

Federal Way



Naturopathy

Volume 1, Issue 7 Fall 2007

“The Englishman’s Doctor”

Garlic then have power to
save from death

Bear with it though it
maketh unsavory breath,

And scorn not garlic like
some that think

It only maketh men wink and
drink and stink.

Sir John Harrington -

Influenza Versus The Common Cold

By: Dr. Beth DiDomenico

Do you know exactly what the difference is between a cold and a flu? Are the treatments the same? How about prevention? Read on to better understand some myths about the most common reason for doctor visits in the United States- respiratory viral infections.

Myth: Cold and flu can be used interchangeably as they are both respiratory infections.

Fact: The “common cold” is actually a mild, self-limiting illness that can be caused by over 100 different viruses. The influenza is a more severe illness caused by two classes of viruses- serotypes A and B. Each of these serotypes has a multitude of different viruses as viral mutation occurs over time.

Myth: Frequent or excessive exposure to cold increases the likelihood of getting a cold or flu.

Fact: Research shows there is no increase rate of illness with cold exposure. Parents can relax when kids refuse to wear jackets.

Myth: Antibiotics resolve cold and flu symptoms.

Fact: Antibiotics only help in resolving bacterial infections. Colds and flues are caused by viruses. For certain individuals who suffer from a secondary bacterial infection on top of their viral infection, antibiotics can be helpful. The over prescription of antibiotics for cold and flu symptoms is a leading cause of antibiotic resistance. Antiviral medications do exist for the treatment of more severe flues. The cost, cure rate and side-effects do not make them an attractive option for more frequent prescription.

Myth: An MD is a better option if I think I need prescription for a cold or flu.

Fact: In Washington State, ND’s are licensed to prescribe all antibiotics and antivirals. We may prescribe less frequently secondary to our concerns about antibiotic side-effects and the creation of “superbugs” (bacteria that mutate so that they are no longer susceptible to the medication). We also use natural treatments as our initial line of defense and find a patients’ supported immune system usually does the job without the help of prescription drugs. In addition, if a patient isn’t recovering on time, or tends toward frequent illnesses, ND’s are trained to address the cofactors, i.e.: diet, lifestyle, stress, exposures, and environment.

Myth: Flu epidemics are rare occurrences.

Fact: A virus has reached epidemic proportions when more than 10% of the population has been infected in any given year. This occurs every 2 – 3 years in the US.

Myth: If I had a flu shot last year, then I am good for a few years.

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Influenza Versus The Common Cold

(continued)

Fact: At any given time there are a few hundred strain of influenza. Every year, the vaccine prevents 3 of the most common or virulent strains of the flu. Within a year's time, the viruses have mutated enough to likely be no longer prevented by the vaccine.

Myth: Once I am feeling functional, I can head back to work or school.

Fact: You are considered infectious until at least 24 hours after a fever has subsided. One of the reasons we have so many epidemics is because people return to public life prematurely after being infected.

Myth: The type of infection can be diagnosed by symptoms alone.

Fact: Because colds and flues can be more or less severe according to the strain, or the human victim they have infected, it is often difficult to predict the causative agent on symptoms alone. Typically, colds are less severe, may have only a slight fever, infect only the head or throat, and occur year around. Flues on the other hand are usually more severe with associated aches, exhaustion, fever > 101 F, sudden onset, and occur November through February.

Myth: Regular intake of vitamin C will keep me from catching anything.

Fact: Research shows that overall, vitamin C had no influence on incidence or duration of the common cold. However, if you have a deficiency of vitamin C, or exercise in cold environments, the use of vitamin C should decrease illnesses by around 50% according to studies.

Myth: Once you get the flu, there is nothing you can do to hasten recovery.

Fact: Other than the above mentioned antivirals, studies show that elderberry syrup was useful in significantly decreasing the length of a flu. Researchers used 2 tablespoons of "Sambucol" for children, or 4 tablespoons for adults for three days. On average, the subjects recovered in less than half the days as the control group.

