



In this issue

Welcome.....Pg.

1

Naturopathy: The Whole Picture.....P

g. 1

Hormones.....Pg. 2

The Flu Shot.....P

g. 4

Weight Loss Hints.....Pg. 5

Cartoons.....Pg.

5

NOTE:
Unfortunately I must remind you this newsletter is not intended to diagnose or constitute medical advice. These are my opinions, and facts believed to be true at printing. If you take any of this advice you do so at your own risk. Consult a licensed health practitioner first.

WELCOME

Welcome to the first **CENTER OF HEALTH NEWSLETTER**. The Center of Health, is celebrating its eleventh year in business.

The Center of Health is strictly a referral based business. The success of this Alternative Health clinic is largely due to your referrals, I thank you all very much.

Much has happened in the world of Medicine, both allopathic and alternative. Highly prescribed pain medications have been pulled from the shelves. Hormone replacement was found to be profoundly flawed in its theory, practice and safety. All of these things have made a challenge for Alternative practitioners to step up and find safe, effective alternatives to these problems.

These challenges have taken me beyond Traditional Chinese Medicine. In recent years I have finished my doctorate in Naturopathy. This has given me a much broader scope with which to counsel people in their health. My hope is this newsletter will help bring up-to-date facts and clarity to confusing issues before us today.



THE WHOLE PICTURE

“What is a Naturopath”?, many established and new clients have asked. Naturopathy is the study of all the various “natural” modalities that are used to aid the health care model. This includes Homeopathy, Herbology, Aroma therapy, Iridology, Meridian therapy, and the newest tool “Functional Endocrinology”.

In the traditional medical school model doctors are encouraged to “specialize” as early as possible. Meaning they become gastrointestinal doctors, cardiologist, or oncologists. What has happened with this model is that as these specialist are wonderful at what they know, they are lacking in the ability to recognize or diagnose functional patterns, and cannot link these patterns with systemic disorders.

Naturopathy looks at the entire body from basic physiology.



Did you know?

- Our food travels an average of 2700 miles before getting to the grocery store.
- Our eyes are always the same size from birth, but our nose and ears never stop growing.
- The white part of your fingernail is called the lunula.
- Emus cannot walk backwards.
- Pinocchio is Italian for "pine head."
- If you stretch a standard Slinky out flat it measures 87 feet long.
- Camel's milk does not curdle.
- Many hamsters only blink one eye at a time.



WHOLE PICTURE CONT:

Don't get me wrong if I had cancer, I would consult a "specialist" in that type of cancer. I would also want to consult someone who would look at my lifestyle, diet, hormones, immune system etc to find out what might have been going wrong in my body to develop such a evil cell. This would be a Naturopath.

Naturopathy is all about prevention. Prevention through diet, lifestyle, and specific supplementation.

Many, dare I say MOST, diseases are preventable. My job is to help you find options to achieve optimal health.

This is NOT a competition. Your health should be based on facts and proven methods. Just because one group does not believe in these methods does not make them any less valid. There have been many a "sugar pill" given in the name of science, with outstanding results. We need our traditional doctors when things go very

HORMONES, THE "STUDY"

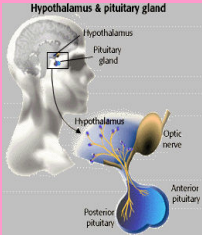
Hormones have been such a hot topic recently, when the World Health Institute conducted a study that found out how harmful and unproductive hormone replacement was (is) to women.

The medical establishment got these results, but had no other protocols to deal with hormones and their related side effects. In what I can only describe as self preservation, this study was dismissed by many, and little or no changes were made to these protocols for women.

As a woman, and a health practitioner, I will not ignore this study. I encourage you not to either. Let me explain what the "study" is and its conclusions. The study was called the WOMEN'S HEALTH INITIATIVE STUDY

This study was initiated because over the years different studies presented a complicated picture of the risks and benefits of hormone therapy.

The study was divided into sub-sections. The first part, which was published in 2002, examined the effects of progestins and equine estrogens. This is the



Did you know?

- Early menopause can be caused by the Mumps.
- 140,000 people died from appropriate drug prescription interactions.
- A woman's life expectancy is estimated at 79.7 years. Today, a woman who reaches age 54 can expect to reach age 84.3.
- About 2/3 of the total US population is expected to survive to age 85 or longer.

