

# *Emerald City Clinic*

*Newsletter*

*Fall 2004*



## **A Balanced Approach to Toxic Exposure**

*Molly Linton, ND, LM*

Over the past 20 years in practice, I have become keenly aware of the deterioration of people's immune systems. Conditions I used to see in the 40-year-old, I see in the 20-year-old. The disease processes I used to see in the 20-year-old, I am seeing in our pediatric population. Simple Naturopathic treatments that used to work 90% of the time for 90% of the population are now not nearly as effective for certain people. Based on these observations, I started to go back to the roots of Naturopathic medicine: detoxification. Detoxification basically means that we assist the body in making sure the 5 elimination channels are fully open and functioning. I made the assumption that our environment was more toxic now than 20 years ago, and that "toxic load" was crowding the elimination channels.

The 5 elimination channels are the lungs, the kidney/bladder, the liver, the colon, and the skin. The number one practice to keep the elimination channels open is consumption of water and exercise. These two simple life style habits address 4 out of the 5 elimination channels directly. Only the liver is not directly affected, but it benefits indirectly when the other channels are kept clear.

An axiom of health is that you are only as healthy as your environment: emotional, spiritual and physical. If you live in a toxic waste dump your body will be toxic. If you live in a home with an emotionally toxic relationship, that is equally harmful to your physical health. We need to decrease our toxic exposure and increase our elimination of what we have already been exposed to. Here are some practical ways to reduce exposure and minimize the effects of toxic burden:

1. Buy organic. I used to limit my comments about organic food purchases to my severely ill clients because of the expense. Now, organic produce is not as expensive, the quality is better, and the more we buy, the better the prices get.
2. Do not put silver fillings in your mouth. Consult with your dentist and Naturopathic physician to discuss the possibility of having any existing fillings removed.
3. Read all labels, especially those on cosmetic and toiletry items. Avoid products which contain the heavy metals (e.g. mercury, lead, arsenic, titanium). Titanium oxide is one of the most allergic of the toxic metals and is contained in most toothpastes. Buy Weleda toothpaste, or avoid swallowing your toothpaste. Avoid xylene, found in petroleum products, solvents, perfumes, insect repellent, paints, inks, time release capsules.
4. Filter your drinking water.
5. Buy a chlorine filter for your shower head. Why expose your dilated blood vessels to toxic chlorine?
6. Recognize that when the environmental temperature goes up, toxic exposure effects rise.
7. Properly recycle fluorescent light bulbs, electronic equipment, and petroleum products. This reduces the contaminants which otherwise enter our ground water, soil, and air, and eventually, our bodies.
8. Use non-bleach cleaning products and environmentally friendly household products. This reduces immediate exposure to toxins, and also reduces pollution which occurs through waste water disbursement.
9. Don't use soft plastic bottles. Even nalgeens (hard plastics) are in question. It appears that dishwashers heat the hard plastics and can cause the release of chemicals. Do not microwave things in plastic containers, or with plastic wraps over them.
10. Keep your life full of joy and connected to your God. Stress truly has the physiological effect of raising your cortisol and increasing toxic effects.

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## Balanced Approach

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11. Seriously consider all immunizations before receiving them. Although the federal government is removing thimerosal from immunizations (a mercury containing compound) it is being replaced with aluminum.
12. Consider doing yearly metabolic cleanses or “spring cleaning” of your body. These do not have to occur in the spring, but are best done at the change of the seasons.
13. Incorporate cleansing and rejuvenative practices into your daily life such as hot/cold showers, saunas, steams, massage, etc. These practices increase blood flow and lymphatic drainage. Two 30-minute saunas a week will rid your body of most of the inorganic chemicals.
14. Sweating is good. If you do not sweat when you exercise or sauna, you are not eliminating your toxins properly and should make an appointment to address this directly.
15. Finally, have fun and enjoy your life! Always try to keep balance and don't stress the little stuff.

I will continue to share the simple things we can do to improve our personal environment. If anyone else has simple ideas you would like to share, email me at: [d2rmolly@aol.com](mailto:d2rmolly@aol.com).

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## Craniosacral Therapy (CST)

*Cristopher Bosted, RN, ND*

Craniosacral therapy works with the cranial rhythms and fascial systems. Cerebrospinal fluid is ejected from the brain in a constant rhythm. By feeling that rhythm in different parts of the body practitioners can feel the subtleties of that rhythm and find areas that may be stuck or not flowing as well as they should. Fascia is connective tissue that wraps around all organs, muscle, bone and skin and connects us together.

