



The Physiology Behind Adrenal Exhaustion

by Dr. Molly Linton

A healthy adrenal gland is exhibited in an individual who wakes up between 6 am – 8 am, without an alarm, alert, ready to go, and hungry. If this does not describe you, you are most likely suffering from adrenal exhaustion. I find that “I am tired” is the number one complaint from my clients, which is what prompted me to write this small article.

Our adrenal glands produce many hormones. The most well known is adrenaline, or cortisol. This hormone is released during “fright and flight” responses. We are designed to have short, infrequent spurts of such responses. However, most of us experience long “cortisol outputs” for weeks, months, and years. Over-production and exposure to cortisol results in many physical symptoms:

1. **Constriction of peripheral blood vessels:** Vasoconstriction causes blurred vision, poor visual accommodation, and eye fatigue. It also results in poor short term memory and mental fog because your brain is not getting adequately perfused. It can result in cold hands and feet, inappropriate sweat, and poor temperature regulation.
2. **Alterations in blood pressure:** Your blood pressure could be abnormally low and/or high. You will not properly respond to changes in elevation, so when you stand up from sitting or lying down, you could experience dizziness. Headaches are common.
3. **Suppression of Hydrochloric acid:** In a fright and flight response our stomach acids are suppressed, because we are supposed to be running, not digesting. But long term hydrochloric acid suppression results in gastric reflux, burping, and eventually in ulcers. Because the fluid coming out of the stomach does not have the proper pH, we also end up with improper digestion in the lower digestive track, preventing complete digestion and absorption of all our nutrients, especially fats, minerals, and B12. This becomes a negative feedback loop, making the adrenal exhaustion more serious. The beneficial bacteria in our colon cannot survive without proper pH so we have gas and bloating as well.
4. **Insomnia:** High cortisol interferes with the proper conversion of tryptophan to serotonin, one of the sleep hormones. It does this because if we are “frightened” for some reason we should not be sleeping but being “attentive” to the imminent danger. Unfortunately, the more you do not sleep the more you produce cortisol the more you do not sleep.
5. **Mineral imbalance:** Since your stomach acids are not working well and most people are vegetable deficient, most people with adrenal exhaustion are not absorbing or using their minerals well. This results in sore throat in the afternoon, early evening fatigue, as well as sugar stabilization problems. Generalized muscle aches and pains are present as well.

These are just a few of the most common concerns I see with my clients. Many people do not recognize the adrenal fatigue as a whole picture but may have one or more of these conditions. I once again refer to “**Dr. Molly’s 5 Point Health Plan**” (available on our web site) as a start to changing this scenario. I also would like to advise my clients that besides “**Dr. Molly’s 5 Point Health Plan**” there is “**Dr. Molly’s 3 Day Rule**”: If you are experiencing dis-ease for longer than 3 days and it is not resolving, it is time to contact one of the physicians at Emerald City Clinic. If you are missing 3 nights sleep, have 3 days of a fever, 3 days of diarrhea, etc. and these complaints are not starting to resolve, it is time to contact us. Do remember that a child cannot withstand the 3 day rule; the rule for children is 24 hours only before you contact your doctor for advice.

This is only the beginning of making a plan to optimize one’s health. It is important to realize that you are only as healthy as the environment you live in: spiritually, emotionally and physically. We all need to take a serious look at the choices we make, especially in regard to the stresses we take on. If you could use some additional direction about how to feel optimal, there are many things we can suggest. Your health is your most valuable possession. Please remember the saying that we should “Live life as a vacation, not for a vacation.”

Autumn Nutrition: A Time to Return to Your Roots

by Dr. Laura Eastman

“The sages follow the law of Nature and therefore their bodies are free from strange diseases. They do not lose any of their natural function and their spirit of life is never exhausted.”

-Inner Chinese Classic

You see the plants around you changing—they are dropping their summer green glow and offering the bounty of their summer growth cycle—the harvest. They are pulling their energy inward, toward their roots, to store their energy for the winter. As with the plants, autumn is a time for us to gather ourselves together on all levels, including the food we eat and the way we prepare that food.

Gone is the season for lots of fresh fruit cut up in a bowl to eat with our fingers. Now is the time for long, slow cooking of stews and grains and root vegetables. Some examples of vegetables for this season are beets, sweet potatoes, carrots, dark greens like kale and Swiss chard, pumpkin, squash, eggplant, cabbage, broccoli, onions, and garlic. You can also use warming spices like ginger, peppercorn, mustard seed, turmeric, and paprika. Warming food through cooking and spices adds to the fire of your digestion, which needs a boost as the weather gets cooler.

