

LIFE MEDICINE

A MINI-PUBLICATION ON HEALTH,
WELLNESS, & THE ENVIRONMENT

ISSUE NO. 003

APRIL/MAY 2018



ALLERGY EDITION

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WELCOME

Delighted you're here.

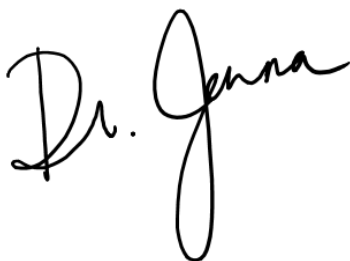
My name is Dr. Jenna Jorgensen, I am a naturopathic doctor, founder of Northwest Life Medicine Clinic, and creator of this publication: Life Medicine.

I practice innovative, individualized, and sustainable medicine that focuses on discovering and healing the root cause of your symptoms or disease. My approach utilizes real food, lifestyle refreshments, medicinal herbs, supplements, mind-body medicine, therapeutic bodywork, specialty and conventional laboratory testing, and programs for detoxification and weight loss. I am trained as a naturopathic primary care physician, but I have a special passion for environmental medicine: how things in our environment (stress, heavy metals, chemicals, mold, viruses, bacteria, and parasites) affect our health, and what we can do about it.

The word doctor comes from the Latin word docere which means "to teach." I take this to heart and in my practice, I find that the more I can educate folks about their health, how their body works, and why they are doing the treatments I recommend, the easier it is for them to stick to the treatment plan and to be motivated to take control of their health. The world of wellness, natural health, and environmental medicine is gigantic, with a plethora of information that can be difficult to navigate. I wanted to create a space to bring together little tidbits of information that could be consumed, when ready, at an easy to digest pace, hence the birth of this publication. I invite you to take your time investigating the areas that speak to you and to share what you find valuable. Together, we can foster health for ourselves, our community, and for the planet.

Life is medicine, live life well.

Cheers,



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HOURS

Monday-Thursday
10:00am-5:00pm

Upcoming closures:
May 28th
July 4th-10th

SUBSCRIPTIONS

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Naturopathic medicine education and insights, learn how the body works through a naturopathic lens as well as what labs and specialty labs could help you discover the root of your symptoms.

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Life is medicine and all it takes to start living your life as good medicine is small, simple steps taken every day. This section gives you tools and tips for those simple steps to refresh your lifestyle for improved health.

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Step into the garden to learn about medicinal and health benefits of this month's showcased food and herb. Learn what health benefits they have, where to find them, how to prepare them, and perhaps even how to grow them!

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Hydrotherapy has strong roots in Europe and Scandinavia and continues to be used around the world to promote health. Learn about the health perks of different hydrotherapy techniques and how to do them.

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Stress, in all its various forms, is THE leading cause of disease in our current world. Step into the relaxation respite each month for a step-by-step relaxation exercise and for resources on stress management.

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Fun, easy, recipes to help you incorporate more healthy foods into your diet. Look for ingredients such as live-fermented foods, medicinal herbs, and unconventional veggies along with home-made, non-toxic, cleaning and beauty recipes.

NURTURE LEARNING NEST.....13

There are so many amazing minds and resources in the world of health today. Look here for free online summits, webinars, articles, and other resources that Dr. Jenna finds valuable for your continuing education.

Discounts + Donations

Monthly Special:

Spring has arrived and allergy season is upon us. When it comes to allergies it is important to support the immune system but it can be just as important to reduce the allergens in the air you breath on a regular basis. One of the best allergen reduction tools is a great air filter.

Through the end of May, I'm offering an extended discount on Austin Air purifiers ordered through Northwest Life Medicine Clinic of 15% off your order (over \$100 in savings depending on the unit ordered.) Anyone can order an Austin Air Purifier or replacement filter through the clinic, no need to be a patient, and this is likely the biggest discount you can find on these units anywhere.

Austin Air filters are true medical grade HEPA filters that remove 99.97% of all particles larger than 0.3 microns in the air. This includes dust, pollens, smoke elements, chemicals, gasses, odors, VOCs, viruses, bacteria, pet dander and molds. I personally have the Healthmate Plus in my office and in my home and notice a significant difference during pollen and forest fire season.