Areas of fascia get stuck as we go through life's bruises and traumas and can add to restrictions felt with the cranial rhythms. By accessing these two systems energetically, the fascia can be released, the rhythms freed up, and what once was stuck is now free.



The most common response to craniosacral therapy is an initial sense of calmness or quietness in the body. CST acts on the parasympathetic nervous system, which is the opposite of the cortisol rush most of us take for granted.

Anyone with musculoskeletal concerns or traumas, cortisol overdrive, anxiety, headaches, chronic illness, and other similar health concerns could benefit from CST. **If you are interested in learning more about CST, call today and set up a free 15 minute appointment.**

## Dangers in the Use of Plastics



The Johns Hopkins University has recently included the following information in its newsletter: According to Dr. Edward Fujimoto, manager of the Wellness Program at Castle Hospital, we should not be heating our food in the microwave using plastic containers. This particularly applies to foods that contain fat. The combination of fat, high heat, and plastics releases dioxin into the food and ultimately into the cells of the body. Dioxin is a carcinogen associated with breast cancer. Freezing food in plastic containers also releases dioxin into the contents, and is to be avoided. Instead, he recommends using glass, Corning Ware, or ceramic containers for heating or freezing food. TV dinners, instant ramen, soups, water, etc. should be removed from the containers they are packaged in and heated in a container made of one of these safe materials.

Covering the container with a plastic wrap has the same harmful result when you are cooking in a microwave—dioxins are dissolved in the water vapor that is formed when the food is heated, causing the toxins to drip into the food. Instead, use paper towels or a small ceramic plate to cover your food container while it is heating in the microwave.

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## Detox Center

**Infrared Saunas** – IR Sauna emits infrared light waves that can penetrate the body with heat up to 3.5 inches even at low temperatures. By using lower heat, the tolerance to sitting in a heated environment increases, as do the benefits of the treatment. We monitor body temperature and pulse rate in the sauna because our goals are not only to get you to sweat, but to raise your temperature and pulse rate as well, which stimulates your immune system (making your system stronger), reduces stress, and removes toxins through sweating.

**Steam Showers** – This modality also creates a good sweat and is a higher, wetter heat. This therapy benefits smokers and people prone to upper respiratory illness or sinus infections. When this is the case, we use essential oils to help kill any bacterial or viral growth and to loosen a cough.

**Hyperthermia Baths** (with or without peat) – Hyperthermia or high temperature is another way of inducing sweat and boosting one's immune system. This modality has been

around for years (for example in Turkish Baths). We often prescribe a peat bath for muscle or back pain. The benefit of the peat (which is finely ground peat moss with essential oils infused into it) is a deeper penetrating heat which drives the essential oils and naturally occurring MSM into the muscular tissues. This results in pain relief. The earlier after an injury this treatment is used, the more effect the peat bath will have. After your bath we wrap you in blankets to continue the sweating process and do traction on your legs to promote lengthening and stretching of the spine. This is a great treatment for disc injuries.

**Constitutional Hydrotherapy** – This is a hot /cold therapy where hot and cold towels are alternately placed on the chest and later on the back. Electrical stimulation is applied to specific points on the back. The alternating hot/cold applications encourage a pumping action of the blood and lymph. The low electrical stimulation increases lymph flow. Old time Naturopaths used this modality to stimulate the immune system and to strengthen the “Vis”, otherwise known as the body’s ability to heal itself. For the chronically ill, daily constitutional hydrotherapy could help immensely, with or without electrical stimulation.

**Body Scrubs** – These are not only a wonderful treat that leaves you feeling decadent and pampered, but also cleans your largest path of elimination. Most people are amazed at the amount of dead skin that comes off in a scrub session. This is very relaxing and by far the favorite treatment of all those who have attended our detox classes.

## Physical Assessments

*Cristopher Bosted, RN, ND*



How many of you with painful knees and backs wish you had known more about feet and posture when you were young? I have been working with a group of physical therapists and have realized over the last few months just how critical our feet are. We shouldn’t have tired feet or large calluses or corns or hammer toes, but day-to-day wear takes its toll on our feet. If this is a concern for you, you should come in and have your posture and feet assessed. Simple solutions like shoe inserts may save you a lot of pain and future foot trouble.

