

# Emerald City Clinic

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Spring 2012

## Coffee: Friend or Foe?

by Molly Niedermeyer, ND, LM

Many of you have heard me advise you NOT to drink coffee and, it may surprise you, but I am re-considering my strict stance on this herb. I will preface this article with the statement that we must analyze whether what we do daily is helping or harming us. Secondly, that all things should be in moderation. Finally, that individualized medicine means that the decision to partake in anything must be in consideration of each individual and how this habit choice affects their health. Personally, during the chemotherapy stage of my breast cancer treatment it was strictly advised NOT to drink any caffeinated beverages. During chemo the kidneys become so taxed from the drugs that caffeine, which is a diuretic, is caustic to this important organ. On the other hand, caffeine is a "cathartic," meaning it induces a bowel movement. I chose to judi-



ciously drink a cup of coffee 4 days after chemo to keep my digestive track moving (and I really enjoyed it J ). Dark chocolate and coffee, both stimulants, are my drugs of choice so it is with great caution that I write an article expounding on some of the benefits of coffee. These types of articles often give us permission to not make the best choices.

Researchers have recently switched their focus on looking for the benefits ver-

sus the detriment to coffee and have found them. Some of the benefits they have found include reduction of diabetes, increased longevity, and decreased instance of prostate cancer, liver cirrhosis, Alzheimer's, and Parkinson's. Even with the initial hypertension onset after drinking coffee, blood pressure will normalize after 8 weeks of consistent consumption. These benefits are still present if you remove the caffeine from the coffee,

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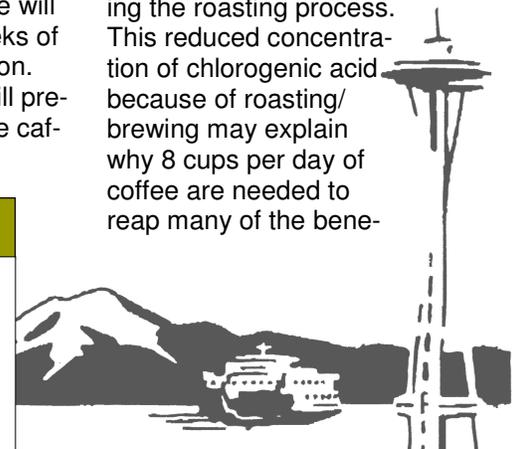
which is NOT the beneficial ingredient. What researchers postulate is that the anti oxidants in the coffee, specifically chlorogenic acid, are responsible for coffee's benefits. This antioxidant is mostly concentrated in the green, unroasted bean and dissipates during the roasting process. This reduced concentration of chlorogenic acid because of roasting/ brewing may explain why 8 cups per day of coffee are needed to reap many of the bene-

### ECN's Upcoming Important Dates

**Wed, April 18th: Spring IMT** See Dr. Molly's article on "Cardio and Memory Link" for further information

**Fri, April 27th: Dr. Tamara Dickson's last day!** Dr. Dickson will be spreading her wings the end of this month! She will be joining the Naturopathic Family Medicine Clinic in Fremont. We wish her only the best, and she will truly be missed!

**Happ-B-Hour: Every morning from 9am-12pm.** Feeling like you need a little boost? Come get a quick vitamin B injections from one of our practiced interns for just \$25.00. Give us a call on your way in when you're passing by!



fits the research has listed. Green coffee extracts are available now to deliver the benefits of chlorogenic acid without having to drink the dark roasted brew (but I say, "Where is the fun in that?").

Some of the specific physiological effects of the different systems will be described below.

**Cardiovascular system:** Coffee is considered a tonic to the cardiovascular system. It causes vasoconstriction and rebound vasodilatation of the blood vessels. In essence, it is exercising the blood vessels, pumping blood to our brain specifically. The antioxidants are anti-inflammatory. Although there is a slight increase in blood pressure with consumption, it normalizes after awhile. The effect of coffee in patients with diagnosed high blood pressure (whether habituated or not) has not been measured and may be contraindicated. Unfiltered coffee can slightly raise cholesterol by 12 points, but filtered coffee has not demonstrated that. Inflammatory markers such as CRP go down with drinking coffee, but homocysteine, a measurement of local vascular inflammation, goes up. I postulate this occurs because homocysteine is B12 dependent, and the coffee interferes with gastric acids and therefore the absorption of B12.

