



CALIFORNIA CENTER *for* FUNCTIONAL MEDICINE

JUNE 2023 | ISSUE 4



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Sweet Summertime

School's out, flowers are blooming, the days are longer, and we're getting outside a little more. It's a great feeling, isn't it? An abundance of research shows that sunlight and nature help humans thrive and offer a range of benefits including boosted serotonin levels, improved sleep, more energy, lower blood pressure, improved mood, and more! Additionally, just 20-30 minutes of natural sunlight exposure daily can reduce the risk of certain conditions like type II diabetes and cardiovascular disease. No matter where you live, use this summer to take a break from screens and head outside. Just ensure you've got your sunscreen and make sure to complete a tick check after (more on pages 3 and 6).

Happy Summer!

Sunjya Schweig, MD

Patient Programs & Offerings

Don't forget to check out our comprehensive health programs:

- Sleep Mastery
- Women's Hormones Webinar
- Men's Hormones Webinar
- Introduction to Breathwork
- Love Your Gut
- Understanding and Mastering Metabolic Health
- Stressful Times Toolkit
- Peer Support Group
- And more!

It's wildfire season, are you ready?

Even if you aren't on evacuation notice, toxic wildfire smoke can disperse far from the source, affecting many.

Our Smoke Exposure Support program gives you the tools you need to protect your health during fire season.

[Enroll Today](#)



**All patient programs are free to our current Recover and Rebuild CCFM members.*

For more information and to register, [click here](#).

Podcast Highlights

Make sure to press play on the latest podcast episodes featuring Dr. Sunjya Schweig.



DR. RUSCIO RADIO

Dr. Schweig sits down with Dr. Michael Ruscio to discuss our work at CCFM, the power of Functional Medicine, and how treating the root cause improves chronic illness.

COMING SOON!



DHRU PUROHIT PODCAST

Dhru Purohit sits down with Dr. Sunjya Schweig for a masterclass on sleep and how it impacts every area of our health.

Listen here.



THE DOCTOR'S FARMACY

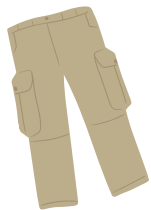
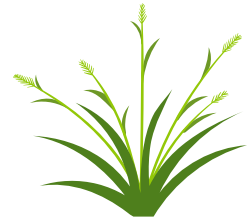
Dr. Schweig joins Dr. Mark Hyman to discuss why autoimmune issues are on the rise and how we can treat them using a Functional Medicine approach.

Listen here.

Tick Tips

Tick season is April-October. Are you prepared?

Understand where the ticks are. Ticks search for a meal or “quest” on the leaves and grasses. Stick to wider trails, stay towards the center of the trail, and avoid brushing through grasses.



Wear light-colored clothing with long sleeved shirts, and long pants, and tuck your pants into your socks.

You can use safe tick repellents, like permethrin, to treat clothing, tents, sleeping bags, picnic blankets, etc, to help lower the risk of a tick climbing onto your body. This chrysanthemum-based product is safe for use and can be sprayed on, or you can also have your clothing professionally treated or purchase clothes that have been treated. Other effective repellent products include:

- Lemon eucalyptus oil
- Nootkatone from cypress trees and grapefruit
- Picaridin
- IR3535
- DEET-containing products are also effective but are more toxic, so we recommend using these more sparingly and for extreme exposure situations



When returning from being outdoors in tick endemic areas (which can also include city parks and lawns at home), change your clothes and put the used clothes in the dryer on high for at least 20 min. Shower and **tick check carefully**.

I found a tick on me, now what?

Once you have identified that a tick bite has occurred, it is very important to understand proper tick removal techniques. Use [our guide](#) to remove the tick and complete pathogen testing.

After a tick bite, watch for any unusual symptoms like skin rash, stiff neck, headache, muscle and/or joint pain, or flu-like symptoms. Consult a doctor knowledgeable in tickborne illnesses for proper diagnosis and treatment.

For more information on tick prevention and safety, use our [Tick Bite First Aid Kit](#).

