

Emerald City Clinic

Emerald City Naturopathic Clinic

Winter 2011

Giving Thanks

Dear Emerald City Clinic Family,

As this year comes to a close I have to express my deepest gratitude for all the support I have received from each one of you. I know that not many doctors can walk away from their practice and have it run so smoothly.

To the clients of Emerald City Clinic: Thank you for your continued patronage, showers of affection, gifts and prayers, and for choosing to be part of our family. Thank you for being guardians of your health.

To my staff: Each day I know that my clients are being well attended to and that is such a gift of relief for me. Thank you for being so hard working and enjoying the profession I have held so



dear to my heart for so many years. Thank you for accepting the Mission of Emerald City Clinic, which I share with you, our clients:

Our Mission is to serve as a Naturopathic healing and teaching center where our clients receive a full range of natural medical services in a warm family practice atmosphere;

to promote wellness by embodying the definition of physician as teacher—educating our clients, colleagues, students and ourselves to live life in the healthiest possible way; to improve the health and well being of our community through service; and to provide a team-based work environment which exempli-

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fies health in the work place.

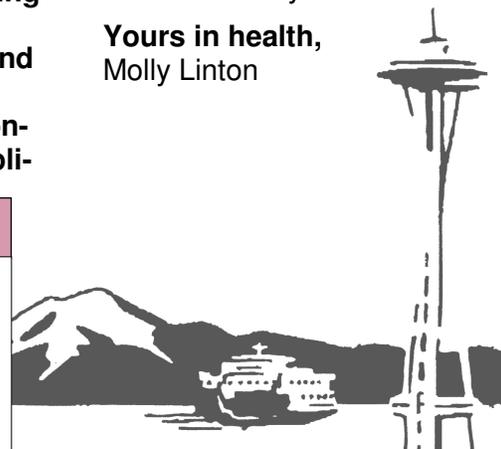
I'm wishing each of you a joyous, peaceful, holiday season surrounded by friends and family. Please know that I am grateful for each of you.

Yours in health,
Molly Linton

ECN's Upcoming Lecture Series

Tues, Dec 20th: Stress Management Come learn how to stay healthy during the holiday seasons! We will be discussing nutrients which are helpful during this stressful season as well as breathing exercises and physical activities which can help reduce the stress or anxiety the holiday season may produce.

We'd Love Your Feedback!: Although we did have many successful lectures, the participation level wasn't as abundant as we had hoped. Please let us know if you are interested in having us continue to lecture, and any topic ideas that you would be interested in! Please email Amanda@emeraldcityclinic.com. Thanks!



In Search of the Parasympathetic *by Molly Linton, ND, LM*

There are two major neurological regulation systems in our body: the sympathetic nervous system and the parasympathetic nervous system. The sympathetic is called the “fight or flight” response and the parasympathetic is the “rest and relax.” Over my years as a physician I have taught all my clients about the adrenal response and exhaustion caused by the overuse of our sympathetic nervous system. Cortisol or Adrenaline is released each time that we engage this system. The body will use this system when we are in harm’s way whether that is physical, spiritual or emotional harm. It will also engage it whether the harm is “perceived” or “real.” It engages it when any of our senses are stimulated to a perceived danger. It can be obvious like a car accident or it could be subtle like the strife of feeling the quality of our air being destroyed. The physiological responses of a “cortisol surge” are to send all our blood to the core of the body from the periphery so that we can run. We are designed for this for short spurts of time, not days, months and years. If we ask our bodies to do this for long periods of time then it results in adrenal exhaustion symptoms caused by lack of blood supply to periphery such as:

- Short term memory loss
- Hair loss
- Unhealthy skin and poor healing times
- Bad digestion, poor stomach acids, irritable bowels
- Blurred vision
- Numbness/tingling
- Exhaustion
- Muscle cramps
- Menstrual disorders
- Insomnia

• Anxiety
 These symptoms will continue to worsen as the system depletes its resources. Hence I have spent years trying to teach people how to feed their adrenal glands. Down regulating these stressors in our lives and mitigating the consequences is only part of the equation. That is where I developed Molly’s 5 Point Health Plan. I am relooking at this plan and trying to readdress balance in one’s life, especially mine; also trying not to deplete the resources as well. I have always expounded the need to put the “oxygen mask” on you first and I am trying to practice this. So although I am sure I have many more lessons to learn during this journey I am on, I will share the following thoughts.

