



Emerald City Clinic

Newsletter

Winter 2008



The Importance of Human Growth Hormone

by Molly Linton, ND, LM

This hormone has been my nemesis in the past few years and with its decline my health deteriorated. I gained weight, depleted my immune system and had poor injury recovery. I was determined to gain back my health and increase my human growth hormone (HGH). Although HGH declines with age and is a major factor in the aging process we are not victims of our circumstances; there are choices we can make to slow this process and therefore maintain our good health. In numerical terms, humans produce on a daily basis some 500 mcg of HGH at age 20, 200 mcg at age 40 and 25 mcg at age 80.

HGH deficiency has been linked to the following conditions:

- Low stamina
- Difficulty losing weight
- Muscle mass and strength reduction
- Poor sleep and difficulty remaining awake
- Poor immune response including links to auto immune, poor wound healing, fibromyalgia and CFS (chronic fatigue syndrome)
- Lack of a sense of well being
- Poor self esteem

As you can see these types of symptoms have a cascading effect, often leading to exacerbation of the symptoms.

There are many things we can do to improve this situation immediately without taking pharmaceutical HGH which is very controversial. The first three things I would like to highlight actually are incorporated in Dr. Molly's 5 Point Health Plan:

1. **Reduced caloric intake:** Longevity has been associated with restricted caloric intake. We need to eat smaller portions. Our caloric intake should match our caloric output. Being slightly hungry all day long is a way to stimulate HGH. In addition having a 12 hour fasting period such as finishing dinner at 6 – 7 pm and not eating until the next morning is imperative. In particular, any carbohydrate consumption 90 minutes before bed diminishes and may even nullify nocturnal production of growth hormone. (No late night popcorn for me!)
2. **Sleep:** Growth hormone is released during periods of deep sleep. So, the lack of sleep may be a major cause of growth hormone deficiency, especially in fibromyalgia and CFS.
3. **Exercise:** Aerobic exercise, especially circuit training, has been demonstrated to increase growth hormone.

All these habits have other benefits as well. These habits stop

the spiral of declining health and actually will summate and increase your health exponentially.

Nutritionally we use such items as Bee Pollen, homeopathic combinations, Niacin, amino acids, protein. The HcG protocol to reset our hypothalamus and therefore reset many of our hormones is also a possible treatment. We have comprehensive programs to monitor your health, analyze your HGH and design a specific program to optimize your health.



Heal Thy Gut ... or, Is Your Food Making You Sick?

Part One in a GI Health Series

by Loren Riccio, ND, LM, CPM

A majority of illness begins in the gut. We have a complex environment in our digestive system that helps us breakdown and absorb important nutrients, and protects us from invading bugs. Healthy digestion and its influence on health and disease is determined by what goes in, how it is processed, and what comes out.

What goes in is something that we have some control over. It is important to choose "clean" food whenever possible. Due to environmental impact on our food sources, sometimes we need to take extra measures to find foods that are free of harmful chemicals and added hormones. What we often don't think of or choose to ignore are signs that our bodies give us to tell us that a certain food is harmful.

When harmful substances enter the gut it creates inflammation. This immune response can lead to a "leaky" gut. The normally tight barrier in the intestinal system becomes swollen, allowing for food or other substances to pass beyond the walls of the gut and be recognized by the immune system. This is how we develop food allergies and sensitivities. If we keep exposing our gut to these foods, we continue to cause the inflammation and have a strong potential of creating new allergies and sensitivities, essentially becoming more reactive.

Stress can contribute to inflammation in the gut. It breaks down our barriers for protection from invading bugs by decreasing our stomach acids, which would normally burn them up upon entry into our system. Once these bugs make their home in our bodies it throws off the balance of our good flora or good bugs. Our good flora, including the best known acidophilus, helps keep our gut healthy. This flora helps with digestion, healing, and the creation of some important nutrients. When good flora are out-numbered by bad flora, more inflammation occurs, resulting in poor digestion and poor

absorption. We see these conditions manifest as gas and bloating, skin rashes (eczema, acne) and constipation, to name a few. These signs and symptoms are the clues your body gives us to help figure out where the imbalance is in your GI system. Sometimes we will do additional testing to look further into how much inflammation is going on, what is the balance of good flora to bad bugs, and how well your body is digesting its food.

