

# Emerald City Clinic

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Summer 2011

## The State of America's Health

Molly Linton, ND, LM

**As I see it, Americans are mineral deficient due to not enough vegetables. The vegetables that we do intake, we cannot digest anyway because we are so stressed out that we have no stomach acids to digest and obtain the minerals essential to a healthy diet.**

The most important organ in our health is our brain and its response to life's stressors. First, stress is neither good nor bad, it is just a reality. It is necessary for life. Like we say in psychological terms, you cannot change other people, you can only change your reaction to them. This statement, which really gives a lot of self empowerment and freedom, can be used physiologically as well. Your perception of stress is equally important. Your body will physiologically respond to stressors the same whether perceived or real. I give the



example that whether someone is truly holding a gun to your head or you imagine this scenario, the body responds physiologically the same. This is important to understand. Once the stress cascade has been initiated the response is the same. The brain reads the stress and "alarms" the adrenal glands that then put out adrenaline/cortisol which sets off a series of "fight or flight" responses. These responses are designed to be maintained only for short bursts and are imperative for survival. The problem is that many of us remain in this "state" for

days, weeks, months, even years. This is what leads to many of our chronic conditions.

One of the physiological responses to stress is to cause vasoconstriction of the peripheral blood stream to send our blood volume to the heart/lungs and to the large muscles such as the gluts and quads so we can run. Imagine what that does to the rest of our system if this continues. Start at the top of the body and recognize you would have your hair fall out, short term memory on the outside of the cerebral cortex compromised, visual distur-

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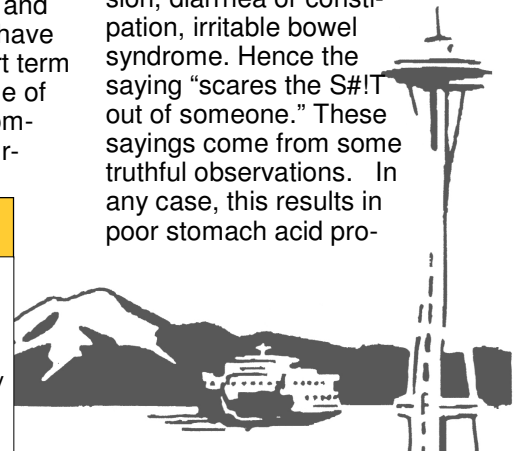
bances, temperature regulation interference and the entire digestive track shut down. This results in poor taste, stomach acid depression, diarrhea or constipation, irritable bowel syndrome. Hence the saying "scares the S#!T out of someone." These sayings come from some truthful observations. In any case, this results in poor stomach acid pro-

### ECN's Upcoming Lecture Series

**Tues, Aug 23th: Keeping Your Kids Healthy** Learn simple every day nutrients and therapies that can keep your child healthy re-entering school and the cold and flu season.

**Tues, Sept 27th: Breast Health** We will be discussing proper breast screening and alternatives to mammography as well as breast diseases such as fibrocystic breasts and breast cancer. Learn early warning signs and what you can do to keep your breasts healthy.

**Tues, Oct 25th: Bone Health** We will be discussing what you should be doing now, whether you are 10 years old or 100 years old, to prevent any future bone loss or further bone loss. We will be discussing DEXA screenings, N-telepeptide testing, and what kind of diet and exercise is best for your bone health.



duction leading to such health issues as ulcers, hypochlorhydria (low stomach acid secretion), and mal-digestion. Without proper stomach acids, both in amounts and timing of the release, you cannot properly digest your minerals (e.g. calcium, magnesium, and iron), your fats, or your proteins. Besides stress, from age 30 years of age and on our stomach acids decline. It is important to protect proper production of stomach acids to ensure digestion and absorption of the nutrients. One way to protect that is to continually ask yourself if you are following Doctor Molly's 5 Point Health Plan as these 5 practices will protect your health simply. The 5 Point Health Plan is outlined in the educational portion of our website, and can be found in video form on our blog.



One of the leading medical treatments for reflux, GERD, ulcers, etc is medication with protein pump inhibitors. This treatment is dangerous in the long run because it further prevents the absorption of necessary nutrients. Once again I want to emphasize HOW dangerous these medications are. They prevent digestion and absorption of every mineral, every essential fatty acid, and proteins. It is difficult to quit these medications once on them because the body is trying desperately to digest food properly, and therefore is making more and more stomach acids to attempt to nourish itself. This increase in stom-

ach acids exacerbates the problem itself, whether it is an ulcer or reflux. It takes an experienced naturopathic physician to help guide people off of these medications. Coming off these medications cold turkey is NOT the answer. Addressing the underlying stressors to the system; whether they are emotional, spiritual OR physical is the answer. Some physical stressors include food allergies, heavy metals, bacterial infections, etc. Your gut issue *can* be resolved.

