



*"Healthy citizens
are the greatest
asset any country
can have."*

Winston
Churchill
1943

Dr. Beth DiDomenico ND

And

Dr. Karen Rasmussen ND



NATURAL HEALTH BUILDING



Medical Esthetician (skin care) and Nutritional Therapist, *Dana Iverson-Luchini* has joined the Natural Health Building. She is offering an array of services including the latest technological advances in medical skin care services and physician-strength and organic skin and body products. She will also be focusing her nutritional services on detoxification. Please call 253-815-8803 to schedule your complimentary consultation.

Greetings from our new clinic at the Natural Health Building (NHB) in Federal Way. We have been busy perfecting our new home and look forward to offering years of quality healthcare in this integrative medical center. Construction is almost completed, so for those of you who have not been by, please feel free to stop in for a visit. The building is one level, has ample parking by the front door, and is home to our new mascot, Donatello, the rescued turtle!

Our dispensary is open during normal business hours and orders no longer need to be called in ahead of time. We have a lot of great products that have been hand selected or formulated with the

needs of our patients in mind. Most of these items cannot be found at the store. We encourage you to let us know if there are any special things we can provide you.

Our co-inhabitants at the center currently include: The Center for Health Awareness (MD), Healthy Aging Skin and Body (medical skin care), and Federal Way Muscular Therapy (LMT's), and a counselor - all open for business at this time. The NHB is offering lectures and classes, as well as yoga, pilates and personal training in our gym area. See the current schedule of events for more details.



Sleep Deprived?

By Karen P. Rasmussen, ND

When was the last time you had a good night's sleep? In the course of 1 year, approximately 35% of American adults will have insomnia. Insomnia is a widespread health complaint that may be persistent or reoccurring with significant complications such as daytime fatigue, reduced productivity, decreased mental clarity, anxiety, and depression. Most adults require between six to eight hours of sleep a night. Insomnia can be defined in different ways such as difficulty falling asleep (sleep onset insomnia), difficulty staying asleep or waking up early (sleep-maintenance insomnia), and non-refreshing sleep.

Insomnia may be related to an underlying medical condition, medications, environmental factors, emotional and mental stress, or substance abuse. One condition that causes insomnia is restless legs syndrome characterized by an involuntary movement of legs that awakens the person. If there is a family history, folic acid can be helpful. Sleep apnea also contributes to insomnia characterized by cessation of breathing for 10 seconds or more occurring frequently throughout the night and normally accompanied with snoring. Diagnosis is confirmed with an overnight polysomnography conducted during a sleep study at a clinic. This article will not address the above conditions that warrant a proper work-up.

Conventional treatment for insomnia has utilized pharmaceutical options such as sedatives, anxiolytics, anti-depressants, and anti-histamines. However, long-term use of these medications can increase the likelihood of dependency and severe withdrawal symptoms. Alternative medicine has had wide success with gentler, less invasive therapies that have avoided common side effects of prescription medications.

Dietary and Lifestyle Factors

Avoidance of stimulants such as coffee, soft drinks, chocolate, and caffeinated tea before bedtime can favorably effect sleep. Each person responds differently to caffeine, some are more sensitive than others. Alcohol can also act as a stimulant rather than a sedative for some people. Consumption of a large meal within 2 hours of bedtime can affect ability to fall asleep if plagued by acid reflux. However, low nighttime blood sugar levels can result in frequent or early awakening. Good bed-time snacks to keep blood sugar levels steady throughout the night are a bowl of oatmeal or bran cereal, hard-boiled egg, whole grain toast with a nut butter, or a piece of fruit.

Regular physical exercise can improve sleep and promote a sense of well-being. Exercise is best done in the morning to early evening because it can act as a stimulant. Avoid vigorous activity within 2 hours of bedtime.

An epsom salt bath with lavender essential oil while sipping chamomile or peppermint tea is a nice way to unwind from the day. Have your partner give you a foot rub or massage your neck. Avoid turning on the television and instead read a chapter in a good book. The atmosphere in the room such as the temperature, noise, airflow, light can also impact ability to sleep.