In addition, a new product named ***Epicor*** has shown promising results of boosting immune markers and decreasing rates of infection.

Hopefully, you have some clarification around colds versus flues. As ND's, we still believe that prevention via balance of stressors, good nutrition, and healthy lifestyle habits are the best medicine. Consider the use of immune support foods (i.e. garlic, oregano, herbal teas, fresh whole foods), or supplements (***Epicor, EHB, Esberitox, Elderberry syrup*** and others) when viral exposures are inevitable. (See our Immune Support Breakfast on page 7)

Be Well.

Comprehensive Pediatric and Adolescent Care is Available at the Clinic

Services Include:

- Well Infant/Child Exams
- Vaccinations
- Full line of Herbal, Nutrient,
- Homeopathic Supplements Developed Just for Children
- Nutritional Assessment and Meal Planning
- Food Allergy Testing
- Heavy Metal Testing
- Digestive Analysis
- Immune Support
- Sport Physicals

INSURANCE CORNER

By: Jennifer Hinkle

Navigating your insurance plan can be tricky business. We would like to help simplify that for you. Our newsletters will now feature an insurance corner, where I will answer your billing questions.

My insurance plan covers my preventive visits at 100%, why am I receiving a statement from Federal Way Naturopathy?

Each insurance plan is divided into separate benefits. One of which is your preventive benefit. Most plans will allow for one visit a year or a maximum dollar value on your preventive services allowed. Your plan may pay preventive services at 100% without a copay, while your non-preventive office visits may be subject to a deductible along with a copay.

A claim for medical services is submitted to an insurance company using two codes, one code represents your diagnosis and the other represents procedures performed by the doctor or nurse. The insurance company decides how much to pay the clinic based on which codes are selected. There are strict criteria that need to be met before a code can be selected and submitted to an insurance company.

When a patient comes in for an annual check-up with no additional complaints, this is coded with a preventive medicine service code. The insurance company then reimburses the doctor for her time to evaluate and manage an individual's age and gender appropriate history and exam. It also allows for counseling, guidance and risk factor reduction along with the ordering of appropriate laboratory and diagnostic services for a healthy patient. When a patient has a specific condition that needs to be addressed during their visit, the visit then falls within the criteria of a problem-oriented evaluation and management service. This allows the doctor to be reimbursed for her additional time to examine the concern, diagnose and treat. A patient does have the option of requesting that the visit be billed as strictly preventive. In this case a second visit would be scheduled to address the problem-oriented concerns. Patients often choose to address an additional concern during their preventive visit in order to save time, but they will be charged a copay as two charges will go to the insurance company. However, if you have a concern that may take significant time to properly address and manage, it is always advisable to make a separate appointment outside of your preventive check-up. At Federal Way Naturopathy our doctors will always address all of your concerns and they pride themselves on the extra time they spend with each of their patients. If you ever have any concerns regarding your insurance claim was submitted please do not hesitate to call and ask.

Make the most of your time with the doctor

We understand that patients become upset if we are not running on time. Please help us respect other's schedules by showing up to your visit on time.

As a group of working mothers, we appreciate the challenge in finding childcare, but we ask that you do your best to leave your children at home if they are likely to be a distraction during your visit with us.

Cell phones are to be turned off or silenced during your time in the Natural Health Building, you are welcome to use them outside in the courtyard if needed.

If you are picking up supplements and would like to ensure they are all in stock when you arrive, please call 1 week ahead so that we may assure they are stocked, especially if you like to pick up multiple bottles of 1 item.

Is Your Child Safe?

