



Emerald City Clinic

Newsletter



Winter 2007

Molly's Thoughts for 2007

I have noticed an increased awareness of natural medicine in the general media and the allopathic community. The signs of this awareness, unfortunately, have negative rather than positive connotations about our medicine. The first one I want to address is the blanket recommendation by many allopathic healthcare providers (e.g. MDs, Nurse practitioners, etc.) for patients to stop all their supplements and natural products in preparation for some test, procedure, or medication that the allied health professional is recommending. Twenty years ago allopathic doctors were not even aware that their patients might be taking natural medicines so they did not take them into account. Now they are aware, but many are ill-informed and may tell a patient to “stop everything” without proper knowledge of the ramifications. Please do not stop your Naturopathic prescriptions without first talking to your ND! I would like to promote communication between the prescribing Naturopathic physician and your allopathic provider so we can discuss the interactions of the natural remedies with whatever the allopathic healthcare provider is suggesting. I think it will be another decade before that communication becomes routine; you can foster it by asking your allopath to call us to see if there are counter indications between your natural medications and what they wish to prescribe. Or email your Emerald City Clinic physician to ask for our input. We are trained to understand pharmaceutical interactions and natural remedies. We may even have you on something to protect from the side effects of the proposed prescription medications.

A second obvious awareness of the mass media of the importance of the natural healthcare movement is seen in recent articles about the “dangers of vitamins”. One of these was the Reader's Digest article about *10 Vitamins You Should Not Take*. I have not had time to research the newest statistics comparing the risks of allopathic vs. natural medications, but during a 6 year period from 1983-1988 the National Capital Poison Center had 1616 fatalities reported from major pharmaceutical categories both prescription and over the counter. In the same period there were no reported deaths from supplementation, suggesting that nutritional supplements are 1600 x safer. Nutritional supplementation is obviously safer, but the question is also, is it necessary? Do you need supplements? I have a handout on 24 good reasons why one would need vitamin supplements—you can check this out on our website. Generally speaking, the quality of our food is decreasing, our digestions are disturbed, and the stress level we live at demands more nutrients than we can get in the average diet even when it is composed of whole foods. We **do** need vitamin supplementation!

In summary: please do not stop any nutritional regime we have recommended for you without first consulting with your physician at Emerald City Clinic. Please let us know when you have gotten additional medical care elsewhere, and request that copies of your lab tests and procedure reports be sent to us. We want to be fully informed so that we can give you the best possible health care advice. Thanks to each of you for the trust you have placed in us.

Happy Holidays..... Molly Linton, ND, Chief Medical Officer

Is keeping the cold out stuffing up your home? Introduce some plant life...compiled by Laura Walton, ND

Many common houseplants help fight pollution indoors. They are able to scrub significant amounts of harmful gases out of the air, through the everyday process of photosynthesis. Not only do plants absorb carbon dioxide and release oxygen into the air, but they can absorb other gases like benzene, formaldehyde and trichlorethylene, rendering them harmless in the soil. This is good news for buildings where the air feels stale and circulation seems poor. Even in new energy efficient buildings, the amount of insulation in the construction can serve to trap pollutants indoors, resulting in ‘sick building syndrome’. The liberal use of houseplants is an easy way to make a dent in the problem.

There are many studies on indoor plants that are efficient air cleaners. NASA has studied houseplants for use on future space stations and their studies recommend that you use 15-18 good sized houseplants in 6-8 inch diameter containers to improve the air quality in an average 1,800 square foot house. The more vigorously they grow, the better job they'll do for you.



Some of Nasa's most efficient plants:

- *English ivy (*Hedera helix*)
- *Spider plant (*Chlorophytum comosum*)
- *Golden pothos (*Epipremnum aureum*)
- *Chinese evergreen (*Agla. modestum*)
- *Bamboo or reed palm (*Cham. sefrizii*)
- *Snake plant (*Sansevieria trifasciata*)
- *Heartleaf philodendron (*Philodendron scandens 'oxycardium'*)
- *Selloum philodendron (*Phil. selloum*)
- *Elephant ear phil. (*Phil.domesticum*)
- *Red-edged dracaena (*Drac. marginata*)
- *Cornstalk dracaena (*Drac. fragrans 'massangeana'*)
- *Weeping fig (*Fucus benjamina*)



Staying Sane During the Holiday Season

by Amy Wells, ECN Intern, ND Candidate 2008

Many of us feel overwhelmed during the holiday season. "Happy Holidays" may be a misnomer for you. Maybe you are feeling blue, or perhaps you have lost a loved one or a job or your life is in transition. Perhaps you are disheartened by the materialism of the season. All of these situations can make the holidays awkward and even painful. The following are some ideas about how you can ease the chaos of the upcoming holiday season.