The bad bugs want to live and prosper in your gut, so even though you may feel uncomfortable, they find a way to influence you to keep them alive. Yeast or candida will lead to sugar cravings. The sugar feeds the yeast. If you don't feed the yeast, or if you take agents to try to kill the yeast, it secretes toxins that make you feel badly so that you will stop killing it! These toxins can be bound up to minimize their impact on you and increase your success in getting rid of the yeast. If the yeast has been there for a long time, it has become clever and will figure out what you are doing to try to eliminate it, so we need to shift our plan of attack before it completely figures it out. This is an important strategy. Anytime the gut flora is out of balance it is also important to put in more of the good flora or acidophilus. This should be done anytime that inflammation in the gut is suspected, including when you have vomiting or diarrhea.

The gut is the second largest site of nervous system activity, sometimes referred to as our second brain. We are all familiar with how some people will get a stomachache after upsetting events, butterflies in their stomach from nerves, or an ulcer from chronic stress. These events can be promoters of gut inflammation. If someone has chronic inflammation in their gut this can lead to inflammation in the nervous system, leading in turn to anxiety, ADHD, autism spectrum and many other neurological conditions including IBS, and Crohn's disease. Weight gain, hormonal imbalances, and auto immune disease may also result...the list goes on and on. In short: a healthy gut leads to increased health; an unhealthy gut can lead to dis-ease.

Stay tuned for part 2 in our next newsletter: "What do we learn from what comes out?"



Wisdom Beyond Biochemistry

by Laura Walton, ND, LMP



As some of you know, my husband and I recently bought our first house just six blocks from Emerald City Clinic. Along with walking to work, I now enjoy a yard full of plants. Consequently, I have spent many hours with my hands in the dirt, getting to know just who is growing alongside us in our new home.

The other day, in digging to the bottom of what I thought was a simple weed, I found a huge root about a foot down into the soil. It was about 8 inches in diameter, and had 2 leafy aerial parts above ground. We dug the leafy parts out and cut out a big chunk out of the root, but I was left to marvel at just how a root could have enough energy stored to send up aerial parts. As far as I know, plants need sun for photosynthesis that provides energy to grow. This root belonged to a tree that was long gone, so how did it send up these two tiny little shoots that grew leaves, and how did the leaves know to grow when they came above ground?

Tis the Season for Giving...



1. A Penny to Bastyr: Goodsearch.com is donating a cent to a school of your choosing every time their search engine is used. Please set your browser to this address and help Bastyr University!
2. PBS is planning a series of special reports on Naturopathic Physicians but they need help with funding. Please make a greatly appreciated donation at ECN towards this fantastic cause.

This root conundrum had me musing over the inherent wisdom in each person, and in each living thing. From my belief system, God created each creature in perfect balance with each other and within themselves. This is health—the health of the individual, and the health of its environment.

Often when people come into the office, they will describe “how things used to be.” For me, this means how things were when they were in balance. Choices and circumstances have led people from that state of health. Remarkably, we also have medicines that can bring people back to their remembered state of health. This is what naturopathic medicine is so good at, with diet and lifestyle guidelines, vitamins and minerals, herbal and plant medicines, and energy medicine.

There are times when each of these therapeutics makes sense for a person. I want to talk more about energy medicine, since it is often the hardest for people to trust. I think it is difficult to discuss because our tools for measuring energy are not very sophisticated. There is not yet a wealth of good studies measuring these medicines, although those who have experienced them know that they work. “Energy medicine” inhabits the sphere of Quantum physics, and I believe that within 20 years it will be able to be researched and discussed in a more meaningful way. For now, we can only offer what we have found to work clinically, knowing many people will dismiss the validity of energy medicine due to the lack of double-blind placebo-controlled research.