Eating seasonally is also more nutritious because vitamins break down over time. Fresh seasonal local food doesn't sit around in storage, get picked early to allow for ripening time during transport, or have a need to be altered through genetic modification to create tougher skins for long hours on a truck from warmer climates. In this age of modern convenience when mangos and bananas are available all year round in the grocery store, we may need to be reminded of the food that is growing in our part of world right now. Take a trip to a local farm to see what is growing, and in the meantime, check out the Puget Sound harvest schedule here: [http://dnr.metrokc.gov/wlr/farms/harvest schedule.htm](http://dnr.metrokc.gov/wlr/farms/harvest%20schedule.htm) for fresh and local fruits, nuts, berries, herbs, vegetables, meats, and eggs. Bon appetit!

Dr. Molly's Corner

Healthstep: Improve your elimination. We now have an anatomically engineered device with precisely angled foot rests that positions the body for more effective and complete elimination, while maintaining the comfort and convenience of the modern toilet. This device slides under the toilet so it is out of the way and available easily when needed for evacuation of the bowel. We have one set up at the office in the patient restroom. They are only \$55, less expensive than on line.



Lab Reporting: If you have lab work done (whether it is blood, urine, biopsies, heavy metal, etc) your physician will want to go over it with you. Our mission is to “teach you” about your health, not just to test for it. The front desk calls to arrange an appointment for that purpose. This is routine for all lab work, and should not cause you concern. If the lab work has some major concern, then the physician will call you directly. Many clients get anxious about results and we want to reduce that anxiety as much as possible. Every doctor at Emerald City Clinic is sensitive to our client’s anxiety level about reports and will be readily available to answer questions in the case of significant abnormal results.

Expanded gynecological services: Please note that we can now insert IUDs and we have found a source for cervical caps. If you have any questions about contraception choices please make an appointment; we would be happy to explain all available options.

Preparation for school: Please make sure your children are back on good sleeping, eating, and hydration habits 7-10 days before the start of school. Many parents slip on the supplement regime during the summer, but it is imperative that your children are on their routine supplements before they are exposed to the new environment and germs at the start of school. You might also consider actually doing some additional immune support such as Echinacea, vitamin C, and/or Thymactiv. If you would like some assistance with this please make an appointment to talk to one of the doctors at Emerald City Clinic. We would be happy to help prevent the “daycare-itis” or “schoolage-itis” that happens with the onset of school.

Protein Powder: As our schedules shift and become busier this fall with back-to-school activities, don't forget about adding protein powder to your smoothie as a great way to get a protein start to your day. We have many varieties of protein powder for different ages and healthcare needs. Stock up today or meet with one of the doctors to help you choose which protein powder best meets your needs.

Health Risks of Common Personal Care Products

by Dr. Laura Eastman

The last thing you want to hear is that the personal care products you use contain substances that have been shown to cause cancer. Worse yet, US law does not protect consumers against these known carcinogens when there is no required testing, no monitoring of health effects, and inadequate labeling requirements. This article is intended to bring awareness to this issue, and help make suggestions for supporting healthy choices as you walk down the aisles of the grocery store.

Facts:

- More than 1/3 of all personal care products contain at least one ingredient linked to cancer.
- More than half of all products contain "penetration enhancer" chemicals intended to drive other ingredients deeper into the skin, and consequently into the underlying blood vessels.
- 79 percent of all products contain ingredients that may contain harmful impurities like known human carcinogens, according to FDA or industry reviews. Impurities are legal and unrestricted in the personal care product industry.

The Worst stuff:

- **Top ingredients of concern** — Ingredients used in cosmetics range from oatmeal to known human carcinogens. Based on ingredient safety assessments, to the right is an alphabetical list of the top ingredients to avoid when you choose personal care products. Clip and keep in your wallet for easy reference.
- **Coal tar hair dye** — Unlike other color additives, coal tar hair dyes are not screened by FDA for safety. They are widely used in popular brands despite studies linking them to bladder cancer and immune system damage.
- **Alpha hydroxy acids (skin peelers)** — Skin peeling products are designed to diminish wrinkles and blemishes, but those layers of skin are a crucial layer of protection against skin cancer. Use of peels has also resulted in chemical burns and permanent scarring.
- **Phthalates** — Industrial plasticizers widely added to nail polish and fragrance should not be used by pregnant or nursing moms. Recent studies link them to impaired reproductive development in baby boys exposed in the womb or through breast milk.
- **Fragrance** — Simply labeled as "Fragrance" because they are exempt from product labeling laws. "Fragrance" can contain hundreds of individual ingredients that are common human allergens. A recent survey found that one of every 50 people suffers immune system damage from fragrance exposures.