As previously stated, America is mineral deficient because of lack of vegetable intake. Most minerals are derived from vegetables or vegetarian

proteins. There are very few minerals in animal proteins, fruits and processed grains; the food sources that make up the majority of the American diet. I realized this year why Americans are so CARB CRAZY. Carbohydrates are digested primarily in the mouth. If you can't digest proteins, fats, or minerals because you have no stomach acids then you perceive that you are "starving" and result to eating carbs that you can digest. Another reason we are "carb crazy" is that our original protein, breast milk, is very sweet. So often when we are craving "sweet" we are seeking protein and nurturing. Unfortunately, the simple carbohydrates we crave and consume that are digested in the mouth will

cause your sugar levels to bounce around, encouraging the adrenal glands to perceive stress. This results in the adrenals storing whatever calories they receive in the "spare tire" waist band so many Americans have; they are preparing you for a starvation period. It is a vicious cycle. One solution is to make sure you get 3 cups of vegetables per day, and if you have poor digestion, then steam the vegetables, eat them in soup form, or cook them. With continual nutrients being absorbed into the body, you will avoid transitioning into a perceived starvation state. I find that Dr. Bastyr's soup (named after my teacher); equal portions of cabbage, carrots, celery with the tops, and potatoes with skin in any broth you want with protein of some sort (e.g. chicken), is a great way to help mineralize your body.

A good adrenal gland wakes up between 6-8 am without an alarm, hungry and ready to go. It maintains good energy throughout the afternoon and can easily go to sleep between 9-11 pm within 20 minutes and sleeps through the night without interruption. If this does not describe you then you are in a state of "fight or flight" on some level. This would indicate that you should be addressing your health in some fashion and protecting your investment in good health. I would recommend reviewing the 5 Point Health Plan and recognizing that the team at Emerald City Clinic is here to provide any support you need to maintain your health path.

**Suffering from Menopause??** *Research you can not only take part in, but reap the benefits as well!*

ECN is helping Metagenics find women to participate in a **FREE** 8 week menopause symptom relief program. The program consists of taking a daily dose of Estrovera, an herbal supplement that is known to decrease hot flashes. You will have an initial 15 minute visit to fill out paperwork and make sure you qualify for the program, then 2 follow up 15 minute visits at 4 weeks and again at 8 weeks, to fill out questionnaires.

Qualifications for this program include:

- must be 40-60 years of age
- have 5 or more hot flashes a day
- have no history or suspicion of breast cancer
- have no history or suspicion of clotting disorder
- have not menstruated in the last 12 months

If you are interested in participating in this study, please contact Emerald City Clinic, and we will schedule the initial 15 minute consultation to go over the details.

206-781-2206



## Vaccine Update: 2011 Change to WA State Law *by Loren Riccio, ND, LM, CPM*

The right to philosophical exemption threatened, but still protected



Choosing whether or not to vaccinate your child is a very personal and controversial decision. Washington State Law allows families to make individual choices regard-

ing vaccination. This is called philosophical exemption. Not every state allows philosophical exemption and only allows exemption based on religion and adverse medical reaction to a vaccine or vaccine component, exemptions which are also allowed in Washington. There is a lot of conflicting information and controversy surrounding the decision about whether or not to vaccinate, which to choose and when. Parents can often feel overwhelmed and pressured into making decisions by friends, family and health care providers. The best decision is an informed decision. If you are choosing to give your child vaccines, a great resource, along with talking to your healthcare provider, for helping determine which vaccines to give and when to give them is *The Vaccine Book* by Dr. Sears. Dr. Sears cuts through the controversies to give information regarding what diseases there are vaccines for, their effectiveness, any known side effects from the vaccines and what would happen if your child got the disease that you were trying to protect them from. Nobody wishes for a child to get sick, thus the questions to ask are, "How would you feel if your child got sick from a disease that there is a vaccine available for?" and, "How would you feel if your child got sick from the vaccine?"

No vaccine is 100% effective, mean-

ing not every child will develop immunity even with a full series of shots. Some children will develop immunity right away with only one shot. Since the goal is to render immune the majority of children, repeated dosing is recommended for everyone. Complete immunity is largely dependent on a healthy immune system at the time of vaccination. If you are going to give your child a vaccine, optimize the potential for its effectiveness by giving it when the immune system is healthy and strong, capable of making the response intended.

Questions regarding school entrance requirements and vaccines often surface. According to Washington State Law, you have the right to decide which vaccines to give, when to give them, and if to give any at all. These decisions all fall under the category of philosophical exemption. If you choose to wait until your child is older to vaccinate, give fewer than the CDC recommended dosing schedule, or only give certain vaccines and not give others- then you are exercising your right to philosophical exemption.

