



We are what we repeatedly do. Excellence then, is not an act, but a habit.

-Aristotle

Environmental Health Updates

By Beth DiDomenico, ND

Washington Farmers' Markets

I am thrilled to write that the number of farmers' markets in Washington state is on the rise. In the last 10 years, they have doubled from 60 to over 120. Our state farmers reported \$38 million in sales from local markets in 2006, up more than 50% from 2005. Their success close to home is ever more important as we look at the impact of food miles on global warming, not to mention the importance of fresh foods for their nutritional value. My family is fortunate enough to live within walking distance of a local farmers' market where we buy the majority of our food spring and summer. Our community comes together every Wednesday in season to chat, let kids run, and eat some of the best our state has to offer. I highly encourage your support of our local farmers, their hard work deserves it.

Federal Way Farmers' Market-Saturdays from 9 a.m. to 3 p.m. at the Sears parking lot.

Is Bottled Water Out?

Manufacturing the multitude of small-sized plastic bottles creates measurable greenhouse gases, pollutes our waters, and consumes even more energy when we recycle them. Cities like New York, San Francisco, and Salt Lake City have passed laws or run ad campaigns to discourage the use of personal-sized plastic bottles. Many of the brands contain water from a municipal source without added filtration or processing, and are therefore no better than tap water. (MSNBC) Consider alternatives like reusable glass bottles (warning: can be hard on your teeth if your aim is poor), or the newer stainless steel bottles from Environmental Products Inc. or a coated aluminum bottle from Sigg of Switzerland.

BYOB (Bring Your Own Bag)

PCC (Puget Consumers Co-op) is a consumer owned health-food store chain in the Seattle and now Eastside areas. They recently discontinued use of plastic grocery bags in all 9 of their stores after evaluating the impact on our environment. They encourage their shoppers to bring reusable cloth bags for carrying groceries. The response has been overwhelmingly positive. The city of Seattle, as well as Portland, Boston and others are considering similar measures. Coastal cities in particular are finding an increase in fish and bird deaths associated with choking on plastics. Federal Way Naturopathy would like to show our support for this movement. We will be offering a 10 cent discount on any dispensary purchases of two or more bottles that patients take home in their own reusable bags. If you have been thinking about changing your habits, let us help get you started. Throw a bag in your car, bike bag or purse today.

Continued on page 2

Environmental Health updates

The True Cost of Pretty Nails

Ever read the tiny print on a bottle of nail polish? Most contain more than 50% of toluene (suspected cancer causing agent), pthalates (increase incidence of birth defects and a hormone disruptor), and formaldehyde (suspected cancer causer and known liver toxin). Allergic reactions are common as well as fungal infections- especially with cuticle removal and the use of acrylic nails. Workers in nail salons are at increased risk for brain damage and blood cell-related cancers. Pregnant women are best off to avoid the nail salon. The good news for those that can't break the habit, is that many brands are changing to less toxic ingredients including: OPI's 2008 line and No Miss Nail Care and Sante. The latter 2 can be found at many health stores. Or inquire at your favorite salon and get them using safer products for everyone.

FYI-Caution with products from The Vitamin Shoppe

The now infamous equity firm of Bear Stearns purchased the Vitamin Shoppe mail order supplement company in 2002. A recent report from Consumerlab.com shows that the women's multivitamin contained 15.3 micrograms of lead per serving. This amount is more than 10 times the amount that can be permitted without labeled warning in California (the only state to have passed the safe label act). Two things come to mind here, first, be careful with the brands of products you choose, they are not created equal. The companies we have chosen for our dispensary have been chosen for their superior quality. They are companies we trust regardless of where you purchase them. If you are unsure about product quality, bring it with you on your next appointment for our review. And second, if a product is bottled or produced in California it has to pass more stringent standards or be labeled with its risks. Taking advantage of that information may allow you to bring safer products into your home.

Review of The Vaccine Book by Robert Sears, M.D., F.A.A.P.