By: Dr. Karen Rasmussen

If you have children or are expecting one, you probably have been following the news closely about the recent flurry of toy recalls due to contamination with lead-based paint. Lead poisoning is not a new phenomenon. It has been a significant public health problem for centuries. Lead is a heavy metal and a natural chemical element that's present throughout the environment. Common sources of exposure are the following:

- **HOUSE PAINTS:** Prior to 1950, lead paint was used inside and outside the home. It wasn't until 1977 that federal regulations eliminated lead from paint. Homes built prior to 1977 are likely to contain lead-based paint.
- **SOIL:** Lead can be found in the soil next to homes that have been painted with lead based paint. Old paint flakes off, and the lead dust can end up on babies' hands and toys. Lead in the soil can contribute to high levels of lead in household dust. Furthermore, dirt near heavily traveled roads may contain lead because it was used at one time in gasoline.
- **WATER:** Lead can get into drinking water when materials used in plumbing, such as pipes, lead-based solders, brass and chrome plated faucets, begin to corrode.
- **OTHER SOURCES:** Lead has been found in toys, lead-glazed or lead-painted pottery, leaded crystal, plastic mini-blinds and vertical blinds, and some inks, plasters, artists' paints, ammunition, stained glass treatments, and lead sinkers used in fishing.

According to a recent estimate by the Centers for Disease Control, 890,000 children in the United States between the ages of 1-5 have elevated blood lead levels. Elevated levels are found significantly more often in children who are African-American, from low-income families, and who live in urban areas. A blood lead level equal to or greater than 10 ug/dL is defined as lead poisoning.

Lead poisoning can be difficult to suspect because an affected child might not show any clear physical symptoms. Symptoms of lead poisoning include: abdominal pain, nausea or vomiting, constipation, loss of appetite, metallic taste in the mouth, headaches, muscle and joint weakness or pain, and fatigue.

Toxic effects on the central nervous system can

occur with mildly elevated blood levels (10-25 ug/dL) and are associated with neuro-developmental abnormalities, including attention deficit disorder, behavioral disturbances, learning disabilities, and deficits in fine and gross motor development. Lead toxicity can result in a two to three point decrease in IQ for every increase of 10 ug/dL. At high blood levels (more than 70ug/dL) damage can be seen to the kidneys, vitamin D metabolism, blood and nervous system.

For diagnosis of acute lead poisoning, blood is the best method. After about two weeks post-exposure the lead has gone into different compartments in the body and might not be present above lab reference ranges. For past chronic exposure, urine analysis is sufficient.

A child's risk of lead exposure can be lowered with several preventive measures:

- Have a no shoe policy in the house – less dirt with lead gets into the house on the floor, in the mouth, and on the toys.
- Remove any food manufactured in Mexico or Southeast Asia. There has been a problem with preserves from Mexico stored in containers with lead.
- Have your child eat foods high in iron and calcium as they help prevent lead from being absorbed into the bloodstream.
- Use bottled or filtered water rather than tap water for drinking.

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Is Your Child Safe (continued)

- Have your child wash his or her hands and face after playing outside, before eating, and going to bed.
- Do not let your child play near a lead industry, major roads, or bridges.
- Use a HEPA vacuum that retains lead-containing particles, wipe or mop floors, furniture, windowsills.
- If you are remodeling an old home, seal off the rooms that are being worked on, place heavy sheets of plastic over doorways and windows of the work area.
- If you live in a house or apartment built before 1978, get your child tested! Keep the child from any peeling paint. The peeling paint needs to be removed and repaint the rooms to seal in the lead paint.

If it has been determined that a child has elevated blood levels there is treatment available. Treatment includes education, removing and controlling environmental sources to lead, good nutrition, correcting nutrient deficiencies, and mobilizing the metal. If you suspect that your child has been exposed recently or in the past, schedule a clinical evaluation with your physician. (More info: www.watoxics.org)

Canned Beets are Gross!!!

By: Dr. Colleen Hart, N.D.

How many times do I sing the praises of beets to get the same look of abject disgust? Well luckily when I talk about the beauty of beets for just about everything that ails you, I'm NOT talking about canned beets any more than I would suggest you eat canned green beans.

Listen up...fresh beets are not only packed with minerals, help the liver do a better job and the bowels move more easily....they are sweet and delicious. Choose them garnet or eat them gold, warm or cold, cooked or raw....just try them once. But please, not canned!

Ideas on how to prepare your organic beets.

