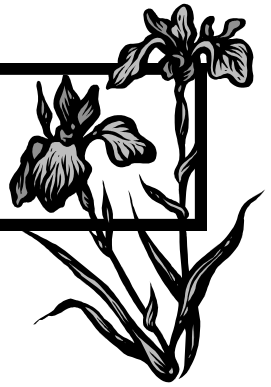


Emerald City Clinic

Newsletter

www.emeraldcityclinic.com

Spring 2009



Twenty Five Years in Practice:

Naturopathic Philosophy

by Molly Linton, ND, LM

This year marks my 25th year in practice and I want to thank each and every person who has allowed me to be a Naturopathic Physician. I am grateful for each day I have been able to practice this powerful medicine. Each client, colleague, friend and family member has been my teacher and I have truly loved the continued study of improving the condition of the human family. You are all invited to help me celebrate this summer (outlined in this newsletter) because I believe in celebration. And on a more serious note, at this milestone I want to reflect back on the changes I have seen in my clients and in our planet.

Each year the Naturopaths in the Northwest get together for a convention that always leaves me in awe of the power of the knowledge possessed in our profession, especially in these times. This year, my first emotional reaction was great sadness as we talked about the level of toxicity on our planet. Dr. Dietrich Klinghardt pointed out something to me that I had to agree with. He asked where the “happy mothers” have gone. When I started attending childbearing women and their families 27 years ago, the postpartum period was generally joyous, full of happiness and hormonal bliss. I have to agree that now the majority of the mothers are run down, stressed out, adrenally exhausted with incredible family stressors. Another presenter talked about the 287 industrial chemicals found in the average newborn’s umbilical cord blood, nearly half of which are known carcinogens. I ruminated over this for a few days and then found once again the strength to focus on a solution rather than to “muck around in the futility of this.” Humans are remarkable miracles, we are capable of learning and changing. My job as a physician has always been to support my clients’ physical health while they evolve emotionally and spiritually. So, in that vein, it is important to assist the body in releasing poisons faster than we put them in.

As I sat through hours of lectures, Molly’s “5 Point Health Plan” still held up to the “acid test” of supporting the system enough to bear the toxic burden which we are exposed to. But I thought I should tweak it to assist this detoxification focus:

1. Water: You all know that you need to drink 1/3 of your body weight in fluid ounces/day with 8 additional ounces consumed for each vice. You might consider drinking some alkalizing water since most of our bodies are too acidic from the toxic burden. Consider putting electrolytes in the water or making sure you get 3 cups of veggies/day to give the body the minerals it needs to absorb the water.

2. Diet: EAT ORGANIC. It is a must. Please repeat my new mantra about diet: “protein and veggies, protein and veggies,

protein and veggies, a piece of fruit, some complex carbs.” Please reduce the refined carbs in your diet and eat more veggies and fruit.

3. Sleep: I know that Dr. Sara is going to cover this in detail in her article. But I cannot over-emphasize how each lecture spoke about the importance of good sleep hygiene. You cannot deal with the level of stressors in our environment without proper sleep. **TURN OFF THE ELECTRONICS AND GO TO BED.** Choose health.

4. Exercise: People who exercise will live longer than people who eat well but do not exercise. A simple rule is: Eat Less, Move More!!!

5. Supplements: This is my least favorite thing to suggest to people but this is the area that I feel needs the most revamping in my clients’ regimes. In addition to a good multiple, calcium/magnesium, and Omega 3 oils, I believe we now need to protect ourselves from the poisons in our world. I believe that all people should add appropriate Omega 6 oils and vitamin D. Minerals should not be limited to just calcium and magnesium. In addition we need to consider assisting the digestive track with either supplemental probiotics or consciously eating fermented foods daily. I reluctantly also think that each person should be considering daily supplements to help liver detox such as glutathione, lipoic acid, beet extract, or liver tea. I do not know if it is possible for the average, health conscious individual to “get the poisons out faster than they are going in” without consciously assisting the elimination channels with these supplements.

I know the toxic state of our environment is discouraging but I truly believe that Naturopathic Medicine has the answers to our modern day plague and encourage you each to talk to your physicians at Emerald City Clinic to make sure you are optimizing your health as much as possible. I really feel the world is waking up to its possibilities and am more hopeful than ever. Once again, thank you for being a part of my Naturopathic Journey. Here’s to 25 more years!