**Diabetes:** Coffee consumption has been shown to have a linear positive effect to the risk of type II Diabetes. This is exclusively shown to be from the chlorogenic acid as it is definitively shown that decaffeinated coffee has the same effect. In other words, there are definitive positive effects on sugar stabilization.

**Cancer:** Coffee has been studied extensively in regards to cancer. It has been demonstrated that coffee drinking protects people from liver cancer; in fact there is 30% less chance of developing this cancer in moderate coffee drinkers. There is a protective effect. This really makes me question our Naturopathic assumptions about

coffee and liver disease. Personally I know that if the digestive track is moving better with the use of coffee the liver can properly dump and not get backed up. This is not scientifically proven this is a "Mollyism." Coffee has specifically been shown in some studies to help protect premenopausal women from breast cancer (not post menopausal). And other studies show no positive or negative effect of coffee drinking to breast cancer. Although, it is proven that caffeine in any form (eg chocolate or coffee) is estrogenic leading to fibrocystic breast and hormonal imbalance. The only definitive negative effect of coffee on a type of cancer is bladder cancer.

**Digestive:** Coffee has some of the same benefits of our botanical medi-

***"...coffee is a medicine, not a food, and it should be judiciously applied."***

cines with bitter properties. On the beneficial side it enhances peristalsis or emptying of the colon. There seems to be some gallbladder protection at 2-3 cups/day. On the other hand it is definitively associated with gastric reflux and interferes with proper hydrochloric acid production.

**Neurologically:** The best benefit of coffee seems to be with Parkinson's and Alzheimer's. The research is on 3 cups per day, and the protective effect seems to be an increase of proper insulin metabolism in our bodies. Remember that "uncontrolled sugar" in our blood stream is "battery acid" to our blood vessels.

**Kidney stones:** As I mentioned above coffee/caffeine is a diuretic and it also increases excretion of calcium. This combination was postulated to increase the risk of kidney stones. It was found that if a person was well hydrated and drank coffee this risk was actually reduced. Well hydrated means you are consuming 1/3 of your body weight in fluid ounces/day in

water or herbal tea. The depletion of calcium is also why it may be associated with osteoporosis.

Although the research is finding the benefits of coffee, there are still some obvious down sides. The first is insomnia. Insomnia occurs in those that exceed their habitual use OR in occasional users. Also, it must be cleared by bedtime which is dependent on individual metabolism, but we can say at least 8 hours. Also some habitual users who do not exceed their normal dose may never develop the tolerance so removal of caffeine must be considered as a treatment option in insomnia.

Anxiety disorder is well documented in both conventional medicine and traditional herbal medicine. In fact it is called "caffeinism" and was described to include anxiety, tremors, insomnia, heart palpitations, mental confusion, fatigue and headache to name a few.

Pregnancy risks are controversial. What the research does show is that the fetus does not clear the caffeine as the pregnant women does and receives a concentrated dose. Once again, some studies show increased miscarriage and low birth weights with more than 2 cups/day. But it is all inconclusive.

Cortisol, or adrenaline, is not increased with mild coffee use. But with high use (more than 3 cups) the caffeine may block the release of adrenaline from our bodies, causing an increased circulation of adrenaline in our blood stream with its continued production. It is in this area that I caution my clientele. Coffee is a stimulant and increases the release of stress hormones which are usually reserved for fight or flight responses. DHEA is reduced with coffee consumption and is responsible for cellular and tissue repair. It also enhances memory and is the precursor to testosterone. Coffee also releases dopamine, which is low in Parkinson's, hence its beneficial effect for this disease. Dopamine

is a pleasure hormone and the body craves it, causing the addictive component of coffee. Caffeine consumption does cause a physiological adaptation which causes physical withdrawal symptoms when removed including headache, fatigue, drowsiness, depressed mood, flu like symptoms, and irritability.