By Karen Rasmussen, ND

If you are a parent or expecting a child then you have most likely grappled with whether to vaccinate your child. With more vaccines being added to the standard vaccine schedule, questions and concerns arise about the safety and necessity of each vaccine. When I was in the process of deciding if, how, and when to vaccinate my daughter, I was startled by the lack of objective, well-documented information available to parents. Most of the literature on the market was either for or against vaccination. I have been telling my patients for years that the choice to fully, partially, or not vaccinate their child was an individual decision. The challenge to make the right decision for your child can be daunting especially when you are faced with conflicting information. I came across Dr. Sears' book at the Bastyr bookstore, read the preface and was intrigued.

Dr. Sears starts out by saying: "It is my goal to give you a balanced look at the pros and cons of vaccination so that you can make an educated decision." This book accomplishes that goal successfully. The author admits to a pro-vaccine outlook from the start stating that he believes that the benefits of vaccination outweigh the risks. However, he takes a non-judgmental approach to parents who don't vaccinate and vows to provide "open, honest, complete, and accurate information that all parents can use." He also makes a point of stating that pediatricians should respect their patient's wishes and not refuse them care because they choose not to vaccinate their child.

The book does a great job of providing an in-depth look on each disease/vaccine pair. Included in each chapter is a description of the disease, its prevalence, seriousness, and whether it is treatable. He then describes how each vaccine is made, gives a detailed ingredient list, and a thorough description of possible side effects. His information comes from a variety of sources, well cited and listed in the reference section of the book.

Continued on page 3

As a parent and physician I was certainly enlightened after reading Dr. Sears' discussion on the lack of safety research regarding the use of aluminum in vaccines. Since the use of mercury or thimerosal in vaccines has been virtually eliminated (some vaccines have trace amounts), the real concern is aluminum. Dr. Sears even provides an alternative vaccine schedule that spreads out the shots to "limit and spread out exposure to the numerous chemicals so a baby's system can process each more individually." He discusses the decision to delay vaccines and how to take precautions if you don't vaccinate.

If you are looking for a book for an extensive conversation on the link between MMR, or thimerosal in vaccines and autism you might be disappointed. The matter is only discussed briefly in the book.

I enjoyed Dr. Sears' writing style. He was engaging and direct taking a complicated issue and simplifying it into 12 separate decisions without neglecting the depth of information.

I feel this book is a valuable comprehensive guide to vaccines. Also, it is respectful of every parent's right to make the appropriate decision for their child.

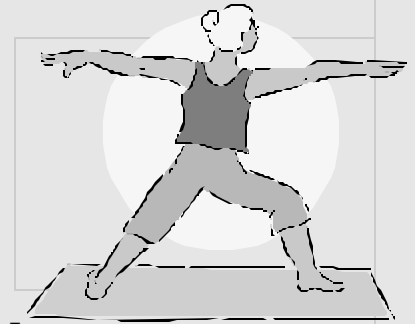
To stay updated on the vaccine controversy refer to askdrsears.com/the_vaccine_book/

At Federal Way Naturopathy we offer a few, but not all, immunizations on the schedule. Please contact Bonnie McTighe, RN to discuss options, brands, and ingredients.



Yoga

By Colleen Hart, ND



I love yoga.

I have always loved yoga.

It fits who I am and what I enjoy about being alive.

But, I also love yoga as a treatment modality for my patients. With a knowledgeable teacher, yoga can teach you how to breathe...how to stretch...and how to strengthen your body and your being.

Yoga can help you slow your rambling mind enough to really notice what is going on in your body. With that knowledge you can take better care of yourself. Yoga can give you a break from your worries, teaching you how to be present in the moment. When you are present in the moment, it is clearer what you need to do rather than what you think you should be doing. This could apply to activities, food, choices of all kinds that effect your well being. Often nothing more than this awareness is needed to switch gears from stress to choice.

So often people don't want to take precious time to go to yoga class. But the value is many-fold for the time given. Not only do you breathe and stretch and relax in the moment, but you are undergoing a training in those arts which can then be applied to all places in your life. If there was one thing that each and every one of us needs to be healthy in the 21st century, it would be to apply the art of deep breath more frequently, and to relax in our bodies. Yoga is a vehicle to that end.