What Does Your Number Two Tell You?

Part Two in a GI Health Series

by Loren Riccio ND, LM, CPM

If you are new to Naturopathic medicine or even a seasoned veteran, you are aware that naturopaths ask a lot of questions about your bowel movements. I have seen many alarmed and curious faces over the years wondering why am I asking so many questions about this. The questioning often begins with “do you look at your bowel movements?” or to the kids “do you look at your poo?” While to some this may seem embarrassing, there is a wealth of information that lies within the answers to the questions that we ask. If you don’t look, then now is the time to start.

What comes out gives us some information about what happens to the food and beverages that you consume. After you chew and swallow your food, it moves into your stomach, where it is mixed with acid and digestive enzymes. After your food leaves your stomach, it is squeezed through your small intestine, where nutrients are absorbed for use by your body. The food then goes into your large intestine/colon where water is absorbed. Whatever hasn't been digested and absorbed by your intestines combines with bacteria and other waste products and becomes stool. Stool is expelled from your body through your anus. If there are any problems along the way the clues will be in what comes out.

How often do you have a bowel movement? Many people respond with a quick "regular" as their answer, but regular to you may not be regular enough. Optimally you should be having a bowel movement within 30 minutes upon arising in the morning and after every major bolus of food. What goes in, must come out, and if it doesn't then see our last newsletter for part one of this story. Ideally you should be having at least one bowel movement every day. Many people don't and think "well this is normal for me" or "I have always been this way." This may be an indication of a long standing gut imbalance. If you are not having a daily bowel movement, then you are constipated. "Not daily," you say? There are two very important things to consider.

First, do you drink enough water? When I ask, "How much water do you drink in a day?" greater than ninety percent of the time the answer I get is "not enough." You need water to hydrate your body, your cells, your tissues, and your stool. Without enough water your stool can become hard and difficult to pass. It may come out in little hard chunks rather than one solid piece.

Secondly, are you EATING enough fiber in your diet? I emphasize eating here because a fiber drink is not a substitute for whole fruits and vegetables which are rich in fiber and plentiful in other healthy nutrients. A spoonful of a fiber supplement is not enough and you miss out on the other nutrients and flavor that fruits and veggies provide. You need the fiber to grab onto toxins, waste, excess hormones and other things your body is trying to eliminate. If you are not moving these things through and out, this can lead to inflammation and re-absorption of the things you were trying to eliminate. It is important to have both hydration and the bulk from fiber to move things through. Too much fiber and not enough water can slow things down. Think about it like a river: the water needs to flow to keep things moving.

There is a simple test that you can do to assess how well things move through your digestive tract. You can measure your bowel transit time with "the beets experiment." If you have ever eaten beets and then looked at your stool, you'll have noticed some red coloring that comes out with your stool. This can tell you how long it has taken from eating the beets to eliminating them. The time it takes for the food to go from your mouth to your anus is the bowel transit time. A healthy person should have a bowel transit time ranging from 8 to 14 hours. If the times are much longer, 72 hours or more, it may indicate a slowed bowel function. This can vary from person to person due to diet, age, climate, exercise, and medications. Note that seeing red in the toilet or on the toilet paper that is *not* due to beets is



likely to indicate blood, and *any blood in your stool should be discussed with your doctor.*

If you notice bright red blood in your stool this may be due to hemorrhoids which are often due to liver congestion. Your liver is a major processing plant in the body. If your liver gets backed up, so do all the blood vessels that feed into it, including the hemorrhoidal veins. This acts like traffic congestion on highway I-5. If there is a traffic jam, then all the oncoming ramps will be backed up as well. You can encourage the flow through your liver with Epsom salt baths, castor oil packs over the liver, liver support herbs (milk thistle), and liver support foods (beets, artichokes, turmeric).

A few other ways to support your liver and bowel movements besides diet, hydration, and exercise are with hydrotherapy, visceral manipulation, homeopathy, and acupuncture.

Stay tuned for part 3 in our next newsletter: "How Do I Know If My Digestion is Healthy?"

