

Emerald City Clinic

Newsletter

April 2004

Virus Versus Bacteria

Molly Linton, N.D.

When we get sick it helps to understand the nature of the illness in order to properly treat ourselves. The two basic infectious agents for acute illness are viruses and bacteria. No fever, clear or white mucus, and an achy feeling usually mark viral illnesses. Bacterial illnesses usually have a fever and have green or yellow mucus. The achy feeling or headache is usually caused by the fever and therefore is later in the progression of the illness.

Children often have viral infections that have fevers. Viral fevers in children usually start mid afternoon and go into the evening. The fever tends to "break" in the morning and return again in the afternoon. This usually continues for 2-3 days and on the morning of the 3rd or 4th day they break out in a rash. The distinguishing factors to a diagnosis are where this rash starts and its appearance.

General treatment guidelines for acute illness in both the adult and child include:

Diet suggestions:

- No sugar. Sugar reduces your white blood cell count for 4 hours. Sugar includes fruit juices (except for the application of medicine) and white flour as well as "junk food."
- No dairy. Dairy increases mucus production.
- Lots of water. Room temperature water or hot teas hourly.
- Foods known for their immune support properties. Lots of garlic, parsley, spicy foods.
- Easily digestible foods. Often people are not hungry and should not eat if that is the case. If you do eat, better to eat steamed vegetables rather than raw. Better to eat proteins that are easier to digest, such as fish, tofu and chicken, rather than beans or beef.

Supplements:

You should stop all supplements that are not therapeutically indicated. Only take the things that will directly fight the infection, such as vitamin C, beta-carotenes, vitamin A, and zinc. B vitamins are often hard for the body to deal with during an acute illness. Oils are sometimes indicated and sometimes not. Minerals usually are indicated in dealing with the achiness.

Anti microbials:

- The anti-virals that Naturopaths use are echinacea, astragalus, lomatium, all the Chinese mushrooms such as shitake, reichi, as well as many of our culinary spices such as thyme and rosemary.
- The anti-bacterials include goldenseal, coptis, oregon grape and the essential oils.
- Garlic is good in any situation if you are not allergic to it.

This article is not meant to replace good medical diagnosis and treatment for an acute illness, but rather to give you a general sense of why Naturopathic Physicians make various recommendations.

Minimum Guidelines for contacting your physician:

- If an adult has a fever of 101 or a child of 103.
- Diarrhea in an adult longer than 3 days and longer than 24 hours in a child.
- Flu or cold that is not resolving in 3 days in either child or adult.



Medical Insurance: Truly Insurance or Medical Financing?

I have struggled both professionally and personally regarding medical insurance. It is a crisis in our country. As a Naturopathic Physician, I cannot do my medicine and make a livable wage if I am a "contracted provider." As a health care consumer I cannot afford insurance premiums. My financial advisor, Marti Lee, made the comment casually in my office that hit the nail on the head for me. Medical insurance is not insurance if it is financing our regular medical needs. It is a poor investment.

Now there is a better choice for the self-employed and self-insured. I wanted to let you know about “Health Savings Accounts” (HSA’s). “Health Savings Accounts” are savings accounts that are attached to high deductible insurance plans. Funds in these accounts are pre-tax dollars reserved for any out of pocket medical expense. You can draw from your HSA to pay the deductible of your insurance plan for services covered by the plan. You can spend for health care services *not* covered by your plan, such as dental, eye exams, supplements, Naturopathic care, therapy, massage, acupuncture, etc. The list is long. You put into the account whatever amount you want, up to a yearly maximum. It never expires and it collects interest. You save money by lowering your insurance premiums and you collect interest on your pre-tax dollars. The Health Savings Account is accessed by the use of an attached debit card or checks, and all approved expenses that you pay for in this way are automatically made part of your deductible. This is truly insurance. We need insurance for a possible health catastrophe, not for every day health care. The HSA allows us to cover those out of pocket expenses and reduce our taxable income.

