

Emerald City Clinic

Emerald City Naturopathic Clinic

Spring/Summer 2010

The “New” Emerald City Newsletter: Evolving and Growing

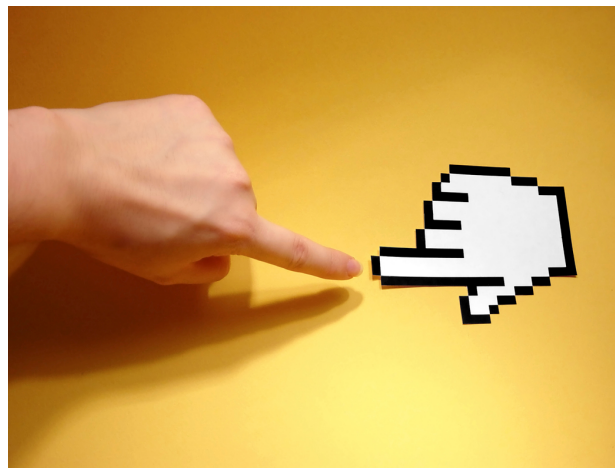
It has been very difficult for me to sit down and write my newsletter article because I am having trouble adjusting to the online format. It is often hard to teach an old dog new tricks but I am always willing to change, grow and stretch my horizons.

So first let me reiterate that if you do not have computer access we are happy to mail a newsletter to you. In discussing the changes with my staff and family I realize that generations differ in their approaches to technology, and that we should all use technology to arrive at the best outcome.

Secondly, we are trying to save resources and doing an online newsletter is greener.

Thirdly, it allows us to integrate our newsletter and web site more seamlessly. The web site will eventually have more content, and I would love to have our community's input on what you would like to see. Some of the areas that I would like to add would be the following:

- Contributing to a greener world
- Referral lists



- Book and periodical recommendations

Your suggestions for additional topics can be sent to Amanda@emeraldcityclinic.com.

Lastly, I am committed to blogging regularly. When the H1N1, swine flu pandemic concerns were circulating, I found for myself that a newsletter was too cumbersome and did not allow me to inform my clientele quickly, which a blog can remedy. We will provide “blog alerts” for those who wish to know when something new has been posted. Please see instructions on how to do this in the box below.

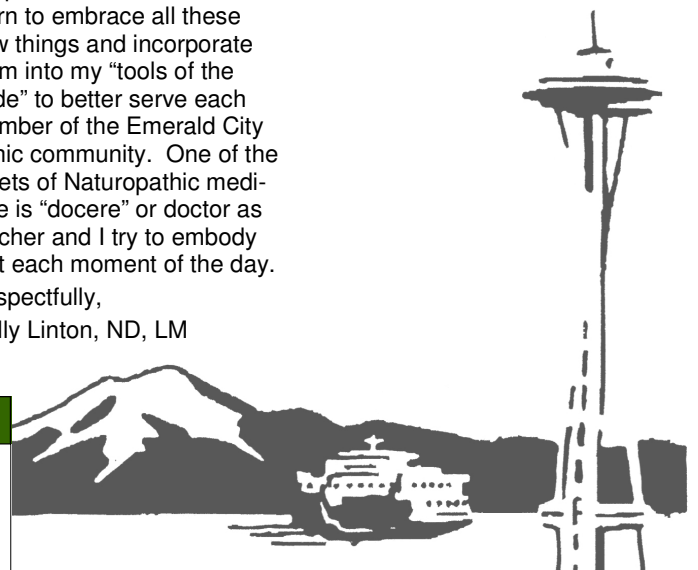
Each year I make a professional New Year resolution, which this year was to emulate and participate in the best communication I can. The web is the media that my new office manager, Amanda, has encouraged me to try and I am nervously making an attempt. So, bear with me as I learn to embrace all these new things and incorporate them into my “tools of the trade” to better serve each member of the Emerald City Clinic community. One of the tenets of Naturopathic medicine is “docere” or doctor as teacher and I try to embody that each moment of the day. Respectfully,
Molly Linton, ND, LM

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While you're on our website be sure to join our Blog!