Supplement of the Month

Hormone Balance for Every Stage of the Menstrual Cycle

By Megan Anderson, APN

As a women's health nurse practitioner, helping women with hormonal complaints is one of my favorite areas of health optimization. We hear about hormonal complaints all the time - bloating, moodiness, breast tenderness, PMS, menstrual cramps, hormonal headaches, low libido, etc. Using a functional medicine approach, we start by helping a woman work on her diet, improve her sleep quality, manage her stress, and optimize her gut health. Sometimes, however, despite positive changes in all of those areas, the complaints continue and we need to lean on various herbs and nutrients to create better hormone balance. I am really excited about two relatively new supplements that we now have in our toolbox called OVA (for those with a menstrual cycle) and OVA-m (for those in perimenopause and postmenopause). These products have been in development for 5 years, and they provide intuitive nutritional support for the various phases of the menstrual cycle and also for postmenopausal women who cannot use bio-identical hormone replacement therapy. It makes total sense that our bodies need different support when we have our period (when hormones are low) vs. when our hormones are changing during the follicular and luteal phases of the month. Tracey O'Shea and I have both been using OVA for the past 3-4 months, and I can honestly say that I have experienced almost complete resolution of symptoms in the luteal phase since starting it, and my flow was MUCH lighter than usual for the past 3 cycles. I'm now in my 4th month, and I've been pleasantly surprised at how quickly I noticed a difference. The dosing is one pill per day, and the phases of the cycle are clearly labeled on the 3 different formulations. You can watch this video and learn more about both OVA and OVA-m [here](#).

If you want to check out the website to see what ingredients are included in each formula, you can view OVA [here](#) and OVA-m [here](#).

If you have specific questions about whether or not this might be right for you, please reach out to your clinician or discuss it with them at your next visit.

Here's to better hormone balance!



Product of the Month

Reasons to use a Balance Board with Your Standing Desk

By Tracey, O'Shea, FNP-C

You might have heard the new saying “Sitting is the new smoking” and there is actually some truth to this catchy phrase. Sitting at a desk all day along with other sedentary behaviors has been linked to diabetes, weight gain, depression, cancer, and cardiovascular disease. While incorporating exercise and physical activity can be helpful to mitigate these risks, increasing non-exercise movement throughout the day is critical.



If working at a desk is unavoidable, as it is for many people, then using an adjustable standing desk that allows you to change positions from sitting to standing easily can help get you on your feet and off of your butt.

A nice addition to the standing desk is a balance board. Not only does it help

get you on your feet, but it also helps encourage core work and stabilizes your muscles. The micro-movements that you do while standing on the board are a great way to exercise and keep prolonged standing from becoming boring. This is also a great low-impact movement for different parts of your body, regardless of your fitness level.

My current favorite is the balance board from [UPLIFT Desk](#).

I would opt for the one with the comfort mat to make the stand a little more comfortable.

Happy balancing!



Summer Tips from CCFM Clinicians

Our clinicians love to play outside, especially in the summer. Here are some of their must-haves for soaking up the sun and hitting the trails:



"I love **Solumbra's Wide Brim Hat**. It helps protect me after my excessive sun exposure as a kid on the beach in India. **Zojirushi** makes an awesome 20 oz tea bottle that I use for both hot and cold beverages. It's super slim, has a cover for the mouthpiece for cleanliness, and the slick steel interior on this model is not coated unlike some of their other products." - *Sunjya Schweig, MD*



"I like **Wild Zora** backpacking meals, especially their grain-free hot cereal made from things like tigernuts, almonds, and coconut. **Purity Coffee** travel packets are also great." - *Lindsay Christensen, Nutritionist*



"I drink **LMNT** electrolyte packets during the summer months and keep them everywhere so I always have one on hand. I also like having clean and easy travel snacks for summer camping and travel. My favorite brands are Safe Catch, Thunderbird, gomacro, Country Archer Provisions, and Kate's Real Food." - *Megan Anderson, Nurse Practitioner*



"I never leave the house without sunscreen -- even on cloudy days! I love **SuperGoop Unseen**, 40 SPF, for my face and **Alba Botanica Hawaiian Aloe Vera Sunscreen Lotion**, SPF 30, for my body. Both EWG approved!" - *Katie Compton, Health Coach*



Are you or someone you know struggling with persistent health issues? Or are you looking to optimize your health?

Get *real* answers about what's happening in your body - and new options for treatment - with our Functional Medicine Checkup.

[**Learn More**](#)

****The FMC is only available for non-members.***