Doing Good Donation:

Northwest Life Medicine Clinic resides in an amazing community that fosters programs and organizations that make our planet and our lives just that much better. As thanks and in support of all these great people and organizations, I donate 5% of my profits each month to help them keep doing what they're doing.

I had the delight of meeting with the folks over at Unity Care NW to see their new community dental clinic and to learn more about their pain management and behavioral health programs. These are programs designed to help folks manage pain in ways other than opioid prescriptions and to manage behavioral health issues more holistically. The programs include holistic therapies such as Qi Gong/ Tai Chi, Yoga, nutrition classes, relaxation techniques, art classes, and acupuncture services. Unfortunately, they are not eligible for the government grant funding that much of Unity Care NW operates on and they rely heavily on donated funds to operate so I've chosen them for my April donation!

CLINIC + COMMUNITY CORNER

Local Health Lookout

CSA: Community Supported Agriculture

Allergy season reminds us that plants are starting to bloom and grow, which means fresh produce season is almost here and it's time to look into getting a summer CSA if you haven't already!

CSA stands for Community supported Agriculture and they are pretty much the best and most cost effective way to gather your produce in-season. When you sign up for a local CSA you're signing up to pay a local farmer upfront for weekly boxes of super-fresh produce all summer long. Paying farmers in advance gives them funds when they need them the most to get everything planted in the early season and helps them plan for how much to plant for the rest of the year.

Here in Bellingham we are definitely spoiled with a stellar selection of great CSAs, in fact Sustainable connections has made a helpful guide of all the local farms that offer CSAs, click the link below to check it out.

We had a tough time choosing our CSA because there really are no bad options on the list but have chosen to go with Pollen Folly Farms this year because they not only farm organically but also biodynamically!

Electric Beet Juice Co. Shout Out

Since I moved to Bellingham I've been a big fan of the organic food and juice goodness coming out of Electric Beet. If you haven't checked them out you definitely should, here's a coupon!