In summary, I believe that coffee is a medicine, not a food, and it should be judiciously applied. If you have "withdrawals" from something when it is removed, it makes me question its daily use. Coffee needs to be considered a medicine and should be viewed critically for each of us as to the positive and negative effects.

What this article and research did for me is to realize or reinforce the following:

1. The answers in research are really dependent on the questions; which are embedded in our cultural beliefs.
2. An increased respect for coffee as a medicine and where I might advise its use.
3. As a physician I need to look at all the things we consider vices and realize that everything is on a continuum depending on the individual's physiology.

This is a highly charged issue (no pun intended) and people vehemently protect their coffee consumption much like I see with alcohol and cigarettes. This alone concerns me as a physician. We must, including me, analyze our assumptions about everything we do in our lives.

Off to drink a cup of coffee.....

## The Cardio and Memory Link *by Molly Niedermeyer, ND, LM*

It has been in the news recently that the allopathic medical community is analyzing their assumptions about dementia, Alzheimer's and memory loss. The main assumption is that high cholesterol leads to plaque formation which then restricts blood flow and leads to memory and dementia problems. This community has developed a full range of pharmaceuticals to address these issues. The newest research has demonstrated that these medications *actually make things worse*. All the statin drugs for lowering cholesterol and plaque dissolving drugs (e.g. Plavix) both lead to worsening of cognitive disease processes. Research conducted by Sam Grady, MD and his team from the Alzheimer's Disease Research Center at Mount Sinai School of Medicine, has found that instead it is the "amyloid beta proteins" that are more responsible than high cholesterol for these disease processes. These proteins form around antigen complexes like pearls form around sand. The body creates antigen complexes when things in our blood stream should not be there such as viruses, autoimmune antibodies, food allergies, and heavy metals. We, as Naturopaths, have been saying this for years. Our bodies are damaged by foreign proteins which cause inflammation. The body lays down plaque to "band-aid" areas that have become inflamed.

Cardiovascular disease is the leading cause of death; in fact surpassing second, third and fourth causes of death in women cumulatively; it is a grave issue. Along with mortality comes the morbidity of cognitive skills and memory. All the physicians at Emerald City Clinic are experts in reducing inflammation with our treatments aimed at plaque reduction and cardiovascular health--without the use of these toxic pharmaceuticals. We have also instituted preventative testing such as looking at lipoproteins, visualizing the carotid arteries for inflammation, and have recently incorporated baseline memory testing to monitor our clients' cognitive skills.

My personal recommendations are for the following testing or consultation:

**IMT (intermedia thickness) Ultrasound:** At this time Emerald City Clinic offers quarterly IMT screening of your carotid arteries. This is a quick, non invasive test to see if you have inflammation and /or plaque in your carotid arteries. I recommend this to anyone with a family history of cardiovascular disease and/or cognitive problems such as dementia. I also recommend a baseline in both men and women at age 35 years old to get a baseline.

**Memory testing:** We have a computer program for testing cognitive function. The analysis and report are returned quickly. I recommend this test for anyone showing inflammation in their IMTs, and/or family history of Alzheimer's or dementia in order to establish a cognitive baseline at age 45. Research is revealing that our cognitive skills are deteriorating at a younger age than first suspected.

**Specialized blood work:** We offer at a very nominal fee (\$60) a full lipoprotein analysis. This distinguishes many of these types of dangerous particles that the research is now referring to.

As a Naturopathic physician for over 28 years, I must point out that the Naturopathic community has been teaching all this to their clientele for years. We have been committed to PREVENTING cardiovascular disease and cognitive disabilities as it limits the quality of our lives. The treatments for these diseases are lifestyle modifications such as diet and exercise, good quality supplements, and addressing individual toxic loads leading to inflammation. Please call the office and schedule for any of these tests you think would benefit your health and/or contact your physician at Emerald City Clinic for any further information.