I have been examining my breast cancer and why I got it and how to prevent any further cancer from reoccurring. Nothing is random and this has been a loud and clear message. I trust implicitly that my body chooses the best she can do given my circumstances, even breast cancer in the left breast. Breast cancer is often associated with severe traumas in a woman’s life 5-7 years before the onset. What I think is fascinating is that every cell in our body turns over in a 7 year cycle. I experienced probably the most traumatic year of my life 7 years ago which also resulted in moving to Bainbridge Island. Breast cancer is also associated with poor melatonin levels. Not sleeping exacerbates the situation. So, I have cultivated fertile ground for my body to encapsulate my stress and put in my breast. I want you to know I would rather have breast cancer on the outside of my body cavity than deal with cancer anywhere else. In addition, I know the toxicity of our world, includ-

ing the radiation we got last year on the west coast, had an additive effect. The statistical trend of breast cancer shows that one of two women will have it by 2020. Now I want you to recognize your response to this statement. You probably are having a “fight or flight” response which is not really healthful for you. As your physician, I want you to take a breath and relax. I do not want us to become complacent but I want you to know that breast cancer is not a death sentence, it is a chronic disease that we will have to manage. There are things I know we can do besides Molly’s 5 Point Health Plan that can minimize our personal risk.

I need to emphasize, in my own life and those of my beloved clientele, a message I used to send out each year. “*Live life as a vacation not for a vacation.*” We not only need to refill our adrenal glands from the stressors of life but we must reduce the stresses in life in the first place. We need to make conscious choices not to over extend ourselves to the best of our ability. Spend down time every day besides sleep. If we were to turn off electricity we would have better hours, we would not do as much, we would sit and smell the flowers. Reduce noxious influences that cause our body to respond with anxiety. Make sure you are authentic and being with people that really love you. Make sure your environment, the physical, spiritual and emotional, is as healthy as possible. We are only as healthy as the environment we live in. Try not to drain your cup of energy, but if you do, replace it by following the 5 Point Health Plan daily. Life is a matter of balance between the parasympathetic and the sympathetic nervous system.

Great Websites to Determine Toxicity Levels in Products!

Following are some websites you might want to look at to check your skin products and cleaning products. Things are graded on 0-10 toxicity. Please do not use anything

that is greater than 5. (Press Ctrl to click on link, or write the following in your search engine).

[Skin Deep® Cosmetics Database |](#)

[Environmental Working Group](#)

[Women's Voices for the Earth](#)

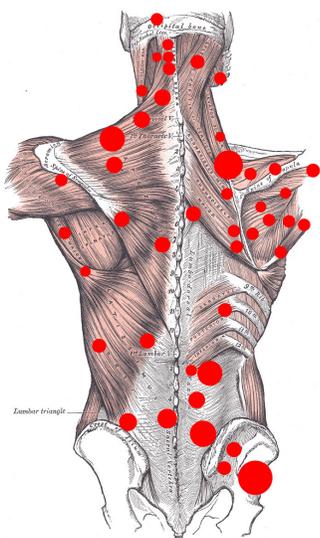
[Breast Cancer Fund Homepage](#)

Injection Therapy *by Gretchen Imdieke, ND*

I have recently had advanced training in injection therapy, and I have already seen great results in my patients. In this article, I am going to describe two types of injection therapy; Trigger Point Therapy and Neural Therapy. Depending on the type of injury or pain, the 2 techniques described below are often combined during treatments.

Trigger Point Therapy:

You may already be familiar with the term trigger point which is commonly used in massage or manual therapy. A trigger point is an area that elicits pain when pressure is applied. Often this pain radiates along the muscle or even into other areas of the body. Practitioners will commonly apply pressure to these points which will initially elicit pain, but then eventually the muscle relaxes and the pain subsides. Trigger points are hyperirritable areas that usually feel like nodules along the muscles.



They result in decreased circulation, increased lactic acid, and congestion.

Trigger point injection therapy is a technique which combines trigger points, inflammation modulators, and lidocaine or procaine to decrease or eliminate pain; both acute

and chronic. The inflammation modulator generally used is an injectable form of Traumeel. Traumeel is a blend of homeopathic remedies that decrease inflammation, but does not suppress it completely. Inflammation is an important part of the healing process and so we do not want to eliminate it completely. The lidocaine and procaine work by "resetting" the membrane potential of the cell. The membrane potential of a cell is the difference in electrical potential between the interior and exterior of the cells that make up our body. When a certain part of our body is injured, the membrane potential of that cell may change, which prohibits the cell from functioning properly. By injecting lidocaine or procaine into the cells, the membrane potential can be restored, and the cell can properly function again.