\$2 OFF



ANY ONE ITEM



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NATUROPATHIC NOOK

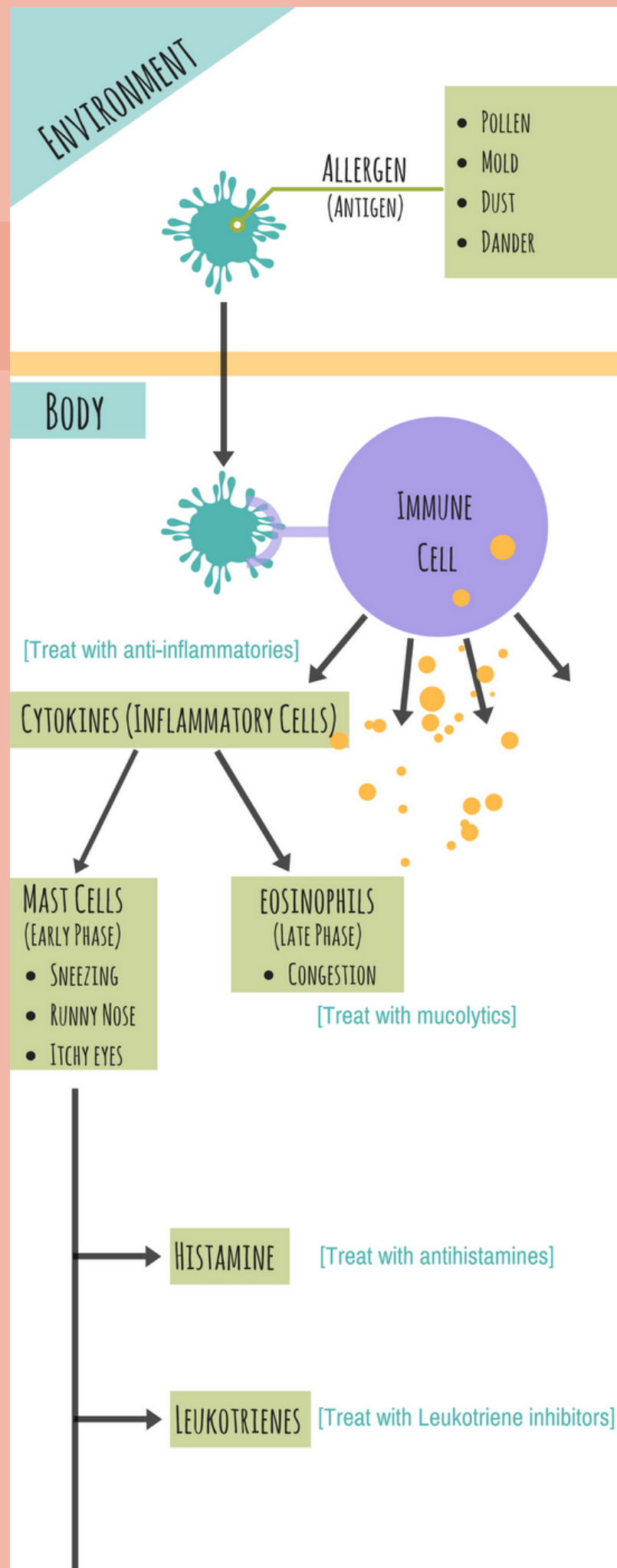
Allergies 101

Seasonal allergies have a way of sneaking up on us, pollen counts can come up slowly so it's easy to get caught off guard as symptoms slowly creep in. Here in the Pacific Northwest tree pollen allergy season is in full swing and I've been seeing the symptoms more regularly in my office.

Allergies are no small bother, they are estimated to effect 60 million people in the US, with about 10-30% of adults and 40% of children suffering from some sort of allergic symptoms. They are the 6th leading cause of illness in the US and the incidence has been steadily rising over the years.

Common complaints for seasonal allergies include runny and itchy nose and eyes, sneezing, congestion, worsening asthma symptoms, sinus pressure, sinusitis, and headaches.

So what's actually happening in the body during an allergic response? Allergen processing happens primarily in the cells of the mucous membranes that line the nasal, respiratory, and digestive tracts as well as in the cells of the skin. When those cells get exposed to an allergen (also known as an antigen) the body has special cells that grab on to that antigen and take it to other immune cells to be processed. These immune cells (T-cells) produce several types of inflammatory cytokines that lead to the production of IgE antibodies, mast cells, and white blood cells specific to allergies (eosinophils.) Mast cells are the first immune cells to show up to the scene to cause an allergic symptom response within 30 minutes of the initial exposure. They release histamine, prostaglandins, and leukotrienes that cause early symptoms such as sneezing, itchy and runny nose and eyes, and also signal the secondary allergy response from the white blood cells, This secondary allergy response is called the late reaction and can take up to 6 hours to develop with the characteristic symptom being congestion.



Allergies continued...

It is not well understood what makes immune cells decide to react with an allergic response to foods or environmental allergens with allergy symptoms in some folks while not in others. Research has however discovered that well-developed countries have significantly higher incidence of allergies than developing countries where allergies are not common.

One theory about this is called the hygiene hypothesis which essentially says that developed countries are too clean and sanitary. There is far less exposure to parasites and bacteria and the immune system is inherently primed to fight more of these bugs, so it gets bored in their absence and finds other, non-lethal, antigens to "fight." According to this theory, in individuals with allergies the immune system has decided that pollen, certain foods, dust, molds, dander, etc... are dangerous and warrant a strong immune response, hence allergy symptoms arise.

Another theory behind allergies is the total body burden. In environmental medicine, total body burden is used to describe all of the exposures the body has to deal with such as toxins, allergens, and stress. In this theory the body is thought of as a bucket into which all exposures are thrown, when the bucket gets too full (ie pollen levels increase) the bucket "overflows" in the form of symptoms.

The number of chemicals and toxins has dramatically increased in our environment (according to the National Institute of Health 2,000 new chemicals are introduced per year) and we are finding an increase in genetic mutations that hinder detoxification pathways in the body. This combination makes it easier for the body to get overwhelmed by exposures in some people more than in others. If you add a pro-inflammatory diet low in proper plant nutrients, high stress levels, and poor stress management, you have a recipe for overwhelm that burdens the body and confuses the immune system.

