

# Federal Way



# Naturopathy

Volume 1, Issue 7

Summer 2006 Newsletter

***If you want to see what your thoughts were like yesterday, look at your body today.***

***If you want to see what your body will be like tomorrow, look at your thoughts today.***

## Overcoming Childhood Obesity

By Karen Rasmussen, ND

About 16% of all children and teens in the United States are either overweight or obese, which is four times more prevalent than in 1963-1965. The Centers for Disease Control and Prevention (CDC) identifies children and adolescents with a body mass index (BMI) above the 85th percentile as overweight. BMI is based on height and weight. This alarming trend has led to higher rates of elevated blood pressure, chronic pain and inflammation, and infertility in adults. "Obesity associated annual hospital costs increased more than threefold, from \$35 million during 1979-1981 to \$127 million 1997-1999," as reported in the May 2002 issue of Pediatrics.

The reasons for childhood obesity are many. Poor food choices and inadequate nutrition compound the problem. Consumption of high-glycemic index foods starting with breakfast (ex. bagel with cream cheese, pop-tart, scone, and sugar cereal) contributes to nutrient deficient food choices over the rest of the day. In the 2002 issue of the Journal Of American Medical Association (JAMA) it was reported, "the habitual consumption of high glycemic index foods may increase risk for obesity, type 2 diabetes, and heart disease." High glycemic index foods have a higher sugar content and result in a quicker elevation of sugar in the blood compared to lower glycemic index foods.



Dr. Rasmussen will be on maternity leave mid August to mid October. Dr. Colleen Hart will be in the clinic during that time.

Dr. Hart has been practicing naturopathic medicine in Seattle and Burien for 14 years. You are welcome to schedule an appointment with Dr. Di-Domenico, Dr. Hart, or Dr Myers. Your insurance coverage will be the same for any of the doctors.

According to a Harvard study that appeared in the January 2004 issue of Pediatrics, "on any given day, more than 30% of children in the U.S. will eat fast food, which packs on about six extra pounds per child per year." A fast food meal of a Big Mac, Super Size fries, and a large coke at McDonalds now contains 1500 calories, about 40 percent of those from fat. Soft drink consumption has increased to 8% of a child's daily caloric intake.

Lack of activity is another reason why obesity is on the rise in childhood and adolescence. Fewer than 20% of US children age 8 to 16 exercise at least twice per week. Children and adolescents are spending more time in front of the television or computer screen. According to the 2001 issue of Pediatrics, 65% of 8-18year olds have TV sets in their bedrooms. The average child or adolescent watches three hours of television per day, and that doesn't include time spent playing video games. "American children and adolescents spend 22 to 28 hours per week viewing television, more than any other activity except sleeping. By the age of 70 they will have spent 7 to 10 years of their lives watching TV," according to the Kaiser Family Foundation. Interestingly, fruit and vegetable consumption was negatively associated with television viewing.

Collectively, we can change this growing epidemic. Strategies need to be developed that involve families, the school system, healthcare providers, government agencies, and the food and entertainment industries. Intervention can start as the baby is developing in the womb. A child is at greater risk of becoming overweight if he is born to a mother who smoked during pregnancy, who was obese, or had gestational diabetes (high blood sugar).

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## Meet our new Doctor



### Deborah Myers, ND

Doctor Myers earned her ND degree from Bastyr University, the leading institution of natural medicine in the country. She is the founder of Wisdom Tree Natural Health Services, a private practice in Seattle's East side, where she specializes in the care of patients aged 50 and better. She is an advocate for community seniors and is an active board member of the Kirkland City Council's Senior Council. Doctor Myers is also a Licensed Massage Practitioner and has nine years of experience serving the senior community and providing end-of-life care as a Hospice volunteer.

Doctor Myers believes in building strong therapeutic alliances that empower her patients to take full responsibility for their health and well-being. She offers a supportive partnership and education that focuses on nutrition, exercise and lifestyle improvements to help her patients optimize their physiologic and emotional responses to the stresses of daily life. Vitality and resilience are her primary goals in working with patients.

Doctor Myers is an active professional member of the Washington Association of Naturopathic Physicians, the American Association of Naturopathic Physicians and Physicians for Social Responsibility.