- ✧ Be sure to continue or begin your exercise program. Moving your body lowers your blood pressure, decreases your cholesterol, increases your metabolism, increases your quality of sleep, decreases depression and anxiety, strengthens your heart and lungs, increases your libido, and reduces your risk of colon cancer, breast cancer, type 2 diabetes, etc. Imagine a drug that could do all this and help you to lose fat and gain muscle simultaneously! Good news is you don't even need a prescription to get all these benefits. It's free for the taking. Carve out 20-40 minutes a day for your aerobic exercise, 5 days a week. Do what you enjoy the most: walking, running, swimming, walking stairs, bicycling, yoga, pilates, weight lifting, etc.
- ✧ Eat protein at every meal. Protein will keep your mood stabilized. Unlike sugar and quick simple carbohydrates which raise and lower your blood sugar like a roller coaster, protein will keep you running at a more even keel, helping you to deal with whatever this holiday season tosses your way. Good protein sources are: a handful of raw nuts, hard boiled eggs, baked tofu, beans and meats.
- ✧ Get fresh air daily. Be still and breathe in that crisp winter air. Fresh air can stimulate your mind, enliven your senses and energize your body. Find a place where you can be outside, ideally in the woods or at the shore, moving and breathing in the beauty of the season. Mindful slow breathing can reduce stress, decrease anxiety, enhance vitality, reduce blood pressure, increase blood and lymph flow and calm the sympathetic/fight or flight nervous system. Sit somewhere comfortable. Inhale through your nose to fill your abdomen and then your chest, hold for 1 second, exhale fully and hold for one second again. Repeat for 5-10 cycles.
- ✧ Drink Water. Water is up there near the top of the list of things you can do to increase your quality of life. Hydrating your body will increase your energy, decrease constipation, sharpen your mind, aid in removal of toxins from your body, nourish your organs, reduce headaches, increase satiety and keep that skin looking healthy and radiant. You do the math: you need 1/3 of your body weight in fluid ounces a day plus 8 additional ounces per hour of exercise and per each vice (sugar, coffee, alcohol).
- ✧ Practice saying NO. It may be in your best interest to say no to that holiday party you never liked, or that box of cookies your neighbor always brings, but you never really enjoyed. Or say no to the traditions of the holidays that don't resonate with you. The stillness of the winter season is offering us a time to reflect, to go inward and notice what wants to be born in the following year. You can cultivate hearing this voice by listening first to the little voices of direction, such as "I'm full" or "I want to be alone, I don't feel social tonight" or "I'm tired- I'm going to bed." Sometimes saying no to others or to something that doesn't serve you is saying YES to yourself.
- ✧ Go Green this holiday season. If your tradition is to share gifts you could consider: buying from a local craftsperson, passing on a favorite book or something of yours that the receiver has admired, giving a gift certificate for a local service, including services from you. Perhaps offer those busy parents some babysitting for a date night, or offer to dogsit on their next vacation, give a foot rub or a homemade dinner when they need it most. Really, what we are trying to tell each other with our gifts is: "I love you, I appreciate you, I am glad to know you, thanks for being in my life." These messages can be simple, environmentally friendly and free.

Remember: this is your life and your holiday season. It can be whatever you want it to be. If you need more support during this Holiday season don't hesitate to call us and make an appointment. We wish you the best in health and personal fulfillment.

Emerald City Clinic Announces Enhanced Scope of Practice

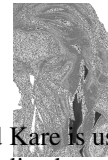
by Loren Riccio, ND, LM, CPM

We are excited to announce the expansion of Naturopathic scope of practice in Washington State to include the use of IV vitamin and mineral therapy. This provides a mode of delivery of high dose vitamins and minerals to better replenish deficiencies and to assist in creating deeper healing. When nutrients are given orally, we are limited by how much can be absorbed through the digestive system and by the sensitivities of the digestive system. Many people are familiar with the digestive upset or loose stools that are a result of high doses of oral vitamin C. By delivering these nutrients intravenously we bypass the digestive system and know the amount administered is the amount absorbed without any GI side effects.

