

*We do not see
things as they are, we
see things as we are.*

Anonymous

The Great Federal Way Detoxification:

Educational course led by Beth DiDomenico ND and Karen Rasmussen ND.

Classes held Tuesdays from 6:30 to 8:00 p.m at the Natural Health Building. Class begins 1-10-06

Fee: \$175.00. For information, call (253)942-3309, or come to introductory class 1-10-06 (no charge)

THE VITAMIN D STORY

By Beth DiDomenico, ND

Last year at Federal Way Naturopathy, I tested many patients for their vitamin D levels between the months of October and May. Of those patients tested, around 85% were deficient or had less than the optimum level of vitamin D. In patients who are of African, Native American or Asian descent, 100% were below optimal. For the most part, only those patients who were taking vitamin D or traveling to sunny environs were getting the amount they needed.

Vitamin D is actually a hormone, not a vitamin as previously believed. It is essential for the absorption and utilization of calcium and therefore, bone health. It is well known that bone density is often lower in a person in the winter versus summer. There is scientific evidence showing that low levels of vitamin D can correlate with breast, prostate and colon cancer. It may also play a role in preventing certain autoimmune diseases, especially multiple sclerosis, as well as lupus and rheumatoid arthritis. Vitamin D has

worked wonderfully in our patients for treating seasonal affective disorder. Also, studies show those with normal levels of vitamin D are less likely to progress to diabetes secondary to it's beneficial effects on the release of insulin. Ironically, vitamin D levels are lower in obese individuals, despite it's being a substance that can only be absorbed with fat. New studies are being done on the role of vitamin D and weight loss. Sources for vitamin D other than that elusive sunshine, include: eggs, fatty fish and cod liver oil, and fortified foods like orange juice, milk and cereal. Those who do not absorb fat well, including anyone with a gastric bypass or colon surgery, a person with Crohns disease, or someone taking fat blockers like chitosan will not absorb vitamin D. Sun exposure would need to be at least 15 minutes 3 times per week (sunscreen free) with face, arms and legs exposed if you are light skinned. Dark complected individuals will need five or more times this amount. Those at highest risk of being deficient are: the elderly, infants who breastfeed, those who avoid the sun or wear constant high blocking sunscreen, those who wear full clothing to keep skin covered while outdoors whether for religious or other reasons, those who stay inside during sunlight hours (ie. workers or the infirmed), individuals with dark skinned, and those living at the northernmost latitudes.

Cont' on page 2

The Vitamin D Story

Cont' from page 1

In addition, if you have inflammatory bowel disease (ie. celiac or Crohn's), or are taking certain medications such as prednisone or cimetidine, you are likely to be deficient.

If you are considering a vitamin D supplement, let your physician know. If you are at high risk for deficiency, you should be tested. Vitamin D is a fat soluble substance which means it needs fat for absorption and gets stored in fat in the body. There is a real risk of toxicity from the use of high dose vitamin D supplements. The RDA is 400 IU daily. Most good multivitamins, fish oil, and many calcium supplements already have some D in them. The best type of vitamin D to use is D3, or cholecalciferol. This is the kind found in fish oil. Our dispensary carries a variety of quality, inexpensive products with vitamin D.

Is your organization looking for a medical professional to speak at lunchtime or during a staff meeting? Dr. Karen Rasmussen is available to speak on a variety of topics such as how to minimize stress, increase productivity or plan your meals for the day.

Call Dr. Karen at 253-942-3309 to discuss the possibilities

Dr. Beth's 5 minute Kale:

Kale is a cruciferous vegetable along with collard, mustard greens and kohlrabi. When we say "eat your greens" this is really what we mean! These greens have anticancer properties, are good sources of fiber and omega 3 fatty acids, and have more calcium than the equivalent amount of dairy product. This is a great addition to the overly rich foods we prepare this time of year!

Choose kale that is fresh and dark green without dry or yellowed leaves. Rinse well before using.

Ingredients:

1 bunch kale

½ cup pine nuts (or chopped walnuts)

1 Tbsp toasted sesame oil

1 tsp. Braggs Liquid Aminos

Cut leaves off heaviest part of kale stock and chop into 2" slices. Throw into steamer for 2-4 minutes or until just wilted. Leaf should be easy to chew. Place steamed greens in bowl and mix with remaining ingredients.

ARE YOU NUTRIENT DEFICIENT?

