



Catalyst Connection

Inner Health. Outer Beauty. Positive Change.

FRESH HERB STUFFING à la ALLERGY

Since the day of thanks is just around the corner, and we have patients with allergies and food sensitivities, we thought we'd offer up a recipe that's allergy-friendly.

Traditional bread stuffing gets a delicious makeover with fresh herbs.

- ½ cup butter or gluten-free, dairy-free margarine or oil
- 2 cups celery, diced
- 1 cup onion, diced
- 1 cup sliced leeks
- 5 cups dry gluten-free, dairy-free bread cube (purchased or homemade)
- 2 tablespoons fresh sage, minced
- 1 cup fresh parsley, minced
- 1 tablespoon fresh thyme
- 1 teaspoon salt
- ½ teaspoon pepper
- 1–1½ cups gluten-free, dairy-free chicken, turkey or vegetable broth

1. Preheat oven to 350 degrees.

2. In a large pan, heat butter (or margarine or oil). Add celery, onion and leeks, and sauté over medium heat for 3 to 4 minutes. Let cool.
3. In a large bowl, mix remaining ingredients, except broth.
4. Add cooled vegetables. Gently mix in broth.
5. Loosely spoon the stuffing into an oiled 3-quart baking dish. Do not pack.
6. Cover and bake in preheated oven for 30 minutes. Uncovered, bake for 20 minutes.

Each serving contains: 267 calories, 13g total fat, 5g saturated fat, 0g trans fat, 5mg cholesterol, 34g carbohydrate, 543mg sodium, 2g fiber, 3g protein. Serves 8.

Source: livingwithout.com [A magazine for people with allergies and food sensitivities]

"Gratitude makes sense of our past, brings peace for today, and creates a vision for tomorrow."

Melodie Beattie

CATALYST CHAMPIONS

In our last newsletter we showcased three patient stories and would love to share more. If you're interested in being a Catalyst Champion, please contact Amanda at amanda@catalystmedicalcenter.com or 701.365.8660. It's a great way for patients to learn more about how they can enrich their lives by hearing from others.

DON'T MAKE US BLUE...

Help us go green! When you are done reading this newsletter, don't throw it away. Instead, recycle it by giving it to a friend. Planet Earth will thank you, and so will your friend!

TONSILS, FROGS & SURGERY, OH MY!

Have you ever dealt with a child who has a constant 'frog in the throat?' Well, our doctors have too. It's why they perform Coblation tonsillectomy. It's an advanced technology that combines gentle radiofrequency energy with natural saline to quickly, and safely remove tonsils. Tonsils and adenoids can cause health problems when they become infected or obstruct normal breathing or nasal/sinus drainage.

Recurring infections in the tonsils can lead to chronic tonsillitis. Symptoms include fever, persistent sore throat, redness of the tonsil area, yellow discharge on the tonsils and tender lymph nodes on both sides of the neck.

In addition to blocking the throat, enlarged tonsils may interfere with normal breathing, nasal sinus drainage, sleeping, swallowing and speaking. They may also aggravate snoring and can even cause an alarming condition called sleep apnea which involves an occasional stoppage of breathing.

To help release the frog, as well as other symptoms, Coblation tonsillectomy may be performed. Advantages of this procedure include:

- Procedure itself takes less than an hour
- Less complications
- Rapid recovery (most resume normal activity in a few days)
- Less pain (most resume normal diet in a few days)

Tonsil removal has never been easier or safer.

Kids: they dance before they learn there is anything that isn't music.

quotegarden.com

Susan Mathison, MD
Lesley Soine, MD
Megan Bolta, AuD

Catalyst Medical Center
1800 21st Ave. South
Fargo, ND 58103

701.365.8700



NO BED WE SAID

It's that time of year again, when daylight is shorter and the sun's Vitamin D is in limited supply, leaving people to find what they think is the next best thing—the tanning bed. Gasp!

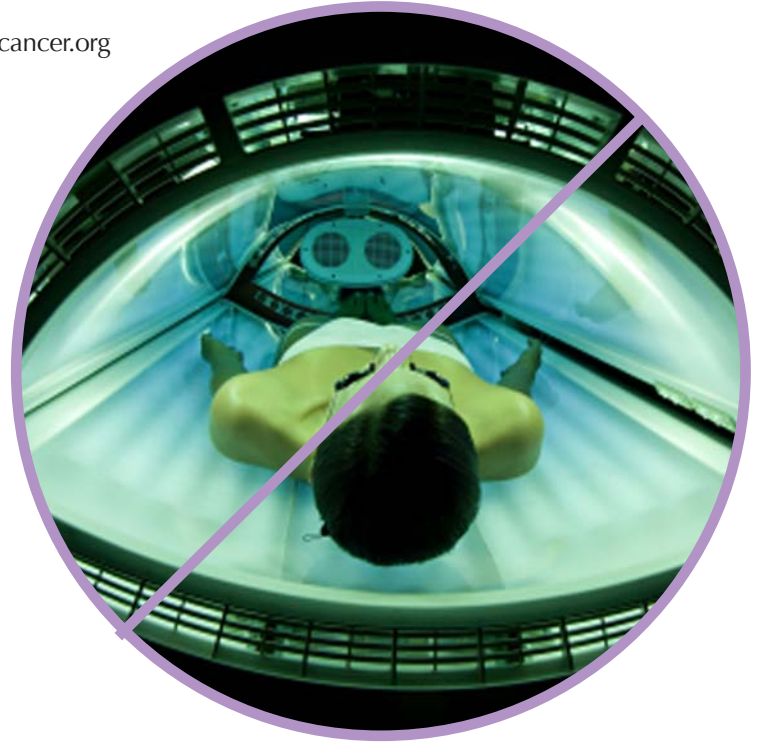
One would think that with awareness of skin cancer and the continual push of sunscreen, that tanning beds would be a thing of the past. Not so. People are still soaking up the intense UV rays, even though each year the incidence of many common cancers is falling, but the incidence of melanoma continues to rise significantly, at a rate faster than that of any of the seven most common cancers.*

So, as you look down at your skin, now fading from a summer spent enjoying the outdoors, or your teen comes and tells you “everyone else's parents let them go tanning,” just remember, NO BED WE SAID. Instead, look to organic spray tanning or over the counter tinting lotions to get that glow. And, use sunscreen every day. If that's not enough to make you think twice, check out more of these skin cancer facts.*

- Melanoma accounts for up to 3% of all pediatric cancers.
- More than 20 Americans die each day from skin cancer, primarily melanoma.

- Nearly 30 million people tan indoors in the U.S. every year; 2.3 million of them are teens.
- People who use tanning beds are 2.5 times more likely to develop squamous cell carcinoma.

*Source: skincancer.org



1800 21st Avenue South
Fargo, North Dakota 58103



RETURN SERVICE REQUESTED



GIVING GLAMOUR

This time of year is about giving, so we're doing just that. During the month of November, we're giving you:

- **\$25 OFF** Botox to relax your wrinkles
- **\$50 OFF** fillers to plump your cheeks, lips and more
- **\$25 OFF** any service with our fabulous team of aestheticians

Expires 11/30/09.

NOT ENOUGH TIME IN THE DAY?

We'll give you some more hours! Just a reminder, we have extended hours fall through spring on the cosmetic side. This will help you work beauty into your schedule with our skincare dream team.

- Monday-Thursday: 8 a.m. - 8 p.m.
- Friday: 8 a.m. - 6 p.m.
- Saturday (every other): 9 a.m. - 4 p.m.

Hours may vary based on patient volumes.



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