

Emerald City Clinic

Newsletter Winter 2004

Dear Emerald City Clients, Staff and Friends,

I always like to end the year with a thank you for your support and trust. I continue to find joy from each day that I work with each of you, and want to share my gratitude for all that I receive from you. Wishing each of you a peaceful and joyous holiday season, I also hope that the New Year brings us all closer to true happiness

Yours in health,



Molly Linton, ND

Special Distinctions of Physical Symptoms in Headaches, Sore Throats, Coughs, and Fatigue

Headaches, sore throats, coughs, and fatigue are symptoms of dis-ease in the body. The causes of these conditions vary, and relieving them depends in part upon identifying the precise physical symptoms that accompany these conditions. To assist you in helping yourself through these health challenges I want to point out distinctions in each of these physical conditions that can help you choose the appropriate method of relief. These are just simple guidelines and not meant to be a replacement for thorough medical advice and care. I also caution people that if symptoms persist longer than 3 days it is time to schedule an appointment.

Headaches: The location of where a headache begins is crucial in understanding the physiology and therefore the appropriate treatment. If the headache starts at the back of the neck or the occipital ridge, it is most likely a tension headache. These headaches are caused by muscle tension of the neck and shoulders. This muscular tension could be caused by a variety of things, which ultimately must be addressed long term. Short-term tactics that relieve muscular strain will alleviate the headache. Such tactics include taking calcium/magnesium, hydration, Epsom salt baths, massage, arnica lotion on the tight muscle, exercise, yoga, chiropractic or bodywork. These are just some of the avenues you can take to reduce or stop the pain.

The headache that starts over the eyes is a “toxic” head-

ache. The two most common causes are dehydration and/or hypoglycemia. Other potential causes are exposure to chemicals, hormonal headaches, and infections. The treatment for these types of headaches starts with water, sleep, and appropriate protein intake. Chemical exposure can be alleviated with water and/or enemas. Menstrual or hormonal headaches are often a magnesium deficiency. Infections require more detailed treatment than this article will cover, but salt-water nasal douching often helps.

Sorethroats: The timing of a sore throat is the distinguishing factor for its cause. If you wake up with a sore throat and it dissipates over the course of the day, it is most often caused from mouth breathing secondary to nasal congestion and postnasal drip. The cause of the nasal congestion often is allergies, whether airborne or food. A simple solution is to use a humidifier in your bedroom. Sore throats that come in the afternoon and evening are generally caused by adrenal exhaustion. The treatment for that is Molly’s 5-point health plan to support the adrenals with an emphasis on hydration and protein intake. If the sore throat persists all day long and/or is accompanied by fever and flu-like symptoms, it is most likely an infection and might respond to salt water gargles.

Coughs: Coughs have two distinguishing issues: timing and productivity. A dry cough is not a good cough and will not resolve easily. You must make the cough wet. To hydrate a cough requires plenty of water, electrolytes, vitamin C, and steaming or humidification. If the cough occurs when you lie down and when you first get up in the morning, it is most likely an upper respiratory tract infection (URI). The URI is draining into the back of your throat causing you to cough. If the cough happens throughout the day and gets worse with exertion, you may have a bronchitis or pneumonia. This is a more serious symptom and should be evaluated by a physician.

Fatigue: Many things cause fatigue but I would like to shed some light on the topic. If you are exhausted the minute you wake up it is an adrenal issue. If you are tired with exertion, like climbing stairs, anemia should be ruled out. Finally, if you “hit the wall” in the early evening, I often think of people’s thyroids. All three of these types of situations may be occurring simultaneously and can be evaluated and distinguished with the help of your physician.



Notes from the Office:

Antibiotics: Please inform Emerald City Clinic if you have been placed on antibiotics for any reason by a medical practitioner outside of this office, and remember to take acidophilus while taking antibiotics and for a week after you cease the treatment. Naturopathic physicians often advise a different, shorter, antibiotic treatment course than the standard allopathic approach. Consult with your Emerald City Clinic physician for a treatment plan that is specific for your situation.

Fractionated Pectin: If you are scheduled for any type of biopsy, you should be on fractionated pectin. It has been shown to prevent metastases. Please contact Emerald City Clinic for further information.

Website: Our website is up and running! Visit it at drmollylinton.com or emeraldcityclinic.com. You'll find the most current information about the many services that we offer, as well as health tips.

Office Space: We are currently working with an architect to build out the professional space in our building. The space will be ready for tenant occupation by February, and drawings will be available for viewing shortly. Call Roberta for an appointment to have first pick of the suites for rent.

Out with the Old, In with the New

Winter is a time for introspection...reflecting on the past and making way for creative change for the approaching New Year. What a great opportunity January will bring for you to reach your goals with the first Detox Class of the New Year! People detox for many reasons: trying to make better choices and form healthy habits, creating significant change in their health, or reaching specific health and wellness goals around chronic conditions and/or persistent symptoms. The group setting allows for added support, accountability to others and the benefit of sharing your experience through group process.

Each patient's detox program is personalized with the doctors, and encompasses your diet, water intake, exercise, physical medicine treatments, and supplementation. This is a 7 week commitment. The first week is a free introduction to the program. The following 6 weeks each consist of an hour of class followed by an hour of physical medicine (infra-red sauna, craniosacral, exfoliating skin scrub, steam shower, constitutional hydrotherapy). Class size is limited, so if you are interested, please contact our office to hold your spot in the intro class, which will take place on Tuesday, January 11th. Sign up with Emily at the front desk, or call her with any questions at 206-781-2206.

Meet Dr. Loren Riccio ND, LM

My passion for medicine developed when I was a young girl. During childhood my brother was often very sick; my curiosity and interest in understanding health and medicine grew from this experience. The Naturopathic principle Docere, "doctor as teacher," is my foundation for providing care.

Realizing the importance of how we enter this world and desiring to help make it a safe and sacred experience, I became a midwife. Over the past three years, I have been delivering babies in the Seattle area and completed my midwifery training in the beautiful country of Vanuatu in the South Pacific. I graduated from Bastyr University in 2004 with a Doctorate of Naturopathic Medicine and Certificate of Naturopathic Midwifery. In addition to these programs at Bastyr, I participated in an integrated medicine program in India and received additional training in reiki, homeopathy, craniosacral therapy, visceral manipulation, and NAET allergy treatment. I am excited to be a Family Practice resident at Emerald City Clinic, and look forward to meeting you and participating in your health care.

NAET For the Holidays

The holidays are often a time of indulgence. We tend to eat more sweets, treats, and foods that we are sensitive to during holidays than at any other time of the year. Do your food choices make you feel sluggish and sleepy? Do you have difficulty concentrating, a stuffy nose, or a belly full of air? These may all be signs of a food sensitivity. NAET allergy elimination technique is a safe and effective method used to detect and eliminate or desensitize all types of allergies. This technique combines kinesiology, acupuncture, 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.