For those of you who do not have the choice to change your insurance, please remember that many of your insurance companies pay “out of network” providers at some level. Call them and find out if this applies to your plan. Then ask during your visit for a “superbill” to submit to your insurance for reimbursement. We will supply the appropriate paperwork for you to send in for this purpose.



Sex Education:

You are never too old!!

Molly Linton, N.D.

The number of my clients who are not practicing “safe sex” or are under-educated about contraception has recently struck me. Surprisingly, a majority of these clients are over 40 years of age. My deduction is that many of my clients have recently re-entered the “dating scene”, and need to develop self-care skills in this arena. I strongly advise in their visits that they not “ignore basic health principles.” These numerous encounters with my clients compelled me to write this article because I believe there are many of you out there.

“Safe sex” is protecting one’s self from contracting sexually transmitted diseases, many of which are life threatening.

Sexually transmitted diseases:

HIV: This blood borne disease may not show up for 6 months after exposure, and may sero-convert to AIDS. It is detected by a blood test.

Hep B and C: Both these diseases can be detected in blood fairly quickly. There is still controversy about the transmission of Hepatitis C, but I still recommend that people consider screening for it. Both these diseases can lead to liver damage including liver cancer.

HPV (Human Papilloma Virus): This is venereal warts and can lead to cervical cancer in women. If a man had a previous partner who had “abnormal Paps” he may be a carrier and should be examined visually by a competent physician. Annual gynecological exams and PAPS monitor women for this disease.

Herpes virus: Condoms will protect from transmission but it is best not to have sex with open sores. This includes the transmission from an oral “cold sore” to genitalia or vice versa. If you have cold sores please remember that they are contagious. Detection is by swab collection from an active lesion, or by a blood test.

Chlamydia: This is a complex disease. It has been associated with infertility and pelvic inflammatory disease, chronic lung disease, and even heart disease in both women and men. Testing is by swab collection.

Syphilis and Gonorrhea: Although I have not seen a case of syphilis or gonorrhea in years, they still exist. Testing for syphilis is by blood and for gonorrhea by swab collection.

The bottom line is that you need to protect yourself. To put this into perspective, I ask all of my clients what they would advise their sons or daughters to do. Please have the adult in you take care of the child in you. Of course, the “safest sex” is abstinence, but barring that I recommend the following precautions for heterosexual couples.

1. Condoms must be worn at all times until the situation is deemed to be clear of all possible sexually transmitted diseases. The process includes discussing these issues openly with your sex partner, and getting a complete sexual and habit history.



- Maintain a “six month safe sex period” where you use condoms for protection even if there is no possibility of pregnancy. This six-month period is the length of time from the last possible exposure of either partner to a sexually transmitted disease. Have all STD screening tests mutually done at the end of that period. At that point the use of condoms may no longer be necessary for monogamous couples. If monogamy is not present, condoms should ALWAYS be worn.

These recommendations have induced many clients to “swear off” sex. As a physician, I believe sexual relationships can contribute to good health. But if you cannot take these simple precautions then it is “healthier” not to be sexually active.

As for contraception, unless the woman is post menopausal she still can get pregnant. Post menopausal means no cycle for one year and confirmation by a blood test, called FSH (Follicle stimulating hormone), that demonstrates ovarian activity cessation. There are many choices for contraception that can be discussed in an appointment.



Springtime, A Time for Cleansing
Stephanie Riley, ND Candidate 2004

Many of us associate springtime with opening up our homes, breathing in the warm fresh air of spring and cleaning out the stagnation of winter. We work in our gardens pulling out the weeds, tilling the soil, nurturing the ground, and planting our seeds in order to enjoy the visual and edible bounties of our gardens. But what do we do for our bodies, for our physical selves?

Springtime is not only time to clean out our lives and welcome in the warmth of the summer. Historically, almost all cultures have some form of detoxification or purification ritual, performed at minimum on an annual basis. In Catholicism there is the practice of fasting for Lent, and dietary restrictions on Fridays. Some less commonly known purification rituals are the “Vision Quest” of the Native Americans, the 6 weeks of “Pancha Karma” performed annually in the Ayurvedic tradition and the “Purification Rundown” in Scientology.