By Karen Rasmussen, ND

Many of the diseases we are confronted with today are a reflection of the way we live. Vitamin, mineral, and antioxidant deficiencies have been shown to suppress the immune system and contribute to chronic physical and/or mental ailments such as diabetes, heart disease, cancer, depression, anxiety, chronic fatigue and more. There are many factors that affect our nutrient status. We are exposed to environmental toxins on a daily basis from cars, factories, herbicides, pesticides, tobacco smoke, alcohol, drugs, and ultraviolet radiation. Therefore, our requirements for certain nutrients have increased in order to maintain optimal health. Cont' on page 3

ARE YOU NUTRIENT DEFICIENT? Cont' from page 2

One of the major problems leading to chronic nutrient deficiencies is the quality of the soil in which our food is grown. Modern agricultural practices have led to depletion of important nutrients such as vanadium, chromium, boron, molybdenum, selenium and more. The way in which our food is stored, transported, processed and prepared also impacts nutrient content. Although you may eat a balanced diet, you might not be absorbing key nutrients to support integral body functions. Our mineral and vitamin requirements at age 20 differ from our requirements at age 40 or 50. Stress level, exercise, lifestyle habits, digestive health and genetics influence our individual needs for optimal health and prevention of chronic degenerative diseases. Also, certain prescription medications can deplete nutrients that play a role in bone health, heart function, inflammation, immunity, and energy.

If you are interested in identifying individual deficiencies, a blood test offered by SpectraCell at a discounted price of \$95.00 is available to measure selected vitamins, minerals, antioxidants, and amino acids. Set up an appointment with Drs. Rasmussen and DiDomenico to find out if you would be a good candidate for the test.

Nutrient	Signs and Symptoms
B 12 and Folate	Weakness, forgetfulness, headache, palpitations, anemia, numbness and tingling in the hands and feet, diarrhea, weight loss
Calcium	Muscle spasms, anxiety, insomnia, periodontal disease, hypertension, osteoporosis
Magnesium	Fatigue, irritability, weakness, muscle spasms, painful menses, hypertension, insomnia, sugar cravings, anxiety, poor nail growth, nerve conduction problems
Vitamin D	Depression, osteoporosis, diarrhea, insomnia, nervousness
B Vitamins	Fatigue, palpitations, indigestion, constipation, insomnia, anxiety, depression, dementia, neuropathy, swollen tongue, dry and scaly skin, itchy eyes, headaches
Zinc	Hair loss, decreased taste and smell, delayed wound healing, eczema, acne, white spots on finger nails, poor nail growth, arthritis, alcoholism, impaired glucose regulation, depression, insomnia, frequent infections
Potassium	Muscle weakness, fatigue, irritability, muscle cramps, abdominal bloating
Vitamin E	Dry eyes, easy bruising, eczema, hot flashes, fibrocystic disease, PMS
Biotin	Dry and scaly skin, loss of hair, muscle atrophy, nausea, weight loss
Vitamin C	Fatigue, weakness, short of breath, aching joints and muscles, bleeding gums, easy bruising, frequent infections, muscle cramps, dry skin
Vitamin A	Night blindness, dry eyes, frequent infections, loss of tooth enamel, diarrhea, loss of taste and smell
CoQ 10	Heart disease, fatigue, arrhythmias

Federal Way Naturopathy

Natural Health Building

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Note our new extended hours for
appointments:

Tuesday, Wednesday and Thursday:

8:00 to 7:00

Monday 9:00 to 6:00

Friday 8:00 to 5:00

Mailing Address Line 1

Mailing Address Line 2

Mailing Address Line 3

Mailing Address Line 4

Mailing Address Line 5

PRODUCT CORNER

Sterol 117™

This product is a combination of plant sterols with antioxidants and an essential fatty acid complex. Derived from non-genetically modified soy, pine bark, fruit extracts, oil producing seeds, and essential fatty acids extracted from North Sea Fish. Sterol 117™ helps support the immune system and aids with auto-immune disease and chronic viral infections. Most allergy symptoms may be alleviated in 4-5 days. It has been shown to reduce symptoms of joint pain and stiffness. Furthermore, recent studies show that plant sterols can promote healthy cholesterol levels.

To learn more about this product, ask Drs. Rasmussen and DiDomenico whether this product would be of benefit to you.

*Clip and
Save*



*Spend \$50.00 in the Federal Way
Naturopathy dispensary and re-
ceive 10% off the entire pur-
chase.*

Offer expires 01-15-06