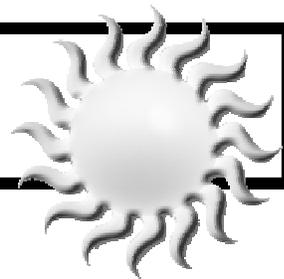


Emerald City Clinic

Newsletter

Summer 2008



Weight Management

by Molly Linton, ND, LM

As usual, my own personal journey on my path of health always brings me the greatest lessons. This year's goal has been trying to obtain an harmonious balance in my life and live by my 5 Point Health Plan. One of my biggest issues is the size of my body, which has increased over the past couple of years due to stress, and hormonal changes. I am personally frustrated because I have exercised daily, maintained a healthy diet and yet continue to gain weight, lose strength and conditioning. One definition of health is "Freedom from Limitations". When my physical structure prevents me from hiking comfortably, kayaking and skiing with exuberance, then my freedom has been limited. In my search for a solution I have explored my hormones in detail and searched out other ways to manage the ever increasing size of my body. My journey will now include the following three options for weight management.

Detoxification: When you have limited your calories and upped your caloric output (e.g. exercised daily) and you still do not budge the bottom line, often your endocrine system is being interfered with by toxins. Whether that be food allergens, pesticides or heavy metals, most people begin to lose weight when they "clean up their diet" and sweat. I will do this first because this will definitely enhance any other approach that will follow.

HcG injections: This is a complicated and controversial weight management approach. It can be read about in a popular book called [The Weight Loss Cure](#) by Kevin Trudeau. The original research was done by a Dr. A.T.W. Simeons, which can be found at the following web access: <http://www.hcgdietinfo.com/Dr-ATW-Simeons-Pounds-and-Inches.htm>. This approach seems really reasonable to me and makes sense for the person who is tired of yoyo dieting, eats well and exercises, but still does not develop the muscle mass, strength and a healthy size. If you are interested in discussing this further please read one of these resources and schedule an appointment to talk to one of the physicians. There have been rave reviews and it can be done safely and inexpensively.

Total Body: Finally, Dr. Sara Kates-Chinoy is joining our practice. We are all excited about it and she has managed a "Holistic Weight Loss" program in her tenure at

National College of Naturopathic Medicine in Portland, Oregon. In her interview, she assured all the staff at Emerald City Clinic that she could help us obtain a healthier body composition and more comfortable size for our frames.

These are three distinct approaches to increasing our lean body mass and therefore our length of life. Please talk to any of the physicians at Emerald City Clinic if you would like to explore any of these avenues.



Back to School Immune Support

by Loren Riccio, ND, LM, CPM

As you are shopping for school supplies and new clothes in preparation for your children to go back to school, don't forget to prepare your child's immune system for school exposure to colds and flu. Kids go back to school just as the season begins changing. They may get stressed about the first days of school, a new teacher, or a new classroom of peers. They may skip breakfast, getting an extra few minutes of sleep, or running out the door trying not to be late. All of these things put stress on the immune system, rendering it less effective. Then your child is put into a room full of other kids who may have been going through similar stresses and—look out!—one of them gets a cold...then another... then another, and before you know it your child is sick as well.

Not long into the new school year, with immune systems less than optimal, we come upon Halloween. Most kids stay up late, wear costumes that don't protect them from the cold weather, and eat lots of candy. Sugar puts the immune system to sleep. Even if your children have not caught the first round of colds and flu, they are at risk for catching the second round. You can minimize the impact of these stressors on your children and give them a healthy start to a new school year by supporting their immune systems. This can be as simple as having your child take vitamin C and/or Echinacea, encouraging 8-10 hours of sleep per night, and drinking plenty of water and exercising.

Breast Imaging

by Molly Linton, ND, LM

There are four different types of breast imaging. The current standard of practice is mammogram. Even though it

is digital now, this still employs x-ray. By the time a mass shows on a mammogram there are 27,000 cells involved. The mammogram is a good place to start and should be considered in all women's preventative health plans, but there are other options.

The second type of imaging is ultrasound. It is useful mostly in determining fluid filled cysts versus solid lesions. Solid lesions are usually of greater concern.

Third is MRI technology. This is the superior imaging, but not yet cost effective enough to use it for annual testing.

A fourth, newer technology, is thermography, a heat reading of your breast tissue. There is no x-ray, therefore no radiation. We have a few good thermographers in the Seattle area. The caution is that this test is very sensitive and the client will end up with a 6-8 page report which maps vascular patterns—a bit daunting to most patients. Cancer promotes certain patterns to facilitate its growth. Thermography picks up on these patterns years before the cancer develops to the point where it is detected by a mammogram, much like a PAP smear sees slight changes predictive of cancer in the cervix. Insurance usually does not pay for thermography because it is “provocative.” Your first thermographic reading makes most women a little nervous because of the detail in the report, and the fact that you are often called back for a repeat thermography six months later to assure that a “cancer pattern” is not developing. Once you have your “preventative investment” then thermography is a great tool. Personally I am alternating my yearly mammogram with a thermographic study. I hope to eventually feel really confident in my thermography history in order to no longer feel the need to get a mammogram.