Be sure to look for updates from our doctors on the latest health topics as well as contributions from patients. If you would like an email alert when new items are posted, simply go to the box in the upper right hand corner of the home page and enter your email where requested. You will receive a confirmation email that you must open and then following the necessary link— you will be all set!



What IV therapy can offer you *by Laura Walton, ND, LMP*

If you are reading this newsletter, you most likely hold the belief that good nutrition is vital to restoring and maintaining homeostasis, and therefore optimal health.

There are many reasons why nutrition can be elusive, even if a well-balanced diet is prioritized in our busy lives:

- mineral depletion of the soil through overfarmed or mono-cropped land,
- genetically-modified foods and synthetically manufactured seeds and plants
- fruits and vegetables that have been picked prematurely so they can be shipped across the planet to arrive at the grocery store looking ripe
- highly processed foods

Without a nutritious diet, cells are deprived of the vitamins and minerals they need to function properly, and chronic disease ensues.

Traditionally, vitamins and minerals are acquired from orally ingesting, fully digesting, and absorbing the foods we eat. The idea behind IV therapy is that nutrients can be delivered intravenously instead of orally, therefore bypassing the gastrointestinal (digestive) tract. This is useful for people who have intestinal absorption problems, or whose condition requires a higher amount of nutrients than can be safely or comfortably absorbed orally. For example, high oral doses of Vitamin C can cause loose stool, so the physicians at

Emerald City Clinic often dose Vitamin C "to bowel tolerance." IV therapeutics would be able to deliver large doses of Vitamin C without concern of its effect on digestion and the entire amount of the injection is available to the targeted tissues. Therefore, a highly therapeutic dose of vitamin C can be given to treat acute or chronic infection, act as an anti-oxidant to help with asthma or allergies, and aid detoxification processes. At these high doses that can only be administered IV, Vitamin C has even been shown to be toxic to tumor cells.

Another nutrient with gastrointestinal affect that is often dosed "to bowel tolerance" in oral doses is the mineral magnesium. Often considered one of the most under-diagnosed electrolyte deficiencies, magnesium deficiency can cause a myriad of symptoms:

- headaches, especially pre-menstrual (magnesium works great for acute cases!)
- muscle weakness
- heart arrhythmia
- insomnia, anxiety
- tremors, muscle twitches, and even seizures
- bronchial hyper-reactivity as found in asthma

Along with poor diet or absorption issues, magnesium deficiency can be caused by vomiting, chronic diarrhea, alcohol overuse, or use of potassium wasting diuretics. Among the most common affects you

will hear from anyone who has received an IV treatment with magnesium is relaxation. In fact, magnesium acts in the brain to make two of the inhibitory neurotransmitter receptors, GABA and Glycine, more active. IV doses of magnesium can also act to reduce centrally-mediated pain, as is found in Fibromyalgia.

Vitamin C and Magnesium are just two of the nutrients that can be delivered IV. Emerald City Clinic offers many others, including, but not limited to:

- Zinc and selenium to increase immune function
- All B vitamins for detoxification and antihistamine function
- Amino acids for optimal neurotransmitter physiology
- Glutathione for asthma, allergies, and detoxification

If you are interested in IV administration of any of these nutrients, speak with your Emerald City Clinic physician about creating an individualized treatment plan for you.



Dr. Loren Riccio's reduced hours

I have reduced my hours at Emerald City Clinic to two days a week, Tuesdays and Thursdays, until further notice. I will be scheduling visits later, until 6PM, on Thursdays to accommodate these changes. I have made this decision so that I can take better care of my own health in preparation of starting a family. If any of my clients are in need of care on a day that I am not in the office they can see any of the other fantastic physicians

or page me as the need warrants. Your care will always be in good hands.

With my reduced hours, I have limited the number of new individuals that I am seeing in our Full Circle Clinic (a service available for those with low income or financial need). I have been very happy providing care through this program. Emerald City Clinic is currently taking new Full Circle Clinic clients. They can be scheduled with Dr. Tamara Dickson.

Feel free to contact me with any questions or concerns. Thank you for your continued patronage and support.

Dr. Riccio and her godson, Taidhg.