Sub-clinical Hypothyroidism: a Common Cause of Fatigue *by Laura Walton, ND, LMP*

The thyroid is a gland in the neck that is responsible for secreting thyroid hormone, which helps to set the body's metabolic rate. I am writing about it for this newsletter because I am finding that more and more people have "sub-clinical" hypothyroidism. This means that while they fit the symptom picture of hypothyroidism, they may not fit the laboratory diagnostic criteria of classic hypothyroidism. Further blood testing may reveal that their thyroid gland is either not making enough thyroid hormone, not converting that hormone into its active form, or the feedback mechanism to the brain is not working properly.

The thyroid hormone requires many steps to work properly, and most doctors do not check all of the steps, therefore they miss a diagnosis of hypothyroidism. Undiagnosed, or un- or under-treated, hypothyroidism can lead to fatigue (especially in the afternoon), constipation, cold hands and feet, and hair loss, among other things.

The diagram on the next page shows a simplified version of thyroid hormone production. The gland needs iodine, tyrosine, and B12 to secrete T4, which is converted to T3 in the liver, muscles and other tissue. This conversion requires selenium, zinc, and iron, among other nutrients. Free T3 is 5-10x more active in the body than free T4. There is a feedback mechanism by which the pituitary gland in the brain senses how much circulating thyroid hormone there is and secretes TSH, thyroid-stimulating hormone, to tell the thyroid gland how much T4 to produce. Other factors in this cycle are:

- TBG, thyroid binding globulin, which binds thyroid hormone so that it is not available to the surrounding tissue (Free vs. bound hormone)
- rT3, reverse T3, which the body creates either under chronic stress or when there is heavy metal toxicity or chronic infection. rT3 is not active in the body.
- TPO, thyroid peroxidase antibody, which, when present, indicates autoimmune thyroiditis or Hashimoto's disease.

blood flow to the hair follicles and thus a loss of hair. Secondly, the “fright and flight” reaction of stress reduces the production of hydrochloric acid which interferes with the ability to digest minerals. This leads to the second consideration: healthy hair requires iron. The iron is important because if we do not have ferritin levels (iron stores) of 40-50 we will lose hair. Finally, the thyroid, which depends on iodine *and* good adrenal function, regulates the blood flow and growth of hair. If it is taxed in any way we will lose hair. Simple blood tests can identify deficiencies which underlie hair loss, thus helping the physician to best design a program to restore hair health.

For the Computer Savvy:

Email has become a convenient way to correspond with your healthcare provider. However, we’d like to remind you of a few key points:

1. Email needs to be reserved for follow-up questions having to do with health issues discussed in a previous appointment. Please allow 72 business hours for a reply, and realize our physicians do *not* check their email over the weekend. You can *always* page your doctor in case of emergency.
2. If you have an urgent matter, please do *not* alert your physician via email. Instead, please call the front desk at 206-781-2206 to inform your doctor.
3. If you have a new health concern that you would like to discuss with your doctor, please make an appointment with the front desk. We want you to receive optimal care, and this is best accomplished by face-to-face interaction with your physician.
4. If you do email your physician with new health concerns, this will incur a charge. If there is *extensive email* follow up to a previous appointment, this may also incur a charge.



ADMINISTRATIVE REMINDERS

It’s Time Once Again for the CIMT Scanning: This quick, easy, in-office cardiovascular screening exam is more predictive of heart disease than blood tests for cholesterol, C reactive protein, and homocysteine. It is even more predictive of heart attacks than the standard stress EKG.

Our next CIMT will be on July 8th from 8:30am-12pm. The scanning takes 10 minutes, patients are not exposed to any radiation and do not need to undress. Vital signs will be taken before the scanning, and a follow up visit will be scheduled for 2 weeks after the test. The procedure costs \$175 if you prepay at the time you schedule or \$200 if you pay on the day of service. Please call the office to schedule and with any questions you may have.

New Pharmacy Waitlist Protocol: Due to a high volume of patients requesting that supplements be ordered and held for them, we have instated a new pre-payment policy. If we are out of an item that you need, we are now asking that you pay upfront for the item. When it comes into stock we will call you and either mail the item by request for a nominal fee plus shipping cost or you can pick it up at your convenience.

Superbills: Please remember to ask your doctor *during* your visit for a “superbill” which you can submit to your insurance for reimbursement. The doctor needs to select the codes on the bill that correspond to your diagnoses and treatment. Superbills requested at a later time cost \$3.00 each.