With natural medicine we utilize non-toxic treatment modalities such as herbs and nutrients and homeopathic remedies to treat illness or injury. With true 'holistic' medicine we become guides to help our patients live healthier and prevent illness and disease. In our modern times, so many of our health challenges are brought about by "stress". We all know that. Yoga can be a very useful tool for stress reduction. So, my wish for all our patients is the exploration of yoga as a way to reduce stress both to treat ill health and also to promote optimal health, vitality, and happiness.

Continued on page 4

Yoga

(continued)

Note: Yoga classes are offered at many different places. Some of my favorites are Three Tree Yoga in Federal Way, Karuna Yoga Arts in Burien, Seattle Yoga Arts in Capital Hill, and Two Dog Studio in Lake City. Try different teachers until you find one that suits you.

Asparagus with Orange Dressing and Toasted Hazelnuts

2 tablespoons finely chopped hazelnuts

1½ to 2 lb asparagus stalks, washed and trimmed

¼ teaspoon freshly grated orange zest

2 teaspoons fresh orange juice

1 teaspoon fresh lemon juice

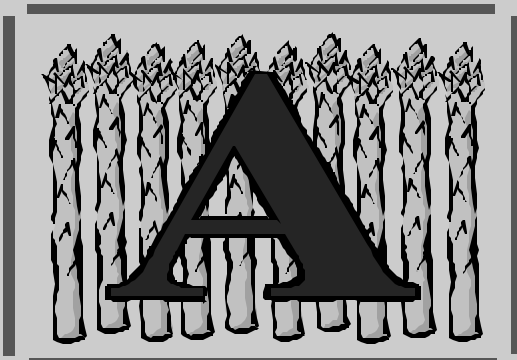
2 tablespoons extra-virgin olive oil

Coarse salt

Coarse ground black pepper

Preheat oven to 375 degrees. Toast hazelnuts in a small shallow baking pan until golden, 4-5 minutes. Cook asparagus in a large frying pan of boiling salted water until crisp tender, about 3-4 minutes, and drain well in a colander. Transfer hot asparagus to serving platter or individual serving plates. In a small bowl, whisk together orange zest, orange juice, lemon juice, olive oil, salt and pepper to taste. Then, spoon orange dressing over top of asparagus and sprinkle with nuts.

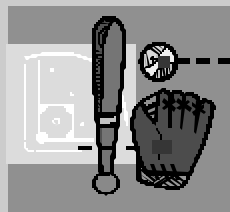
Makes 4 servings.



Events and Announcements



A new family member: Congratulations to Dr. Beth DiDomenico and family on their soon to arrive adopted child from Ethiopia. Dr. Beth will be out of the office for 3 weeks July and August settling in her new daughter. Dr's Rasmussen and Hart will be covering patient care during this time.



Our clinic is a great place to get your child's sports physicals and vaccinations. We go the extra mile to inquire and advise about nutrition, hydration and safety during their visit. Consider scheduling sports physicals in early summer to avoid the early fall rush.



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'd like to pick up multiple bottles of an item.

Environmental Safety in Your Home

By Beth DiDomenico, ND

Our homes are ideally a place of safety and sanctuary. We should be able to re-organize, rest and recover in the place we call home. Most of us can tolerate a lot of stress and a hectic lifestyle if they have a place to recuperate, and for many of us, it is called home. Therefore, it is important to make sure that your home isn't filled with health stressors.

Lead and asbestos - Sources of in-home contamination are many. To begin with, many homes built before 1978 contain lead-based paints and/or asbestos. If you live in such a home, you should take extra precautions with remodeling projects and air quality. Lead-based paints are easily painted over, but when scraping paint, or if chips exist, particles can be inhaled or picked up by children or even carried into the home on shoes and clothing. Asbestos often exists in the older ceiling cover or "popcorn" ceilings, and in insulation. Asbestos is a tiny particle that can be easily inhaled and is known to cause lung disease. Again precautionary measures should be used when removing or working with asbestos containing agents. If you aren't aware of safety measures, asbestos and lead are best left alone.

