BIO MEDICAL CENTER
By Kenny Asubel \$20.00 USD

DR. ELIAS GUTIERREZ
At Cancer Control Society 2011
\$15.00 USD

Available at Bio Medical Center

To order call us at:

1 (619) 407 7858 or e-mail us at:

bmc_mimi@hotmail.com

(shipping & handling extra)