



Emerald City Clinic

Newsletter

www.emeraldcityclinic.com

Spring 2011

Spring Thoughts

by Molly Linton, ND, LM

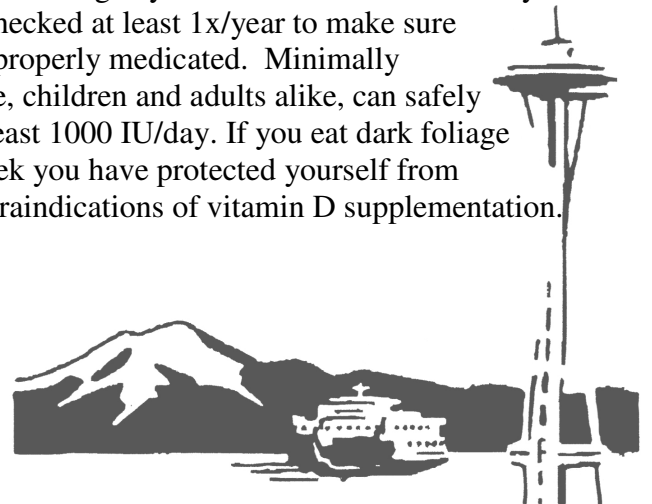
Growth: I recently took my youngest to his educational program and realized many things, one of which is that he just doesn't play by the rules. I find this frustrating on occasion. In processing this with my daughter, she reminded me that *I taught them* not to play by the rules; that calculated "rule breaking" was necessary for creative endeavors. In sociology, deviant behavior is the hall mark of social changes, and I realize as a Naturopathic Physician I am a rule breaker. My parents at an early age told me to think outside of the box and take risks, and this I took seriously. I have now passed this on to my children in turn. This really has been in my thoughts in the past two weeks, and the more I think about it the more I realize how true it is. My mother always said that we, her children, were her greatest teachers. I just wanted to share this as I embody the thought that I really do teach that we should question the social norms, the big brothers, and the status quo. I am filled with gratitude for my greatest teachers: both my children and my clients.

Spring cleaning: True to the Jewish tradition of cleaning before Passover, or the detoxifications of Ayurvedic medicine, spring is time for cleansing. It is a time to clean out our bodies that have developed a lot of mucus during the winter, and to clean our homes that have been shut to the winter weather. Spring has the promise of everything new, and we can utilize this promising energy to renew our resolutions from the New Year, do a spring detox, clean out a closet, go thru piles of papers, hydrate ourselves, and get out and move our bodies!

"...deviant behavior is the hall mark of social changes..."

Allergies: Often with the new growth of spring there is an increase of pollen count and higher allergies. Spring allergies can be mitigated by giving our organs of elimination easier evacuation channels in order to remove toxins quicker. This includes staying well hydrated and avoiding further damage to our kidneys with coffee and alcohol. We can also reduce the intake of sugar and increase fiber to include 3 cups of vegetables per day. Make sure we expand our lungs with deep breaths and exercise. Sweat. It is so important to the skin to be able to sweat. We can also protect our livers by incorporating beets, dark foliage, and turmeric into our diets. If we do have an allergic reaction, we can strengthen our white blood cells by having appropriate amounts of omega 3 oils, vitamin C and bioflavonoids. The most effective Naturopathic anti histamines are quercetin and nettles. You can stop an airborne allergic reaction with 500-1500 mg of quercetin within 15 minutes. Try it.

Sunshine: The other thing about the spring is the reminder of our need for sunshine. We often make up for the lack of sun during the gray winter months with supplemental vitamin D. Vitamin D has been getting some bad press recently and I just want to assure you that your physicians at Emerald City Clinic are carefully prescribing it and are well aware of toxicity, proper cofactor and co-nutrient needs. The reason that you see us is because we take the whole system into account: your body, your metabolism, your environment, your compliance, your individual needs when prescribing any nutrient. You should have your vitamin D checked at least 1x/year to make sure you are properly medicated. Minimally everyone, children and adults alike, can safely take at least 1000 IU/day. If you eat dark foliage 2-3x/week you have protected yourself from any contraindications of vitamin D supplementation.