Until recently, parents had the right to sign a school health registration form stating that they were choosing philosophical exemption from vaccines for their child. As of May 10, 2011, the Washington State Law regarding vaccine exemption has been amended and goes into effect July 22, 2011. The change in the law requires that a health care provider (ND, MD, DO, PA, or ARNP) now sign the school health form in addition to the parent. The State Department of Health is concerned about the growing number of families selectively giving vaccines, delaying vaccines or not giving any vaccines to their children. Again, this is a personal choice. The intention with the change in the law is to guarantee that families are making an informed decision, not one based on in-

decision or a lack of information. A health care provider's signature will ensure that the parents have had an opportunity to discuss vaccinations with their provider and have any of their questions and concerns addressed. While in theory a doctor having a lengthy conversation with parents about vaccines and vaccine safety sounds great, this is not necessarily happening in every practice. Many families are being pressured into making decisions without the help or support from their doctor or their nurses. This is unfortunate. Health care providers are not obligated by the law to sign these forms and may choose not to sign them based on their personal opinions and not yours. Some providers may even refuse to see your child for their health care needs if they are not vaccinated. Your right to philosophical exemption still exists, as does your right to choose a doctor who will talk to you and support your decision-making.

### ••••• Nettle Infusion •••••

*Nettles (Urtica dioica) is a powerful herb that replenishes and nourishes with high minerals. The amount of minerals in this infusion can therefore help with anemia, allergies, and fatigue. The recipe is the following:*

- 1 cup dried nettles (you can pick these yourself wearing gloves in an area you know is NOT sprayed)
- Place in 32 oz of water and let sit for 4-12 hours
- Strain and drink!
- You may add mint or honey for flavor
- You can also use as part of a soup base; you would then leave the nettles in the broth if they are cooked and the "sting" is removed.





## Body Pain Series Part 3: Non-Nociceptive Pain *by Gretchen Imdieke, ND*

This is the final piece of my 3 part body pain series. I need to start this article out with a very important correction that I discovered when going back and reading the first two parts of this series. As I had mentioned there are two main categories of pain; nociceptive and non-nociceptive. In the first 2 articles of this series I spoke about nociceptive pain (somatic pain and visceral pain) which I had mistakenly called non-nociceptive. That being said this article will discuss non-nociceptive pain, commonly known as neuropathic pain. Neuropathic pain is due to abnormal neural activity secondary to disease, injury, or dysfunction of the nervous system. This type of pain can be caused by a viral infection; such as shingles, by a physical trauma; such as a compressed nerve, or by a nutrient deficiency. Neuropathic pain usually presents as burning, tingling, stabbing, or electrical sensations.

The following are three examples of neuropathic pain.

### 1. Infectious

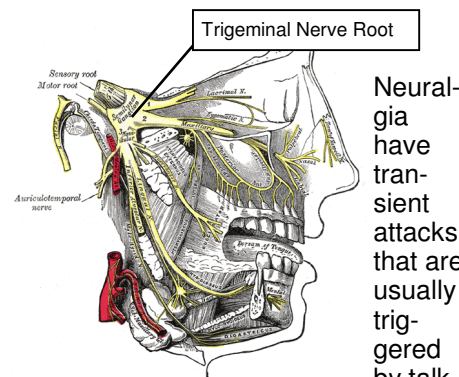
Shingles is a common cause of infectious neuropathic pain caused by the Varicella-zoster virus. This is the same virus that causes chicken-pox in children. The Center for Disease Control (CDC) states that 32% of people in the United States will experience shingles. Having chicken pox in your youth does not prevent you from getting shingles as an adult, but the doctors at Emerald City Clinic have noticed that if you had a really bad case of chicken pox in your youth, you are less likely to get shingles as an adult. The Varicella-zoster virus hides out in nerves, and is reactivated as “herpes zoster” when our immune system is compromised. If you never had chickenpox as a child, and you are exposed to the virus as an adult, you are also susceptible to shingles.

Shingles present as a very painful rash on one side of the body that follows along a dermatome, which is a pattern over a body region that nerve

roots follow. A burning, throbbing, or stabbing pain usually presents before the rash – but sometimes not until the rash appears. The rash may start as little red bumps and then evolve into grouped blisters within 3-4 days. The lesions then crust over after 7-10 days and are no longer contagious at this point. Ten to fifteen percent of people who get shingles will experience what is called “post-herpetic neuralgia,” which occurs when the rash clears up but the pain from shingles continues beyond 4 months. There are many ways your Emerald City Clinic doctor can prevent and treat shingles. Lysine, B12 shots, immune support, stress reduction, and Molly’s 5 point health plan are just a few of them.