Visit Required to Go Over Test Results: Be sure to schedule an appointment with your doctor to go over any blood work or specialty tests that have been ordered for you. Emerald City Clinic staff do not release test results to patients until the doctor has gone over those results with you, to insure you understand the implications and recommendations for your health.



Meet our new resident, Dr. Dickson

Tamara Dickson, who is originally from New England, has been interested in medicine since childhood. She received her Bachelor’s Degree in Psychology from State University of New York at Purchase College while also beginning her pre-med studies. Having suffered from eczema and upper respiratory allergies for many years, Tamara grew to prefer botanical, homeopathic and other natural therapies. When she was introduced to the field of Naturopathic Medicine, the attraction was immediate. She felt strongly that it would be the best way for her to assist people on their paths towards wellness. The Naturopathic principles aligned with her personal beliefs, investigating and treating the cause of dis-ease appealed to her practical and analytical nature.

Tamara is deeply excited to work alongside the practitioners at Emerald City Clinic. She is looking forward to developing her voice as a doctor through the exposure to their unique patient management skills. Tamara’s approach to treatment is grounded in diet and nutrition, supplementation and botanical medicine. She still holds an interest in treating mental health issues and hopes to become more competent in pediatrics so that she may be a well-rounded family practice doctor. In the future, Tamara aspires to make Naturopathic medicine available to underserved and previously unexposed populations. Additionally, she is fluent in Spanish and has training in Reiki and teaching Hatha yoga.



Dr. Molly's Corner



MOLLY'S 25 YEAR CELEBRATION: We will be celebrating Dr. Molly's 25 years in practice with a "Hoe Down" on July 18th, 2009 from 1-6 PM at Emerald City Clinic. Food and beverage will be served buffet style. Be sure to bring your dancin' shoes, as there will be square dancing with a professional caller! We hope you all can join us, and children are welcome!

DR. LINTON'S SCHEDULE: I am traveling a lot this year and will be gone for extended periods of time in August and October. The practice will always be covered by our competent medical staff but I want my clients to be aware of the scheduling difficulties in those months so you can plan ahead.

COLLABORATIVE CANCER TREATMENTS are essential to maintaining optimal health before, during, and after any allopathic treatments. Before any biopsy make sure you are on fractionated pectin to prevent metastasis. Emerald City Clinic also has special nutrients to protect your immune system while on chemotherapy or radiation. Each program is individualized so please contact the office to make an appointment to optimize your health during cancer treatments.

RESTORE THE YOUTH TO YOUR FACE: We have available for trial use a product from NuSkin that uses Galvanic current to tighten and rejuvenate aging skin. It is used with a great collagen product to restore the health of the skin and tighten sagging skin and wrinkles. It is relatively inexpensive, MUCH healthier than Botox, and can be done at home. Please call and schedule your free 20 minute session to see if you would like to purchase this. It shows results the first time.

RECYCLE AND REUSE: Do not throw away your old corrective lenses (glasses), whether prescription or not. Please bring them to Emerald City Clinic and we will donate them to optometrists that go to under-privileged countries and do free eye care. They match the patients to the best prescriptions they have, so the more glasses they bring, the better the chances of finding a suitable pair.

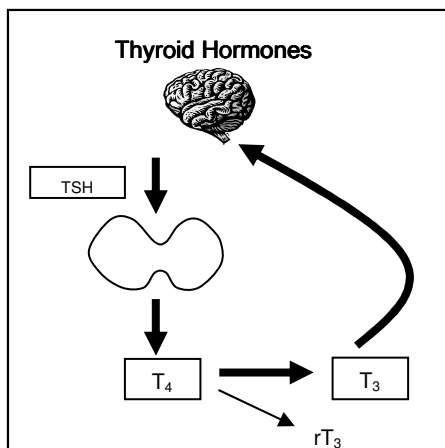
SWINE FLU: The best defense against any microbe is to keep your immune system healthy, NOT to immunize. Please *do not immunize* without discussing it with your physician at Emerald City Clinic. Besides washing your hands, follow the 5 point health plan. Get enough sleep, eat well, stay hydrated. Avoid sugar, which reduces your white blood cell count for 4 hours. In addition to that, the ingestion of good probiotics, omega 3/6 oils and extra garlic are great immune supports. If you get any flu symptoms contact us immediately because the use of high dose vitamin A, Chinese mushrooms, and homeopathics can mitigate the flu immediately. Botanical anti-virals are also strong and effective.