*If you would like to schedule and purchase both the IMT and the Cognitive test at the same time, we will reduce the fee by \$25.00.*

## Food Introduction for Allergy Reduction *by Loren Riccio, ND, LM, CPM*

Breastfed babies are passed mom's antibodies through her breastmilk, which provides her baby protection as he begins to develop his own immune system. These passive immunity antibodies that are passed from mom include *food* antibodies. As the food proteins pass through the breastmilk, so do their paired antibodies. Anything that the mom has made antibodies to will create a reaction in the digestive system of the baby that can manifest in various ways (colic, fussy, gas, straining to have a bowel movement, spitting up, runny nose/congestion, wheezing and skin rashes). It is common for moms not to realize that they are reacting to certain foods until they are made aware through the baby's reactions. Some food proteins are harder for the baby to digest, which adds to the reaction. Dairy and Wheat are the most common offenders.

If the cause of the problem is not identified and the gut is not healed then the problem can push deeper or become more severe (eczema, asthma, reflux). The application of steroid creams and administration of reflux medications will only mask the problem and drive it deeper. While these remedies may be useful temporarily in extreme cases, the most important thing to do is find the cause and heal the gut. A healthy digestive system promotes the development of a baby's strong immune system, proper food absorption, and overall health of the nervous system.

We have an immune system that patrols alongside our gut to prevent anything harmful from entering our bodies (bacteria, parasites, etc.). What our immune system recognizes and reacts to are foreign proteins; proteins that are not part of ourselves. When our gut becomes inflamed, the integrity of the gut wall barrier becomes 'leaky' and proteins from food can

pass through. The body then sees these food proteins as something that needs to be attacked or protected against, hence, the formation of food sensitivities and allergies.

The gut in a baby is purposely leaky during the first 6-9 months of age to allow for the maximum download of mom's antibodies and immune protection. Between 6-9 months of age the gut barrier forms tighter bonds and becomes less leaky. This is when food introduction is safest. Foods that are introduced prior to 6 months of age run the high risk of being attacked by the baby's own immune system; encouraging a more lasting immune response (actively engaging the baby's own immune system and immune memory). Occasionally, foods may need to be introduced prior to 6 months of age if mom is not making enough breastmilk. Although there are methods to increase milk supply, the supply may still be unable to meet the baby's needs. Most commonly these introductions are as a formula.

When ready to introduce foods directly to your baby, your baby needs to be able to sit up and bring the food into his mouth with his tongue and not push it out. These are signs of being ready. Foods should be introduced one at a time. Food reactions can happen right away or be delayed by up to three days. As a general rule introduce a new food every fourth day at a minimum. Food introduction should begin with the least allergenic foods. Avoid the more commonly allergenic foods until the digestive and immune systems have matured and are better suited to handle them. Foods to avoid until later include dairy, grains, citrus, nuts and meats, along with any foods that have been identified as reaction foods through mom's milk. A comprehensive list of when to introduce many foods can be



found in the educational section of our website. If your baby reacts to a food, the first step is to eliminate it from the diet and wait for the reaction to clear before introducing a new food. If more than one food is introduced at the same time, and there is a reaction, then it makes it more of a challenge to identify which food causes inflammation in the gut.

Once a baby's gut is inflamed, any foods run the risk of creating a reaction. This will often perpetuate the reaction cycle and make it difficult to identify what is causing the problem. Suspect foods in mom's diet need to be eliminated for a minimum of two weeks to allow the reaction to subside and the gut to have some level of healing; otherwise it becomes difficult to tell whether or not we are identifying the correct foods. Sometimes there is more than one food that the baby is reacting to (or the combination of foods) and multiple foods will need to be eliminated at the same time in order to effectively discover which are problematic. Again, the most common are typically dairy and wheat. I usually encourage moms to eliminate anything they may have even the slightest reaction to, as their response will be magnified in the baby.