The Toxins in Our World

Based upon the world we live in, we are detoxifying every minute of every day. By not giving our bodies a break and the opportunity to detoxify, daily life is like vacuuming without ever changing the vacuum bag.



Modern society has dramatically changed the chemistry of the environment in which we live. In 1996 alone, over 418 million pounds of chemicals were released into the ground; 45 million pounds were released into surface waters such as lakes and streams; and more than 1 billion pounds of chemicals were released into the air we breathe. The most common toxins we are exposed to routinely are heavy metals, pesticides and solvents. These chemicals have a significant impact upon our neurological, hormonal and immune function.

In the Seattle area, the most commonly elevated levels of heavy metals we see in our patients are arsenic, mercury and lead. Mercury is ubiquitous in our environment; the biggest contributors to contamination are amalgam dental fillings and accumulated bioburden in fish. Arsenic levels in the Seattle area are largely the result of the Tacoma Smelter. The biggest contributors for lead are residuals from leaded gasoline and lead-based paint (used prior to 1970).

In addition to food contaminants, there is a problem with what is lacking in our food. The most common foods in our diet have become so refined that the nutritional quality of our food is significantly depleted. We have replaced the nutritional content of our food with colorings, flavorings and preservatives. Depletion of vital nutrients leaves overloaded detoxification pathways further overwhelmed.

Our bodies have mechanisms intended to minimize exposures to the toxins in our world. Unfortunately, all are challenged. Our 5 senses are our first line of defense, but we have become accustomed to ignoring their warnings. Our skin, although impermeable to water-soluble compounds, is readily permeable to fat soluble compounds. The majority of the toxins being produced in our world are fat soluble compounds. Finally, due to the prevalence of “leaky gut”, or compromised lining of the GI tract, our intestines are unable to protect us from exposures to the toxins we consume in our food and drink.

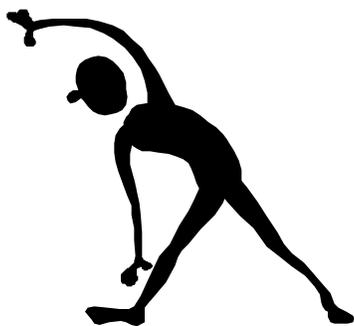
To process out the toxins we take in, we have 5 channels of elimination. These channels are the liver, GI system, kidneys, lungs and skin. The liver is the primary site for neutralization of toxins. The GI tract is second, being responsible for 25% of the first pass of breakdown of toxins. The skin, kidney and lungs follow by means of excretion through sweat, urine and air respectively.

Detoxification

There are 5 important components to a detoxification program. These are: a hypoallergenic diet, adequate water intake, daily exercise, physical medicine treatments, and proper supplementation.

The hypoallergenic diet gives your body a vacation from foods that are eaten on a daily basis, that are difficult for your body to digest, and that are full of additives & preservatives. A hypoallergenic diet emphasizes good quality, nutrient-rich, organic, whole foods.

Adequate water is essential for every function in your body; recall that our bodies are just under 80% water. Dehydration can lead to a multitude of symptoms, some of which include dry skin, heart palpitations, light headedness, inappropriate hunger pains, fatigue and vision changes. Thirst is largely a late and unreliable sign of dehydration.



Daily exercise is essential for supporting healthy lung function. More importantly, it increases your basal body metabolism and helps to mobilize fat soluble toxins. As Molly says “the person who exercises will live longer than the person who eats well.”

Physical medicine treatments are incorporated to specifically support the channels of elimination. As examples, exfoliating scrubs support the skin, enemas support elimination through the colon, contrast showers support the lymph & immune system, and castor oil packs support the liver.

A proper supplementation regime includes nutrients and botanicals that support the channels of elimination, protect against the toxins being mobilized and can be tailored to the individual need of the person. Examples include antioxidants to protect against damage from free radicals, marshmallow and slippery elm for the kidneys, milk thistle and dandelion root for the liver, fiber and acidophilus for the intestine, and essential fatty acids for overall support.