As with most things, I think the cause of the rise in allergies likely a combination of the 2 theories. Child immune systems are not getting primed and challenged in an ever increasing germ-phobic society and this makes it even harder to manage the onslaught of exposures and stressors into adulthood.

So what can we do about it? Below you will find a comprehensive overview of allergy support. Be sure to work with your doctor for proper dosing and selection of allergy management for you and your specific presentation of allergies.

1) Antihistamines

These are used most commonly for allergy relief and are most effective for runny nose, sneezing, itching, and eye symptoms but not as much for nasal congestion.

Naturopathic Antihistamines

- Buffered Vitamin C reduces histamine levels by preventing histamine release and promoting histamine breakdown.
- Quercetin, hawthorn, hesperidin, and omega-3 fatty acids prevent histamine release by stabilizing mast cells.
- Vitamin B12 and Folate along with vitamins B6 and B1 are not histamine blockers but are necessary for breakdown of histamine. Regular B-vitamin injections can be very effective for this during allergy season.
- Reducing high histamine foods in the diet: Beer, wine, cheese, fermented foods, pickled foods, smoked meats, sauerkraut, sour cream, sour milk, yogurt, processed meats, sardines, smoked fish, tuna, and tomatoes.
- Reducing histamine releasing foods in the diet: alcohol, chocolate, eggs, fish, milk, shellfish, strawberries, tomatoes

Conventional Antihistamines

- There are 2 generations of pharmaceutical antihistamines, the first generation of antihistamines (Benadryl) can increase drowsiness, while second generation antihistamines (Zyrtec & Claritin) do not. Second generation antihistamines are currently more commonly used for this non-drowsy effect. A research study done by the University of Washington found that folks who regularly took Benadryl (diphenhydramine) for 3 consecutive years had a 54% increased risk of developing dementia so while this medication is great in a pinch and for emergency situations it is a good idea to have more natural alternatives to manage daily allergies.

2) Decongestants & Mucolytics

Decongestants stimulate constriction of blood vessels in the nasal passageways which reduces congestion while mucolytics break down mucous.

Naturopathic Mucolytics

- N-acetyl Cysteine (NAC) works to thin mucous so the body can more easily remove it. NAC is also used for detox in the liver so take note that high doses could make you feel like you're over detoxing (headache, brain fog, nausea, fatigue, achiness.)
- Proteolytic enzymes such as bromelain work to "digest" and breakdown mucous.
- Proper hydration: the more hydrated you are the more thin and watery your mucous, making it easier to excrete than thick, dried mucous.
- Steam inhalation with and neti pot nasal lavage (see Hydrotherapy Haus section)

Conventional Decongestants

- Sudafed is an example of a decongestant and can be used in a pinch, however long term use of nasal decongestions may cause damage to the cilia in the nasal pathways which may lead to irreversible rhinitis or sinusitis. There can also be a rebound congestion when the medication wears off.

3) Leukotriene Inhibitors

Leukotrienes work along the same lines as histamine and are pro-inflammatory. Inhibition of leukotrienes can help reduce inflammation associated with allergies.

Naturopathic Leukotriene Inhibitors

- Licorice root: Can be used in tea, tincture, or solid extract form and is also anti-viral, gut healing, and adrenal support.
- Feverfew
- Quercetin: Strong anti-oxidant found in many plants, in particular nettles and onion and is extracted and used in capsules or as a powder.

Conventional Leukotriene Inhibitors

- Singulair: Most commonly used when allergies are associated with asthma.

Other Conventional Treatments

- Intranasal corticosteroids (ie Fluticasone): Corticosteroids bind to DNA inside the cells and inhibit early and late stage allergic reactions. Side effects of steroid inhalers, especially with long-term use, include elevated blood glucose, adrenal (stress management) suppression, weight gain, immune suppression, osteoporosis, type 2 diabetes, glaucoma, cataracts, and impaired wound healing.
- Immunotherapy: This therapy has shown some significant success for many people, it involves injecting increasing amounts of antigens (allergens) until a person is desensitized and has no reaction or a reduced reaction to them.

Other Naturopathic Treatments

1) Reduce total body burden by reducing the amount of exposures the body has to process. The top 3 ways to do that include:

- Use a high quality HEPA air filter such as the Austin Air Purifier to remove allergens from the air that you breathe the most such as in your bedroom.
- Reduce exposure to food allergens or sensitivities by determining and removing foods from the diet that cause inflammation.
- Detox with the help of therapies such as sauna, fiber, and probiotics.