RETURN SERVICE REQUESTED



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This can be inherited or developed, often as a result of heavy metal toxicity.



Anywhere there is an arrow on this diagram, there is a possibility for a problem in the system. Many doctors only test for TSH, as it is widely considered a screening test for thyroid function. On top of only doing this one test, the normal range for many doctors is up to 5.5, which I have found signifies hypothyroidism.

In terms of lab testing, if a patient is experiencing fatigue, I will also test for at least free T3 to find out how much active circulating thyroid hormone is available. If this is not optimal at 3.3-3.5, I may add tests for free T4, rT3, TBG, and/or TPO. Doing these tests will allow me to pinpoint exactly where the thyroid system is off, and treat accordingly. I cannot stress how important this is in treating hypothyroidism. If we know where the problem is, we can easily identify the most efficacious treatment. Additional testing to determine iodine deficiency may be necessary to refine treatment options (see “Iodine Testing” in this newsletter).

To add to the complexity, there is a relationship between the thyroid and adrenal glands. Often, when someone is adrenally fatigued, the thyroid will attempt to take over the job of providing energy while under stress. Because the thyroid gland is not designed for this, it can burn out easily. So, for many people, it is important to treat the adrenal glands as part of the treatment of hypothyroidism.

Hair and Nails: Another clue?

by Molly Linton, ND, LM

The hair and nails of the human body are the “waste products” of our bodies and indicators of the overall health of the body. What I mean by the “waste products” is that the hair and nails are the last priority in the use of our resources. If we do not have enough quality leftover building blocks after essential systems have been supplied, this deficit will be reflected in the structure of the hair and nails.

The nails should be strong and smooth, and the nail beds should be pink with no white spots. If you push down on your nail beds until they have blanched, they should rapidly “pink up again.” The cuticles should be moist and flexible, and in a perfect world the half moon should be visible. The following variations in the nails give you and your physician information about your nutrition and digestion:

- **White spots:** If there has been no trauma to the nail, these are often a sign of zinc deficiency due to stress.
- **Vertical ridges:** Often this is a sign of inadequate protein, either from poor intake or poor assimilation.

- **Horizontal ridges:** These often mean that there is a fungal infection at the nail bed. Most often found in the toe nails, it is more severe if found in the finger nails. Fungal infections in the toes are NOT just a local problem and should be addressed as a message about the overall immune system.
- **Dry cuticles:** This is a sign of omega 3 oil deficiency either from poor intake, poor digestion, or metabolic control issues such as poor thyroid function.
- **Poor perfusion:** The inability of the nail to blanch and refill rapidly is a sign of cardiovascular involvement such as anemia, blood pressure regulation, and/or thyroid weakness.



Healthy hair should be thick, shiny but not oily, strong, and evenly spread. There are exceptions to normal male and female patterns of baldness and thinning hair, both genetic and age related, that can be distinguished in a good health history. But I see people accepting early graying and thinness of the hair too easily. As with the nails, the health of the hair is not only a reflection of the availability of proper building blocks but of the overall cardiovascular

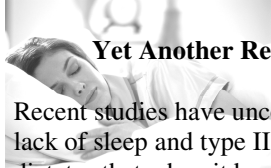
health for transportation of the nutrients and the functioning of the endocrine system as the control tower. It is my observation that hair quality usually declines before nail quality. Molly’s theory: Nails were evolutionarily used as tools and therefore relegated to a more important status in our bodies than hair. The following qualities of hair are significant:

- **Oil content:** too dry or too oily hair is often a reflection of the intake and digestion of oils. Hair should be smooth and shiny; however, there are genetic differences in hair that should be considered. For instance: often Asian hair is more oily and African American hair dryer. So when assessing hair quality you need to do it within a gradient appropriate for the hair type.
- **Strength:** The strength of the hair is usually a reflection of the stronger building blocks such as minerals and protein.
- **Alopecia or loss of hair:** Hair loss is a tremendous first diagnostic tool and warning sign of failing health. This is the topic I really wanted to write about but needed first to lay some foundation.