During this therapy, the practitioner will find trigger points and inject a mixture of Traumeel and procaine/lidocaine into the area. The response is amazing. Most people have decreased pain and increased range of motion immediately.

Trigger point therapy is great for conditions such as: acute muscle spasms, pain, inflammation, decreased range of motion, and any acute injury.

Neural Therapy:

Neural Therapy is also known as mesotherapy, Bineural therapy, bio-puncture or segmental therapy. This therapy was introduced by French physician Michael Pistor in the 1950's. This therapy involves superficial injections into the intradermal and subcutaneous regions of the skin. This injection therapy is used to treat tendonitis, carpal tunnel syndrome, plantar fasciitis, chronic joint pain, insomnia, lymphatic congestion and more.

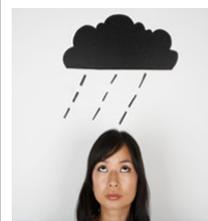
Neural therapy is much like trigger point therapy in which both Traumeel and lidocaine/procaine are used for the

injections. The main difference is that Neural Therapy injections are into the skin and Trigger Point Therapy injections are into trigger points in the muscle.

Something Like: During the first visit, I will determine which therapy is right for you, or if the combination of the two will be the most effective.

Emerald City Clinic will be offering a special on injection therapy through the end of the year. The special includes an initial visit and treatment for \$68 plus \$15 per vial of Traumeel used. Most treatments use one vial of Traumeel. Follow up appointments for the same area or condition will be \$48/visit plus \$15 for each vial of Traumeel used. Depending on the injury, most people will need to be seen once a week for 4 weeks and then monthly maintenance until the pain completely subsides.

••••• Suffering from SAD? •••••



ECN is offering a "Happ-B Hour" from 9am to 12pm Monday through Friday, which consists of \$25 B-12/B-complex shots for any of our patients!! With holiday season and rainy season just around the corner - we realize that you all may need a little extra adrenal support and energy.

You may receive these shots weekly without a doctor's prescription and more often if approved by a doctor throughout the winter months. Appointments will be 10-15 minutes long -- just give us a quick call on your way in, and we'll have you taken care of!

Using Foods to Stay Healthy During the Harvesting Season *by Cynthia Castillo, ND*

The fall season is here! The tree leaves are turning into vibrant shades of yellow, orange, and maroon. The sun sets on the horizon every day a little earlier, and the weather is getting colder as we approach the year's culmination. It is also the time of the year when we see a lot of people succumb to common colds and other respiratory infections; and what a better way to protect ourselves from the effects of the cold weather, than by giving our body the nutrients it needs to maintain strong respiratory and immune systems through seasonal foods.

According to Traditional Chinese Medicine (TCM) philosophy, when we consume foods that are grown and harvested in season, we remain in harmony with our external environment; our body stays healthy, and it is better able to adapt to changes in our natural surroundings.

For Chinese people, a helpful approach to understanding their ever-changing environment came from the observation of the elements they found in nature, and the realization of the interconnectedness between these elements. The five elements: Wood, Fire, Earth, Metal, and Water connect in a sequence which they called the Generating cycle (Figure 1). They realized wood could be used to make fire, as the fire consumed it turned into ashes that became part of the earth; from the earth they could extract metal that when melted became liquid and made water. Water nourished the fields and forests where the trees that provided wood grew. This cycle, they soon discovered, not only existed in nature, but also within our bodies. They began to define correlations between these five elements and the weather and seasons, as well as finding relationships with body organs, colors, flavors,

scents, and emotions.

Based on the Five Element Theory, Metal is the element corresponding to the fall season, and the Chinese organ associated with Metal is the Lung. The lungs are an organ that likes moisture and warmth. It is very sensitive to dryness and cold weather. If you observe your respiration during a cool autumn morning, you are quick to realize that a thin warm cloud of moisture comes out of your nose or mouth every time you breathe out. Therefore, in order to nourish our lungs it is important to eat foods of the season that moisten this organ, such as pears, apples, persimmons, oranges, daikon radish, and honey.

Furthermore, to prevent the lung tissue from losing too much moisture, it is important to consume a modest amount of sour foods. Sour foods have the property of being astringent and help preserve the lung's energy and moistness. Seasonal sour foods include grapefruit, pomegranate, and cranberries! Cranberry sauce, anyone?...