Clinical Signs of Nutrient Deficiencies *by Loren Riccio, ND, LM, CPM*

Our bodies need vitamins and minerals for proper function, healing/repair and growth. For example, Vitamin A supports the protective lining of our internal and external body surfaces. A deficiency in vitamin A can lead to an increase in respiratory, urinary and GI illness.

Our body will give us signs that there is a deficiency. These signs can often go

unrecognized or ignored, resulting in chronic deficiency that can lead to deeper states of ill health. The following list contains many common signs of nutrient deficiency. If you suspect that you may be presenting these symptoms, you should consult your physician. She can help to determine the appropriate testing, supplementation and replenishment of nutrients as certain vitamins and minerals should not be

taken in excess as they may lead to toxicities. Certain health conditions may require vitamins and minerals in specific forms and your physician can determine what is best for you.

Remember that a healthy digestive system optimizes the absorption of vitamins and minerals.

Areas of Deficiency	Signs and Nutrients
Anemia	Vit B12, folic acid, iron
Constipation	Magnesium
Ear wax	Essential fatty acids (Omega 3 oils)
Eyes	Dry, poor night vision, sensitivity to light: Vit A
Finger nails	Ridges: Vit A, Zinc, protein White lines: Zinc Brittle: Calcium
Hair	Loss, thinning, loss of pigment Protein, zinc, biotin, essential fatty
Heart	High blood pressures: Calcium, magnesium
Hormonal	Breast tenderness: Vit E, essential fatty acids Vaginal dryness: essential fatty acids
Insomnia	Calcium, magnesium
Muscle cramps	Calcium, magnesium
Neurological	Dizzy, MS, carpal tunnel, startle easily: B vitamins, magnesium
Nose	Loss of smell: Zinc
Osteoporosis	Calcium, magnesium, Vit D, Vit K, Vit C, copper, zinc, essential fatty
Psychological	Depression, Anxiety, ADD: Magnesium, Vit D
Skin	Acne, eczema, dermatitis, folliculitis, psoriasis: Vit A, Zinc, essential



The Northwest Naturopathic Convention: Some Highlights *by Molly Linton, ND, LM*

When I attend continuing education seminars I feel like if I get one light bulb or “aha” then it has been a successful conference. My favorite conference has always been the one held in the Northwest rotating between British Columbia, Washington and Oregon. This year was no exception, and I would like to share some of the highlights.

Brain chemistry and Menopause: I find that many of my “Mollyisms” show up in new clothes and give me a new perspective/different angle on old subjects. This year, I have developed a new take on the “roots” of menopause and its treatment. I have always felt that the use of bio identical hormones was not enough to treat the discomforts of menopause. I feel that when we take hormones we are medicating a life-issue that needed to be addressed decades ago as a sign of adrenal deficiency. This has now been demonstrated physiologically. In the absence of estrogens, testosterone, and progesterone, healthy adrenal glands (non worn out state) have the ability to produce necessary hormones to prevent the inflammatory processes that give us the symptoms of hot flashes, insomnia, poor libido, depression, loss of muscle tone and memory issues to name a few. If the adrenal glands are worn out then the symptoms appear. Furthermore, by the time these symptoms appear the inflammatory processes have already begun in the tissues, especially in the brain. The use of hormones alone may mitigate the symptoms but does not address the inflammation that has occurred.

What do we do about it? First and foremost protect and nourish your adrenal glands early in life. Follow Dr. Molly’s 5 Point Health plan from early on and sail through menopause/andropause without these imbalances. But if you do have these symptoms we need to both limit the

intensity of these symptoms and protect the brain from the inflammatory process. Additionally, there are many natural remedies that can help specifically with memory issues that accompany menopause. Please bring up your concerns with your medical staff at Emerald City Clinic both as prevention and for treatment options if you suffer from any of the aforementioned symptoms.