Is it right for me?

Should you consider a detox? Everyone can benefit from some degree of detoxification. An annual detoxification program can be a very health promoting ritual, and programs can be tailored to the specific needs of the individual. Specific testing can be performed to quantify body burden of heavy metals and tailor a program that includes chelation therapy. A few of the specific indications for detoxification are allergies, arthritis, fibromyalgia, fatigue, depression, anxiety, constipation, headaches, auto-immune disease, chronic conditions and obesity.

The Benefits

The hypoallergenic diet creates better eating habits which, in turn, support better blood sugar metabolism. Improved blood sugar regulation results in more energy throughout the day, improved sleep quality, and decreased food cravings. Additionally, many people struggle with underlying food allergies and, by following the hypoallergenic diet, food allergies can be identified with proper food re-introduction. This method is considered the “gold standard” for identifying food allergies.

Other benefits of the diet and detox program can include decreased gas and bloating, decreased abdominal discomfort, decreased PMS, decreased headaches and improved bowel habits....to name only a few.

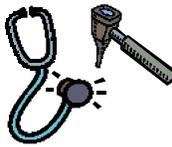
ECN offers 4 detoxification classes a year. Feedback from clients having completed these classes includes better energy, weight loss, improved sleep quality, menstrual cycle regulation, decreased menopausal symptoms, improved lifestyle habits and better overall health. These classes offer a custom tailored program and the support of detoxifying within a group setting. See the enclosed flier for Spring Detox details.

References

<http://www.worldwidehealthcenter.net/page-22.html>
Advanced Nutrition Publications, Inc., © 1994.

Meet Me:

Dr. Christopher Bosted, RN, ND
Libra, Scorpio rising, Capricorn moon



I am the oldest child of a large family and grew up all over the US as my family moved around where the jobs were. We landed in eastern Washington in 1987, where I finished high school and attended community college to get my degree in nursing.

I worked primarily as a Psychiatric RN for pediatric inpatients in Richland and then in Seattle while I finished two degrees. I worked my last three years as a nurse at Children's Hospital and quit to pursue doctoring full time.

I moved to Seattle in 1994 to attend UW, where I got my BS in Botany. I fell in love with plants and what they could do medicinally, which drove me in the direction of Natural Medicine. I started Bastyr University in the fall of 1997 and spent most of my free time working in and helping develop the large garden that is there today. While at Bastyr, I took the opportunity to speak at different garden clubs about plant medicine and gave tours of our garden. Herbs and plant medicine are still my passions and I look forward to the Spring each year as tiny buds appear and life re-invigorates the planet.

I graduated from Bastyr in 2002 and spent the next year working as a full time resident at the Bastyr Center for Natural Health, where I learned first-hand about primary care medicine and worked on my hands-on physical medicine skills. I believe this experience helped excite me about musculo-skeletal concerns and how I could help people feel better in their bodies.

I believe strongly in the healing power of nature and in the body's ability to heal itself with the right tools, whether it is through vitamin and mineral supplementation; herbs; energy-homeopathy, cranio-sacral, reiki; physical medicine--hydrotherapy, electrical stimulation, myofascial work, visceral manipulation or any combination thereof. We are privileged as Naturopaths to have such a full spectrum of knowledge and tools to work with to help find and treat the cause and bring you back into wellness.

I started working with Dr. Molly when I was a student and Dr. Sally was her Resident. I learned so much here that I kept returning each quarter just to be around the energy and the incredible learning experiences I was getting just one day a week. Now that I am here five days a week and taking call as Dr. Molly's Resident, my learning skyrocketed each day.

Each day I continue to be grateful for this opportunity and the experience I gain from working with all the bright and wonderful people who come to this practice to work, to get help, and to learn.

My office is in the Detox portion of the building and I am Dr. Molly's Physical Medicine Specialist and Resident. So bring me your creaking joints, your sore muscles and whatever seems to be ailing you and sign up for a Physical Medicine evaluation. I'd love to work with you to create your own health plan.