- Peel and grate a raw beet into your salad.
- Peel and add a small beet to your fresh carrot, apple, and parsley juice.
- Peel and cut into 1 inch chunks and steam 1/2 as much water roughly 30 minutes. Eat them

hot with butter and salt....or cover them with your favorite vinaigrette salad dressing (or mine*) to marinate. Keep them refrigerated and eat them daily plain or with your salad for a week or more.

Peel and cut into chunks. Put in a pan with 1/2 as much water, cover, and bake at 350 degrees for about 40 minutes. Then choose from above how you will enjoy them.

Enjoy them, you must, for the goodness they add to your nutrition.

*******Colleen's salad Dressing*******

1 cup extra virgin olive oil

1/4 to 1/2 cup fresh flax seed oil (check the press date on the label)

1/2 cup vinegar of choice (such as rice or balsamic or apple cider)

1 Tbs. Soy or tamari sauce

Flavoring of choice: nutritional yeast and a little garlic are my favorites or choose your favorite herbs.

Shake well. Keep refrigerated. Eat often on salad, steamed vegetables or rice or use to marinate vegetables for the grill.



Environmental Health Updates:

By: Beth DiDomenico

Digging in the dirt

It has been recently found by Bristol University and University of College London that a naturally occurring soil bacterium, *Mycobacterium vaccae*, stimulates serotonin production, a neurotransmitter that promotes our sense of well being. Cancer patients treated with the bacteria reported improved cognitive function and vitality, and decreased pain. Conversely, low serotonin levels have been linked to depression, anxiety, bipolar disorder and fibromyalgia. There may be something to the smile so many home gardeners have. Certainly the sun, fresh air, the slowing of the day's hectic pace and the joy of watching your labors fruit is powerful; but it seems there is an actual chemical process going on when one digs in the dirt.

So the doctor told you to decrease coffee

Multiple studies from both Europe and Japan show that those that drink 1-3 cups per day of coffee decreased their risk of liver cancer by 30%-50% respectively. Other studies have shown coffee drinkers enjoy a decreased risk of liver cirrhosis and chronic liver disease. The mechanism may lie in the ability of coffee to block certain enzymes involved in cancer development. Please note that if you are anxious, hypertensive, and unable to sleep from your coffee intake, liver cancer may be the last concern on your mind.

Free-range eggs have more nutrients

Per Mother Earth News, tests performed by an independent lab in Portland, Oregon show free range eggs were significantly more nutritious than their caged counterparts. The free-range eggs contained 200% more Vitamin E, 600% more beta-carotene, 400% more omega-3 fatty acids, and 50% less cholesterol. Can you afford not to eat these?

Cinnamon is good to eat

Researchers from Malmo University in Sweden found that cinnamon modified the increase in blood sugar in patients that added it to a high glycemic meal (i.e. rice pudding). The subjects using 1 teaspoon of cinnamon had a slowed rate of food passage from stomach to intestines. A breakfast in the garden with free-range eggs, coffee, and cinnamon toast sounds good right about now.

Events and Announcements

Services at Our Clinic

Our clinic is a great place to get your child's sports physicals and vaccinations. We go the extra mile to enquire and advise about nutrition, hydration and safety during their visit.

Free Clinic Day

Saturday, November 10th 8am-12noon

As a yearly service to our greater community, every fall Federal Way Naturopathy offers a complimentary medical care day to individuals who are interested in Naturopathic care, but are unable to afford our services. All 3 ND's and nurse Bonnie will be available for appointments.

This year, we are pleased to have Elizabeth Smith from Medical Integration Services with us. She will be doing bone density screening, for both men and women. Call our clinic to book your appointment.

Many of the companies we sell will be donating supplements. If you know of any people or groups who may benefit from this service, please have them contact us for an appointment at 253-942-3301.

The Great Federal Way Detox Class

Please join us this January 2008 for our annual Detox Class. The first 25 people to sign up will join us for our 5 week cleaning and educational program. The cost of the class is \$185.00 with 10% off if you sign up on or before the introductory class. Please call us with your name and address if you would like more information on this life-changing course. There is also information on our website at fwnmedical.com.