There are three major differentials that begin my foundational exploration as to why someone is losing hair. First, if you lose 20 strands of hair a day that is normal. If the thickness of the hair does not change, the loss of hair is the normal cycle of losing and growing hair. Also, women normally lose hair in the post partum period back to the thickness they had prior to pregnancy. These are normal variations, but if there is any additional hair loss the first three things I look at are the status of the adrenal glands, the involvement of iron stores, and thyroid regulation.

The most common cause of hair loss is stress. Stress will cause two major components to hair loss because of the rise in cortisol/adrenaline. First, stress causes constriction of the peripheral vasculature to drive the blood to the core of the body to “run from the tiger.” This causes, among other things, a reduction of

Words From Dr. Sara Kates-Chinoy



Yet Another Reason to Get Enough Sleep

Recent studies have uncovered a direct link between lack of sleep and type II diabetes. Our circadian rhythm dictates that when it becomes dark outside the level of melatonin rises in our body and we become sleepy. It turns out that there are not only melatonin receptors in our brain to create sleepiness, but also in our pancreas. In the pancreas, melatonin tells our cells to lower insulin production. Our wise bodies are designed to lower insulin production at night to balance our blood sugar because we don't eat at night. We sleep. Or at least that's what nature intended.

In fact, the gene that encodes melatonin receptors is the same gene that helps to determine healthy glucose levels. This means there's a reason that we crave starchy sweet foods if we are sleep deprived. If lack of sleep disrupts regular melatonin cycling, then at night we will continue to produce a high level of insulin and we may feel hypoglycemic: like we need more sugar. In one study healthy young adults who were not allowed to reach deep sleep for just 3 nights developed a blood sugar imbalance.

So what's the cure? Eat in the daytime, sleep at night! If you're not sleeping, practice prevention and come in for a visit. We need to get you some rest!

Pharmacy Feature: N-Acetyl Cysteine

N-Acetyl Cysteine (NAC) is an exceptional support for liver season, playing important roles in:

1. **Liver detox**, playing a dual role as a sulfur donor for detoxification enzymes and as an essential source of glutathione recycling. NAC acts as a heavy metal chelator in the body, and it is used in hospitals to antidote Tylenol toxicity because of its liver protective properties.
2. **Heart health**, acting as a methyl donor to reduce levels of homocysteine, a marker of cardiovascular risk.
3. **Flu prevention**, to improve the quality of white blood cells and to thin mucus. Research shows that NAC helps to prevent the flu and to speed recovery.

Always supplement NAC with vitamin C and use under the care of your doctor.

It's Spring! The Fertility Scope is Now Available

The Fertility Scope is an almost pocket sized mini mi-

roscope that allows women to know which days of the month are their most fertile. Simply put a drop of saliva on the glass slide and let it dry. If there is a "ferning pattern" then conception is more likely. In studies this method correlates with true ovulation about 98% of the time. Available at our office for \$52.00. For more information visit: www.fertilityscopeusa.com.

Changes in the Vaccines for Children Program

Emerald City Clinic participates in the "Vaccines for Children Program" which provides state supplied vaccines for all children up to the 19th birthday at no cost. Beginning April 1, 2009 the state is requiring a screening process to assist in determining the proportions of Federal and State funding used to purchase vaccine. Washington is one of the few states to contribute local funding, making it possible to vaccinate all children that desire to be vaccinated.

At each visit that your child receives a state supplied vaccine we will be documenting your child's insurance status, whether it is (1) medicaid, (2) private, commercial insurance that covers all immunizations, (3) under-insured (insurance that does not cover all immunizations, (4) no insurance, or (5) Native American/ Alaskan Native. This Fall the state will be compiling the information collected to determine the annual estimate of patient population by status category. At this time, only data is being collected and there will be no other changes to vaccines being given or received at Emerald City Clinic.



Iodine Testing Available

There is now a 24 hour urine test available to evaluate whether you are iodine deficient. The cost of the test is \$70, a small price to pay for great information.

Qi Gong Classes Begin Again

Qi Gong is tonifying and detoxifying. It helps with DHEA levels, pain reduction, immune strengthening, mood balancing, neurological improvement, addiction recovery, and cardiac risk reduction. Beginning May 22nd, our Spring classes will be Fridays at 1PM outside in the park if it's sunny, and inside if it's rainy. The cost is \$80 for 8 weeks. We offer some discounts and try to make this series financially reasonable for everyone. Call the front desk to register. Please join us!