Immunizations: We had two excellent lectures on immunizations by an immunologist and medical doctor trying to “get the word out.” Copies of the notes are available if you would like more information. Although I have never been a big proponent for immunizations, I was further convinced not to recommend them after these lectures. There are a few salient points I want to emphasize:

1. First, there is no good science around the decline in disease processes with the use of immunizations. The disappearance of small pox that was attributed to the vaccine was already on the natural decline before the small pox vaccine was introduced. Not to mention the “science” was based on a “one person study”.
2. The amounts of poisons in the immunizations are irrefutable and are directly linked to neurological damage.
3. The type of immune response we are trying to get from a child is not even physiologically possible until after the age of one. In fact, the type of response we get from the immunization evokes an “allergy response” not an immune memory response in the child under one year old.
4. All vaccine companies are federally protected from any lawsuit for morbidity and mortality claims.

Emerald City Clinic will continue to offer immunizations and will support your right

to choose these for yourself and your family. However, I do want to emphasize that I truly feel immunization is one of the most serious components of chronic illness today.



Toe fungus: Some new approaches

1. Saprox topically is a type of clay found to suffocate toe fungus.
2. Walk in salt water daily to grind out the fungus with the salt.
3. Soak your feet nightly in your own urine for 20 minutes.
4. Take garlic orally and apply it topically.
5. Topically apply grapefruit seed extract.

Considerations: whatever topical you use, you need to consider *why* you have toe fungus and/or cracks on your heels, which



is also a fungal infection. It is usually a yeast infection that invades the peripheral system because circulation is not as good there and it can hide out. Many people have heavy

metal toxicity which often promotes fungal growth in the feet as well. The doctors at Emerald City Clinic would be happy to help your feet back to good health.

Emergency Contact of Dr. Molly Linton

After hours please always call Dr. Linton’s home number first: (206)283-9718. This will inform you if and where she is available. If she is out of reach, instructions on her machine will indicate which doctor is covering emergency call. It is important that you contact the indicated physician. The medical staff at Emerald City Clinic is going through

changes and reorganization, so we respectfully ask for you to follow the protocol outlined in this article and on the office phone. Contacting Dr. Linton’s cell phone will not provide the continuity of care needed. If you have this number, please do not use it as it is for personal use only. In addition, if you have been instructed by Dr.

Linton’s home number to page her and do not hear back within 15-20 minutes, please call the office for her resident’s emergency contact numbers as Dr. Linton’s pager does not work in certain residential areas. Thank you.

It's Easy Being Green: It is the belief of ECN doctors and staff that in order to maintain a healthy state in the world we must reduce, reuse and recycle! We always try to minimize our office waste by recycling ink cartridges, packing peanuts, pharmacy boxes, light bulbs, batteries, etc. In turn, we'd like to offer a "recycling service" to our patients. If you have any old eye glasses that you need to get rid of, please bring them to the office and we will donate them for you. Additionally we will take your old tincture bottles.

Chlorine Filters: I feel as though I am constantly trying to find new resources for purchasing chlorine filters to share with patients, so I've decided to sell them at ECN. If you are interested in purchasing one, please either let your doctor know in your visit, or alert the front desk ladies.

Next IMT Date: Our next IMT scanning day will be Tuesday, July 23rd from 9am-1pm. Price is \$175 prepayment. Please call the front desk to schedule and with any questions you may have: 206-781-2206.

Interesting Websites: Although we will be showcasing many websites on our blog, I wanted to share the following with you here:

Water vs Coke: <http://www.natural-health-nutrition.com/Natural-Health/water-vs-coke.html>,

Gluten free tortillas: <http://www.wellnessgrocer.com/food-for-life-tortillas-brown-rice-p-3967.html>,

God's Pharmacy: <http://www.slideworld.com/slideshow.aspx/Gods-own-Pharmacy-ppt-2766411>

Summer Sun by Kiersten Nielsen, ND Candidate 2010, ECN Intern

Summers in the Pacific Northwest lure people of all ages outside to enjoy the long-awaited sunshine. Many of us have experienced different symptoms from sun exposure, like the burns from too much sun or a depressed mood from too little. But how does sun exposure affect our health? And how much sun do we need? While these deceptively simple questions can have complex and controversial answers, a few facts about sunshine can help you make your own decisions about your summer health.

Exposure to sunlight or full spectrum light on waking in the morning helps to keep the circadian rhythm (our natural sleep-wake cycle) regular and synchronized with our environment. When light reaches the pineal gland, located deep in the front half of the brain, it acts as a signal to stop making the hormone melatonin. This process causes a cascade of other hormonal shifts, which leave us feeling alert and ready for the day.