Another way to nourish the Lung is by consuming foods that are nutritious to the digestive system. In Chinese Medicine, the organs of the Spleen and the Stomach correlate with the Earth element. Following the Generating cycle, we observe that Earth gives rise to Metal. By nourishing the mother or generating element (Earth), we further nourish the son (Metal). Fall seasonal foods that are nourishing to the Earth element include sweet foods, starchy and root vegetables, carrots, yams, potatoes, squash, and pumpkin.

Continuing through the Generating Cycle and applying the mother/son relationship described above, we observe that by nourishing the lung or-

gan during the fall, we also strengthen the Kidney, the organ associated with the next season, winter. According to TCM theory, winter is the time of the year to conserve energy and revitalize the body, two very important functions that in Chinese medicine are attributed to the Kidney. During the winter, it is important to consume foods that are warming and rich in nutrients, high in protein and healthy fats. Pecans, walnuts, pistachios, chestnuts as well as poppy seeds and sesame seeds are all great sources of healthy fats. All of the animal protein sources including beef, chicken, duck, lamb, pork, salmon, sardines, and eggs are warming in nature. For those that prefer vegetarian sources of protein, black beans, fava beans, kidney beans, black soybean, and lentils are also warming and provide deep nourishment and support for the Kidney. Similarly, don't forget that culinary spices and seasonings can also be warming and increase the nutritional value of your meal. These include clove, ginger, cinnamon, peppercorns, and mustard seeds.

As we move through the fall season and approach Thanksgiving and winter celebrations, keep in mind some basic principles about food, nutrition, and eating. Remember to eat in moderation. Take time to chew. Eat in a pleasant environment. Avoid eating right before going to bed. Be positive about food!, appreciate how the different items on your plate are supporting your organs and tissues based on the principles discussed above, and allow your body to take the nutrients it needs to keep you going.

Remember, not only are foods grown and harvested in their correct season affordable, but they also provide rich flavor, great taste, and exceptional nutrition. Eating according to the seasons provides your body with the nutrients it needs to stay vital and healthy, in harmony with your environment, all the while helping to prevent the development of disease.

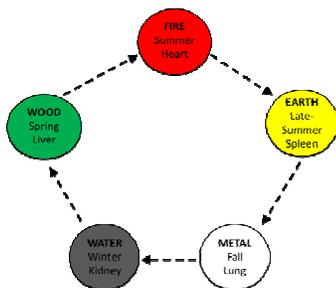


Figure 1. Five Element Generating Cycle

The Overlooked Detox Organs: The Kidneys *by Tamara Dickson, ND*

The liver and colon often get all the attention when people consider a detox. Countless over the counter ‘colon cleanse’ and ‘liver flush’ formulas are available in stores giving people easy access to tools to use to encourage the health of those organs. The kidneys also filter and eliminate waste for our bodies constantly, and with slowly growing numbers of kidney disease and kidney failure in our country, I think it is time to pay a bit more attention to kidney health. There is much more to kidney health than drinking a lot of water (which, of course, is great and I recommend you do for a variety of other reasons).

The problem with kidney disease:

The kidneys’ job description is long and complex; they filter the blood, measure electrolyte and waste concentrations in order to decide what to re-absorb and what to get rid of in the urine, they read and react to blood pressure changes and secrete hormones to help regulate blood pressure, as well as sense oxygen concentration in the blood and secrete a hormone that helps regulate the creation of new blood cells. It takes about one million nephrons, or functional filters, in each kidney to do this for our bodies every day. Ordinarily, these 2 million nephrons split the responsibilities evenly. When some nephrons become damaged or non-functional, the remaining nephrons work harder to make up the difference, making early kidney disease very hard to detect. Only once a critical mass of nephrons are lost and the remaining can no longer keep up with daily demands, do we begin to see evidence of a kidney problem even though it has been there for some time. Once the problem is detected it can progress rapidly in the absence of proper attention. When the kidneys are no longer able to filter on their own, regular dialysis is necessary to filter the

blood, and kidney hormones are artificially replaced.

Where it comes from: Diabetes and hypertension are the leading causes of kidney disease due to the added stress of high blood sugar and elevated physiological pressure on the nephrons. If you have either of these conditions, your physician is probably watching your kidney function closely. However, there are other less obvious risk factors and causes for kidney disease such as smoking, periodontal disease, having high total cholesterol, having low HDL cholesterol, age over 60, increased CRP (inflammation markers), and hospitalization within the last calendar year. According to the National Institute of Health, approximately 15% of Americans over the age of 20 show evidence of kidney disease.