Chinese Medicine Series Part Two: Energy and Disease Patterns

by Tamara Dickson, ND

VITAL SUBSTANCES

To review Part one of the Chinese Medicine Series, the health and function of each internal organ can be manipulated through specific points on the body in order to treat diseases and imbalances. When the access points of an organ are connected, we have what is called a meridian. A meridian is like a highway where an organ's energy, or Qi (pronounced 'chee') travels. In Chinese Medicine, Qi is defined as the 'ability to activate and move.' Qi is made and maintained by air from the lungs and food transformation by the spleen and stomach. It is circulated through the body to support its functioning. Qi protects the body against pathogens, regulates body temperature, and circulates with the blood to bring energy to the organs. In Chinese medicine, a large number of disease symptoms are attributed to what the Qi is doing or what happened to it.

Some of the other 'vital substances' that make our body work are the blood, shen, jing and the other body fluids. The shen is what the Chinese call the spirit or overall wellness and is often interconnected with mental health and vitality. The jing, or essence, regulates what we know as reproduction and development processes such as the appearance and loss of hair and teeth and the arrival and loss of menstruation and fertility. Each vital fluid has a long specific history about where it comes from and how it is made and which organs are responsible for producing it and protecting it. The jing, for instance, is given to you by your parents, is stored in the kidney, and is nourished by the spleen and stomach. Because of this history, the kidney meridian is manipulated when issues pertaining to reproduction or development arise.

DISEASE PATTERNS

In order to design treatments when someone is sick, it is important for the doctor to identify which of the vital substances is involved and what it is doing. For example, the Qi can be rising, rebelling or overacting, sink-

ing, stagnating, or it can be deficient overall. You would want to strengthen and tonify deficient Qi whereas strengthening rebellious Qi will only make matters worse. In addition to understanding the effect of the vital fluid and what is happening in the organs, there are also patterns to consider for the overall body and presentation.

Yin vs yang- Is the person feverish or chilly? Moist or dry? This has many applications, like whether or not a cough is productive or if the person has diarrhea or constipation.

Interior vs exterior- Is this illness due to an external pathogen or an internal malfunction?

Excess vs deficiency- Has this person had excess food, exercise, sex, exposure to cold or hot? Or perhaps they have not had enough?

Many times, a Chinese Medicine diagnosis consists of identifying the affected organs, the body's patterns, or both. For example, a patient could have a spleen Qi deficiency and excess heat in the lung. It is possible to have separate diagnoses or to have one cause another, creating a more complex picture such as liver overacting on the spleen or yin deficiency due to excess stomach fire.

PHYSICAL MEDICINE

In dealing with pain, the diagnosis may not have anything to do with the organs or patterns. If your shoulder were injured in a ski accident, your diagnosis would not be shoulder deficiency due to excess tree. In cases of physical injury, the points are chosen according to proximity to the injured site as well as what organ maintains the health of that body part. In these cases, points that are nowhere near the injured site will be chosen for stimulation. Other types of pain, like menstrual cramps, headaches, or abdominal pain usually have a root in the internal organs.

In Part 3 of the Chinese Medicine series, I will discuss tongue and pulse diagnosis and how doctors use Chinese Medicinal concepts without needles. If you are interested in being treated from a Chinese Medicinal perspective, please contact the office to schedule with Dr. Tamara Dickson.

FYI: According to recent studies published in the New England Journal of Medicine: Oral hypoglycemic drugs, such as Metformin, lower blood sugar but do NOT improve overall morbidity at all. They increase the risk of cardiovascular disease, have no impact on obesity and do not affect mortality rates. These studies actually suggest that it is harmful to drastically reduce sugar levels quickly. Conclusion: just reducing sugar levels without altering the metabolic syndrome doesn't really help one's health.

Body Pain Series: Part 2 – Visceral Pain

By Gretchen Imdieke, ND

Part 1 of the Body Pain Series addressed somatic pain. As a quick review: Somatic pain is what we feel on our skin when we burn it or in our muscles when we strain or overuse them. It is also the pain we feel in our joints and bones due to injury, chronic overuse, degeneration or infection.

In this edition I am going to discuss the causes of and treatments for visceral pain. Visceral pain, like somatic pain, is a non-nociceptive pain. As you may remember from the last article, non-nociceptive pain is caused by specific receptors on our skin and in our muscles or organs that are stimulated by temperature change, lack of oxygen, or damage and degeneration leading to inflammation.

