

Lemire Clinic

JAMES E. LEMIRE, MD, PA
Natural family medicine with a personal touch

Personalized
Multidisciplinary Care
*Non-traditional Medicine
*Integrative medicine
*Functional medicine
*Therapeutic massage
*Nutrition counseling
*Craniosacral & lymphatic
drainage therapy
*Prolotherapy
*Heavy-metal Detoxification
(Chelation)
*Colon hydrotherapy
*Homeopathic
*BioMeridian assessment
*Reiki
*Electrical acupuncture
*Occupational therapy
*Maya abdominal technique
*Live blood analysis

Personal Approaches to
Caring For
*Fibromyalgia, chronic fatigue
syndrome & CFIDS
*Allergies & chemical
sensitivities
*Chronic conditions
*Autoimmune disorders
(lupus, MS, RA)
*Arthritis/joint pain
*Musculoskeletal pain
*Diabetic neuropathy
*Headaches
*Carpal tunnel syndrome

Patient Convenience
*Flexible appointments
*Most PPO insurance &
Medicare accepted & filed
*MasterCard, Visa, American
Express & Discover welcome
*Caring, professional staff
*Ample free parking
*Handicapped-accessible

NUGENT'S
PHYSICIANS DESK REFERENCE
FOR NEUROREFLEX ANALYSIS AND APPLIED NUTRITION

ADRENAL - SYSTEMIC SUPPORT AND HIGH ENERGY SOUP

INCREASE LIQUIDS, NO CITRUS OR MILK

HIGH ENERGY SOUP SHOULD BE USED TO HELP RESTORE ADRENAL
FUNCTION. HIGH-ENERGY SOUP IS MADE AS FOLLOWS:

1	PACKAGE OF GREEN BEANS
1	CUP CHOPPED CELERY
1	SLICED ZUCCHINI
1	MEDIUM CHOPPED ONION
- 1	CUP TOMATO JUICE
1	CUP SPRING WATER
2	TABLESPOONS OF RAW HONEY
1	TEASPOON PAPRIKA
- 1	CUP CHICKEN BROTH (PEPPER TO TASTE)

COMBINE INGREDIENTS AND SIMMER FOR ONE HOUR OR UNTIL
VEGETABLES ARE TENDER.

JUICE RECIPES

Basic Vegetable Juice

Greens such as Celery, Kale, Lettuce, Spinach,
Parsley, Bell Peppers, Cabbage, Broccoli,
Cucumber, etc. (A little raw ginger or flax
seed oil can be added to taste.)

Or substitute: Concentrated Green Juice
Powder—one tsp. in 8 oz. pure water.

High Vitamin C & E Drink

6 oz. Spinach
2 oz. Lettuce
2 oz. Watercress
4 oz. Carrot
2 oz. Green Pepper