In the event of food reactions it is most important to identify what is causing the reaction in order to heal the gut. Identification will prevent the formation of new allergies and minimize the response to current allergies. As long as the gut wall is leaky, the child will continue to create food sensitivities and reactions to foods. These food reactions create inflammation and often keep the gut leaky. It is a vicious cycle. The goal is to break that cycle by finding the things the child reacts to, while healing the gut.

## HPV and the Gardasil Vaccine Made Simple *by Tamara Dickson, ND*



**Who has it?:** Human papilloma virus (HPV) affects both males and females, it is most prevalent in persons 18-26.

**How is it spread?:** HPV transmission happens with skin to skin, usually genital, contact with an infected person. Intercourse is not necessary.

**What does it mean to have an HPV infection?:** The virus invades human epithelial cells (a type of skin cell), including the oral mucosa, esophagus (throat), larynx (voice box), trachea (airway), conjunctiva of the eye, and the anal and genital areas. The time between exposure to the virus and having any symptoms can be 3 to 4 months. The virus can be transmitted to someone else during this time. For many people, HPV infections have no symptoms and resolve naturally, beaten by the body's immune system. For others, HPV infection can cause warts- these are generally the result of infection with what is called a low-risk strain or type of HPV. High-risk HPV strains are commonly associated with abnormal PAP results, precancerous cervical changes, and cervical, vulvar and throat cancers.

**How will I know if I have it?:** Visible warts are an indication that HPV is present, but the majority of people will not know they have HPV. In women, regular gynecological and

PAP screenings can reliably identify genital and anal HPV infections and its complications. There is no reliable method for HPV detection on the male penis but anal HPV can be tested for. Methods for detecting oral HPV infection exist, however it is not yet a standard of practice to use them.

**How can I protect myself from HPV?:** Abstain from sex or genital skin to skin contact with others. Condoms can reduce the transmission of HPV but do not provide 100% protection. The Gardasil vaccine may also offer some protection against HPV.

**Who is the Gardasil vaccine for?** The HPV vaccine was designed to treat males and females ages 9-26, although it can certainly be administered to older persons.

**What does the vaccine offer?:** The Gardasil vaccine has the potential to protect against **four** HPV strains, 2 high-risk and 2 low-risk. It also has the potential to offer headache, fever, nausea, dizziness, vomiting, and fainting. Some people who faint might shake or become stiff. Up to several months after vaccine administration, it may also offer swollen glands, joint pain, unusual tiredness, weakness, or confusion, chills, generally feeling unwell, leg pain, shortness of breath, chest pain, aching muscles, muscle weakness, seizure, bad stomach ache, bleeding or bruising more easily than normal.

**What doesn't it offer?:** The HPV vaccine does not offer protection from the other **eleven** known high-risk strains or the approximately **five** other low-risk strains.

**What can I do if I have HPV?:** Treatment for HPV will depend on where the infection is and what type of healthcare

provider you see. It is common practice to remove the site of the HPV infection, be it a genital wart or cervical lesion. This method commonly results in future recurrences since removing the lesion does not remove or cure the viral infection. Naturopathic herbal, nutritional, and lifestyle therapies can help the body to successfully defeat the HPV infection, avoiding the risk of recurrence and complications. ECN practitioners generally do not advise use of the HPV vaccine due to its limited strain protection, long-list of side effects. Instead, we advocate the success of alternative and natural therapies in supporting the immune system and eliminating HPV infection and/or its complications.

### Keeping Crown Hill Beautiful!

The Crown Hill Business Association is hosting a Spring Clean for the Crown Hill area. Here are the deets:

#### Saturday, April 21st at 9am

- Meet at PetCo at 9am
- Teams will spread out along Holman Road, 15th Ave. NW and various side roads
- Pick up letter, paint out graffiti
- Work until 1pm, or whenever your schedule allows
- Kids are welcome too!