### 2. Nerve Compression

A noninfectious example of neuropathic pain is Trigeminal Neuralgia. Trigeminal neuralgia is one of the most common causes of facial pain which presents as a sudden, brief, stabbing pain along one side of the face. The cause is usually compression of the Trigeminal nerve root (see image), but may also be caused by a tumor or cyst along the Trigeminal nerve. Most patients with Trigeminal



Neuralgia have transient attacks that are usually triggered by talking, chewing, smiling, brushing teeth, or cold air. This disease may also be associated with people who do not express their thoughts and feelings, and tend to “stuff” their emotions. TN is a very painful and chronic disease often resulting in the use of pharmaceutical drugs and even surgery.

Treatments that have seen to be helpful are fruit anthocyanadins which are found in dark berries or Dr. Bill Mitchell’s Fruit Anthocyanadins, GABA, homeopathy, anti-inflammatories, and counseling for the pain as well as learning to express thoughts and emotions.

### 3. Nutrient Deficiency

The final type of neuropathic pain I am going to talk about is peripheral neuropathy associated with nutrient deficiency. One example is B12 deficiency. Many of you know B12 deficiency can cause anemia, but in extreme cases it can also cause peripheral neuropathy; a numbing tingling sensation that affects the hands or feet. The treatment for B12 associated peripheral neuropathy may seem easy, since the treatment is increasing the intake of B12. However, the *absorption* of B12 depends on 5 important factors:

1. Adequate dietary intake (Vitamin B12 is obtained from animal sources such as meat and dairy products).
2. Acid production in the stomach (acid production is decreased during stress).
3. Sufficient production of pancreatic enzymes.
4. Production of Intrinsic Factor in your stomach (Intrinsic Factor is needed for B12 to be absorbed).
5. Receptor response - a healthy intestinal tract includes properly functioning cell receptors to absorb vitamin B12. Inflammation and conditions such as parasites, ulcerative colitis, celiac disease, and inflammatory bowel disease can interfere with the cell receptors and prevent B12 from being properly absorbed.

The doctors at Emerald City Clinic are well trained in determining where you may need support. If you are experiencing any of the symptoms discussed please contact your doctor to find out how you can most optimally treat or prevent any of these diseases.

## Cardiovascular Health *by Molly Linton, ND, LM*



Americans are trending towards diabetes in alarming rates. This rise in inappropriate sugar metabolism is causing increasingly more cardiovascular disease. As many of you have heard from me, “sugar in the blood stream is like battery acid to the blood vessels.” In the next few years we will no longer call it diabetes but Cardiometabolic disorder. It is well known that people with diabetes have problem with vascular health such as circulation problems in the small vessels of the eyes, high infection rates in the feet, etc. Many of us “shrug” this information off, but with the current rate of escalation, 75% of Americans will have Type II Diabetes in the near future. This **can** be prevented and your cardiovascular system **can** be protected. The Emerald City Clinic physicians will partner with you to optimize your health and prevent chronic disease processes from starting. All the lifestyle counseling we do is to help you maintain or regain your good health and assist you in obtaining your optimal health goals.

A primary health goal is reduction of systemic inflammation. When our blood vessels are inflamed the body tries to heal that inflammation by “bandaging it” with a plaque formation, leading to cardiovascular disease. What we are trying to do is remove causative agents of inflammation, strengthen the system to reduce inflammatory response and finally reverse damage if it is already present. In particular for cardiovascular health there are some things to consider:

**Diet:** A diet high in fruits and vegetables is imperative. What does that mean? We hear it all the time. Adults needs 3 cups of vegetables

per day and 2 pieces of fruit. Vegetables are more important than fruit as they contain more minerals. You should eat a “rainbow of colors” to obtain all the protective antioxidants provided in our natural world. Eat ORGANIC and if you cannot, AVOID the foods on the dirty dozen list. (This list is provided on our website in a handout called Food Choices). Eat in moderation: caffeine, alcohol, and refined sugar. DO NOT eat trans fatty acids. Cardiovascular disease exponentially rose with the advent of margarine and trans fatty acids. These are REALLY dangerous to the cardiovascular system. Fiber is essential to good cholesterol balances.

**Supplements:** Make sure your vitamin D level is appropriate (50-100) and maintain that level. This is our “sunshine.” Omega 3 oils need to be consumed at about 3000 IU for the average adult. This is 3-4 ounces of fish per day, or can be obtained in supplement form. Blood vessels need the appropriate amount of B vitamins, vitamin C, and bioflavonoids. These will be covered for most of the population with the basic supplement regime recommended by your physician at Emerald City Clinic.