### Dr. Beth's Easy Protein Breakfast

If you have not tried it yet, our hypoallergenic whey protein powder from, Biogenesis is a tasty and simple snack or meal alternative for those on the go. The powder comes in vanilla or chocolate, tastes great and is loaded with 16 grams of fiber per serving. Please ask for a sample at your next visit.

2 scoops vanilla whey protein

1/2 to 1 banana

1 cup milk (soy or rice work well)

1/2 cup berries

1 Tbsp. flax or fish oil

Optional 1 Tbsp. fiber

Put all of above into a blender-you'll have a high protein, fiber and antioxidant rich food that even kids will love.

This meal is ideal for those trying to lose weight, gain or maintain muscle mass and balance blood sugar. It is also gluten free and largely hypoallergenic.

ENJOY!



### FRIENDLY REMINDERS

Please respect our doctors and reception area by turning off your cell phones or using them outside if you must receive a call.

We have many patients that are chemically sensitive. Please refrain from wearing scented products (perfumes, lotions, aftershave) when you visit our office.

Your cooperation is appreciated!!!

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Parents can be good role models for their children. If a child sees their parent eating healthy foods, and engaging in physical activity, he or she is more likely to do the same now and for the rest of their lives. Support and encourage children in changing eating habits and starting an exercise program. Make it a family affair by shopping for healthy foods and exercising together. The most recent recommendation for physical activity is that school-age children should participate daily in 60 minutes or more of moderate to vigorous physical activity to be beneficial for health.

Have your child eat a healthy breakfast to start the day and consume small meals more often to maintain blood sugar. Start the day with a low-glycemic meal such as a protein smoothie with fruit. Suggest they start taking a good multivitamin and mineral formula to provide essential nutrients they are not getting through their regular diet. Add to the daily regimen an essential fatty acid formula to help promote optimal brain function. Most importantly, focus on the child's health and positive qualities, not the weight. Let your child know that they are loved and appreciated regardless of their weight.

Here at Federal Way Naturopathy, optimal health and well-being are our priorities. We specialize in developing individualized exercise and dietary programs for children, adolescents, and adults. Make your son or daughter's health a priority; schedule a visit with one of our physicians.

## Environews for Healthy Consumers

### Safety of Diet Colas

Reports show that for 3 years, the FDA has been aware of unsafe levels of benzene ( a known cancer-causing agent) in almost 80% of diet colas tested. Specific brands of cola were not identified. Though the FDA and the cola industry still say that the colas are safe in moderation, the Centers for Disease Control maintains that extended exposure to diet colas can increase risk to cancers of the blood.

### Benefit of Organic Diet for Children

Emory University, Atlanta. The school of public health studied the diets of 23 school-children for 2 weeks. They concluded that an organic diet substantially decreases kids' exposure to organophosphate pesticides. Ranked as very toxic by the World Health Organization, organophosphates are known to cause neurological deficits in both animals and humans. The full effect of chronic exposure to this class of pesticide, especially by young people, is still to be studied. In addition, a child does not have a fully developed and functioning liver until approximately age 6, possibly further compounding the effects of toxin exposure at an early age.

### Genetically Engineered (GE) Contamination

The government of Britain (where the public has fiercely opposed GE crops), has found that up to 15 years after planting GE canola, the crops remained contaminated with GE plants. A significant amount of GE canola was found in Scotland and England well after the land had been returned to GE free seed. This finding, published by the Royal Society, has dampened the ability of the British government to provide GE seeds to farmers. In the US, we can find examples of (unlabelled) genetically engineered corn, soy, and canola oil on many of our grocery store shelves.



***Federal Way Naturopathy***

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**Fax: (253) 815-8805**

**Website: [www.fwnmedical.com](http://www.fwnmedical.com)**

**Note our new hours for  
appointments:**

**Monday 9:00 to 6:00**

**Tuesday, Wednesday, Thursday  
and Friday: 8:00 to 5:00**

**Saturday-by appointment**

**Dr. Deborah Myers**

**You're invited to join Dr. Myers**

**Where: Marlene's**

**2565 South Gateway Center Pl**

**Federal Way, WA**

**When: 1st Wednesday of each month**

**Time: 5:00 to 7:00**

**For: Dr. Myers will be available to  
answer questions and help with  
shopping needs!!!**

**See you at Marlene's**

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***Clip and  
Save***



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

***Offer expires September 30, 2006***

***(coupon cannot be combined  
with other discounts or offers)***