Finally! A Systemic Approach to Finding a Person's Constitutional Homeopathic Remedy

By Laura C. Walton, ND, LMP

Having studied homeopathy throughout my training at Bastyr, I always knew it was something I would use in my practice. The idea of ‘like cures like’ to stimulate the vital force to heal itself was such an appealing idea. After graduation, I knew I would use this medicine, but there was still something missing - a system to what seemed like an unwieldy process of finding the correct constitutional remedy for a person. I am elated to say that I have found that system, having recently finished a 2-year class in Constitutional Homeopathy taught by Paul Herscu, ND and Amy Rothenberg, ND from New England School of Homeopathy (www.nesh.org). I am reinvigorated with a respect for the tremendous healing power of homeopathy, both subtle and profound.

Drs. Herscu and Rothenberg have developed a system for prescribing homeopathy based on the ideas of “Cycles and Segments.” This idea is the first systematic way of using homeopathy that I have found in my many years of studying the modality. The idea behind it is that we all have a constitutional state of being that can be uncovered by understanding the “cycle” of illness. To do this we ask the questions: What symptoms are you experiencing now? What got you to this point? What happens afterwards? Symptoms are never random. Our bodies are constantly trying to find solutions for the daily stresses that we experience.

I have found that my ability to find the correct remedy has gone up dramatically since completing the class. With the correct remedy, the body finds a greater vitality. Symptoms, which were once the body's way of ‘speaking’ its imbalance, fall away.

People feel a greater sense of peace and vibrancy. They feel more balanced physically and emotionally. Because it is about each individual finding homeostasis, it works for a wide range of symptoms and conditions.

If you would like to have a constitutional homeopathic remedy prescribed for you, Emerald City Naturopathic Clinic is offering 10% off if you schedule with me by the end of November. I look forward to speaking with you to help you experience the power of homeopathy.



SpectraCell Labs Offer New Testing

The staff at Emerald City Clinic would like to share with you two new technologies that could improve the quality and length of your life! Both tests are offered through SpectraCell Laboratories and are fantastic ways to assess overall health.

The **FIA (Functional Intracellular Analysis)** is a nutrient analysis, which measures the function of selected vitamins, minerals, antioxidants and other essential micronutrients. Levels of certain nutrients have historically been measured in the serum (fluid part of the blood). But static measurements, such as serum assays, can be transitory, reflecting an individual's nutritional status over a narrow window of time. The **FIA**, however, measures the micronutrients within your white blood cells (lymphocytes). Since lymphocytes carry an individual's nutrient history for a period of four to six months, this test can reveal an individual's nutrient status over a period of time. The results obtained, therefore, uncover deficiencies that standard serum tests may miss.

Who should have this test done? In an ideal world, everyone! Because each of us is metabolically and biochemically different, we each have different micronutrient requirements. Even if you eat a balanced diet, exercise and take a multi-vitamin, you may not be getting the nutrients you need based on your genetic make-up. If not corrected, such deficiencies could contribute to the development and/or progression of chronic disease such as arthritis, cancer, heart disease and diabetes, to name a few.

The **LPP (Lipoprotein Particle Profile)** is an advanced cardiovascular test. Did you know that up to 50% of people who have suffered a heart attack had “normal” cholesterol levels, according to standard cholesterol tests? Fortunately, the **LPP** test will measure true risk by looking at more accurate predictors of heart disease – the actual lipoproteins.

Cholesterol is a necessary nutrient, needed for healthy cell membranes. It is carried throughout the body by sphere-shaped particles called lipoproteins, which are classified according to their relative size and density. It is these lipoprotein particles, not the cholesterol in them, that cause heart disease. This is because these lipoproteins can infiltrate the arterial lining of your blood vessels, resulting in dangerous plaque formation, also known as atherosclerosis. There are several types of lipoproteins, and even different types of LDL and HDL and some are much more dangerous than others. Standard cholesterol testing only looks at a few of these particles which is why it often misses many patients that are at high risk for cardiovascular disease.

Most insurance companies cover these tests with nominal co-pays at the time of testing - \$75 for the FIA and \$25 for the LPP. Please call our office at 206-781-2206 with questions and/or to schedule an appointment. We

look forward to improving the quality of your life and perhaps your longevity by correcting your nutritional status and lowering your risk of cardiovascular disease.

Take Note!

School Physicals: If your teen will need a sports physical, be sure to schedule soon. The doctor must do an exam in order to sign the required paperwork.