Many children have flat feet, roll their feet in unhealthy ways when they walk, or have weaknesses that may throw their bodies out of alignment, causing pathology. Kids are more resilient than adults, but these conditions will take a toll as their bodies age and become fixed in patterns. We recommend having your children’s feet examined when they come in for their annual checks starting at age 7. Most people’s feet stop growing around age 16-18, but it is never too late to make a change. Think about your own knees, hips and back, and how you would like to feel 10, 20 or 30 years from now.



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## Celebrations



I have many reasons to celebrate and I thought I would share them with my clientele. First, Loren Riccio will be getting her Naturopathic and Midwifery licenses this fall and is joining our practice. Hence, we are doing births again. I spent a long time thinking about this decision as I had spent two years trying to stop doing births. But I missed it, so now I am back again! I hear many of my students and clients chuckling, teasing me that I never stopped. Actually, I did one birth in 2003 and we just finished our 5<sup>th</sup> for 2004. We are happy to accept referrals and eagerly await increasing our numbers. A second thing to celebrate is my 20<sup>th</sup> year in practice. I want to thank each and every one of you for your continued confidence in me and my staff. I truly love the practice of Naturopathic Medicine and enjoy helping to improve the quality of life of each client I am privileged to assist. For those of you that knew about my struggles with Regence insurance, I am exhilarated to say I have paid my last installment to them and I am done with that fiasco. YEAH! Lastly, I want to celebrate my family and staff for being such great supports during this past year. My children have been incredibly understanding about my long absences from home. My partner, Greg, and I are celebrating our 5<sup>th</sup> year together this year. I am grateful for each day I share with him.

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## Detox Class

We begin our fall 2004 detox class with a free introductory session on Tuesday, September 28th at 7:00 PM. This is followed by a 6 week series of detox treatments, lectures, and discussion in a supportive group setting. Treatment plans are individualized in a visit with one of our medical staff at the beginning of the cleanse. Visits are also scheduled midway through the course to support your progress, and at the end to establish a health maintenance plan. We only have room for 8 participants. A \$200 downpayment will reserve a space for you! Be sure to attend the 9/28 class for full details, even if you feel you have received an introduction to the topic in the past.

# Announcements:

**Rental space:** We have 2100 square feet of building space to lease. We're trying to manifest tenants that would be complementary to alternative health care and lifestyles, such as counselors, therapists, acupuncturists, and massage therapists. We plan to remodel the space to create a professional building with suites for rent. Please send anyone our way that would like to be in a beautiful space, with parking and a delightful park in the back.

**Website:** We are currently putting the finishing touches on the Emerald City Clinic website, which should be available for viewing by the end of September. The website will provide a wealth of valuable information to the public, so check us out at [www.emeraldcityclinic.com](http://www.emeraldcityclinic.com).

**Single Mom's Spa Night:** If you're a single mom (or feel like one!) join Molly on October 20th for a potluck/ spa night. Please bring some food to share. Swimming suits optional. RSVP by Mon., 10/18: [d2rmolly@aol.com](mailto:d2rmolly@aol.com) or 206-781-2206.

**Pharmacy purchases:** We are adhering to a regular pharmacy-ordering schedule, which means that items are restocked monthly or bi-monthly only. This allows us to place the maximum size order at the lowest price, keeping your cost down. Please call in your orders so we can let you know in advance if an item is not available, and you should be sure to call the office for refills *before* you urgently need them! Bulk orders (6 or more of one item) should be placed with us two weeks in advance.

**Fee increase:** For the first time in two years we have raised two of our service fees, effective September 1st. Our First Office Calls will be \$228.00 and our Return Office Calls for established patients will be \$125.00.

**Medical & life insurance applications:** Consider having a consultation with one of our ECN medical staff to assist in completing insurance applications. If you are too enthusiastic about your possible diseases, it can unnecessarily restrict your coverage or increase your premiums.

**NAET Treatment Returns to ECN:** Do you suffer from food or environmental allergies? Emerald City Clinic now offers Nambudripad's Allergy Elimination Technique (NAET) as a method of addressing these allergies and helping you to eliminate them. NAET is a safe and effective method used to detect and eliminate or desensitize all types of allergies. This technique combines kinesiology, acupressure, chiropractic, and nutritional principles. Untreated allergies can progress to deeper illnesses. An allergy can cause a blockage of flow in energy along the body's energy channels or meridians. This blockage can in turn affect the health and function of the organs associated with that meridian. By removing the allergen and re-establishing energy flow, your health can be greatly improved. If allergies are a health concern for you or your children, call the office today to set up your first NAET consultation.



RETURN SERVICE REQUESTED

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