#### Supplies are provided by the City of Seattle

- Gloves (or bring your own!)
- Safety Vests
- Trash Bags— the City will pick them up after the event.

Emerald City Clinic is a part of the Crown Hill Business Association. We may see you there!

## Exercise! *by Gretchen Imdieke, ND*

Have you ever gone for a walk, ran a 5K, gone surfing, skiing, climbing, swimming, biked to work or struggled through a yoga or spin class (without injuring yourself) and regretted it? Unlikely! There are so many ways to get out and move your body, and you're bound to feel better physically, mentally, and spiritually with routine exercise.

### Why do you exercise?

1. Exercise helps you process daily stress.
2. Exercise helps you to burn calories, build muscles, and lose weight.
3. Exercise improves mood.
4. Exercise can be fun, and a great way to meet people.
5. Exercise increases your energy.
6. Exercise decreases your risk of heart disease, cancers, type 2 diabetes, depression, osteoporosis, and obesity.
7. Exercise helps you fall asleep faster and deepens your sleep.
8. Exercise can enhance sexual arousal in women and decrease odds of erectile dysfunction in men.
9. Exercise stokes your immune system and makes it stronger.

### Why don't you exercise?

- Money?
- Time?
- Energy?
- Motivation?
- Pain?
- Weather?



### Let's discuss some of the solutions to these excuses:

**Money** -- You don't need to start out with a gym membership, a sleek bike, or new ski gear. Get out and walk or run around the block, do 3 sets of pushups or sit-ups, or do 10 sun salutations every morning. The library has several great workout DVD's including yoga, Pilates, aerobic, dance and toning workouts. You can do the video a couple times, and then ex-

change it for a new one. This is an inexpensive way to workout when the Seattle weather is not cooperating. When the weather is cooperating – walking, running, swimming are all inexpensive ways to move your body.

**Time** -- Ideally we should all be exercising 30 minutes a day every day. Thirty minutes out of the 24 hours we are gifted each day. Some of us work 12 hours days and sleep 8 hour nights and then pick up the kids, cook dinner, do the laundry, clean up, help the kids with homework, and put them to bed. When is there time to exercise? You busy bees need to start by dedicating 30-60 minutes each week-end day to exercise. Another great time to exercise is during your lunch break. Bring a change of clothes to work and go for a 20 minute run during lunch, or bring a comfy pair of shoes and walk during your breaks. Make exercise part of your daily routine. Would you go through the day without brushing your teeth? For health reasons....right? Why would you go through your day without exercise?

**Energy** -- I often get off work and want to lie down on the couch – especially come Feb/March in Seattle. But I tell myself I need to earn it by moving my body first. People who exercise on a regular basis are more likely to have an increase in energy throughout the day. There are many important things that play a role in Energy, and you should have annual blood work and Exam to rule out any physiological causes of low energy. If your energy is low – then exercise in moderation. Go for a short brisk walk instead of dedicating yourself an hour at the gym or the 3 mile run around Green Lake. As you exercise more routinely your energy will increase and exercise will become easier.

**Motivation** -- Heart disease, osteoporosis, cancer, obesity, type 2 diabe-

tes, feeling good, looking good, sustained energy throughout the day, having fun, learning new things, meeting new people, sleeping soundly, improved mood, decreased stress....

**Pain** -- No one should have to live with pain, and Emerald City Clinic offers a variety of treatment options to increase healing and decrease pain and inflammation; including: Craniosacral Therapy, Muscle Energy Stretching, Naturopathic Needling, Acupuncture, Trigger Point Therapy, Neural Therapy, Ultrasound, Kinesio-taping, hydrotherapy, and nutritional/lifestyle support. If you are experiencing chronic or acute pain – schedule an appointment with your doctor at Emerald City Clinic to decide which treatment is best for you.

**Weather** -- You won't melt – get your butt out there and exercise. If it's too cold or rainy – find a room in your house to do jumping jacks, yoga, push-ups, hand weights, lunges, or go to the Gym, Yoga studio, Trapeze class, climbing Gym, community pool, or walk laps indoors.