Natural Herbal Sedatives

If the above recommendations do not relieve the insomnia there are several natural sedatives that produce great results. Medicinal herbs with sedative properties prescribed to promote sleep are valerian (*Valeriana officinalis*), oats (*Avena Sativa*), chamomile (*Matricaria chamomilla*), hops (*Humulus lupulus*), passionflower (*Passiflora incarnata*), Kava Kava (*Piper methysticum*) and St. Johns Wort (*Hypericum perforatum*) to name a few. Valerian has tranquilizing effects and when taken 30 to 45 minutes before sleep has been shown to promote muscle relaxation, improve sleep quality and reduce the frequency of awakenings. Kava Kava is effective in treating underlying anxiety, stress, and restlessness associated with impaired sleep. Passionflower can prolong sleeping time and reduce anxiety. The use of hops or chamomile in tea form can have a calming effect thus inducing a restful sleep.

Melatonin is a hormone secreted by the pineal gland in the brain and is a remedy for insomnia caused by abnormal sleep patterns from jet lag and night shift work. Melatonin has also shown to be beneficial in improving quality of sleep in the elderly and for people with normal sleeping patterns. Normally the level of melatonin is highest before bedtime Melatonin is unlike a sleeping pill because it only produces a sedative effect if a person's own production of melatonin by the pineal gland is low. A dosage of 3mg before bedtime is sufficient to promote sleep.

Another supplement to help improve sleep is 5-hydroxytryptophan (5-HTP), a precursor to the hormone, serotonin. Serotonin helps initiate sleep and can improve symptoms of depression and anxiety. A dose of 100mg 30-45 minutes before bedtime can induce sleep. Supplementation with 5-HTP is contraindicated if on a serotonin reuptake inhibitor (SSRI) used commonly for depression and anxiety.

Supplementation with calcium and magnesium before bedtime is also effective in promoting sleep. Magnesium is also important in the production of serotonin. A dosage of 500mg of calcium and 250mg of magnesium 30-45 minutes before bedtime is optimal.

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Acupuncture has had a lot of success with insomnia. Certain points on the scalp, body and ears interact with the central nervous system and help regulate the sleep-wake cycles. Massage promotes muscle relaxation and can effectively decrease anxiety and stress.

We have all at one time experienced a restless night of sleep. When one night turns into an every night ordeal, then the mind and body start to experience the toll of sleep deprivation. Alternative therapies can be equally effective to conventional therapies with fewer drawbacks. Schedule a visit with Drs. DiDomenico or Rasmussen to put an end to a poor night of sleep.

CLASSES and EVENTS

Great Federal Way Detox Class Begins January 11, 2005. Visit the website for more details. www.fwnmedical.com

Yoga: Taught by Patty Dickinson. Please call 253-927-8558 for information.

Pilates Mat Classes:

Laurie Swartzbaugh is a Stott Certified Pilates Instructor and also a certified Personal Trainer. For information on classes call: 253-350-5079 or e-mail: proactivefitness@earthlink.net

Ultra Lean Gluco-Support Bar

When you are in a hurry and don't have time to sit down for a meal, the Ultra Lean Gluco-Support Bars are a delicious snack to keep you going. They are macro-nutrient dense balanced bars with antioxidants and B vitamins for balancing blood sugar levels and increasing energy. These bars are appropriate for those who struggle with low or high blood sugar levels. The bars are made from organic rice protein and contain no wheat, dairy, casein, corn, soy or other additives. They come in different flavors such as chocolate, spice, almond, peanut butter, berry, and, crispy rice. Low carbohydrate bars are also available in delicious macadamia nut, coconut and chocolate mint flavors. Bars sell at \$2.00, low carbohydrate bars at \$2.25. Current special is buy 10 bars receive one free.

Visit with Dr. Karen at Marlene's

Join Dr. Karen P. Rasmussen the first Thursday of every month from 5-7p.m. at the Federal Way Marlene's Market and Deli for a complimentary 15 minute nutritional consultation. If you need assistance shopping for the detoxification or food allergy elimination diet Dr. Karen can make suggestions on what to buy and eat. Marlene's is located at 2565 S. Gateway Center Place, Federal Way 98003. Phone number is (253) 839-0933.



Whether you are a babysitter, assisting a family member, or simply would like to know more about CPR, we have classes for you.

Classes offered include Adult, Infant Child, and Community CPR and are conveniently taught at Federal Way Naturopathy. Interested parties should contact the instructor, Anthon Rasmussen for sign-ups and information at the following e-mail address: anthonkaj@aol.com





Federal Way Naturopathy

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