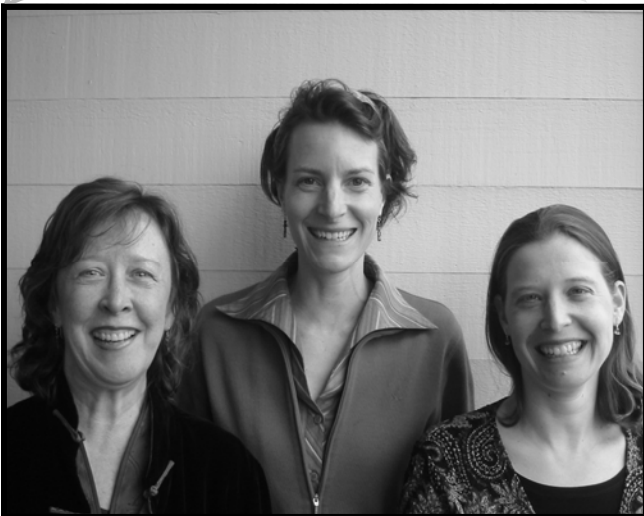




*“The shortest distance
between two people is
laughter.”*
Norman Shealy, MD



**Dr. Colleen Hart—Dr. Beth DiDomenico
Dr. Karen Rasmussen**

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Grief—Dr. Colleen Hart

Cardiobeam—Dr. Beth DiDomenico

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Events and Announcements

Grief

By: Dr. Colleen Hart

The word grief has a presence...an impact on the deepest parts of our being. Yet grief is an emotion that, for many, is glossed over in exchange for “moving on” in life. In the past few years I have experienced major grief. Amidst the intensity of coping with grief and keeping up with day-to-day living, I find myself pondering: “How are all these people walking around with a mass of grief inside and looking so normal?”

In my practice as a wholistic doctor, I often see where a person’s grief is residing in their body. Untended or unexpressed, grief can accumulate into a manifestation of illness. Virtually any illness can have a root in grief just as readily as having a root in a microbe or a gene or a physical trauma. Often grief can be the underlying cause of a pain that has no other explanation or known cause. It can be a well disguised creator of dis-ease.

Grief has a life of its own and a timing to be honored. In my professional opinion grief must be felt in order to be integrated into the new structure of one’s life. When the grief is worked through and experienced, something new will take its place. There must be room for that “something new”. And I believe it is the process of grieving that makes space for the new.

People experience their grief in many different ways and there is no “right” way to do it. Consider making time to be with yourself with the love and tenderness you would want to provide for someone dear to you. Let that dear one be you. Give yourself a warm candlelit bath, a walk in nature, time at the beach, a cup of tea or a glass of wine by the fireside, lingering with a sunset that calls your attention. How many ways might allow you to just “be” and “feel”, if you leave an opening for them?

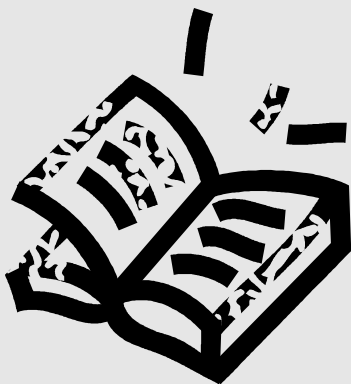
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Grief (continued)

How much freedom can be attained from a good cry or writing a poem or painting a picture, expressing your feelings? How much comfort can come from talking with a true friend? How much relief can be born from appreciating the things that no one can take from you, your very dear heart and soul?

A writing exercise to help you get in touch with your grief (or any emotion):

Dedicate 10 minutes to exploring your own current issues with grief (or fill in the blank for any emotion you want to visit). Sit down without distraction and with a timer, paper and pen. Sit back and close your eyes. Take a few long, deep breaths. When you've breathed long enough to feel relaxed, allow the word "grief" to appear in your minds' eye. Open your eyes and set the timer for 3 minutes. *Without censoring yourself*, write all the words that come to mind when you begin with the word "grief". After 3 minutes is up, go back and mark the ten words that seem most potent. Then time yourself for another three minutes to write a story using your words in the sequence in which they appear in your list. You see, from the short periods of time suggested, that you are not "thinking" about what you are writing. You are simply allowing the words to come on to the paper with no censoring whatsoever. You can then use what you've produced for reflection and insight or throw it away with only ten minutes "lost" to your day. This little writing project can be helpful for revealing 'hidden feelings' you might have in any aspect of your life. I hope you try it again and again.



Cardiobeam

By: Dr. Beth DiDomenico

Digital Pulse Analyzer (DPA)-Arterial Compliance Testing

The DPA provides information on arterial wall stiffness and determines the biological age of arteries in less than 3 minutes. This FDA approved, user-friendly, non-invasive device uses a finger probe to observe the changes in pressure, blood flow, velocity and profile throughout the whole pulse wave of a patient's vessels.

