

March Newsletter

Issue #3: March 2020

<https://dariningelsnd.com/>

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Sublingual Immunotherapy

Your immune system is a complex connection tasked with the responsibility of fighting infection and handling possible threats to the health and safety of the human body. It is a complex network that develops strengths, weaknesses, and specific reactions to chemical compounds and microorganisms. An immune system...[read more](#)

1

The Dangers of Artificial Sweeteners

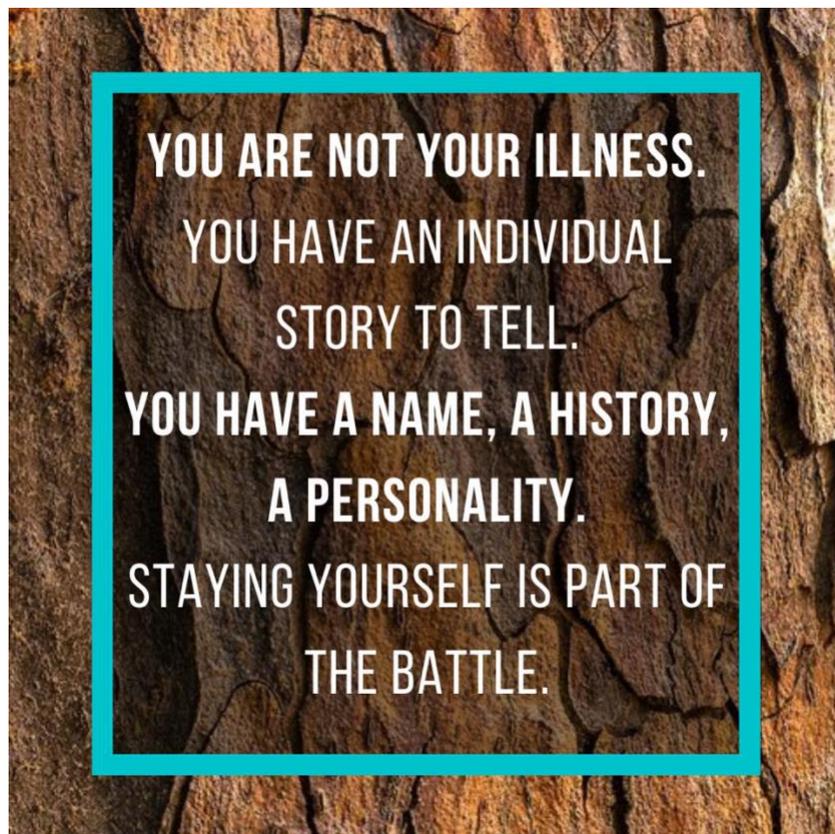
The use of artificial sweeteners has steadily increased in the American food supply over the past few decades. Studies examining the impact of artificial sweeteners show that they simulate the taste of sugar and are reported to contain less calories than sugar, but may have other adverse health effects and may even interfere with...[read more](#)

2

Neurological Benefits of Exercise

Your body was meant to move. Your body is an energy burning machine. Our cooling systems were developed to run long distances, our muscle fibers can be built to handle incredible weight, and our minds become sharpened by the consistent work that our bodies do. Maintaining a habit for exercise clearly helps your body and your brain in many ways. 1. Exercise works out your...[read more](#)

3



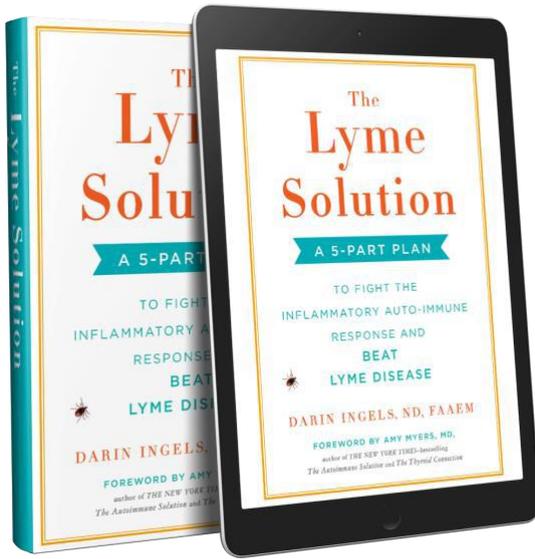
Why is it your Birthday, all day, every day?

With all the hysteria over the coronavirus; the fact remains that washing your hands is the best defense. But are you washing your hands the proper amount of time or the right way? You should be washing them the length of time it takes to

sing Happy Birthday twice. (about 20 seconds)

Wet your hands with clean, running warm water (at least 100°F), turn off the tap, and apply soap. Lather your hands by rubbing them together with the soap. Lather the backs of your hands, between your fingers, and under your nails. Do this several times a day to avoid all viruses and germs.

Hand sanitizer and wipes can be an effective tool to kill illness-causing germs. Those made with at least 70% alcohol tend to be the most effective, according to the Centers for Disease Control and Prevention.