**Routine blood work** including a basic chemistry panel, complete blood count and vitamin D levels.

**Specialty Labs:** If you have a family history of cardiovascular disease (CVD) OR any abnormalities in your cholesterol levels you should specifically test the different *types* of cholesterol particles. These tests are called Vertical Analysis Procedure (VAP) or Lipoprotein Particles (LPP) and distinguish the types of cholesterol, allowing you to specifically address treatment.

**Homocysteine:** this test examines the amount of possible vascular damage.

**hsCRP:** High sensitive C-reactive protein that measures overall inflammation in the cardiovascular system.

**IMT (intima media thickness) or Carotid ultrasound:** This test is a simple, non invasive test to see how “inflamed” your blood vessels are and if there has been any plaque buildup. We are doing this test every 3 months at Emerald City Clinic. You should get this test by age 35 to 40 if there is any family history of CVD, cholesterol abnormalities, or any other inflammatory process in your body. If this is not the case you should be getting it as a screening test between 45 – 50 years of age. After the first IMT, the doctors at Emerald City Clinic will recommend a follow up schedule based on your results. The next scheduled IMT will be on Wednesday, October 19th from 8:30am to 1pm.

**Functional tests:** These tests include things like stress EKG or Stress echocardiograms. These tests are the analysis of your heart while under exercise stress.

Tests are performed either to relieve anxiety OR to change your therapeutic regime. We have been doing this type of detailed screening for the last 5 years and have developed a supplemental regime that is reducing inflammation and dissolving plaque in 80% of the participating clientele. This is without toxic prescription medications and is very exciting. If you have any questions about your CVD health or any of the testing, please don't hesitate to speak with your physician.

### ECN's new book recommendations

#### **No More Heartburn: Stop the Pain in 30 Days-Naturally!**

The Safe, Effective Way to Prevent and Heal Chronic Gastrointestinal Disorders by Sherry A Rogers, MD

**The Cleanse Companion Cookbook** The definitive guide to the naturopathic detoxification diet with 69 hypoallergenic recipes by Bonnie Nedrow, ND and Chef Jeff Hauptman

## Chinese Medicine Series Part 3: Beyond Acupuncture *by Tamara Dickson, ND*

### Chinese Medicine Series Part Three: Beyond Acupuncture

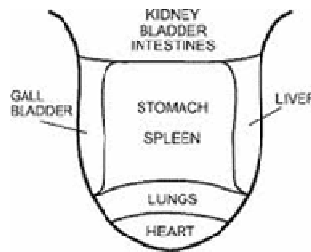
To review Part Two of the series, the energy of the body and of each organ, Qi, flows through the body along pathways or meridians. A diagnosis is made based upon the symptoms that the patient reports, like stomach pain, constipation or headache and specific points on the meridians are chosen to stimulate the affected organ and correct the disease patterns. Chinese medicinal diagnoses are also made using physical assessment- most often the physical appearance of the tongue as well as the feel of the pulse. Some practitioners diagnose based on tongue and pulse diagnosis alone, independent of the patient's report.

### PULSE DIAGNOSIS

Pulse diagnosis takes a lot of practice and time to master. When taking a pulse looking for a Chinese diagnosis, the clinician must feel three different pulse sites on both wrists, ideally at the same time. Each of the 6 points corresponds to a different organ that the clinician 'reads' and interprets. In Western medicinal practice, the pulse is taken solely to provide information about the client's heart rate. In Chinese medicine, the rate is considered as well, along with many other measures such as a superficial or deep pulse (how hard you have to press to feel it), how wide or thick it feels under your fingers and how the pulse feels under each individual finger as well as how well it flows through all three. Combinations of the above variables result in pulse diagnoses like floating, deep, feeble, thready, flooding, slippery, wiry or tense. Any weakness of pulse at a particular organ point is also noted. Chinese pulse diagnoses are described in words, drawn in diagrams and must be practiced and discussed at length with a master in order to ensure that what someone interprets as slippery shouldn't really be diagnosed as tense.

### TONGUE DIAGNOSIS

Much like the meridians are the high-ways of each organ's energy, different locations on the tongue also provide information about the health of the corresponding organ. Tongue diagnosis includes inspection of the body of the tongue and the coating. Aspects of the tongue body that are significant for diagnoses include the color of the tongue (pale, red tip, all red, purple), the tongue state (is it quivering? Stiff? Flaccid or swollen? Deviated to one side?), and many aspects of the tongue body itself like the presence of cracks or fissures, teeth marks or enlarged taste buds. The tongue coating is interpreted similarly as sputum is interpreted- is it white, yellow, thick, thin, dry? White coating and sputum is usually interpreted as an exterior pattern or a cold pattern, while yellow is interpreted as an internal pattern or a heat pattern.