Insurance Choices: Some of you are faced with choosing insurance plans in Oct-Nov for the coming year. Many plans, including Aetna, Uniform Medical, Premera, and Lifewise, to name a few, reimburse our clients a portion of their office visit costs. The reimbursement rate varies. For more options call Marti Lee at 206-709-2619.

Homeopathic Kits are now in stock—a great resource for acute fall and winter health issues, that you’ll have at your finger tips when the doctor prescribes them!

Making your visit more efficient: Here are some tips for optimizing your time with Emerald City Clinic staff and doctors. Upon your arrival alert the staff if you have:

- ◇ any of the following changes: name, address, phone number, email address, or insurance
- ◇ records that you brought that need copying
- ◇ time constraints
- ◇ need of a blood draw, or are fasting and think the doctor may want a blood draw
- ◇ pharmacy items you want the staff to pull for you

Bring a written agenda, with questions and concerns that you want to address. Also, please try to leave plenty of time between your appointment and your next activity so that you do not feel rushed or pressured to finish your appointment. Just a few ideas to help your visit run more smoothly!

Office Space for Rent: We now have 3 rooms available in our building for health professionals to set up practice! Join 4 other practitioners who specialize in acupuncture, massage, and counseling; share a peaceful waiting room, tenant kitchen with washer/dryer, and access to a central classroom. Call Roberta at 206-781-2206 for more information or to see the spaces.

Front Desk Sales: Be sure to look for pharmacy sales at the front desk in the coming months—we have overstock in many items, and we need to make room on our shelves!

Sara Kates-Chinoy

Naturopathic Physician : A brief introduction to our newest ECN doctor!

I am a graduate of the National College of Natural Medicine in Portland, Oregon. It has been an honor for me to study Naturopathic medicine with incredible and truly foundational teachers. I grew up in Maine and graduated from Swarthmore College, where I studied comparative religion, cognitive science and sculpture. I enjoy competitive sports, music, organic farming and occasional canoe trips, and was a national competitor in ultimate frisbee until that passion was replaced by my dedication to medicine on all levels. I practice both acute and chronic disease treatment, with an emphasis on treating whole families, and I am trained in Structural Integration bodywork. I use Food Intolerance Testing, advanced hydrotherapy, flower essences and homeopathy to remove obstacles to healing and enable the body’s inner strength. I use Qi Gong as a form of medical treatment, and I view my training with Master Wang as personally transformative. I encourage patients to believe in their own strength and flexibility, and to trust the Vis Medicatrix Naturae, the healing power of nature. In coming to work at Emerald City Naturopathic Clinic, I see the power of individualized medical care at work and I am honored to be joining this team of amazing physicians and dedicated staff.





Dr. Molly's Corner



Molly's Hours: Many clients have expressed frustration with delays in getting appointments with me. In response to this, I have closed my personal practice to the majority of new clients. I will see my current clients' family members, returning clients, and professional referrals only. We are limiting these First Office Calls to once/week. All other new clients can be competently and compassionately seen by either Dr. Riccio or Dr. Walton. If you are scheduling routine visits with me, please note that it takes four to five weeks to get in. If your matter is more urgent, I have kept "emergency only" slots to accommodate those situations and have hired a resident to assist me in those cases. Any emergency can be seen in the same day. I am open to hearing any of your concerns; you can always email me: d2rmolly@aol.com.

Carotid Intima-Media Thickness Scanning (CIMT or IMT): We are offering this ultrasound screening of carotid arteries at our office every six months. It is a quick and easy exam that visualizes your carotid arteries (located in your neck) and lets us know if you have inflammation and/or developing plaque. There is a 97% correlation between your carotid arteries and coronary arteries, making this test a great predictor for atherosclerosis and strokes. In the allopathic world, it is reserved for stroke victims, but Emerald City Clinic uses it as a preventative screen. You should consider this if you have any family or personal history of cardiovascular disease, strokes, high cholesterol, heavy metal toxicity or if you just want to know your risk status. Call or email the office and we will put you on the list to be informed of the next exam date, which should be in November.

Prescription Rights: In November of 2007, the Naturopathic Physicians' scope of practice in WA increased to allow us to prescribe most prescription medications, excluding legend drugs (narcotics). Since we already had prescriptive rights to naturally occurring medications such as hormones, antibiotics and prescription nutritional supplements, we now have access to most of the available pharmaceuticals. This allows the Naturopathic Physicians at Emerald City Clinic the opportunity to manage your prescriptions without needing an allopathic referral. It also means "if we can prescribe them we can also un-prescribe them" as a client's health improves.

Tincture bottles: Once again I would like to remind people that we are happy to recycle any tincture bottles you have.

RETURN SERVICE REQUESTED

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