IV chelation therapy can be used to reduce heavy metal burden by decreasing levels of mercury (and other heavy metals). We can accomplish in three months by IV what would have taken a year or more with oral chelation therapy. This is also achieved with fewer side effects. When acutely ill, IV nutrients such as vitamins B, C and homeopathic Echinacea can significantly reduce symptoms and recovery time. When chronically ill with viral infections (such as Epstein Barr, herpes, or cytomegalovirus to name a few), IV vitamins, minerals, and amino acids (building blocks needed to make proteins) can help strengthen your immune system defenses to reduce viral loads and improve over all well-being. IV nutrient therapy provides the doctors at Emerald City Clinic a great tool for addressing issues related to viral infection, heavy metals, and immune system strengthening, amongst many other potential uses. If you have a health care concern and would like to consider IV nutrient therapy, please discuss this with one of the doctors at your next visit to determine if IV therapy should be considered in your therapeutic treatment plan.

Kick that Kommon Kold!

by Lydia Wheaton, Dispensary Coordinator



A new immune support product in the Emerald City Clinic dispensary is flying off the shelves! Kold Kare is used to prevent, as well as treat, symptoms associated with the common cold, flu, sinusitis and allergies. It contains a standardized extract Andrographolides from the leaf of *Andrographis paniculata*. It is a traditional bitter Ayurvedic, Indian and Chinese medicine used prior to the invention of pharmaceutical antibiotics to fight upper respiratory infections, as well as to boost the immune system. It contains flavonoids, which are plant compounds well known for their antioxidant, anti-inflammatory and anti-microbial actions. Andrographolide increases proliferation of white blood cells, increases enzymes effective in quenching free radicals and protects the liver from toxic exposure. If you do find yourself or someone in your family suffering from the common cold, flu or sinusitis, please contact your doctor here at Emerald City to see if Kold Kare is an appropriate treatment. The doctors have been witnessing amazing results with this product, especially for treating sinusitis. Please keep warm and stay healthy this year! Best wishes for the Holiday season.

New additions to the Emerald City Clinic Family!

In order to provide an incredible opportunity for outstanding ND candidates graduating from Bastyr, ECN has instated a new intern position. Students who have earned the trust and respect of the doctors here at Emerald City have been asked to join us on a journey through the life of an employee here. Three students were hand-picked to learn the “ins and outs” of a medical practice, not only gaining more insight into patient care, but also realizing the work it takes to run a medical office as a business. You may see these ladies’ faces often at the clinic, and so we’d like to share a bit about them with you:

Amy Wells

I moved to the northwest from St. Louis, Missouri to finish my bachelor’s degree at The Evergreen Sate College in Olympia where my studies focused on the Sociology of Medicine and the History of Birth Control. I completed massage training here in Seattle in 1996 and have been in private practice for the past 11 years. I am currently in my final year in the Naturopathic Program at Bastyr and my passion for this medicine grows from my professional and personal life experiences. I plan to be a family practice Doc with a focus in pediatrics, postpartum care, and health counseling through life transitions. I hope our paths cross during my time here as an Intern. Thank you, in advance, for allowing me to learn through your healing journey.

Rachel Erickson

Born and raised in Spokane, WA, I moved to Seattle to earn a bachelor’s degree in Botany from the University of Washington and have since stayed on to attend Bastyr. I am in my final year studying Naturopathic Medicine at Bastyr University. I have a passion for women’s health, Cranio Sacral Therapy, Visceral Manipulation, and Endocrinology. I feel very fortunate for this opportunity to work more in depth with patients and doctors here at Emerald City. Naturopathy is amazing healing work and is so much fun!

Tara Stoop

I am in my final year at Bastyr University studying to become a Naturopathic Doctor. Before medical school, I earned a double major from UC Berkeley in Integrative Biology and Molecular & Cell Biology. I have trained for the past 4 years at various medical institutions including: Bastyr Center for Natural Health, the Barral Institute, Brenneke School of Massage, and Seattle Healing Arts. I have earned certifications in IV therapy, CPR and first aid and recently trained abroad in Papua New Guinea during a medical expedition. I feel blessed to have this chance to work with the doctors and patients of Emerald City Clinic.

It’s Time Once Again for the Carotid Intima-Media Thickness (CIMT, or IMT) Scanning!

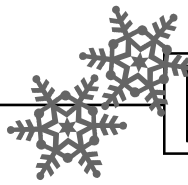
The doctors here at Emerald City Clinic were very pleased with the results of the IMT scans that were provided for our patients this past June. We have decided to repeat tests on many patients in order to track progress, as well as provide an opportunity for those patients who were not able to make the testing date last spring to participate this winter.

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.