Mold and mildew - A common problem for many of us in the northwest is mold in or around the home. It thrives in our damp, cool environment and we need to be constantly vigilant about controlling it. Mold and mildew develop in moist areas like bathrooms, the laundry area, around un-insulated windows, and in shaded areas around the home. Certain molds can cause severe illness, especially when inhaled by the very young or old, immune compromised, and those allergic to molds. Symptoms of mold exposure can include: chronic cough, fatigue, headaches, skin rashes, and memory loss or foggy head. If you are a person that wakes feeling congested, or with the above symptoms, consider a major bedroom check for molds, (including in plant soil), as well as dust, our next culprit. Also, check behind dishwashers and washing machines every few months for leaks. Use a bathroom fan or open window to dry a damp area soon after showers and bathing.

Dust and dust mites - These are a major source of irritants in the home. The fecal matter of dust mites irritate the mucous membranes of the sinuses and lungs and thrive in places where skin particles abound, especially closets and bedding.

In addition, dust can contain contaminants brought in from the outdoors, including lead dust (from the soil surrounding a lead-based painted home) and pollens.

To decrease your dust exposure, consider minimizing wall-to-wall carpets in the home. Area carpets made of natural fibers are a comfortable way to decorate a home and can be easily vacuumed or beaten outside. Wash bedding, (including pillows), on a regular basis. A hot wash or dryer will kill dust mites. Vacuum regularly and consider getting a HEPA filter for your vacuum and/or central heating system. If you still have problems, consider the purchase of a home air purifier.

Bisphenol A - BPA is a compound found in many plastics including: baby bottles, sippy cups and juice bottles. It is also found in CDs, DVDs and takeout containers and as part of the lining of aluminum cans. 92% of Americans age 6 or older are considered to have measurable levels of BPA per the Centers for Disease Control. In one study, half of the mice exposed to low levels of BPA had abnormal chromosomes in their offspring. In addition, animal studies showed increased levels of breast and prostate cancer in the offspring of animals exposed to low dose BPA during pregnancy. We don't yet know what this means for humans, but if you don't want your child to be a guinea pig, Whole Foods Market stopped carrying baby bottles and sippy cups with BPA two years ago.

Pthalates - This class of chemicals helps make plastics soft. They are found in shower curtains, soft plastic toys (think rubber duckies) and medical tubing. In addition, they can be found in nail polish, fragrances, shampoos and lotions. Elevated levels have been found in breast-milk. Pthalates can cause low sperm and testosterone counts in men, and therefore, infertility. There are a variety of pthalates and we have yet to study what the combination of them does to humans. The state of California has decided not to wait, in October 2007, governor Schwarzenegger signed a bill banning 6 of the more common pthalates from children's products. The ban goes into effect January of 2009. Mattel is already in compliance, but many of their toys were found to have lead in them, causing them to make millions of recalls. Besides joining the Amish, a safe bet may be to buy toys manufactured or sold in California, currently the state with the strictest safety standards in the nation.

Environmental Safety in Your Home

(continued)

PDBE's- (Polybrominated diphenyl ether) These flame retardants are found throughout our homes in products like: mattresses, computers, furniture, and some fabrics. Most children's sleep ware contains PDBE's. PDBE's are volatile organic compounds, which means in the right conditions, they off gas into our home in air and dust. In animal studies, this class of chemicals is responsible for decreased ability to learn or remember, low sperm count, and thyroid dysfunction. These chemicals remain in the body for years. A woman raised in the U.S. will have one or more PDBE's in her breast-milk. So far 11 states have banned 2 or more types of PDBE's. Northern European countries have banned more than that. When considering purchasing a mattress (especially for children), enquire as to the chemicals used in manufacturing, or consider purchasing from a country like Norway or Sweden where PDBE's have been banned. The Environmental Home Center and Ikea are both good options. Mattresses sold in Washington State in 2009 are supposed to be PDBE free as well.

