

Emerald City Clinic

Newsletter

February 2003

The Principles of Naturopathic Medicine

Many of my clients have no idea what the principles of Naturopathic Medicine are and what guides our practice of medicine. I thought I would share them with you so that there would be a deeper understanding of the medicine. There are seven time-tested principles:

- First, do no harm (*primum no nocere*): By employing safe and effective natural therapies, naturopathic physicians are committed to the principle of causing no harm to the patient. An example of this might also be to wait and watch before “jumping in”. Another example is to start with diet before medications.
- Nature has healing powers (*vis medicatrix naturae*): The body has considerable power to heal itself, and the role of the naturopathic physician is to facilitate this natural process with the aid of natural, nontoxic therapies.
- Identify and treat the cause (*tolle causam*): Naturopathic physicians seek the underlying cause of the disease rather than simply suppressing the symptoms. They avoid suppression of the natural healing wisdom of the body, such as monitoring fever and inflammation rather than suppressing them.
- Treat the whole person: The individual is viewed as a whole, composed of a complex interaction of physical, mental/emotional, spiritual, social and other factors. This multifactorial approach results in a therapeutic approach in which no disease is automatically seen as incurable.
- The physician as teacher: Naturopathic physicians are first and foremost teachers who educate, empower, and motivate the patient to assume more personal responsibility for his or her health by adopting a healthy attitude, lifestyle and diet.
- Prevention is the cure: Naturopathic physicians are preventive medicine specialists. Prevention of disease is accomplished through education and a lifestyle that supports health.
- Establish health and wellness: The primary goals of the naturopathic physician are to establish and maintain optimum health and promote wellness. While “health” is defined as the state of optimal physical,

mental, emotional and spiritual well being, “wellness” is defined as a state of health, characterized by a positive emotional state. The naturopathic physician strives to increase the patient’s level of health or reduce disease. Even in cases of severe disease, a high level of wellness can often be achieved.

These are the stated principles of Naturopathic Medicine and are the backbone of our practice. Each physician at Emerald City Clinic is constantly reflecting on these principles when delivering health care. With regards to “health” here are some additional comments for your further consideration and understanding.

1. Another definition of “health” comes from our homeopathic traditions. “Health is freedom from limitations”. If something is limiting to you, it is not healthy. This statement in itself could cause years of reflection, but it is a good question to ask yourself: “Is this habit limiting me from arriving at optimal health?”
2. You are only as healthy as the environment you live in, whether that is the physical, emotional and/or spiritual environment. If you are in a toxic physical environment such as living under electro-magnetic towers, or working in a cigarette smoke bar, this environment is affecting you. If you are living in a “toxic relationship” emotionally and/or spiritually this will affect your health.
3. The idea of physicians as teachers is paramount to me. I recently was discussing with my daughter the different models of education and realized that I am a firm practitioner of the “interactive model” of education. This view is that the teacher/student relationship is constantly flipping in a very dynamic way. I wanted to emphasize that my clients (as our children) are my teachers as well. My mother always said she learned more from her children than she ever taught us. I have experienced that myself with my clients and my children.

We invite our clients to discuss these principles with any of the doctors at any time.

Molly Linton, ND

Heavy Metal Toxicity

During the past year we have been investigating heavy metal exposure as a cause of health problems in our patients. While several of the patients we tested did not have elevated levels of heavy metals in their tissues, many did. We found that symptoms improved for those individuals with elevated levels of heavy metals as the metals were removed from the body.

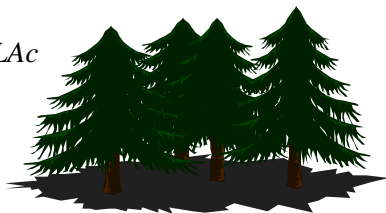
The metals most frequently seen in our patients are mercury, arsenic and lead. There are various sources of mercury exposure; these include eating tuna, swordfish or mahi mahi more than once a week, dental amalgams (silver fillings), broken thermometers, broken fluorescent lights, and thimerisol—a preservative used in some vaccines. Arsenic is found in soil in the Seattle area; it is also in wood treatments. The major exposure source for lead is lead paint in houses that were built before the 1970's, and lead water pipes.

Once heavy metals get into the body, they bind at sites where other “good” minerals are supposed to bind. Chelating agents are effective in removing them. These chelating agents are molecules with a special shape allowing them access to tissue and the ability to grab the heavy metal from it's binding site. Most chelating agents are not specific for a single heavy metal; instead they will grab any mineral or metal and carry it out of the body via the kidneys or the large intestine. For this reason, it is important that chelation is done only with medical supervision.