Prevention-what you can do:

Appropriately managing diabetes and high blood pressure is the first order of treatment to protect the kidneys if these conditions are present. Quitting smoking is recommended. Because some heavy metals are stored in the

kidney and place undue stress on the filtration system, reducing exposure to heavy metals is important. Avoid using aluminum cookware, seek to have amalgam fillings removed or speak with your physician about heavy metal testing and chelation if necessary. There is evidence that regular use of infrared saunas support kidney health because the skin, through sweat, can share some of the detoxification effort with the kidneys that other organs cannot. Additionally, fill your diet with kidney supportive foods and avoid kidney damaging foods, both of which are exemplified in Table 1.

According to Eastern Medicine practices, the kidneys are also responsible for storing and managing fear. To address the emotional component of kidney disease, try not to manage potentially stressful situations without support, avoid horror/suspenseful movies or excessive exposure to upsetting or violent news broadcasts. Try to adopt a mindset of creating solutions instead of focusing on problems. Enjoy a few deep, belly laughs each day.

Supportive Foods		
♦ Berries	♦ Matcha	♦ Green Peas
♦ Cherries	♦ Green Tea	♦ Low Mercury Fish
♦ Grapes	♦ Hibiscus Tea	♦ Onions
♦ Organic Blue Corn	♦ Curries	♦ Garlic
♦ Celery	♦ Watermelon	♦ Coconut
Damaging Foods		
♦ Fast Foods	♦ High Fructose Corn Syrup	♦ GMO Corn
♦ Fried Foods	♦ Beer	♦ Coffee
♦ Splenda	♦ Distilled Alcohol	♦ Soy
♦ Aspartame	♦ Conventionally Raised Meats	♦ Boxed Cereal
♦ Hydrogenated oil		♦ Star Fruit

Table 1.



Meet Dr. Cynthia Castillo, ND

My desire to pursue a career in medicine, while rooted in early childhood, has had several twists and turns throughout my life. I have always been interested in the natural sciences, particularly in learning how the body works. My fascination for human anatomy and physiology began during middle school in my biology class when I delivered my first class presentation on the digestive

system. I was captivated by learning how the body operated in a complex but very elegant manner, in a series of intricate physiological reactions that harmoniously created life and a state of health. However, my desire to become a physician was not felt with full force until I was pursuing my bachelor's degree in Microbiology.

I was a very inquisitive student involved in basic science research, learning through my undergraduate courses and bench work experience about nature's tiniest living organisms, when my younger brother was diagnosed with multiple sclerosis (MS). Literature research allowed me to discover that for some diseases like MS, doctors not always have a definite cure. Yet, this was one of the many things I found so interesting and challenging about the practice of medicine; that the physician alone is not going to solve the

problem for the patient. The physician, with clinical knowledge and wisdom derived from cumulative practicing experiences, works together with the patient in discerning the most appropriate course of action to assist the patient in overcoming their health challenges.

I decided to pursue a career in medicine that took into consideration all aspects of the human being: the physical, emotional, psychological, spiritual, and social, as well as the interaction of the person with its environment. I obtained my Naturopathic Doctorate degree from Bastyr University in Kenmore, WA, and I am currently in my last year of clinical training in Acupuncture and Oriental Medicine.

I love working with people of all ages and different cultural backgrounds to address their health concerns, both acute and chronic. I like to take time to listen and learn about people's personal stories, understanding their individual needs. I like to form a partnership with my clients by assisting them in identifying and addressing internal body imbalances and encouraging them to be proactive about their own health. My goal is to support them through their own journey in finding balance on all levels of healing.

Through time I have discovered that the most important thing humans can achieve in life lies in our capacity to love and care for others. Therefore, I want to give humanity my dedication and knowledge since helping others is something I believe is a personal calling.

Meet Our New Neighbors

Daniel Abney, LMP 206-478-2523 danielabney@gmail.com 1405 NW 85th St

With my 20 years of experience and advanced trainings I offer to clients of all ages relaxation, injury treatment, acute and chronic pain relief. Your body is always the guide to choosing the best approach and treatment modality. Your physical, mental, energetic and spiritual needs are all considered on as many levels as you wish to include them.

I am certified in Craniosacral, and have advanced training in Lymph System Care, Visceral Manipulation, Postural Evaluation and Rebalancing. I am a Preferred Provider for many insurance companies and will do everything possible to bring care and comfort to those without insurance and with limited resources.

For those wanting an Energetic Healing focus I have Reiki and 30 years of training in different modalities that include healing the land and buildings as well as all the Beings living on it. Feel free to call me and chat about your needs and what I might do to help you.