### NEEDLE FREE

Many physician use principles of Chinese medicine without ever using acupuncture as a treatment. Acupressure, the technique of applying manual, focused pressure to an acupuncture point is an alternative to

needles which is often very successful. A popular allergy desensitization therapy called NAET, practiced in our office, relies on acupressure to stimulate meridians and reorganize the body's relationship to an allergen. Acupressure is often used to relieve headaches, nausea and to stimulate labor in pregnancy. One of the best things about acupressure is that it can be self-administered.

Many practitioners use cold lasers to stimulate acupuncture points instead of needles. The stimulation is completely painless and yields great results; there even exists a field of colorpuncture in which different color lights are used for their different wavelengths and ways of stimulating a point. These options are great for children and adults who are uncomfortable with needles.

### HERBS

In designing a botanical medicine prescription, many Naturopaths are taught to consider the energetic properties of the herb in conjunction with the client- if the client has a warm constitution (more yang) , it is best to choose cooling herbs (more yin) over herbs that will warm him further.

Chinese Medicine and Naturopathic medicine are great compliments to each other; both relying heavily on the powers of nature and of the body to heal itself.

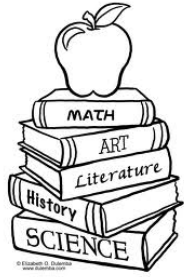
## Meet Kelyn Rose

Greetings everyone! My name is Kelyn. I'm fairly new to Emerald City Clinic as front desk staff, but not new at all to Naturopathic medicine. I have been getting treated by Naturopathic Dr's since I was just a baby. My father, who some of you may know of, is Dr. Robert Gordon Johnson Jr. He, next to Dr. Molly, is one of the greatest NDs in the country to me. Many times growing up I received acupuncture along with natural treatment and

Chinese herbs as my main form of health care. I believe in naturopathic medicine, trust it and have been connected to it all my life. I'm very excited and happy about working with this new family of Emerald City staff and I look forward to meeting all of you as well!







## Back to School Preparation *by Molly Linton, ND, LM*

Emerald City Clinic would like to remind parents and students that staying healthy in the fall requires

some planning. Putting students back in school is fraught with many insults on their immune systems, such as higher concentrations of contagions, lack of sleep, dietary changes, less sun, and more stress to name a few. The following advice might be helpful.

**Re-establish good sleep patterns:** During the summer many of our students stay up later and sleep in later, especially our teenagers. Start establishing better sleep habits at least 2 weeks ahead of the start of school.

Make sure all school supplies and study spaces are set up before Labor Day weekend so your student can start fresh.

Re-establish supplement regimes as they often fall off during the summer. Remember every child should be on a multiple, omega 3 oils, vitamin D (at least 2000 IU/day), and calcium/magnesium. You might consider a boost in the DHA omega 3 oils as it helps with mental clarity.

Plan meals: make sure breakfast options are available, lunches are planned, after school snacks are organized. The need for protein and vegetables is a must.

### ECN Offers New Cognitive Testing

We now have a new screening tool at the clinic to detect early cognitive impairment and memory loss. It is a computer based testing system that takes you through several different types of questions. The test only takes about 30 minutes to complete and your doctor will receive your results within an hour of you completing the test. Dr. Molly is suggesting that anybody over the age of 50 complete the screen to get a baseline from which we can track the progression of your cognitive function. You may also

Organize your family time: I have always recommended Sunday night dinner and family meeting to discuss the week's schedule. Providing good boundaries and schedules helps everyone in the family succeed.

Finally, boost the immune system by adding extra vitamin C for older children. The dose depends on the weight of the child; about 500 mg per 50 pounds. Provide Thymactiv for younger children. Thymactiv is a homeopathic immune stimulant that can be preventatively given before "exposures" like start of school, going to birthday parties, etc. the dose for this medication is a dropperful per day (2-3x/day in an acute illness). ECN also carries a great product called "Kinder Well" which is a delicious chewable product for boosting the immune system. Remind children that the best precaution is washing their hands regularly. Also, remember that anytime anyone eats refined sugar, including fruit juices, that you reduce your white blood cell count for 4 hours.

Reduce stress: Make sure all "sports physicals" are done and current. Immunization records should be current, or make sure you have the new required "informed consent" signed by your physician if you are opting out of vaccination. For those of you that may not be aware it is now **REQUIRED** to have had a discussion

about your choices around immunizations with your physician. Emerald City Clinic has the necessary forms available, and if you contact your physician they will document any immunization discussions for you OR suggest you schedule for those discussions.

Encourage physical activity, this helps both concentration and mood, and encourages the immune system to remain alert and responsive.