As a practitioner, I find that when a person has been doing “everything right,” and is still not feeling well, that is often the time to draw upon the healing potential of energy medicine. There are a number of types of energy medicine available for you: homeopathy, UNDA homeopathic drainage, Gemmo therapy, flower essences, energetic-dose plant medicine, NAET, acupuncture, craniosacral therapy, visceral manipulation, chi nei tsang, chi gong, visualization and prayer, along with others.

Each of these medicines has a unique way of interacting with a person to draw on the inherent wisdom in that person. From my earlier example, this inherent wisdom is like the root's need for sunlight being so strong, such a huge part of that original tree's life, that it will still send a shoot out against all known scientific principles. Somewhere, your body, like the tree, “remembers” balanced health. This is the level on which energy medicine works.

In practice, it is as though energy can get through where physical substances can't. Where the wisdom of biochemistry is insufficient, energy medicine reminds the body's inherent wisdom how to run its biochemistry. Energy medicine is the “meta-medicine” — the medicine that is bigger than biochemistry. At its best, energy medicine speaks to God in each of us.

If you would like to include energy medicine as part of your current treatment plan, I am offering a 15% discount on any appointment through Valentine's day. If you have questions about whether this medicine would be right for you, please talk with your Emerald City Clinic doctor or send me an email at laura@vitalityhealthcare.net. I am also VERY open to receiving any gardening tips!



The Carroll Food Intolerance Test

by Sara Kates-Chinoy, ND

Dr. Otis G. Carroll is considered one of the most significant naturopathic physicians of this century. His work was based upon the European nature-cure approach, which favored a simple, vegetarian diet, hydrotherapy, homeopathy, and herbal medicine. With all of his success, he was unable to help his chronically ill son. This stimulated his continual search for better methods, which led him to the work of Stanford's Dr. Abrams, a professor of physiology. Dr. Carroll modified Abrams' work to devise a method of testing for foods which are not well digested or metabolized in a particular body. In the testing, a blood sample is placed in a specific electric circuit, and exposed to various foods in contact with a reagent. Through this work, Carroll discovered that his son was intolerant to fruit, which he had always thought was a perfect and healing food for anyone. He removed fruit from his son's diet, and for the first time his son recovered. This is the history that I learned from one of my teachers, Dr. Jared Zeff, who finds this test to be invaluable for all patients in his practice.

Food intolerance testing is not an allergy test. An allergy is an immune system reaction in which food is perceived as if it were a foreign protein and the body inappropriately reacts, causing symptoms. Intolerance differs from allergy in that it has to do with digestion and metabolism, and is an enzymatic phenomenon, genetically determined. Inappropriately digested foods create toxic metabolites in the intestines which are absorbed into the blood and create systemic irritation. These will affect or interfere with normal function of the body, and become part of the basis of chronic illness.

In contrast, efficient digestion means significant changes in your health: improved immunity against infection, more energy, more restful sleep, clearer thinking, improved mood and better circulation. Diet change is a central part of healing chronic ill-

ness: allergies, asthma, headaches, fatigue, joint pain, viral or yeast infection, insomnia, depression, addiction, obesity, etc.

At your next office visit speak to your doctor about Carroll Food Intolerance Testing. The cost of the test is \$150. At Emerald City Clinic this price includes a brief visit to go over the results and a packet of recipes and resources.

Join Us!

Weight Loss and Beyond: Molly Linton, ND

I have completed my first round of HcG weight loss program with rousing success. I lost 30 pounds and 52 inches and feel great. I would really like to share this program with many of my clients. I am offering a one hour introduction lecture on this program on Thursday, January 8th at 7 pm at the clinic. Please call the office to sign up for this free introductory lecture. I recommend highly that you read the original research article at the following website: http://www.hcgdietinfo.com/HCG_Diet_Simeons_Manuscript.htm. This program is definitely not for everyone because it is very restrictive—but it works!