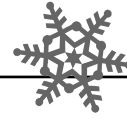
Unlike the health screening duplex ultrasound, which detects narrowing of the arterial lumen and velocity of blood flow, IMT measures the thickness of the arterial walls and visualizes the presence of plaque. It even categorizes the type of plaque, measuring the soft plaque that is most likely to rupture, leading to a thrombus. In fact, it is 10 times more predictive of heart attack and strokes than information on narrowing of the arteries, which is what the duplex ultrasound measures. This is especially true in females.

Emerald City Naturopathic Clinic will be scheduling appointments for IMT scanning on January 23rd from 8:30am-5 pm. The scanning takes about 10 minutes, and patients are not exposed to any radiation and do not need to undress. Vital signs will be taken before the scanning, and a return office call to go over the results will be scheduled for at least 2 weeks after the testing.

The procedure costs \$175 if you prepay at the time you schedule or \$200 if you pay on the day of service. We do not bill insurance directly, and payment is due at the time of service. We will provide you with a superbill for potential reimbursement by your insurance company. Please call the office to schedule and with any questions you may have.



Dr. Molly's Corner



Atherosclerotic Plaque Study: Dr. Darvish and I are doing a pilot study on preventing and dissolving plaque. We are looking for 20 participants (10 from each practice) who are at risk, based on personal and/or family history of atherosclerotic plaque and hyperlipidemia (high cholesterol or high triglycerides). If you have any of these concerns please contact the office to be considered for the study. Those included in the study will receive free treatment supplements, office visits, and diagnostic tests for the duration of the study—6 months to 1 year. We are hoping to get this started at the first of the year.

Full Circle Clinic: Many of our clientele still are not aware of the wonderful service that Emerald City Clinic is providing. We now have a low income clinic for people who qualify: If your gross family income is less than twice the federal poverty level, you are probably eligible for reduced service fees, free and reduced supplements, and free and reduced labs. If you think you qualify, especially if you have been avoiding health care for financial reasons, please call to schedule. Full Circle Clinic is open to the general public and not just current Emerald City Clinic Patients.

Aloe: A local company is offering 20 of our patients a free months' supply of AloeCure (an organic aloe derivative) for relieving epigastric reflux, heartburn and symptoms of GERD. Contact us if you would like to receive this product: frontdesk@emeraldcityclinic.com.

Vicks Vapor Rub—a report from one of my clients: “During a lecture on essential oils, I was told the sole of the foot can rapidly absorb oils. For example, if you put garlic oil on your feet within 20 minutes you will taste it! It was reported that when scientists at the Canada Research Council used Vicks Vapor Rub in this fashion, at bedtime, covering the feet with socks, they were successful in stopping night time coughing in children. Even persistent, heavy, deep coughing will stop in about 5 minutes, providing hours of relief. It seems to work 100% of the time and is more effective with children than prescription cough medicines. In addition, it is extremely soothing and comforting, helping them to sleep soundly. I heard the head of the Canada Research Council describe these findings on the part of their scientists when they were investigating the effectiveness and usage of prescription cough medicines in children as compared to alternative therapies like acupuncture.”

Interesting studies and weblinks sent to me by patients:

- Study on the toxicity of plastics: <http://isitinus.org/project.php>
- Unhealthy lunchboxes: Tip: The lunchboxes to avoid are made of PVC. These are typically the squishy plastic type of "bag" boxes. You can also order a lead lunchbox testing kit from the Center for Environmental Health: <http://www.testyourlunchbox.com>.

Lab reporting: Many of my clients have expressed a bit of “anxiety” when they receive a call asking them to schedule to go over blood work. Please note: 1. If you did not schedule an appointment to go over results when you had your blood drawn, you will receive a reminder call to schedule. 2. If there is a major health concern you will receive a call from your physician, not from staff.

Lab Handling Fees: There is a \$20 fee for any lab requisition that has been requested by the patient to be mailed or faxed to an off-site draw site. If you have your blood drawn at Emerald City, this handling charge will not accrue, but there is a \$25 blood draw charge.

Pharmacy Wait List: We have a pharmacy wait list which we use to keep track of patients who need products that are not in stock at the time of their appointment. It may take a few weeks before your product is ordered. We place orders to the larger supplement companies every few weeks, so the arrival of your order depends on the current ordering schedule of the clinic. If you urgently need a product, please let us know and we will make special arrangements for you. We offer discounts when 6 or more of an item is ordered. Thanks for your patience, and if you ever have questions about products you are waiting for, please contact Lydia, the Dispensary Coordinator at dispensary@emeraldcityclinic.com.

Tax Time: There will be a \$10 fee per family member for yearly account histories; requesting a receipt at each transaction provides this information without a charge. The physician will also provide documentation for flex spending/health savings/cafeteria funds at a nominal fee.

