

## Fall/Winter 2010 Newsletter from Stone Turtle Health

\$5 Flu vaccine for children is here: Beginning in mid-October, we are once again offering flu vaccine for children for only \$5. This year, the vaccine has both the seasonal flu and the H1N1 vaccinations combined into one. We currently have a very limited amount of the intranasal vaccine (for kids 3 and over) as well as injectable vaccine for kids 6 months and up and a special version of the injectable vaccine for pregnant teens. If you would like to schedule an appointment for your child's vaccination, please email us at [info@stoneturtlehealth.com](mailto:info@stoneturtlehealth.com). All children who were vaccinated last year only need a single dose this year.

STH is now a Regence Preferred Provider: As Regence recently opened their panel for naturopaths for the first time in 10 years, Dr. Baker is now credentialed with Regence as a preferred provider for naturopathic medicine and medical massage. If you would like us to check your insurance benefits to see if your plan covers naturopathic medicine or medical massage, please email [info@stoneturtlehealth.com](mailto:info@stoneturtlehealth.com) and include your member ID number, found on your insurance card.

Preparing for the Holidays: STH has partnered with Metabolic Effect to provide The New ME Diet, a 10-week fat-burning program, including individualized meal plans & workouts, free weigh-ins, and free attendance in our Healthy Shopping on a Budget class (see below) for only \$199 (less than \$20/week). Please see <http://www.stoneturtlehealth.com> for more details.

Healthy Shopping on a Budget class: We continue into the colder months with seasonal, healthy shopping classes at the Ballard Fred Meyer at 9 am on the 2<sup>nd</sup> Saturday of each month. Class participation costs \$10/person and includes a packet of healthy recipes and nutritional guidelines to take home. RSVP required. Small groups (<10) can schedule personal sessions via email: [info@stoneturtlehealth.com](mailto:info@stoneturtlehealth.com). Members of the New ME Diet program get in free, but must RSVP.

Questions about medical marijuana? With the recent expansion of legislation allowing naturopaths and nurse practitioners to write recommendations for medical marijuana (MDs began in 1995), many people are curious as to whether their medical conditions make them eligible. As a family physician, Dr. Baker has reviewed the legislation extensively in an effort to best serve her patients and would be happy to answer any questions you may have. If you would like to know more about the law and how it might apply to your circumstances, please call 206-355-4309 or email [info@stoneturtlehealth.com](mailto:info@stoneturtlehealth.com) for more information.

New Practitioners in the Office: This past summer, we welcomed Steven Boylan, LMP of Massage By Steven, to the office. Steven offers therapeutic massage at the Stone Turtle Health office on Wednesday through Saturday. For more information or to schedule an appointment, please contact him directly at [massagebystevenb@gmail.com](mailto:massagebystevenb@gmail.com) or 206-706-3987. In January, we will welcome Amanda Roth, MSW, who offers family and individual counseling. Our current practitioners include Brett Lewis, LAc of Better Acupuncture, Amanda Faasse, MA of Amanda Faasse Counseling, Alice Fong, LMP of Wonderland Massage and Dr. Kristine Honda, ND of Sakura Natural Medicine. For more information on these

practitioners, please go to <http://www.stoneturtlehealth.com/about> for their bios and contact information.