Visceral pain arises from the tendons, blood vessels, and fascia of our organs. It often presents as a referred pain which makes it difficult to locate the origin of the pain. The quality of the pain can vary from dull and achy to sharp and radiating. Some organs are more likely to cause pain than others. Visceral pain can range from the pain we feel when we eat too much, to the pain we feel from appendicitis, a gall bladder attack, or menstrual cramps. The gastrointestinal tract will usually alert us immediately when there is inflammation, indigestion, or an imbalance of acid occurring. Urinary tract infections are another common cause of visceral pain.

How do we prevent these pains, and if we have pain how do we treat it?

- The most difficult aspect of visceral pain is that it is often re-

ferred. This means that the pain you feel from a gall bladder attack can present as a sharp pain in your right shoulder. Another example is the pain you feel from esophageal reflux (heart burn), may actually feel like it's originating in your heart, and not your esophagus. There are many labs that your physician can order to help determine what is causing the pain. Visceral manipulation techniques can also be used to diagnose the pain. Finding the cause of your pain is the most important aspect of both prevention and treatment.

- Treatment for visceral pain depends on the source. For example: heart burn can be treated by avoiding aggravating foods, eliminating stress, taking herbal demulcents, and planning a treatment that focuses on gut repair. Visceral pain caused by gas can be the result of food allergies, low stomach acids, parasites, food poisoning, etc. One popular and effective treatment for visceral pain is called Visceral Manipulation. Visceral Manipulation (VM) is a type of physical medicine that was developed by an osteopath/physical therapist. VM is a hands-on therapy that addresses functional and structural imbalances that may occur throughout your body's organs and organ systems. Ask your physician at Emerald City Clinic if VM is the right treatment for your pain.

Remember – pain is your body's way of telling you that something is not right and must be addressed. Pain can be a symptom of many serious diseases, and needs to be addressed immediately. If you are experiencing any pain, be sure to alert your physician immediately, so it can be addressed and treated properly before it becomes a chronic matter.

Reduce Your Cancer Risk: The Latest Integrative Research Confirms Simple Lessons by Tamara Dickson, ND

1. Lose Weight. Obesity increases risk of cancer occurrence and recurrence, especially in women. This is attributed to the hormonal effects of fat, or adipose tissue and the imbalances that commonly accompany obesity or helped cause it, like insulin and blood sugar dysregulation. Cancer cells are sugar-mongers so the lower your blood sugar, the better.

2. Exercise. Yes, this helps eliminate obesity but it applies to thin persons as well. Regular aerobic exercise alone has more benefits for the body than eating a good clean diet alone. Aerobic exercise is even proven to reduce fatigue among patients receiving chemotherapy.

3. Sleep. We know it makes us feel good but evidence is now showing that inflammatory markers in the body increase after just one night of sleep deprivation- this means less than 7 hours sleep! Inflammation is cancer-friendly so please make sure you get your ZZzzz.

4. Anti-oxidants. It has become a buzz word for a reason. Anti-oxidants are good for you in too many ways to list! Research is now showing that preventing cancer is connected to reducing oxidative stress in the cells' energy producers, the mitochondria. You can protect your mitochondria with B vitamins, Vitamin E, Vitamin C, selenium, zinc, alpha-lipoic acid, CoQ10, bioflavonoids, green tea, curcumin, the list goes on and on...

5. Reduce your alcohol intake. Alcohol is hard for the liver to process and depletes the body of many minerals that we need for proper functioning. Many studies confirm the potential health benefits of drinking red wine in moderation, due to one of its abundant bioflavonoids. However, if you or an immediate family member has had cancer, it is better not to drink alcohol at all. It raises your risk significantly, especially in breast cancer incidence.



Understanding your Over The Counter (OTC) Pain Relievers

by Molly Linton, ND, LM

I realized while speaking to my client base that there is a lack of information about all the OTC pain relievers and their usage. As Naturopathic Physicians we sometimes recommend certain pain relievers for amelioration of symptoms, but they also help with differential diagnosis and therefore are an exceptional Naturopathic approach. There are four main categories of these OTCs which I will outline in this article. First I would like to define certain medical terms for your deeper understanding of how these medications work:

- **Analgesic:** Stops pain by mediating the nervous system so you do not notice the pain.
- **Anti inflammatory:** Stops swelling and redness by interrupting the systems in the body that alert the body to a problem, such as histamines and prostaglandins. The resultant swelling is what causes the pain.
- **Anti pyretic:** Reduces/stops fever by interrupting the brain's control of the fever.
- **Anti histamine:** Stops or sequesters histamines that are released locally in reaction to irritants such as pollens, topical oils, and viral intrusion.