In conjunction with chelation one of the most effective means of removing heavy metals from the body is low temperature sauna. Heavy metals are lipid soluble; therefore they can be stored in cell membranes and fatty tissue. Low temperature saunas increase metabolism, mobilizing fats into circulation. Heavy metals are eliminated as these fats are excreted. Additionally, the composition of sweat from a low temperature sauna is different from sweat from exercise or high temperatures. It has a higher proportion of oil, which will carry the heavy metals out of the body with it.

Removing heavy metals usually involves a detoxification / metabolic cleansing protocol. Patients who have successfully completed our heavy metal detoxification experienced remarkable health restoration. For more information about detoxification see the article on page 3.

Melissa Minoff ND LAc



Sauna Testimonial

“Each time Dr. Molly suggests a treatment for my ailment of the day, I find myself saying (to myself) something like, “Oh, yeah, like that’ll work.” Or, “Great. How is THAT suppose to help me.” Well, I can honestly say that she has NEVER (in my case anyway) been wrong.

Recently, infrared sauna treatments were prescribed to help me with Hashimoto’s Disease, which had become quite disabling. I was struggling to stay out of bed during the day; my energy level was so bad. Along with low energy, I fought flu-like symptoms; a pounding heart when I stood, aching body, etc. With my usual compliance and reluctant attitude, I began infrared sauna treatments twice each week. (Know that this began nearly 4 weeks after starting a detox program and a variety of other directions that were offering some support, but not enough.) It was probably after my second or third sauna treatment that I began to make remarkable improvement—to the point where I actually began to feel well. Something I’d not experienced in nearly two years. I realized so much improvement from the treatments that I’m in the process of investigating an infrared sauna for my home. There are multitudes of other benefits from this therapy, including improving your skin and I’ve noticed that my knee (from an old surgery) no longer suffers the winter aches it usually does. I’ve become a convert and thought it would be helpful to let anyone know who might be considering this treatment.”

Satisfied Patient



Constitutional Hydrotherapy with Chemotherapy

Constitutional Hydrotherapy is a traditional naturopathic therapy that is used to boost the immune system. It stimulates the central blood and lymph flow resulting in an increased production of immune boosting white blood cells.

Recently, we have witnessed the effectiveness of constitutional hydrotherapy in a patient undergoing chemotherapy. The patient began constitutional hydrotherapy after her first round of chemo. Her platelet and white blood cell counts were so severely diminished as to discourage a second round. However, two weeks of constitutional hydrotherapy raised her white blood cell count by 56%, enabling her to continue the chemotherapy.

The Need for Detoxification

As a society, the environment we live in is much more toxic than it was even 10 years ago. We are exposed to toxins in our air, water, and food. The rate of cancers not associated with smoking is higher for those born after 1940 than before. This increase of cancer is due to environmental factors not related to smoking. New diagnoses are becoming more common such as multiple chemical sensitivity (MCS). This syndrome is caused by overexposure to environmental toxins resulting in increased sensitivity to some or all chemicals, dyes, perfumes, etc. One can consider these individuals as canaries in the coalmine; their immune systems herald the rising tide of our global environmental toxin levels. The most common environmental toxins are pesticides, solvents, and heavy metals. The primary effect on our systems is usually neurological.^{1 2} Other effects are on immune function and hormonal function.

Our ability to detoxify the substances we encounter on a daily basis, and thereby eliminate them from our body, is critical to our health. Once the detoxification systems become overloaded, byproducts of incomplete detoxification, called toxic metabolites, accumulate. This accumulation causes us to become increasingly sensitive to chemicals that were once non-toxic to us. Detoxification is accomplished mainly by two mechanisms: direct neutralization of the substance or excretion through urine or feces. The systems that become overloaded are those primarily responsible for these detoxification functions: liver, kidneys, intestines, lungs and skin.



Detoxification Programs

One of the goals of a detoxification program is to remove from the diet the foods that we are accustomed to eating on a daily basis. This allows the body to rest from the normal every day digestion and detoxification tasks we impose upon it. The body then has a chance to advance to a higher level of cleansing. Additional therapies enhance this process of removing toxins that may have been built up in the colon or other tissues of the body.

In addition to a “clean” diet a detoxification program will include several additional modalities:

- Sauna is one highly effective therapy that increases the metabolic rate of the body. Enhanced sweating facilitates elimination of toxins through the skin. Low temperature sauna can mobilize heavy metals directly.
- Colonics are useful to clear the large intestine of toxins and prevent reabsorption.
- Probiotics are often useful to restore normal bacterial flora in the intestines.