Lack of sun exposure can contribute to the feelings of depression and low energy of seasonal affective disorder (SAD). Research studies correlate a direct link between sun exposure and serotonin levels – more serotonin being produced with more sunlight.¹ Feelings of depression that are felt with SAD are associated with a lower level of this neurotransmitter.

And how can we discuss the health effects of sunlight without bringing up vitamin D? More like a hormone than a vitamin, vitamin D is made in our skin when UV light interacts with cholesterol. After being processed by the liver and kidneys, the active form of vitamin D is ready to

positively affect our immune system, bone health, cancer risk, and other areas yet to be discovered. According to the Vitamin D Council, during 20-30 minutes of summer sun exposure the skin produces at least 10,000IU of vitamin D.²

With all these great benefits of sunlight, what about the risks? Too much sun has long been known to increase a person's risk of sunburn, skin cancer, and premature aging, and heat exhaustion when the weather is both sunny and warm.

The Environmental Working Group (EWG), a non-profit public health advocacy organization, has an online Sunscreen Guide listing the safest and most effective brands available. The minerals titanium dioxide and zinc oxide, the two most common active ingredients in sunscreens, are the best blockers of both UVA and UVB rays. UVA rays cause skin damage that can accelerate aging and skin cancer development, while UVB rays are associated with sunburn. Both titanium dioxide and zinc oxide can increase the risk of certain cancers when inhaled as powders, but very small amounts have been shown to be absorbed through the skin. The EWG reports that using sunscreens with either or both of these ingredients is much safer than using other types of sunblocks (or none at all).³

So how much sun is excessive, and how much is too little? Sun exposure recommendations are sources of political controversy in the medical community. Author Dr. Michael Holick recommends unprotected sun exposure for several minutes each day for adequate vitamin D production, which could help prevent



certain chronic diseases. He states that this level of sun exposure does not increase the risk of skin damage.⁴

However the American Academy of Dermatology strongly disagrees, recommending that the least amount of sun exposure is the safest. They recommend using sunblock regularly, wearing protective clothing, and avoiding sun exposure between 10am and 4pm. Because of the large numbers of skin cancer cases that dermatologists treat, they recommend increasing vitamin D levels through food and supplements instead of unprotected sun exposure.⁴

Regardless of the amount of sun you get this summer, many remedies can help your skin stay healthy. After being in the sun, apply 100% *Aloe vera* juice or gel for its cooling healing effects. Also, *Hypericum perforatum* (St. John's wort) oil can help relieve sunburns. Ask your naturopath for more recommendations about sun-savvy skin health!

1. Lambert GW, Reid C, Kaye DM, et al. Effect of sunlight and season on serotonin turnover in the brain. *The Lancet*. 2002;360:1840-1842.
2. Vitamin D Physiology. www.vitamindcouncil.org/vitaminDPhysiology.shtml. *Vitamin D Council*. Accessed May 14, 2010.
3. 2009 Sunscreen Guide. www.ewg.org/whichsunscreensarebest/2009report. *Environmental Working Group*. Accessed May 14, 2010.
4. Experts clash over sun exposure to boost vitamin D. www.medscape.com/viewarticle/537784. Published May 19, 2004. *Medscape*. Accessed May 14, 2010.

Do you have allergies? Let's find out! *By Tamara Dickson, ND*

As Naturopaths we are interested in identifying the cause of disease in order to cure symptoms and restore optimal health. A surprising number of ailments and conditions that we see in office can be explained by the prevalence of allergies. Allergens are substances that the immune system identifies as foreign and mounts a reaction against even though that same substance would not cause a reaction in another person. If our immune system is distracted by fighting against foods we commonly eat or elements in the air we commonly breathe, it cannot be optimally effective against fighting harmful bacteria and viruses. When our immune systems are regularly being assaulted, the body becomes inflamed. It is this inflammation and decreased resistance to invaders that first sets the body on its way to a wide variety of diseases. Since allergies can be hard to recognize, many people live with undesirable symptoms, not knowing that they are allergic.