Aging and disease states associated with an increase in cardiovascular events alter the physical characteristics of blood vessel walls and impair the pulsatile function of arteries. Impaired pulsatile function of arteries provides important prognostic and therapeutic information beyond that provided by traditional blood pressure measurements.

The use of the DPA can help caregivers reduce cardiovascular disease in their patient populations through early detection and prevention, and ultimately assist to decrease the associated financial costs placed on the health care industry. Cardiovascular disease is the #1 killer for both men & women in the United States with an estimated economic cost of approximately \$298 billion.

In summary the DPA provides:

- Early detection of arterial wall stiffness
- Biological age of arteries
- Information regarding efficacy of treatment choices
- A tool to monitor the arterial wall response to lifestyle changes / reduction of cardiovascular risk factors

We highly suggest this test for any patient with a strong family history of heart disease, or in current treatment for heart disease risk factors including: High cholesterol, high blood pressure or elevated homocysteine.

If you are interested in a screening test, Federal Way Naturopathy is offering a monthly DPA day for our patients. Testing is billed at \$99.00 per assessment. Next screening is June 13th at Federal Way Naturopathy. We do not bill insurance for this procedure.

Environmental Health Updates

By: Dr. Beth DiDomenico

Has genetically engineered (GE) food entered your life uninvited?

Genetically engineered crops became a reality in the early 1990's. The idea behind them is that science can create a seed or plant that has all of the desired qualities of a crop without the downfalls. For instance, if a crop can tolerate megadoses of a pesticide without withering, then crops can be planted without concern to pests and density. Or if a seed can be produced that only creates one harvest, then the seed manufacturer can sell farmers the seed every year instead of on a less frequent basis. The initial concept seemed reasonable, create higher crop production with the help of science. The results have been about corporate manipulation and profits at the hands of the farmer and unknowing consumer. Genetically engineered crops exist in all agriculture producing states (including Washington). Commonly grown GE crops include: corn, cotton, soy, canola, potatoes and rice. The genetic engineering of our food continues to progress at a rapid rate, despite some pitfalls.

1. Rice farmers in 6 states so far are suing Bayer Cropscience after it's genetically modified (GM) rice crops were found in the rice fields of nonparticipating farmers. As a result, Japan and the European Union have suspended or severely restricted rice imports from the affected states causing an alarming drop in the rice market. Bayer stopped field tests in 2001 after deciding not to market the rice. The GM rice has not been approved for consumption by humans. (*New York Times*)

2. The Center for Food Safety has filed a lawsuit against the FDA for failing to test GE foods for safety and not labeling them when GE foods are part of an ingredient list. Unfortunately, due to underfunding, the FDA is conducting less than half the food inspections it did 3 years ago (think of contaminated bagged spinach and bottled peanut butter with salmonella). (*Associated Press*)

3. India has banned all open-field trials of GE plants as cultivation of GE cotton has caused widespread crop failures. Thousands of farmers have been driven to bankruptcy after utilizing the American company Monsanto's GE cotton. (*Times of India*) In addition, 90 Texas based cotton farmers are suing Monsanto after the combination of the Roundup herbicide to be used with GE crops caused damage to the plants themselves and significantly decreased production. Note, the cotton and it's significant amount of Roundup was still sold to industry, and you or your child may be wearing it today.

4. Bees have decided to boycott GE fields. Bees are responsible for the pollination of more than 40% of our crops. A study by the Canadian government showed GE crops to have the least amount of bees (less than the amount required to actually pollinate the fields). Organic farms show no deficit in bee populations. (*Simon Fraser University, B.C. Canada*)

5. Research from Russia shows that GE potatoes caused severe health issues in lab rats including tumors, stomach and intestinal damage. England has since stopped trials of GE potato plantings. (*The Independent*) They still exist in the United States, however.

6. In India, 1600 sheep died after grazing in a field where GE cotton had been harvested. (Reuters)

For more information please rent the movie "The Future of Food" (available at Federal Way Naturopathy on loan), or read the book, "The Omnivore's Dilemma", by Michael Pollan.

Also, please support local organic farmers by shopping at the community farmers markets, Federal Way Farmers Market is every Saturday from 9:00 to 3:00 at Sears parking lot at the Commons.



Homeopathy: an alternative treatment that is safe and effective for children

By : Dr. Karen Rasmussen

Homeopathic medicine was developed in Germany in the late 1700's by physician and chemist Samuel Hahnemann and has been practiced in the United States since the early 1800's. As naturopaths we are trained in the art of homeopathy assessment and prescribing. The term homeopathy comes from the Greek words *homeo*, meaning similar, and *pathos*, meaning suffering or disease. The key premise of homeopathy is that every person has energy called a vital force. When this energy is disrupted or becomes imbalanced, health problems can occur.