2) Heal the gut and balance the microbiome- The microbiome is all of the bacteria that live in the body, particularly in the gut, and they interact directly with the immune system. If there is an imbalance in the microbiome it can create an imbalance in the immune system as well, so the right probiotics promote a healthy immune system.

3) Adrenal support: The adrenal glands are in charge of helping the body manage stress. Stress comes in many forms: emotional, mental, and physical stress such as allergies. Any allergic reaction takes “energy” and the adrenal glands produce cortisol to help cope with the energy it takes to manage allergies. Our world is not without its stress so many folks struggle with tired adrenal glands and supporting them can help the body better battle allergies.

4) Homeopathic desensitization: Homeopathic dilutions of allergens can be used in a similar fashion as immunotherapy to help desensitize the body to allergens.

SPECIALTY LAB TEST HIGHLIGHT:

Food Sensitivity Testing

There are a few different types of food allergy testing that I offer in my practice and my recommendation for these tests is different for everyone.

- The gold standard for determining food sensitivities is a food allergy elimination diet. In this method all suspicious foods are removed from the diet for a certain amount of time and then systematically re-tested for symptoms.
-
- IgG food allergy blood panel. This is the most common food allergy panel done outside of a standard skin prick test by an allergist. A conventional allergist is looking for IgE antibody response which is what we commonly think of when we think of allergies (hives, itching, anaphylaxis.) However IgG antibodies are a different type of immune response in the body, they indicate that a person has been exposed to something and if they are high, it could be an indication that there was a more significant immune response. This test is great for giving us a general direction of foods to avoid, but I always inform folks that if you eat a lot of food it may come back falsely elevated.
-
- A newer test that has come out is called the ALCAT test and it goes a little more in depth when looking for an inflammatory immune response to a food. The ALCAT looks directly at the white blood cells when they are exposed to a food to see if they release inflammatory cytokines.
-
- The last test that I use has been around the longest and was developed by Dr. O.G. Carroll. It is called the Carroll Food Intolerance test and it looks at the electrical conductivity of a drop of blood in response to foods. The better the conductivity the healthier the food is for you. This test is a bit more out-of-the-box than the other tests but I tend to see good results clinically with it, especially in kiddos.

When it comes to any food sensitivity testing, I always emphasize that any test results just give us information about the state of your body at that time and a direction to go in an effort to reduce inflammation. Food sensitivities can be a larger factor in many health concerns, especially digestive and skin concerns so if you are wondering if foods are impacting your health, perhaps food sensitivity testing is a good fit for you.

DETOX DEN

SPOTLIGHT TOXIN: PESTICIDES

WHAT ARE THEY?

Pesticides include herbicides, fungicides, and insecticides and there are many subcategories of each of these. Pesticides are chemicals that are created to kill organisms, the most popular are organophosphate pesticides which are insecticides and include glyphosate which is the active ingredient in Roundup.

HOW DO WE GET EXPOSED TO THEM?

Pesticides are ubiquitous because they are sprayed in large quantities over crops, in parks, and on yards. The run off of these areas gets into rivers, oceans, and lakes where our drinking water is often supplied from. The largest exposure comes from food, washing produce certainly helps but pesticide residue has also been found in the skin of produce.

HOW CAN THEY AFFECT HEALTH?

Research has shown pesticides to be:

- Neurotoxins (toxic to the brain and nerves)
- Endocrine disruptors (create imbalances in hormones leading to diseases such as hypothyroidism, infertility, and diabetes)
- Carcinogens (Cancer causing)
- Diabetesogens (Chemicals researched to contribute to diabetes)
- Obesogens (Chemicals researched to contribute to obesity)
- An article in the Journal of Pediatrics found that prenatal exposure to organophosphate pesticides reduced birth weight and head circumference, uncreased incidence of ADHD and correlated with lower IQs in children.

HOW DO YOU TEST FOR THEM?

Specialty labs use blood and urine tests to measure pesticide residues and metabolites in the body. My personal favorite is the Great Plains lab that can give you a good idea of the level of your pesticide exposure and therefore the risks to your health.