Qigong Classes: Sara Kates-Chinoy, ND

Qigong is a practice of movement, breath and mindfulness that is beneficial for people of all ages and in any physical condition. I will be leading classes on Wednesday evenings in the Jinjing Gong (Tendon and Channel Qigong) style. This particular style has maintained its lineage as one of China's true traditions of internal alchemy. Qigong has been shown to benefit health in a myriad of ways, including increased DHEA, pain reduction, immune strengthening, mood balancing, neurological improvement, addiction recovery, and decreased cardiac risk. End your Wednesdays feeling focused and clear. It is easy to learn and grows deeper with practice.

The cost is \$80 for 8 Wednesdays beginning Jan. 7th at 7pm. Those of you who are tempted but not yet committed are welcome to drop in for a one-time free trial class.

Carotid Intima Media Thickness

We have scheduled our bi-annual screening for inflammation and plaque build up of the carotid arteries for January 19th, 2009. Please call the office to schedule your time today. If you would like more information regarding this test, please see Molly's corner in our Fall 2008 Newsletter at www.emeraldcityclinic.com.

Meet our intern, Jessica...

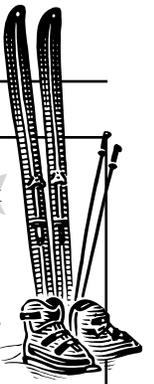
Originally from rural Connecticut, my undergraduate studies included degrees in Mandarin language & culture and psychology & linguistics. During and after school, I found great satisfaction in a variety of capacities as a teacher and tutor. This love of teaching is part of what led me to naturopathic medicine – I have a passion for patient education, for helping people to understand the workings of their bodies so that they can feel more empowered about their health. My favorite therapies are visceral manipulation & craniosacral therapy, along with lifestyle change, nutrition, and botanical medicine. I plan to go into family practice medicine, with a particular focus on pediatrics; I believe that healthy habits early on can set the stage for a full and healthy life. I am honored to have the opportunity to work with the amazing doctors and staff at the ECC over the course of an entire year!

And our new receptionist, Rose...

My journey into the world of medicine has been a brief one. It wasn't until my senior year as an undergraduate that I discovered a passion for science and medicine (you might call it an "Epiphany"). My ultimate goal of a PhD in Psychology changed throughout the course of one semester, and all of a sudden I am on my way to medical school. My brief time here at Emerald City Clinic has opened my eyes to a whole new realm of health care, and has already taught me enough to know that I will forever be involved in naturopathic medicine. I am honored to be a member of the ECN team, and to have the opportunity to learn from such an amazing group of doctors. I am here to help you on your journey to optimal health, and hope to put a smile in your eyes as you walk out the door.



Dr. Molly's Corner



PMID: 17457440 (PubMed- indexed for Medline): A study with 34 women over 2 to 3 years found that IUDs clearly alter the normal vaginal flora and change the cervico vaginal environment, and that women with IUDs may be at higher risk for vulvovaginal infection.

Lice Treatment: My favorite non-toxic remedy for lice is Uncle Harry's Natural Lice treatment. You can get information at: www.uncleharry's.com

Attention: If you terminate any treatment your physician at ECN has advised you to do please report this to your physician, even if an MD tells you it is unsafe, and/or contraindicated. If you have chosen to terminate it because it "didn't work" or it was causing a side effect, your physician needs to know so that a new therapeutic plan can be implemented.

Dynacare and Aetna: Dynacare IS a contracted provider laboratory for Aetna. If you or your family members were charged as out of network for Aetna, call Dynacare customer service at 206-861-7100. Have your bills in front of you so you can give the dates and Accession numbers, and they will reprocess your bills and reimburse you for any overpayment. A separate Dynacare issue is as follows: we have specially negotiated prices with Dynacare for many of the lab tests we order for our patients, and we have found most of you have been overcharged since winter 2008. If you have had lab work done during 2008, email us at front-desk@emeraldcityclinic.com and request our Dynacare price list. Compare it to your Dynacare bills, and if you were overcharged, contact Andy Soliman at solima1@labcorp.com or 206-491-1256 and he will arrange for Dynacare to reimburse you.