Aspirin: Aspirin, or Salicylic acid, is a naturally occurring pain reliever. It has been traditionally used in its natural form of white willow bark over the years. It is primarily an analgesic and anti pyretic and works on the nervous system directly. It does have some anti inflammatory response but this is not its primary role. It is used for mild to moderate pain and has very few side effects.

It is contraindicated mainly in two situations: hepatic or liver impairment and/or risk of gastric/stomach bleeding. Although aspirin has the reputation of causing ulcers, this is very rare and usually occurs in either high dosing and/or extended use over time. Because it is contraindicated with hepatic weakness, aspirin is very dangerous with alcohol consumption. The combination of greater than three drinks and aspirin is a recipe for gastric bleeding. It is also contraindicated with salicylic acid sensitivity. Because of its involvement with the nervous system, aspirin is contraindicated in children with fever as it has been associated with Reyes syndrome, a neurological disorder in children. Because of this, it is recommended that breastfeeding moms do NOT take aspirin if a child has a fever. However, if this is the best route of fever reduction for the mother, and the breastfed child does NOT have a fever, it is acceptable, as aspirin is well metabolized through breast milk.

Low dose aspirin keeps the blood thin and therefore is often prescribed for people at risk for atherosclerotic plaque, although proper Omega 3 oil supplementation and diet are the best protective measures.

Acetomenaphin (Excedrin, Tylenol): This is primarily an analgesic. It has very few side effects, however it can cause rash and in long term use can also be damaging to the liver. It is NOT an anti inflammatory. Because it does not increase gastric bleeding, and does not cause any neurological symptoms, it is the preferred medication for children and breastfeeding moms. This is why the commercials state that, "It is the medication preferred by most doctors." There have been a couple of occasions when the Tylenol stocks have been tampered with, but generally it is a safe OTC when used judiciously. It is not a very strong anti pyretic although it is recom-

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Emerald City's Upcoming Events: Bring a non-ECN member who schedules a new patient appointment and receive a \$10.00 ECN coupon as a sincere thanks from us!

Friday, April 22nd: Celebrate Earth Day with ECN! We have "adopted" 85th street from Greenwood to 15th, and we are cleaning it up on Earth Day. We'd love to have your help! We'll be hitting the streets all morning, so join us anytime. The clinic will be closed during these morning hours.

Tuesday, April 26th: Dr. Tamara and Dr. Gretchen will be hosting a lecture at 7pm at the clinic: Cardiovascular Health Series part 1: Metabolic syndrome: Come learn about what metabolic syndrome is, why it is such an epidemic in the United States and how it affects your cardiovascular health. We will discuss the signs and symptoms of metabolic syndrome, what metabolic syndrome can lead to, and how to prevent it.

Wednesday, April 27th: IMT Day; ECN has decided to have IMT days quarterly instead of bi-annually to help work with clients' schedules. Call and sign up today!

Tuesday, May 24th: At 7pm Dr. Molly Linton will be presenting: Weight Loss Time to look good in those summer clothes! Learn which diets work and which diets don't. Learn exactly how the body loses weight and the differences between healthy and unhealthy weight loss. Also - will introduce weight loss programs that have worked for many of our patients.

Monday, May 30th: The clinic will be closed in observance of Memorial Day

Tuesday, June 28th: Dr. Tamara and Dr. Gretchen will be hosting a lecture at 7pm: Skin Health We will be discussing how to protect your skin through the summer and still get the Vitamin D you need. Also, common treatments for sun burns, dry skin and other common skin disorders.