Sneak Peek. Uncover what's inside my book:

The Lyme Solution

Get Your Life Back on Track!

Whether you're facing acute or chronic Lyme, or undiagnosed autoimmune symptoms, this natural, whole-body approach will help you recover your health, and reclaim your life.

Dr. Ingels' uniquely holistic approach provides a path to wellness by fortifying the microbiome, enhancing the immune system, and strengthening the body's ability to heal from within.

Dr. Ingels' 5-Part Recovery Plan Includes

- ◆ The Gut Protocol
- ◆ The Five-Stage Immune-Boosting Diet
- ◆ How to Prevent and Target Active Infection
- ◆ A Guide to Hidden Toxins
- ◆ More Sleep, More Exercise, Less Stress

The Lyme Solution

INFLAMMATION SUPPORT

DETOX SUPPORT

ALL STORE SUPPLEMENTS

LYME SUPPORT

IMMUNE SUPPORT

RECEIVE FREE SHIPPING ON ALL ORDERS OVER \$150!

LIVER SUPPORT

ANTIOXIDANTS

Testimonials for the Lyme Solution

The increase in the number of Lyme disease cases and the complications from it are alarming—this book couldn't be more timely or needed. Dr. Ingels gives the kind of practical solutions I wish every patient could get, a healthy plan that is easy to follow that makes a person stronger, healthier and probably more well than before they contracted Lyme in the first place!

Frank Lipman, MD

Bestselling author of *The New Health Rules*

Lyme disease is an important underlying root cause of various mystery and autoimmune illnesses. Dr. Ingels offers a comprehensive plan that can help you support your body naturally to heal from this devastating condition and get your life back!

Dr. Izabella Wentz, Pharmacist

#1 New York Times bestselling author of *Hashimoto's Protocol*



Quality Matters



When it comes to choosing the right nutritional supplements, we know that quality matters. Dr. Ingels only uses professional-grade, GMP certified, hypoallergenic nutritional supplements that work with your body instead of against it to optimize your well-being. Your journey to better health starts here.

SHOP NOW

Recipe: Wild Mushroom, Turmeric and Coconut Cream Soup

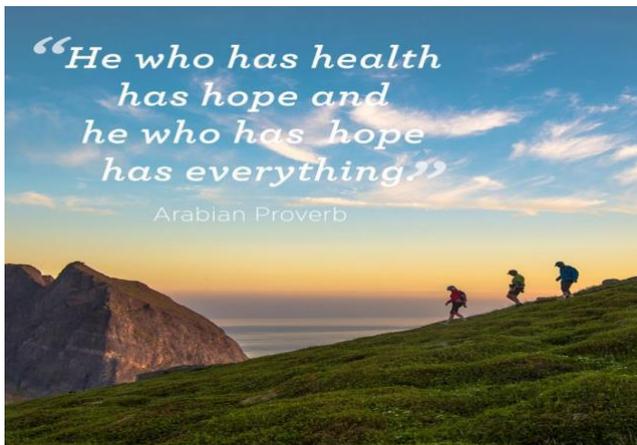


Ingredients:

- 1 large red onion, finely chopped
- 8 ounces of organic Portobello mushrooms, cleaned and chopped
- 8 ounces of Shiitake mushrooms, cleaned and chopped
- 1/8 teaspoon powdered turmeric, organic
- 1 organic garlic clove, smashed
- 13 ounces (1 can) of full fat coconut milk (Native Harvest or Nature's Value brand)
- 24 ounces of vegetable broth/stock
- 2 tablespoons organic lemon juice
- 1 teaspoon sea salt, or more to taste
- 1/4 cup olive oil
- 2 tablespoons olive oil
- 1 teaspoon cracked black pepper, or more to taste
- 2 tablespoons arrowroot powder/starch

Instructions:

In a medium size soup pot, over medium heat, place 2 tablespoons olive oil, onion, and garlic and sauté for 5 minutes, stirring occasionally. Next, add mushrooms and sauté for 8-10 minutes. Add 1/4 cup olive oil and stir. Add arrowroot powder and stir to incorporate evenly, making sure to break up any lumps. Next, add turmeric, salt, pepper, coconut milk, broth and lemon juice. Stir. Bring to a simmer for 5-7 minutes. Shut off heat and allow to cool for 5 minutes. With an immersion blender, place blender in pot and puree entire contents until completely smooth. Feel free to garnish with mushrooms before serving. Makes 4-5 servings.



About Darin Ingels, ND, FAAEM: He is a licensed naturopathic doctor and fellow with the American Academy of Environmental Medicine. He has 26 years of experience as a clinical microbiologist and practicing clinician, working with patients with Lyme disease, autism and other immune disorders. Being a Lyme patient has helped him develop a unique perspective on Lyme disease that has shared with the thousands of Lyme patients in his practice. He authored "The Lyme Solution: A 5-Part Step-by-Step Plan to Fight the Inflammatory Autoimmune Response and Beat Lyme Disease" naturally.



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