HOW DO WE DETOX THEM?

Avoidance is the important first step when it comes to pesticides, studies have shown that families that eat an organic diet have 90% less pesticides in their body. This 90% reduction was seen just 48 HOURS after switching to an all organic diet. Another study presented in the Journal of Agricultural Food Chemistry found that the most effective produce wash for pesticide residue removal was a 12-minute soak in a baking soda and water solution. This soak removed practically all residue on the surface but does not effect levels of pesticide residue that has seeped into the produce. Aside from avoidance, sweating, hydration, and fiber are great detox tools when it comes to pesticides. So buy organic as much as you're able, grow your own organic produce, give your non-organic produce a baking soda bath, and let those dandelions grow!

Detox Method of the month:

NAC

NAC (N-Acetylcysteine) is a strong antioxidant that has many beneficial uses. For detox it is most useful as a building block for glutathione which is the strongest anti-oxidant for oxidative damage done by toxins. Pesticides deplete glutathione levels in the body so NAC can be very helpful in building them back up. By itself it is also a chelator of some heavy metals such as mercury.

In allergy season NAC also comes in quite handy as a mucolytic. It helps thin and break down mucous to reduce symptoms of congestion and sinus pressure. It has also been found to have some antiviral properties.

LIFESTYLE LOFT

FOOD FORAGING

Forage some food! Here in the Pacific Northwest we are lucky to have an abundance of food growing in the world around us. All it takes is a little research ahead of time or a savvy guide and you can get outside, moving your body, and getting extra local, extra fresh food, a win-win-win in my book. A couple weeks ago, we headed out to Birch Bay State park for our first ever adventure in clamming. Turns out clamming is like a real, live treasure hunt with lots of digging and squats involved, a great work out for your quads and gluts and delicious food to boot!

Another great spring foraging adventure is harvesting stinging nettles (check out the nettle pesto recipes in the Recipe Roost.) As you'll find out in the section about nettles, they are full of nutrients and minerals and a great addition to spring time meals. Nettles grow abundantly in wooded areas and are best harvested in early spring when they are less than a foot tall. Be sure to wear gloves as they are called stinging nettles for a reason! Once they are boiled or dried they won't sting you so rest assured once you get them processed into food, your mouth is safe.

With any foraging adventure please be sure you have all the proper licenses and/or passes (ie fishing licenses) and that foraging is allowed in the area you are in. You also want to be sure that you know how to identify what you are harvesting as to not mix it up with something else and that the beaches are deemed clean and open for clamming by the department of fish and wildlife. Signs will always be posted and the information is also easy to find on the web.



THE GARDEN

FOOD: GINGER

Ginger may be most well-known for its anti-nausea capabilities which come from its warming and digestive properties. It also stimulates circulation and is very useful in helping with chronic inflammation. It blocks a number of steps in the body's inflammation modulating pathways, effectively reducing inflammation. Ginger also impairs cholesterol absorption effectively reducing the amount of cholesterol in the blood and liver.

The anti-inflammatory and anti-histamine effects of ginger can also help reduce symptoms of sinusitis or allergic asthma. This is because of its ability to reduce mucus secretions in the respiratory tract, making it easier to breath, as well as blocking the body's immune response against histamine, resulting in less allergic symptoms.

The primary edible part of ginger is the root which contains minerals such as potassium, magnesium, phosphorus and calcium, as well as some B vitamins. It is very versatile and can be used to spice up smoothies, sautéed veggies, tea, and soups, and will make all of them more easily digested.

HERB: NETTLE

Nettles run rampant in our local wooded trails during these spring weeks. The stinging nettle needles contain histamines and formic acid which cause great irritation if you happen to rub against the leaves or stalk. But once folded or crushed these plants are harmless, making them a great additive in any food. They can be harvested (carefully) for teas, soups, smoothies, sauces or even fresh spring roll wraps if you dare.

They are a true PNW super food, containing high amounts of potassium, B6, folate, calcium, manganese, riboflavin, phosphorous, and iron. You will often see nettles in herbal and nutritional allergy supplements because they have a high concentration of Quercetin. Quercetin is a strong anti-oxidant and phytonutrient that helps the body process histamine and reduce allergic responses. Nettles are also used to treat inflammation, arthritis, gout, intestinal issues, and urinary tract infections (due to their slight diuretic effect).