Continued from page 4 mended for children with fevers. However, it is more effective for the pain caused by the fever than fever reduction. If you are giving any medication to children for fever management, it is important to realize that it is the artificial drop in the fever, the subsequent “wearing off” of the medication 4 hours later, and the resulting rapid increase of temperature that could possibly lead to febrile seizure. My recommendation is that if you are reaching for Tylenol for your child, you should be calling your Emerald City Clinic physician. Furthermore, I recommend that you have liquid Tylenol or Tylenol suppositories for your young child as a first aid item. It is usually ten o'clock at night that we need to recommend it, and better to have it and have to throw it away because it expires than wish you had it.

Ibuprofen (Advil, Motrin): This is a NSAID (non steroidal anti inflammatory). There is a long list of risks with this medication, with the primary risks being increased risk of heart disease and stroke, increased blood pressure, and GI bleeding. Its analgesic/anti-inflammatory action is to block the chemicals that cause pain and inflammation. Its mode of action as an anti pyretic is adjusting the thermostat of the brain. It is very effective for dysmenorrhea (or painful menstrual cramps) because it reduces uterine contractions (also effective in preterm labor). It MUST be taken with food, and because of its large list of cardiovascular risks ibuprofen is not to be taken lightly.

Naproxin (Alleve, Midol): This is another NSAID. It reduces chemicals in our body called prostaglandins that alert us to pain. Its side effects are mostly GI adverse reactions and its interference with anti coagulation therapy such as warfarin (Coumadin) and blood pressure medications especially ACE inhibitors. We need to be conscious of naproxin’s ability to overly thin the blood in combination with natural supplements that also thin blood such as glucosamine, omega 3 oils and many herbs such as ginkgo.

I will often use these OTC medications judiciously to obtain pain relief while the Naturopathic analgesic and/or anti inflammatories are catching up, OR someone needs to sleep, OR I need to distinguish which is more important: the pain or the swelling. For instance, if someone determines they have more headache relief from Naproxin than Excedrin, I know that there is an inflammatory reaction going on rather than a neurological one. This is information not only for your physician but is also an important differential tool if you use these medications. I must reiterate that I am NOT advocating these medications as we have many tools in our Naturopathic arsenals that are just as effective, have little to no side effects, and help cure the problem instead of masking it. However, there are those occasions that that judicious application of an OTC is indicated and best done by a Naturopathic Physician.



Struggling with weight loss? by Molly Linton, ND, LM

It has become apparent that most therapeutic diets have been and continue to be designed around a no or low carbohydrate diet. Whether that was the Adkins diet, the Specific Carbohydrate Diet, HcG diet or the Leptin/ABC diet, each of these diets has a different theory for why they work or worked. The clients at Emerald City Clinic are getting great results with medically monitored low carb diets beyond the desired weight loss. We are finding people stop having joint pains, have more energy, there is less auto immune disease, etc.

We are also seeing people who lose weight rapidly without medical supervision having significant detox reactions. These occur because the fat is the storage area for our toxins whether they are environmental or emotional toxins. To prevent these reactions you must make sure to protect the kidneys and liver in particular. This includes drinking lots of water, possibly taking nutritional anti-inflammatories, and ingesting proper nutrients to support detoxification in the liver. We will be addressing the many weight loss options at a free lecture on Tuesday, May 24th at 7pm.

One of the main reasons I find people do not succeed at

weight loss is the craving for carbohydrates and the feeling of satiation one gets from eating them. I have pondered this for many months and finally came up with an explanation. First, most people are totally stressed out and do not have enough stomach acids to properly digest fats and proteins in their stomachs. Carbohydrates are digested in the mouth, so even under stress they are getting nourishment. The carbohydrates which are easily digested then result in a feeling of satiation for a short period of time, whereas the proteins and fats, if capable of digestion, won't register for a number of hours.

Compounding this issue is that Americans are sleep deprived. This leads to not only reduced stomach acids and increased stress, but a weight gain around the middle of the body which is the most difficult to get rid of and the most detrimental to our health. Lastly, if we do not have a 12 hour fasting period in our 24 hour clock while sleeping, then our human growth hormone, which regulates our lean body mass, gets depleted. The take home messages are: Sleep your 8 hours, and do not snack after dinner, leaving a 12 hour span between dinner and breakfast. Finally, eat mostly vegetables and fruit along with adequate protein if you want to remain lean and healthy.