More than just sneezing

Allergic reactions manifest in different ways for different people. Many consider allergy symptoms to be purely physical—runny nose, sore throat, cough, constipation, joint aches, etc. Interestingly, allergies affect people on a cognitive and emotional level as well. Being exposed to allergens can cause things like lack of concentration, irritability and aggressiveness, sadness, poor memory, poor motivation, or hyperactivity.

Out of sight, out of mind

Allergic responses can be immediate or delayed. It may be easy to identify an al-

lergy to tomato, for example, if it makes your stomach hurt upon eating it or it makes your mouth itch or tingle. It is becomes more difficult to identify an allergy when the response is delayed. You may have forgotten that you ate tomatoes altogether, like if you get a headache or become constipated or irritable *the next day* or even *two days* later.

When too much is enough

For some, there are also different thresholds that need to be crossed before recognizable symptoms occur. The immune response to the allergen has a cumulative effect. For example, the symptoms don't appear until you've eaten tomato products for three days in a row.

So how do I know?

There are an increasing number of ways to investigate which foods and environmental triggers will prompt an allergic response. Some clients opt for a blood test, looking for antibodies against the allergen. Skin tests also operate on the same antibody response. This is often effective at identifying triggers but also may not explain the totality of what someone is experiencing; there may be noticeable and traceable reactions to something that shows up on a blood test as negative. Other clients prefer muscle testing to determine what they are reacting to by asking the body and trusting its higher wisdom.

What now?

Once your allergens have been identified, the common treatment is avoidance. Few people are aware that *de-sensitization* is

another option! Last year, I was introduced to an *allergy elimination technique* that is non-invasive and effective. It is an intelligently designed system involving muscle testing and Chinese Medicine and acupuncture principles to identify allergens and systematically reduce the body's reactions to them. After seeing the results produced by Dr. Loren Riccio's treatments at Emerald City Clinic, I attended a seminar so that I may offer patients the same freedom from food and environmental allergens. Healthcare practitioners across the country are beginning to offer allergy elimination treatments of this nature! In my training class there were chiropractors, acupuncturists, M.D.s, veterinarians, N.D.s and massage therapists in attendance.

If you would like to learn what you are allergic to, would like some relief from your allergy symptoms or both, then I would love to help you meet those goals. I am offering special rates on allergy elimination treatments as a 'spring cleaning' special and to hone in on my skills in this area. The first appointment with me will consist of a full assessment of food and environmental allergens and a desensitization treatment on 4 allergens of your choice. Then, *your follow-up treatment, which may include other items from your list or reinforcement of previous treatment, will be complimentary.* Please mention this article when you make your appointment so that your allergy elimination care can be coordinated with your primary care physician at ECN.

Admin Corner: How to make your visit as smooth as possible, among other things

1. As most of you know, our doctor appointments are packed with information, and the more you as the patient are prepared, the smoother it will go!
 - Remember if you have any medical records from other practitioners the front desk would be happy to make copies for you to bring to your doctor—they WILL want them! Our medical release can be found on our website if you need it to request records from other doctors.
 - Think about the questions and concerns you would like to address while in your visit and *write them down*. Address this list as soon as you come in to make sure all your questions are answered.
2. Leah is leaving our front desk position to pursue her law degree at UC Davis. Congratulations, Leah! Laura will be joining us this summer at reception, so please remember to have patience and welcome her to the team!
3. When ordering pharmacy, please be sure to give the front desk one week to mail your supplements. Often supplements will not be in stock but will arrive shortly after your order is placed and will then be mailed with the rest of your order. Also, if you are coming in to pick up supplements, remember that Thursdays are our busiest patient days. If you can avoid supplement pick up on Thursday, please do!
4. If you are sending in a prescription request, please keep in mind that the doctors may not be able to fill it the same day. Dr. Laura is out of the office on Tuesdays, so if you send in a request on a Friday, she may not be able to fax it to your pharmacy until the following Wednesday. Also, Dr. Loren is only in the office on Tuesdays and Thursdays, so please give her at least a week to fill your prescription request.
5. Be sure to look at our new calendar on the blog for office closure information and when doctors are out of the office.