Finally, don't be paranoid, be knowledgeable, and make small changes toward a healthier home. After-all, "there's no place like home".

Newsweek 2/4/08 pp. 50,53.

The Polishing Stone 12/06 pp.20,21.

Blanc, Paul, MD. 2007 *How Everyday Products Make People Sick*

Resources-If the above information is of concern to you, further information is available at <http://www.watoxics.org> In addition, if you are a parent who desires further resources, may we suggest <http://www.holisticmoms.org> This organization is a non-profit support network for moms with an interest in holistic and alternative health and parenting. This is a national organization with a Yahoo chat group, that has recently start a local chapter. They have monthly meetings as well.



Frequently Asked Questions

By Beth DiDomenico, ND

A question I often get from patients is about the safety of microwaving foods and liquids. Most of the research is out of Europe and has a negative spin of the microwaving of foods. In the US however, microwaves are generally considered safe (per US Consumer Reports). As a result, much of Europe does not use microwave and the majority of US households and businesses have them. There are certainly methods to decrease risks from poor use of microwaves. Always use microwave safe ceramics or glass for heating foods. Plastics and Styrofoam can leach toxic or cancer causing substances into food especially pthalates and styrene. Stir food well before consuming to eliminate hot spots. And avoid looking directly at the microwave while in service, especially an older model without a safety screen. The following website said it all for myself though. A girl from Tennessee thought of a wonderful science fair project to compare microwaved versus boiled water on the effect of a growing plant. See for yourself on www.rense.com/general70/microwaved.htm. Used microwave for sale if anyone interested.

CRITICAL ACTION ALERT!

The FDA and Wyeth Pharmaceuticals want to take away your Bio-Identical Hormones (BHRT)!

Contact Your Senators and
Congressperson ***Today!***

WHAT IS THE ISSUE?

Wyeth, the maker of Premarin and Prempro, wants the FDA to prevent the compounding of bio-identical hormones prescribed for you by your doctor. If Wyeth had its way, it would take away your freedom of choice in medication.

With that said, the FDA recently took action to impose harmful restrictions on the compounding and dispensing of bio-identical hormone replacement therapies (BHRT), which includes bio-identical hormone prescriptions that contain estriol.

For more details concerning this critical issue, please go to the website:
www.womensinternational.com. Your help is needed NOW!

WHAT CAN YOU DO?

Protect your choices in healthcare by writing to your U.S. Senators and Congressperson now!

Time is of the essence! Congress could act very soon! It is extremely important that you submit your comments to your U.S. Senators and Congressperson today!

Please note that your comments are most effective by submitting an email form, sharing your personal experiences with BHRT (estriol) and/or other compounded medications stating the positive impact it has had on your quality of life.

HOW DO I SUBMIT MY COMMENTS:

To make it easy, Women's International Pharmacy has provided a web link at:

www.womensinternational.com to assist you to identify your U.S. Senators and Congressperson and submitting your comments by email.

**PRESERVE PATIENT ACCESS TO
BHRT COMPOUNDED
MEDICATIONS BY SUBMITTING
YOUR COMMENTS TODAY!**

Federal Way Naturopathy

Presorted Standard
US Postage Paid
Tacoma WA
Permit 15

Natural Health Building

900 South 336th St

Federal Way, WA 98003

Phone: (253) 942-3301

Fax: (253) 815-8805

Billing Question: 253-225-8886

Website: www.fwnmedical.com

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

Monday through Thursday:

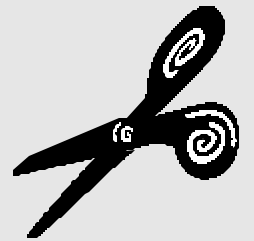
8:00 to 6:00

Friday 8:00 to 5:00

Saturday 9:00 to 2:00

Clip and Save

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



Offer expires July 31, 2008

(not good with other offers)