### Back to School Specials for the Month of August

- All Well Child Checks including full Sports Physicals **\$100**
- Immunization Discussions and Documentation (if this has not been done before) **\$50**

#### Supplements at 15% off:

- Basic Nutrients for Children
- Nordic Berries (chewable multiple)
- All child friendly Omega 3 oils including DHA Jr, Lemon Swirl, Chewable Gummies
- Liquid calcium and magnesium in strawberry, vanilla or mint
- Thymactiv
- Kinderwell
- Vitamin D in drops or chewable chocolate flavor



**BE SURE TO REGULARLY CHECK OUR BLOG FOR ADDITIONAL SUPPLEMENT SPECIALS!**

### ECN's Green Corner

- We will take your old tincture bottles, just drop them off at your next visit! If you **NEED** larger bottles (16 or 32 oz), we have these available for you!
- We will **recycle** your old glasses and contact lenses that are still packaged.

## Notes from the Admin Side

### Insurance 101

Many of you will be shopping around for new insurance this Fall, and I wanted to offer a few tips. When speaking with the companies, be sure to ask the right questions, especially if you are looking for good reimbursement coverage of your ECN appointments. ECN is always considered out-of-network, as we are not contracted with any insurance companies. Please be sure to ask **1) What is my out-of network deductible** (this is completely separate from your in-network deductible)? **2) At what percent is out of network reimbursed?**, **3) What are my co-pay and co-insurance?** The answers to these questions will

greatly vary not only between different companies, but different plans as well, so be sure to do your homework!

If you'd like someone to do this homework FOR you, we recommend Sarah Freeman at Mutual Benefits: 206-709-2619. During a **free** meeting, Sarah will speak with you about what kind of coverage will work for you and your family, and then present you with multiple plan options that will suit your needs. If you work with Sarah, be sure that you still know the answers to the questions provided once you are established with a company so there are no future surprises.

Once you have established a company that you are comfortable with,

be sure to pay attention to the explanation of benefits that you receive in the mail or online. Often times, the insurance company will deny claims for reasons that can be remedied, and you will receive reimbursement once corrected. Look for words like documentation, bundling, and yearly service already covered. Let your ECN doctor know, and we can correct the superbill that was given to you for reimbursement.

Remember that our clinic manager, Amanda Zuluaga, is always available to help you with your insurance needs!

## New to ECN: Continual Evolvment of our Practice

**DemandForce:** Beginning August 1st we are going to be experimenting with a new online tool: DemandForce. You all will be receiving an email requesting your permission to either send you emails, text messages, or both for exciting things like appointment reminders and confirmations, small news blurbs, new specials and promotions that are going on at ECN. You will also be able to request appointment times online, fill out surveys, and write reviews that will help

ECN continue to grow and thrive. If you are not interested in "going electronic," no problem! Just click the "opt-out" button on the initial welcome email that you receive. You can also change your mind any time, and/or customize the information that you receive— just be sure to let us know what you prefer!

**New Financing Option:** We have teamed up with a local credit union to offer financing options for our clients.

This is going to be a wonderful tool for those of you that are interested in working with our doctors on chelating therapies, detox packages, HcG weight loss, etc., but you may not have the cash on hand. We can enter your information into the credit union database, and immediately qualify you for a low-interest loan. If you are interested in this, please speak with Amanda Zuluaga, ECN's clinic manager, and she will be happy to provide you with additional information.

## Friendly Reminders: Info you don't want to miss!

### ECN Closures:

- Friday Aug 5th: Closed all day
- Friday Aug 12th: Closed after 12pm
- Friday Aug 26th: Closed all day
- Monday Sept. 5th: Closed all day

**Adopt-A-Street Cleanup** will be occurring on Friday, August 26th from 9am to noonish. Come meet us at ECN and help make 85th Street

shine! Great volunteer opportunity!

**Pharmacy Protocol:** Please remember that we will only accept returned supplements within 30 days of purchase, in the original, unopened containers. If your physician has given you special permission to return an opened item, please do this in a timely manner. If you can, bring written documentation of the conversation you had with your doctor to the

front desk, this will speed up the process and would be greatly appreciated!

**Dr. Tamara Dickson is now holding Saturday hours once per month from 10am to 4pm.** This will usually be the third Saturday of the month, but please be sure to give us a call for the exact dates. You are welcome to swing by and pick up supplements during this time, and/or take care of any other ECN business matters.





## Dr. Molly's Corner

**Emerald City Clinic Blog:** I would like you all to know that the staff at Emerald City Clinic "blog." We do not do it often but when we do it usually is important and

time sensitive. I encourage all of you to sign up for our blog so you can get these important tidbits. I promise you we will not fill your emails/phones with lots of stuff. To sign up you, visit our blog at [emeraldcity-clinic.blogspot.com](http://emeraldcity-clinic.blogspot.com). In the upper right hand corner of the page, there is a field where you can enter your email address. Entering your address will prompt further directions to follow.