Flu vaccines: There are very few situations in which I recommend flu vaccines. The "flu vaccine" is designed in the previous spring hoping they get it right. The preservatives and chemicals in the vaccine are often more harmful than getting the flu! The best prevention is maintaining your health AND we have suggestions at the first sign of a flu, so please contact your physician at Emerald City Clinic to boost your immune system.

On call doctor: When I am out of pager range one or more of the other doctors is always on call for me. The contact information will be on our voice message at 206-781-2206. Please call or page Drs. Loren, Laura, or Sara if you have an urgent medical condition. They have my full confidence (I trained them!) which is why they are part of our staff—so please do NOT leave email and phone messages for me about urgent situations. I want you to get timely treatment for acute issues, and to avoid ER visits. If they determine you need to go to the ER they can offer naturopathic support for your condition to speed your healing.

15% off Kold Kare for the Winter Season: Kold Kare is encapsulated *Andrographis paniculata*, a powerful immune system stimulating herb. *Andrographis* is native to India and Sri Lanka, where it was used to treat infections long before the advent of antibiotics. *Andrographis* is the "King of Bitters," enhancing digestion and eliminating gastrointestinal parasites. Numerous studies boast of its antiviral and anticancer properties. *Andrographis* protects the liver, controls fevers, stops the growth of viruses and moves lymph to drain infections. Add Kold Kare to your winter defenses along with echinacea, zinc and vitamin C.

Tax Statements: We are happy to print out your total expenditures of the year for tax purposes. There will be a \$10 charge, plus \$5 for each additional family member.

Mailings: We are currently becoming inundated with patient requests to mail supplements. We are happy to provide this service, but please allow one week's notice for mailings to leave our office.

The Importance of Protein

By Jamine Blesoff

Naturopathic Medicine Candidate '10

The term protein is derived from the Greek word meaning "of first importance". This is a good indication of just how essential protein is to our health. In fact, protein is #2 (second only to Water) on Molly's 5-Point Health Plan for optimal health. We hear all the time that protein is necessary because it provides the building blocks of our body. This is true. Protein is broken down into smaller molecules called amino acids. Amino acids are referred to as "building blocks" because they are essential for numerous metabolic processes in our body. Their most important role is providing necessary components for genetic expression through our DNA/RNA. Protein is used to build connective tissue, bone, and muscle. It is also required for neurotransmitter and hormone synthesis, maintaining stable blood sugar, enzymes for digestion, making antibodies to fight infection, as well as providing nutrient transport & maintaining fluid balance in our bloodstream. Protein is necessary for almost every physiological process in our body.

There tends to be a misconception that our main source of dietary protein has to come from animals (red meat, chicken, fish), when in fact we can get quality protein from

a variety of sources in our diet. Healthy sources of quality protein include lean sources such as wild-caught cold water fish (Salmon, Halibut, Cod), organic poultry and eggs, low-fat dairy, legumes (beans), Grains, Nuts, and Seeds. The important factor to keep in mind when looking for sources of protein is the proper combination of amino acids (remember they are the building blocks). Eggs are considered a "complete" protein because they have the best amino acid ratio for the body. Combinations of grains (Quinoa) + legumes (beans) also provide a source of complete protein. See Table 1 for examples of protein sources and amounts.

Ensuring a well-balanced diet that includes healthy sources of protein is an integral component to maintaining optimal health. The amount of protein required on a daily basis varies from person to person. In general adults should be getting 40-60 grams per day including 10-15 grams for breakfast. Check with your ECN physician for the amount that is best for you.

Table 1.

Legumes		Grains		Nuts/Seeds	
Tofu	½ cup 10g	Amaranth	½ cup 14g	Nuts	¼ c 8g
Whole beans	½ cup 7g	Quinoa	½ cup 11g	Nut butter	2T 8g
Lentils	½ cup 9g	Brown Rice	½ cup 3g	Seed butter	2T 5g