**Announcing a new service at Emerald City Clinic:
The Exciting Stress Remedy for Optimal Health: The REFRESH BUTTON™**

Stress specialist, author and psychophysiological Robert Simon Siegel, MS now helps individuals remedy a wide range of stress-related conditions. Robert developed The REFRESH BUTTON™, a new body of health-producing skills missing from the healthcare system to easily eliminate stress damage so there's no stress to "manage". One example is today's single most important health tool: how to de-stress in six seconds flat – faster than pills – by resetting four body systems to optimal health, mental clarity and dynamic calm. With The REFRESH BUTTON™ skills, people learn how easy it is to stop the enormous stress damage to health and performance that now causes 60% - 90% of all primary care doctor visits (*Harvard Business Review*) and 50% of absenteeism (*NOISH, European Agency for Safety & Health*). Amazingly, our biggest health bandit is a 'stress damage chain reaction' always running behind the scenes in most people. Over time it produces insomnia, headaches, high blood pressure, anxiety, diabetes, obesity, heart attacks, strokes, fatigue and depression. How?

Each one of hundreds of daily stressful thoughts – and there's a lot to worry about today! – constantly triggers the hypothalamus/pituitary/adrenal axis to stay "on". A steady state of stress damage progresses from uncomfortable sensations to symptoms, illness and disease down four main stress pathways:

1. cardiovascular (hypertension, atherosclerotic plaque formations, heart attack, strokes)
2. metabolic (insulin resistant diabetes, obesity)
3. immune (flu, infections, auto-immune, cancer)
4. psychological (anxiety, depression, insomnia, negativity)

Good news! These illnesses and costs are now preventable! The entire stress damage chain reaction can be stopped at its source before damage occurs and without pills. Enter The REFRESH BUTTON™! Robert's training delivers a new positive understanding of stress so people can swiftly de-stress and gain its valuable, amazing biological purpose beyond fight/flight survival. Stress is actually an exquisite guidance system to successfully navigate change throughout life. The "Genius Focus" skills create solutions, innovation and optimal psychological health. "Energy Health" provides a new way to energize, boost immune strength and feel joy that stops feeding today's crises of diabetes, obesity and hypertension with sugar, caffeine, fried fats and adrenal fatigue.

In 2-6 private sessions most stress conditions dissolve as you gain a deeper understanding of their "gifts" along with lifelong tools to better operate your body, mind, emotions, energy and focus. These are top performance skills that CEOs from multinational corporations, a governor, physicians, police chiefs, teachers and persons from all walks of life have valued. To schedule appointments, please call Robert at (206) 588-3365. Visit Robert's website: www.globaloptimalhealthgroup.com.

The next public REFRESH BUTTON™ seminar begins 1-5pm, Saturday, April 23 at the Patricia Cameron Gallery in Seattle. Reservations are required because seating is limited.



Are you ready to be happier? Do you have beliefs about yourself or the world around you that are blocking your joy, healing and growth? Do you have a clue about what needs to be done to make your life better, but just can't seem to 'get there'? Do you basically know 'what to do' but can't seem to get yourself to do it? Are you ready for a change, now, in just one or a few sessions, that will last a lifetime? If so, you are ready for NLP coaching with Sally Boyd!

NLP is the ideal tool to help the majority of folks out there who are already basically functional (surviving in the world) but would like to resolve an inner conflict or limitation, or move through emotional blocks (such as phobia, panic attack, depression or self defeating behavior). With NLP we can do general self improvement counseling or we can narrow it down and focus your session on fixing a specific problem or limitation such as getting over a phobia or a compulsion. We can also work on improving skills such as: effective communication with a loved one, limit setting, decision making and problem solving. With NLP we can rapidly change self defeating habits, easily replacing them with naturally effective and lasting behaviors. For example, make a lasting change from acting on an addiction to a healthy exercise habit. NLP counseling as practiced by Sally is a dynamic interactive session, not a basic protocol or hypnosis session. Rather, it is designed to gently treat the cause of the problem and in that way it can change the behavior at a core level, rather than just teaching a new behavior.

In the long learning process that is life, getting an NLP session is like getting to read the 'Cliff Notes' the day before a big test. . NLP is designed to free up emotional energy and give you a boost up to a happier, more effective level of functioning.. Couldn't everyone use a bit of that? Sally will be at Emerald City Clinic in May to do NLP counseling. Call the clinic 206-781-2206 to schedule!