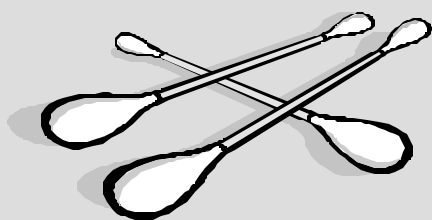
Ask the doctor

Look for our “Ask the doctor” box in the waiting room of the Natural Health Building.

Do you ever have a general question you think we could answer?

We will include the questions and answers in our future newsletters as room permits.

Here's one we get a lot- Is it OK for me to use Qtips in my ears on a regular basis?



If you read the label on most cotton swab products, they say to avoid using the swab inside the ear. This is certainly for liability issues, as we all know this is exactly what those little swabs are good for. However, as someone who has looked inside a lot of your ears, my patient population is abusing the swab. Ear wax is part of the ears' protective mechanism. A clean ear canal means an exposed eardrum, and increased risk of infection or trauma. In addition a “swab-abuser” runs the risk of damaging the eardrum or canal from aggressive cleaning, or leaving behind swab fibers. Note that most of these swab tips are sterilized in a solution containing mercury.

Dr. Beth's safe swabbing advice: If you must use them in your ears, go gently, less than once weekly is more than enough. The cotton found in supplement bottles by law is not sterilized in a mercury solution. You can make your own swabs and cotton balls by saving this cotton. If your ears seem to produce an excessive amount of wax, consider an omega 3 fatty acid deficiency and increase fish, nuts, and dark green leafy vegetables in your diet to balance this out.

Immune Support Breakfast

This is intended to be used to strengthen the Immune System and is not designed to be hypoallergenic. Modify as needed for your personal dietary needs.

- | | |
|---------|--|
| 4 cups | Rolled Grains—Begin by using the following proportions, adjust as necessary. 2 cups rolled oats (flakes); use 4 cups if other grains are unavailable. 2 cups other rolled grains; i.e. rye, barley, and/or rolled rice flakes. |
| 2 cups | Oat bran |
| 1/2 cup | Fresh/Dried Fruit -Raisins, dates, blueberries, etc. (unsulphered only) |
| 1 cup | Sunflower Seeds and/or Pumpkin seeds (can be ground) |
| 1 cup | Nuts-Begin with walnuts and almonds |
| 1 cup | Lecithin Granules |
| 1 cup | Ground Flax Seed |
| 1 cup | Milk Thistle (Silybum Marianum Seeds) |
| 1/2 cup | Chia Seeds (Optional) |
| Spices | Try coriander, fennel, and/or tumeric. Begin with 1 tsp. of each. Experiment with ginger, cinnamon and other herbs/spices. |
- Grind flax seeds and milk thistle seeds (available at health food stores) in a coffee grinder, blender, or meat grinder. Next, combine all ingredients and keep in refrigerator.
 - Soak for 30 minutes or longer before eating (i.e. overnight). Use water, nutmilk, rice milk, apple juice, etc.
 - To make almond milk, blend 1/2 cup almonds with 2 cups water in blender.

Federal Way Naturopathy

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RETURN SERVICE REQUESTED

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

Tuesday, Wednesday and Thursday:

8:00 to 6:00

Monday 9:00 to 6:00

Friday 8:00 to 5:00

Saturday-by appointment

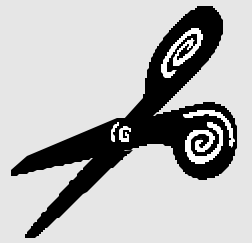
Up Coming Events

- ***Free Clinic***
November 10, 2007
- ***Detox Class***
January 2008
- ***CardioBeam***
November 7, 2007

***Please call 253-942-3301 for
more information.***

Clip and Save

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



***Offer expires November 30,
2007
(not good with other offers)***