Thank You
Daniel Abney

Minette A. Stewart, MA, CCC-SLP 206-650-1601 seattlespeech@gmail.com 1405 NW 85th St

Is your child struggling at school? Does your child have reading, learning, or social skill difficulties? Seattle Speech & Language Therapy Services can help! Minette Stewart, MA, CCC-SLP, just opened a new office in the 1405 85th Ave. building. Minette is a nationally certified speech-language pathologist with more than 8 years experience helping children, adolescents and adults with executive functioning deficits, traumatic brain injuries, developmental language delays, autism, dyslexia, auditory/language processing deficits, social skill deficits and other language-based learning difficulties. **Seattle Speech & Language Therapy Services provides comprehensive evaluations and 1:1 intervention.** December is the perfect time to complete language evaluations to get set up for intervention by January. **Call or email for a free 20-minute consultation or for more information.**

Notes from the Admin Side

Important Dates to Remember

Closures: Thanksgiving Holiday, Nov 24th-25th
 Inventory and Visioning, Dec 2nd
 Christmas Holiday, Dec 23rd-26th

IMT Dates for 2012: January 18th 8:30am-12pm
 April 18th 8:30am-12pm
 July 17th 8:30am-12pm
 October 18th 8:30am-12pm

Friendly Reminders

- Dr. Tamara Dickson continues to hold Saturday hours from 10am-4pm the third Saturday of each month. The office is open, so feel free to pop by to pick up your supplements on this day as well! Be sure to call ahead for exact dates!
- We are now offering Cognitive Testing: Cardiovascular disease and memory loss are showing high levels of correspondence...if you suffer from any cardiovascular problems, it may be a great idea to have a baseline memory test. Call the office to sign up today, \$100.00 for the test!
- Pharmacy: We are coming up rapidly on the end of the year, and we're attempting to keep our inventory down. If you have HSA or FSA plans that need to be used by the end of the year, please call and pre-order your desired items!
- We are still recycling old glasses! Just bring them in to ECN and we'll make sure they make it to the Lion's Club.

ECN's Infra-Red Sauna

Based on review study by nationally renowned environmental medicine specialist Walter Crinnion N.D. Alt Med Review 2011 Vol 16 Number 3

When the word sauna is used medical literature, it is most commonly referring to a Finnish steam sauna comprised of a wood paneled room with wooden benches and a radiant heater that keep the rooms warm. Steam is produced by pouring water over heated rocks. The standard sauna treatment last from 5-20 minutes followed by a cold swim or shower with a period of recovery at room temperature before returning the sauna- this cycle is repeated about 2-3 times.

Infrared saunas, like the one at Emerald City Clinic, use a heating element much different from the Finnish sauna and do not obtain the same temperatures. Infrared saunas emit incandescent infrared wavelengths as well as some red, orange and yellow visible light. These infrared wavelengths act mostly on the superficial tissue and do not penetrate as deeply into the tissue as steam sauna, although research shows beneficial health effects can result from either.

While in sauna therapy, the body's immediate, short-term reaction is increased heart rate and peripheral circulation, increased metabolism and oxygen consumption, increased endorphins and muscle relaxation, and sweating.

Proven benefits of regular, long-term sauna therapy are as follows:

- Increased respiratory volumes for those with asthma, chronic bronchitis or COPD

- 50% reduction in incidence of the common cold
- blood pressure reduction
- weight reduction
- improved heart ejection efficiency in congestive heart failure
- decreased arrhythmia in congestive heart failure
- decreased depression and appetite loss in depressed persons
- decreased pain in persons hospitalized for chronic pain
- decreased pain and manifestations of auto-immune arthritis

Sauna therapy has a long history and is widely used across different population demographics. It is thought that one of the benefits of sauna can be attributed to its depuration properties, or, the ability to take impurities out of the body. Although programs vary, the average sauna therapy consists of 3-5 treatments a week for a period of 4-5 weeks. Women in early pregnancy, persons with severe hypotension, persons who had a recent heart attack or life-threatening cardiovascular event and persons with certain skin conditions should avoid saunas and consult their physician before the use of sauna. If you are interested in having a sauna plan designed for your health needs, please contact Dr. Tamara at ECN. Our regular cost for infrared sauna use is \$35 per 15 min- you would be monitored by a physician or intern and supplied with electrolyte enhanced fluid to prevent dehydration. Mention this newsletter article when you schedule and receive every 4th sauna free. Call our office to schedule!