Some highlights from the blog that bear repeating:

1. Whole Foods has supported the use of GMO (genetically modified foods), especially soy. This is a corporate decision and has great influence on our food sources. It has been done quietly and I believe that publicly refusing to shop there, writing letters, etc. would influence their decision.

2. It has been a poor year for immunization safety and choice. First, all parents of unimmunized children will need a doctor's signature indicating they have been educated about the risks/benefits of immunization before entering schools. We have the nec-

essary forms and will assist all families with this. We are disappointed with Governor Gregoire's decision NOT to veto this legislation. Secondly, Secretary of Health Mary Selecky has extended the temporary suspension of Washington's limit on the amount of mercury (thimerosal) in influenza vaccine allowed for pregnant women and children younger than three years old. The suspension is extended through June 30, 2012. It applies only to 2011-2012 seasonal influenza vaccine in multi-dose vials.

3. We all still need to pray for the healing of our planet both from the Gulf Coast Oil spill and most recently the radiation from Japan. Please maintain your vigilance about your iodine intake, be watchful of where your food is coming from and follow the more accurate news about exposure at the following links: <http://www.telegraph.co.uk/news/8565020/Nuclear-fuel-has-melted-through-base-of-Fukushima-plant.html>, and [http://www.channelnewsasia.com/stories/afp\\_asiapacific/view/1133837/1.html](http://www.channelnewsasia.com/stories/afp_asiapacific/view/1133837/1.html).

**I have been chosen as one of Seattle's Top Doctors** in the August issue of Seattle Metropolitan Magazine. This is a professionally chosen recognition that I am honored and grateful to receive.

**Part of our mission is to be of service.** I want to thank all my staff in participating in a few of our service projects. The first was a successful

meal cooked for Tent City for 150 homeless. Secondly, we have adopted 85<sup>th</sup> Ave from 15<sup>th</sup> to Greenwood to pick up garbage. You can now see our "Adopt a Street" signs along 85<sup>th</sup> street. We will post our dates for future clean ups and anyone is welcome to join us! Lastly, we have an on-going low income clinic, Full Circle Clinic, to serve the uninsured, under insured and economically struggling public. Our fees are reduced significantly, we have donated pharmacy, and lab services at reduced rates. In exchange for this service we ask the participant to donate their time to the community in some capacity. If you or someone you know is interested please contact the office for eligibility.

**Flu vaccines:** Our Fall newsletter is often too late to address this issue. I have written many articles about the flu vaccine and would like to reiterate in this summer newsletter that these vaccines are often much more dangerous to our immune systems than the flu itself. An ounce of prevention is worth a pound of cure. Re-examine your habits: Are you adhering to Dr. Molly's 5 Point Health plan? Is your vitamin D level appropriate to go into the winter? Remember sugar, stress, lack of sleep and exercise put you at risk to catch the viruses going around. At the first sign of any flu, hit it hard with vitamin D and vitamin A. Please watch the blog for any current discussion of viruses as they appear, because they will.

### Introducing a New LMHC in our Community: Martin Olsen

Hello, I am Martin Olsen, the LMHC Counselor who moved into Suite 6 in 1405 NW 85<sup>th</sup> in mid June, just adjacent to Emerald City Clinic. I am enjoying my new office and I am excited to learn more about my neighbors and about Emerald City Clinic. I provide counseling, stress reduction, and consultation for clients struggling with anxiety, depression, complicated or difficult life transitions, grief work, dealing with difficult people, or letting go of unwanted behaviors.

I use Cognitive Behavioral Therapy, and other evidence based techniques, in the context of a Client-Centered Counseling

relationship. I believe that an appropriate empathetic relationship is the cornerstone of effective therapy. I received a Masters Degree in Counseling from the University of Washington. I have worked as a counselor since 1977. I have been Certified or Licensed as Mental Health Counselor in Washington State since 1999. I worked as a counselor and Professor of Human Development at Shoreline Community College for over thirty years providing Mental Health Services, Career Counseling, and Educational Counseling for students. I also taught Assertiveness, Career and Life Planning, Relaxation Skills, Overcoming Test Anxiety, Stress Management,

Student Success, Group Dynamics, and Adolescent Development. I worked extensively with returning veterans, returning women, and with students dealing with profound physical and psychological disabilities. I served as faculty member on the College Behavioral Intervention team, the College Wellness committee and the Collegiate Substance Abuse Task Force. My business telephone number is 206-300-3900 and my email is [MartinO944@gmail.com](mailto:MartinO944@gmail.com) or [MartinyO944@gmail.com](mailto:MartinyO944@gmail.com) or [MartyOlsen.com](mailto:MartinyO944@gmail.com). Or find me at [www.MartyOlsen.com](http://www.MartyOlsen.com).

I look forward to meeting you and learning how I can contribute to the community we share.