Homeopathy aims to stimulate the body's own defense mechanisms to prevent or treat illness. Homeopathy can address a variety of conditions, both acute and chronic disease or injury. Treatment involves giving very small doses of a substance that produces symptoms of an illness in a healthy person if given in large doses. The concept behind this theory is "like cures like".

Most homeopathic medicines originate from natural substances such as plants, minerals, or animals. A remedy is prepared by diluting the substance in a series of steps so that no part of the original substance remains. The "essence and memory" of that substance remains in the remedy. Remedies are individualized according to the "picture" the patient presents taking into account physical, emotional, and mental factors.

Remedies come in liquid, tablet, or pellet forms. Homeopathic medicines are regulated in the same manner by the FDA like other non-prescription, over-the-counter medications. They are required by the FDA to meet certain standards such as strength, quality, and purity. All remedies sold in stores require a description of the indication for the remedy, ingredients, dilution, and instructions for use. Remedies come in different strengths and can be prescribed as a single dose or in frequent doses. The tablets are appropriate for infants and children and dissolve immediately in the mouth.

Homeopathic remedies are not known to interfere with any conventional drugs, although they should be taken under the care of a provider. According to a 1999 national health interview survey, "six million Americans used homeopathy in the preceding 12 months." Homeopathy is safe and there are no risks or side effects associated with its use.

Although there is not much scientific evidence and research about how and whether homeopathy works, there are promising clinical trials. In 2002, a study investigating the homeopathic remedy *oscillococcinum* in children showed that it was effective in reducing the duration of the flu. Another study demonstrated that a topical homeopathic cream, *Traumeel*, reduced the severity and length of "pain and inflammation of the tissues lining the inside of the mouth from chemotherapy" in children being treated with bone marrow transplantation.

Homeopathy is a very gentle, effective non-invasive option. It is an appropriate treatment to consider in infants and children who have developing immune and detoxification systems.



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The following table lists appropriate remedies for some common childhood ailments.

Remedy	Description
Chamomile	Teething, greenish stools, irritability, wants to be carried, one cheek hot and the other pale and cold, colic, angry, thirsty but refuses drink
Arnica	Bruises, swelling, injuries, soreness
Hepar Sulph	Early stage of colds, coughs, earaches; gradual onset, rosy cheeks, dry cough with chest pain, worse at night and motion
Belladonna	Sudden onset, restless, skin hot and red, throbbing pains, sunstroke
Aconite	Fright, anxiety, croup, fever with sudden onset, gas, thirsty for cold water

EVENTS AND ANNOUNCEMENTS

Announcements

We say goodbye to Deborah Myers, ND who has finished her residency at Federal Way Naturopathy and is pursuing her career in the Seattle/Bellevue area.

Meanwhile, Colleen Hart, ND is now at our clinic 2 days per week and is available to see new patients.

There is a doctor at Marlene's Market in Federal Way the 1st Tuesday of every month from 5:00p.m. to 7:00. p.m. The doctor can answer your questions!

Calling for research participants

Bastyr University is currently conducting research on teenagers with Type I diabetes. Participants will receive \$25 for completing a questionnaire and making a visit to Bastyr for a physical.

Bastyr is also doing research on women with breast cancer, using a mushroom extract. Participants must have been diagnosed with Stage I,II, or III hormone receptor negative breast cancer and be scheduled for chemotherapy and radiation. \$20.00 compensation per visit.

Federal Way Naturopathy

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Permit 15

**Note our new extended hours for
appointments:**

Monday, Tuesday and Thursday:

8:00 a.m. to 6:00 p.m.

Wednesday and Friday

8:00 a.m. to 5:00p.m.

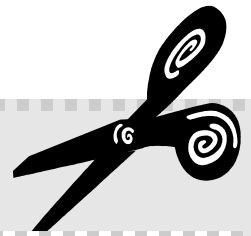
Saturday-by appointment

Dr. Beth's Best Popcorn Recipe

Organic popping corn (amount to your liking)
Coconut oil- enough to cover bottom of pan when it is melted
Thyme
Oregano (optional)
Brewers yeast
Olive oil
Salt

Cook the popcorn in a large (preferably non-aluminum) pan using enough coconut oil to coat the bottom of the pan. If you are air-popping, then lightly heat 1 tsp. to 1 Tbsp. coconut oil to pour over the top when corn is popped. Add olive oil in-stead of butter. Sprinkle enough thyme and oregano over it to give every corn a bit of green (usually 1 - 2 Tbsp.). Add brewers yeast (found in bulk at health-food store) in the same or greater amount as the thyme/oregano. Brewers yeast \ is yellow, very high in B vitamins and has a naturally salty taste. You may find that salt isn't needed at this point, but if your taste buds say different, salt to taste using the more mineral rich celtic sea salt or grey salt.

Enjoy!



Clip and Save

Spend \$50.00 or more in the Federal Way Naturopathy dispensary and receive 10% off the entire purchase.

Offer expires June 30, 2007