

Emerald City Clinic

Newsletter

www.emeraldcityclinic.com

Fall 2009

A Few Words from Dr. Molly Linton

I want to once again thank everyone who came to my 25th Year in Practice Party. We had about 250 people square dancing, riding ponies, eating great food and having libations. I received so many cards, flowers and gifts that I felt very loved and appreciated. I want to tell you the feelings are mutual.

Secondly I want to make my clients aware of my coming up schedule. I will be gone for most of October. I am going on a much needed vacation (my first cruise) with my partner and best friend, Greg. Yahoo!!! I wanted to inform you so you can plan for your needed appointments. My excellent associates will be available in my absence. Also, it's always busy in December because people are trying to schedule before the end of the year. Many patients are trying to meet deductibles and they are sicker due to seasonal stressors. Note that we have reduced hours and staff during the last week of the year.

Finally, this is a brief newsletter because of the craziness of the summer but stay tuned for the full newsletter in our year end cards.

Dr. Sally Boyd Returns to Emerald City Clinic as a Visiting Expert: *By Molly Linton, ND, LM*

I have found anxiety induced disease processes to be prevalent in our society. All illness has an emotional component and spiritual involvement besides the physical manifestation that we as Naturopathic physicians address. Because of this I have invited on a quarterly basis Dr. Sally Boyd to come to Emerald City Clinic with her specialty in counseling (NLP: Neuro Linguistic Programming) to quickly and effectively remove people's "obstacles to cure." Here is an excerpt from her handout that we are happy to mail/email in full text to you:

"Are you 'stuck' when it comes to a particular issue? Ready to change a limiting pattern in your life? Do you have persistent beliefs about yourself or the world around you that are blocking your joy, healing and growth? Do you have a clue about what needs to be done to make your life better, but just can't seem to get there? Are you ready for a change, now, in just one or a few sessions, that will last a lifetime? If so, you are ready for health coaching as practiced by Dr. Sally Boyd!

What is this 'NLP,' anyway?

NLP has been described as 'counseling magic' for its gentle, rapid efficiency in helping clients achieve their goals. NLP is a rather odd name for a dynamic set of skills, techniques and insights gleaned directly from many highly successful therapists and healers such as Virginia Satir, Fritz Peals and Milton Ericson. NLP is designed to help those of us who are already basically functional (surviving in the world) and who would like to resolve an inner conflict or limitation or move through emotional blocks (such as phobia, panic attack, depression or self defeating behavior)."

Appointments for NLP sessions with Dr. Boyd are available from Nov. 5th -10th and the cost is \$100 per session. There are a few FCC appointments available as well. For further information and/or to schedule an appointment please contact ECN: (206) 781-2206 and/or frontdesk@emeraldcityclinic.com.

Vaccine Considerations

By Molly Linton, ND, LM

Who do you believe when it comes to making decisions about vaccination? This is a very important question as so many people have a stake: public health agencies, drug companies, opinionated MDs and NDs alike. Recently I heard the head of Children's Hospital Pediatric Bioethics say that the "single most important thing a Pediatrician can do is to get their pediatric patients immunized." What about breastfeeding, nutrition, physical activity, good parenting skills, etc? I believe immunizations should be considered seriously and health benefits vs. risks need to be assessed with each individual. But there are two immunizations that I do not see myself EVER recommending for a client, which are addressed below. I would rather have your immune systems in good shape and use Naturopathic medicines to fight viral infection. Also, I want you to know that I get called by Public Health and "the powers that be" each time I discuss immunizations/vaccinations. It is a political "hot potato."

Swine Flu (H1N1 Vaccine): Please do not vaccinate without discussing the implications with your ECN physician. There are many things about this vaccine that are scary, as noted on this web page: http://salsa.democracynaction.org/o/642/campaign.jsp?campaign_KEY=27144. Instead, follow the 5 Point Health Plan and incorporate the four legs of the naturopathic approach to avoid becoming ill:

1. Nutrition: eat well, no sugar as it reduces the white blood cell count for 4 hours, eat on time, eat organic, eat enough protein, take vitamin C (3000-5000 mg or to bowel tolerance), and high dose vitamin A short term (50,000 IU – 150,000 IU, consult your physician). Coconut milk, garlic, onions, culinary spices such as thyme, oregano, ginger all have immune support properties. A high lysine diet which includes meat proteins sets up an environment that does not allow replication of the virus. For those with compromised immune systems we have additional nutritional supplements including Thymus extract, IGG (immunoglobulins) and Colostrum (extract of the original antibodies in breast milk). Make sure your vitamin D status is in good shape for the winter.
2. Physical medicine: wash your hands, cold shower rinses, sleep.
3. Botanical medicine: Here Naturopathic medicine far exceeds the Allopathic model in combating viral infections. We have an entire arsenal to fight a viral infection, including astragalus, monolaurin, reishi, Chinese mushrooms, echinacea, etc.
4. Energy medicine: acupuncture, cranial sacral, homeopathy. Homeopathic ViraClear EPs 7630 and OTC Oscilloccinum have shown high effectiveness. To support the immune system when being exposed to "higher risk" situations like the start of school, birthday parties, etc. I recommend all children take Thymactiv, a homeopathic immune stimulant.

The items mentioned above can be picked up at the clinic by ECN clients without a visit so they can be available in your home, ready to combat viral infection at the onset. I highly advise immune compromised clients to have a preventative office visit with their physician to design a specific program that will protect you from infection.

Gardasil vaccine for HPV prevention: This is another vaccine that scares me profoundly. The warnings that come from Public Health advise physicians to administer the vaccine with the patient lying down due to high risk of seizures, and to have them remain in the office for 15-20 minutes after injection to watch for delayed neurological symptoms. This alone would have me advise against the shot but there are *more* compelling reasons: HPV is NOT the causative agent for cervical dysplasia/cancer; these conditions can be *exacerbated* by HPV and a poor state of nutritional health. The vaccine does not protect against all the strains and is not very effective. The use of the vaccine is an assault against your immune

system and therefore makes you more susceptible to other diseases. The best prevention is safe sex and maintaining your healthy habits as best as possible.

Footnote: I have found over the years that when I express a strong opinion many of my clients are then scared to tell me if they have received the vaccines and/or truly want to do them. PLEASE do not hesitate to talk to me about it. Your opinion and decisions will not result in anyone in our clinic changing our care for you. The docs at ECN need to know your entire medical history and we truly respect your decisions. It is an axiom of our philosophy that the individual take responsibility for his/her own health and we applaud your self care. The Naturopathic Physician should be your health coach, assisting you to your own personal health goals.



Dr. Molly's corner



Increase in Fees: September has arrived once again, and with that comes our annual increase in fees. If you have any questions regarding these fees, please contact the office at 206-781-2206.

Buying Pharmacy: As we are increasingly busy with patients during the Fall months, and with two new front desk staff, please avoid picking up pharmacy on Mondays and Thursdays. These are our busiest days with all four doctors seeing patients, and the fewer people the front desk has to attend to, the more efficiently we can serve you!

IMT: We have been very pleased with the results we are seeing from our IMT specialists, and continue to catch early-stage plaque build up in our patients. Our next IMT will be scheduled for January 2010. For details about IMT, see pg 3 of our Winter 2007 newsletter on our website, www.emeraldcityclinic.com.

The Front Desk: Meet our new staff!

Emily Feijoo: Hi all! I am happy to be a part of your new Emerald City front desk staff! I came from Denver, Colorado two months ago and am very excited to make Seattle my new home. I love the outdoors, camping and hiking. I am ready for winter to explore and play in my new mountains. The most entertaining thing I have found since I've moved to Seattle is the drawbridges... Todo...I don't think we're in Kansas anymore! Looking forward to getting to know each of you!



Leah White: I am excited to be a part of the ECN family. I have seen the great things naturopathic medicine can do and love getting the opportunity to help promote health in the community.

I am an avid reader, mostly of fantasy, since I like adventures, dragons, and romance. I love to cook and often bake too many cookies to eat all by myself. A native Seattleite, I appreciate every day of sun we've had. I graduated this past June from Seattle University.



RETURN SERVICE REQUESTED



206.781.2206
Seattle, WA 98117
1409 NW 85th Street
Emerald City Naturopathic Clinic, Inc., P.S.