- There are several supplements that support the various steps in the detoxification pathway by providing cofactors or substrates necessary for efficient cleansing.
- There are several botanicals that aid in supporting the liver, kidneys and/or intestines during a detoxification program.
- For more targeted detoxification, heavy metal chelating agents are available that bind heavy metals in the body and thereby allow them to be eliminated harmlessly. The dosage schedules and chelating agents themselves will vary depending on an individual’s toxin level, kidney function, and sensitivity.
- Exercise, a part of any healthy lifestyle program is also useful in detoxification. The benefits: in increased metabolic rate, increased movement of lymph, and enhanced circulation to extremities enabling the mobilization of toxins that tend to accumulate in fatty tissue.

How do I decide if detoxification is for me?

Some level of detoxification can benefit anyone. A yearly detoxification protocol can be a good health promoting practice. A few of the specific indications for detoxification are:

allergies	arthritis
fibromyalgia	headaches
fatigue	auto-immune diseases
depression/anxiety	chronic conditions
constipation	obesity

While symptoms are a good indication whether detox is an appropriate treatment option, a toxic heavy metal analysis can indicate the specific need for detoxification. In addition, testing an individual’s heavy metal profile before undergoing a detoxification program, and then again at the end, provides measurable results. Of course from the patient’s perspective it is the alleviation of symptoms that confirms the value of the treatment.

Michelle Simon ND PhD

¹ Chambers, JE, Levi, PE, eds. *Organophosphates, chemistry, fate and effects*. San Diego, CA: Academic Press. 1992

² Arlein-Soberg P. *Solvent neurotoxicity*. Boca Raton, FL: CRC Press. 1992



Premera Blue Cross and Uniform Medical

Emerald City Clinic doctors Melissa Minoff ND, LAc and Michelle Simon ND, PhD are now contracted providers for Premera Blue Cross and Uniform Medical insurance companies. If you or someone you know has either insurance coverage please let them know that their visits to either Dr. Minoff or Dr. Simon will now be covered at in-network rates. In addition ECN staff will bill the visits to insurance for you.

Additionally, Dr. Minoff has applied to First Choice, Aetna and Cigna health insurance companies. Please check in with us in the next month to see if she has become a contracted provider for these companies. We are always striving to provide high quality as well as affordable health care.

Survive Heart Attack If Alone

Many people are alone when they suffer a heart attack. Without help, the person whose heart is not beating properly and who begins to feel faint, has only 10 seconds left before losing consciousness.

However, you can help yourself by coughing repeatedly and very vigorously. A deep breath should be taken before each cough, and the cough must be deep and prolonged, as when producing sputum from deep inside the chest. A breath and a cough must be repeated about every two seconds without let up until help arrives, or until the heart is felt to be beating normally again.



Deep breaths get oxygen into the lungs and coughing movements squeeze the heart and keep the blood circulating. The squeezing pressure of the heart also helps it regain normal rhythm. In this way, heart attack victims can get to the hospital.

Plastic Wrap in the Microwave

Using plastic or Saran wrap to cover food while reheating in microwaves causes poisonous toxins to migrate into the food. Not just carcinogens but also xenostrogen (linked to low sperm count and breast cancer) are shown to seep into the food.

Dr. Edward Fujimoto from Castle Hospital in Huntsville, Alabama extends the plastic wrap warning to microwaving food in any plastic or paper container; including TV dinners and soups that are prepackaged. Instead, he suggests using glass or ceramic containers that are microwave safe. Placing a paper towel over food in the microwave is a much better option than using plastic wrap.

FYI:

Records Release -We are always happy to release your medical records to another physician as a professional courtesy. We require advanced notice of at least two weeks. In addition you must sign a release form before the records can be sent. There is a charge if records are released to patients.

Free Physical Med. visit! —For scheduling your first detox visit ECN will give you a free Physical Medicine treatment (sauna, steam shower, constitutional hydrotherapy). The physician will decide what treatment is appropriate for you.

Web site- It is time ECN had a web site! Dr. Linton would like to exchange medical service for the development of a website. If you are interested please contact the office. 206-781-2206

Insurance coverage-Just a reminder that even if you are a healthy person never allow your health insurance coverage to lapse. You maybe subjected to a waiting period for pre-existing conditions or even denied coverage.

RETURN SERVICE REQUESTED

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