Sleep is important and I don't recommend sleeping less to exercise more, but you will sleep better and sounder if you exercise. Be sure to avoid intense exercise 1-2 hours before you go to bed to avoid stimulating your mind and body.

Exercise should not hurt, however; exercise should take you outside of your comfort zone. If you are experiencing pain during exercise, stop and contact your Emerald City Clinic practitioner so we can address and treat the cause.

*"Ability is what you are capable of doing. Motivation determines what you do. Attitude determines how well you do it."* ~Lou Holtz~

**Move!**



## Centennial Celebration: Dr. Bastyr *by Molly Linton, ND, LM*

If Dr. Bastyr was still alive he would be 100 years old this year. The community is having various celebrations around this

fact. It seems very pertinent to me at this time because I draw strength from my ancestors and wanted to share this poem that was read at his memorial service and that resonates for me as a physician. I think a good physician is first a good listener....

*Listening Medicine: Pure Heart Medicine (For Dr. Bastyr)*

It moves  
in the wind  
which sits between us  
in this room.  
Take it now  
Listen: It does not bear our names.  
Plant it.  
It will root and blossom  
at the touch  
of our hands:  
Our father will go with you.  
*About your patients:* ask them  
then listen to them.  
Their poem will come through.  
Their poem will heal them. Their poem.  
*About the medicine:*  
Keep it pure.  
"Stay together  
learn the flowers  
go light"\*  
You  
Taught us to be kind  
to keep going  
even in the dark  
to light the lamp  
and then to lift it  
to keep going  
even  
in the dark. Thank you.

We are your children, medicine children  
Water wind leaf and fire children  
your children. You are gone now.  
And not gone.  
We who are now grown  
are seeds blowing rooting  
The forest floor  
dark and fertile with white rhizomes  
waits for us.  
Medicine children, leaf father  
fire father  
you are not gone.  
Come to us  
Sing your medicine to us  
let your hands give up your story.  
We are listening.  
It is whispering  
to us  
in the wind  
Which moves in this room.  
It is the song we sing.  
Our medicine  
earth medicine sky medicine.  
It is medicine in the leaf,  
the meteor,  
the slow soft deer steps  
we can almost hear  
on the forest floor  
It is our elders singing  
a whispering song  
*Keep it pure go light learn the flowers  
stay together*  
Listen listen:  
Let the medicine come through  
it is listening medicine, pure heart  
medicine  
medicine weaving the land's bones  
with crystal fire,  
ice, and soft green light.  
It is a long time of listening  
to the elders  
before we can say  
"We have heard."  
One drop of listening  
taken all day.  
Study the flowers. Learn about light.  
Know love, and the way bones work  
The medicine comes a long time  
waiting.

Listen to water.  
Touch it. Know its strength.  
Watch animals. Birds. Know where they sleep.  
Know where their food grows, and when and how they heal.  
Pick when the sap is high.  
The books are there, too  
Read them.  
Then go where the sick are housed  
Bring them green light; water: they are thirsty.  
Listen to their wounds  
until their wounds talk to you  
Bring them your hands  
"Let your hands speak  
A thousand words  
of comfort, hope and love"\*  
Our father will go with you.  
Keep it pure. Keep it pure.  
The medicine will come through  
Their poem will heal them. *Their* poem.  
The medicine will come through.  
Love the pure poem  
inside them.  
Call it out! call it to you,  
Give them back their poem  
if their poem was lost. Their poem  
which  
no one  
has taken.  
One drop of listening  
taken all day  
The medicine  
will come through.  
*with love and gratitude, Pamela Snider ND, 1995*  
\*Excerpt from Gary Snyder: "For Our Children"  
\*\*From Dr. Laura Shelton's dream

### ***ECN's Green Corner***

- We will take your old tincture bottles, just drop them off at your next visit! If you NEED larger bottles (16 or 32 oz), we have these available for you!
- We will recycle your old glasses and contact lenses that are still packaged.