Top Ingredients of Concern:

The ingredients of concern shown to the upper right are drawn from Environmental Working Group's (EWG) analysis of 6,967 ingredients contained in 14,408 personal care products. Based on a comparison of these ingredients against chemicals listed in 37 toxicity and regulatory databases, EWG has developed a list of top ingredients of concern comprising known and probable carcinogens; known and probable reproductive and developmental toxins; and ingredients that are illegal for use in cosmetics in the U.S. or E.U., or that have been found unsafe for use in cosmetics by authoritative bodies.

Top Ingredients of Concern

2- AMINO- 4- NITROPHENOL
2- METHYLOXIRANE
ACID BLUE 3 and YELLOW 3
ACRYLAMIDE
ACRYLONITRILE
ALUMINUM ZIRCONIUM
TETRACHLOROHYDREX GLYCINE
COMPLEX, ANHYDROUS
BHA
BRUCINE
COAL TAR
D&C BLUE 6
DIBUTYL PHTHALATE
DIMETHYL SULFOXIDE
DIMETHYLAMINE
DIPHENHYDRAMINE HCL
ETHYLACRYLATE
EXT D&C GREEN 1, RED 1, and RED 3
FD&C RED 3
FERRIC AMMONIUM CITRATE
FORMALDEHYDE, TOLUENE
HC BLUE 2
HEXACHLOROPHENE
HYDROABIETYL ALCOHOL
HYDROXYANISOLE
IODINE
LEAD, LEAD ACETATE
LIDOCAINE
LIDOCAINE HCL
LITHIUM CARBONATE
LITSEA CITRATA (VERBENA) OIL
MERCURY, THIMEROSAL
NAPHAZOLINE HYDROCHLORIDE
PETROLEUM DISTILLATES
PHENACETIN
PHENOLPHTHALEIN
PHENYLPHENO
PIGMENT BLUE 15
POTASSIUM DICHROMATE
PROGESTERONE
SELENIUM SULFIDE
TETRAHYDROZOLINE
HYDROCHLORIDE
ZIRCONIUM SILICATE

- Aubrey Organics
- Avalon Natural Products
- Burt's Bees, Inc.
- derma e Natural Bodycare
- Dr. Bronner's Magic Soaps
- Ecco Bella Botanicals
- EO Products/Small World Trading
- Hain Celestial Group, Inc.
- Kiss My Face Corp.
- Weleda

Positive changes in the personal bodycare industry:

Since 2004 approximately 200 companies have signed a pledge to produce safer products, free from known and suspected carcinogens and reproductive and developmental toxins. The pledge is sponsored by a broad coalition of public health and environmental organizations committed to working with corporate leaders who prioritize their customers' health.

The list to the left is a short list of the companies who have signed this pledge. More can be found on the website below.

If you have any questions about any of the products you have at home, visit the Skin Deep website (<http://www.ewg.org/reports/skindeep/>) to see many products ranked, and descriptions of the effects of the harmful ingredients listed above.

Full Circle Clinic

After much frustration about wanting to give competent naturopathic medical care to individuals who can't afford our services, I have decided to open the "Full Circle Clinic." This weekly afternoon clinic, staffed by my residents, will provide services to lower income clients. The clients will sign a contract stating how they will donate their time in the community in exchange for the difference between our normal fees and the fees they will pay... thus completing the "Full Circle". The following services are being offered:

- **General Primary Care**
- **Homeopathic Assessments**
- **NAET treatments**
- **Physical modalities including: craniosacral therapy, visceral manipulation, constitutional hydrotherapy, therapeutic saunas or steams**
- **Pharmacy at reduced cost (during all pharmacy sale hours)**
- **Lab services at reduced cost**

If you are eligible for Basic Health, Medicare, Medicaid, or make less than \$1500/month as an individual, then you are eligible. You are also eligible if you have insurance that covers Naturopathic Care only after a huge deductible, and you meet the other financial guidelines.

Clinic hours are Wednesday afternoons from 2 pm – 5 pm. Beginning in October, Thursday afternoon appointments will also be available.

FEES

First Office Calls	\$150
Return Calls	\$ 50
Craniosacral Therapy	\$ 45
Visceral Manipulation	\$ 45
Saunas	\$ 25
Steams	\$ 25
First Homeopathic Intake	\$ 75
Homeopathic Return Visits	\$ 35

RETURN SERVICE REQUESTED

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