Meet Me:

Emily Horowitz, Medical Receptionist



A native of Rochester, New York, I have always lived on the East Coast, until my recent relocation to the great northwest. I graduated from Vassar College in 2000, where I studied history, political science, and theater. Upon graduation, I took a job with a non-profit housing agency in New York City called Common Ground Community. I loved Common Ground's environment and was inspired by the innovative work that the organization committed itself to. Eventually, my personal yoga practice led me from a professional path in community development to explore the world of holistic health and wellness in a more in-depth and career-oriented way.

In January of 2003, I began working with the Center for Traditional Medicine (CTM) in central pacific Mexico as an intern during their 20th Annual Traditional Medicine Colloquium. After traveling and studying Spanish in Mexico and Guatemala, I later joined CTM in their Olympia, WA office, where I studied Polarity Therapy and worked as a special projects assistant. The more that I learned about various modalities of healing, the more interested I became in naturopathy.

When the city girl within got the best of me, I decided that it was time to move from Olympia to the city environment that Seattle offered, and with great synchronicity, I learned about the opening at Emerald City Naturopathic Clinic. I felt certain that my love for working with people and my interest in naturopathic medicine would be perfectly satisfied by the parameters of the job, and my hunch was correct! I joined the office in the beginning of February, and have truly enjoyed my experience so far. I look forward to meeting those of you that I have not met already, and am excited to continue in my learning process here before I begin my formal training as a naturopathic physician.

What is Physical Medicine? Cristopher Bosted, R.N., N.D.

I think of Physical Medicine as a more hands on approach to health and healing. Outside of taking supplements and changing your diet, there are ways to help bring yourself back into optimal health. Some of you may have been prescribed a castor oil pack, sat in the steam shower or infrared sauna, or have experienced some visceral manipulation or craniosacral therapy. These are all considered Physical Medicine modalities.

Hydrotherapy-the use of water in all forms (steam, liquid, ice) has been used since Hippocrates time. It is great for detox, immune support, pain, and inflammation. Here we offer steam showers, peat baths, hot packs, cold sheet packs (sound invigorating?), constitutional hydrotherapy and hyperthermia baths.

Electrical stimulation and ultrasound are used for pain and inflammation of muscles, tendons, and ligaments that have been acutely injured or have been chronic problems. Often hydrotherapy and electrical stimulation are used together and can reduce pain dramatically.

Craniosacral therapy and visceral manipulation techniques are ways for us to tune into the fascial layer of connective tissue and unwind or release areas that are restricted or stuck. I think of fascia like a spider web wrapped around the entire body. If one area is stuck, it pulls on other areas causing pain and discomfort. So by releasing the stuck area, the web frees up and the tissue can flow smoothly, which often reduces pain.

Naturopathic medicine has so much to offer, and physical medicine is one wonderful aspect of what we do. I hope you get a chance to try everything.

Office Notes

I would like to personally welcome aboard our new Resident, Cristopher Bosted, ND, RN, and Emily Horowitz, front desk receptionist extraordinaire. I am really enjoying the staff. *Dr. Molly*

As many of you know Drs. Melissa Minoff and Michelle Simon set up practice March 1st, 2004 at Seattle Healing Arts. We wish them great success.

We are changing our name to reflect the change in our tax status. We will now be Emerald City Naturopathic Clinic, Inc., P.S.

The introductory session to our Spring detox class will be Tuesday, April 27th. We will not have a summer detox class but will resume classes in the fall.

Coming soon: New web site: EmeraldCityNDClinic.Com

We want to remind you that if you would like to pick up supplements from our pharmacy, please call ahead to make sure that the office has what you need in stock. Also, it is helpful if you plan ahead and order your vitamins and supplements well before you actually run out. That way, if we need to order something for you, your routine will not be interrupted.

RETURN SERVICE REQUESTED

*Emerald City Naturopathic Clinic, Inc. P.S.
1409 NW 85th Street
Seattle, WA 98117*