HYDROTHERAPY HAUS

Neti Pot

A neti pot, or nasal lavage, is used to rinse out the nasal passages and some of the sinuses. When they get congested a nasal lavage can help clear and thin mucous to make it easier for the body to manage. A neti pot is a container that has a spout to direct the solution into the nasal passages, you can also get crafty with a nasal bulb or turkey baster if you don't have a neti pot available.

There are many recipes to use but its best to start simple with a solution of 1 tsp of sea salt to 2 cups of water (filtered water is best.) Fill your neti pot with the solution, have lots of tissues ready, and put your head over the sink with your nose facing the bottom of the sink.

Put the spout of the neti pot in one nostril and turn your head to that side allowing the water to flow from one nostril to the other. You may get some water daining to your mouth and that is fine.

Be sure to blow your nose at least 10-15 times after the rinse to fully clear it out. You can do this as often as needed with acute sinus congestion and it also works as a good preventative during allergy and cold season to do on a daily basis.

RELAXATION RESPITE

Mindful Eating

In today's fast-paced society, distractions are endless and often carry over into meal-time.

Digesting food requires the help of the parasympathetic nervous system – also known as the “rest and digest” branch of the autonomic nervous system. Before we even take our first bite, this input stimulates the salivary glands in preparation for food and the more time we give it to prepare, the better food gets digested.

Here's a great exercise to try when you're working on mindful eating:

- 1) Put away all screens during your meal.
- 2) Before eating, take a moment to breathe.
- 3) Chew each bite of food around 20 times and really savor the flavor of the food in your mouth.



Nettle Pesto

Take advantage of all the fresh nettle in prime foraging condition right now here in the Pacific Northwest and enjoy this nutrient-dense pesto.

Ingredients:

- 6 cloves garlic, chopped
- 3 cups fresh nettle, blanched
- 1 cup spinach
- 2 parsley sprigs
- 1/3 cup Parmesan
- 1/8 tsp salt
- 1 Tbsp lemon juice
- 1/2 cup olive oil
- 1/4 cup pine nuts (or pecans)

Blend the first seven ingredients slowly. Add oil and blend. Add nuts and blend a little more. Put it on pasta or pizza and enjoy!

Dairy Free Nettle Pesto

Ingredients:

- 6 cloves garlic, chopped
- 3 cups fresh nettle, blanched
- 1 cup spinach
- 2 parsley sprigs
- 1/3 cup cashews, soaked and drained
- 2 Tbsp nutritional yeast
- 1/8 tsp salt
- 1 Tbsp lemon juice
- 1/2 cup olive oil
- 1/4 cup pine nuts (or pecans)

Blend the first eight ingredients slowly. Add oil and blend. Add nuts and blend a little more.



RECIPE
ROOST

NURTURE LEARNING NEST

Diabetes Summit: www.thediabetessummit.com
Learn about holistic approaches to diabetes care and prevention.

The environmental working group just came out with their updated clean 15 and dirty dozen list, click the link below to get the new lists.

Want even more information on what pesticides may be on your food and their health risks? Check out www.whatsonmyfood.com for an extensive list of all pesticides that have been measured by the USDA Pesticide Data Program on produce. Learn if those pesticides are carcinogens, suspected hormone disruptors, neurotoxins, developmental or reproductive toxins, or honeybee toxins.

REGULAR REMINDERS

If you like getting these mini-magazines and emails, be sure to **add Northwest Life Medicine to your email contacts** so your junk folder doesn't steal your health insights.

You can **schedule a FREE 15-minute discovery session** with me on my website:
www.nwlifemedicine.com/schedule

Find me on **Facebook at Dr. Jenna Jorgensen**

Find me on **Instagram at Docjorgensen**

Please humor me and my architectural theme. My husband, Zach, is a talented architect and we often discuss the similarities of healthy human structure and healthy dwelling structures.

If you are looking for a healthy and sustainably designed home or business space, I recommend his services at Bundle Design Studio: www.bundledesignstudio.com:

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