HORMONES, THE "STUDY" CONT:

The main findings of Progestin/Equine WHI study were as follows:

Increase risk of breast cancer
Increase risk of heart attacks, strokes, and blood clots in the lungs and legs

Increase risk of dementia

On the positive side of this study the findings were:

Reduced risk of hip and other fractures

Reduced risk of colorectal cancer

(Those on HRT had 10 hip fractures each year compared to 15 with those on placebo. On HRT 10 developed colon cancer each year compared to 16 on placebo)

Clearly the benefits do not out way the risk of devastating side effects to merit continuing hormone replacement in the present model.

The second section of this study was done with Equine replacement alone. In March of 2004 the findings of this study were in a letter to the Endocrine Society Members:

...“11,000 postmenopausal women that have participated in the estrogen-alone study of the WHI were to stop taking their pills.” They go on to say “after further study, the NIH concluded that with an average of seven-year follow up completed, estrogen alone does not appear to affect heart disease, an important question in the study.

Additionally, estrogen alone

Criticism from the medical community came in the usual forms: The study was flawed and not done very well. Truly, this study was very well put together and done in several major medical universities at the same time to compare data. The second criticism was that the study was too small and that the women were all the wrong age. But, in fact, the study had over 30,000 women involved from ages 50-65. Let's say this was too small for a “real” test. Great Britain did an HRT Study of one million women (1,084,110 to be exact) ages 50-64 between 1996-2001. They, too, came to the conclusions: “current use of HRTs is associated with an increased risk of incident and fatal breast cancer; the effect is substantially greater for estrogen-progestagen combinations than for other types of HRT.”

Hormones can be balanced and corrected through natural means; through diet, exercise, and proper supplementation. If a woman needs hormones, *bio-identical* hormone creams would be the safest choice. The assumption that women must have HRT is incorrect. Whether this comes from a doctor who believes in HRT or one who believes in Bio-identicals, the need for HRT should be based on correct lab work and evaluation on a case-by-case basis. To just give someone hormones, bio-identical or otherwise, based on symptoms alone is just moving the chairs on the titanic; the ship is still going to sink. Menopause has been made out to be a *disease state* in women. It is merely a natural physiological change taking place. Men experience change as well, where they are no longer testosterone dominant. This can lead to the same symptoms of depression, mood swings, weight gain especially around the middle and breast area, and sexual dysfunction. Ah, but then we get into Viagra. which I will save for another



Did you know?

- Getting the flu shot does not guarantee that you won't get the flu.
- Both colds and flu can be passed through coughing, sneezing, and touching surfaces such as doorknobs and telephones.
- Each year flu complications cause an average of 114,000 hospitalizations and 36,000 deaths.

THE FLU SHOT: IS IT WORTH IT?

The flu shot paranoia is here again. While I can not tell you to take the flu shot or not, I can give you a little background information that might help in your decision.

Understand, the flu season is a multi-million dollar time of the year for the pharmaceutical companies. If it works, then this is money well spent and well earned.

The problem is that you hear of people still dying from the flu, or people saying they had the shot, but they still got the flu! The industry response is that they can not make a shot with all the various strains of flu virus out there; therefore, they attempt to make an educated guess on the strains we might be facing from year to year. The industry has created a crisis situation year after year with warnings of a stronger more virulent flu virus so EVERYONE should get the shot. This begs many questions of why and how?

It is true these viruses are becoming more difficult to anticipate because of the fact that a microbes' ability to mutate is 50 times greater than our cells.

This gives a virus a big head start in its strength from one year to the next and its ability to change and adapt to our various ways of fighting it. Secondly, our environmental exposure to chemicals and toxins, electromagnetic radiation, high stress, and emotional burdens are causing people and their immune systems to be weaker and more prone to infection

further weakening our immune systems.

The flu shot formulas are an egg derivative. Therefore, if you have a sensitivity to egg, the flu shot might not be a good idea.

A natural means to battle the flu and colds is through the use of homeopathic and isopathic therapies. This is a method of removing bad effects of microbes, drugs, chemicals, or other toxins by means of using identical harmful agents in a potentized form. Isotherapeutic remedies stimulate the immune functions against specific agents. In our **Flumax** spray formula there are "identicals" of all the classic strains of influenza potentized with their antibodies to them. So this works as a preventative formula against the flu or in case of flu, to minimize the duration and severity. There are no side effects, and it is safe for any age.

Whether you take the flu shot or not, my suggestion would be to take extra steps to assure you have the maximum protection. Be more mindful of your rest. The quickest way to a breakdown in the immune system is lack of rest. Take vitamin C, specifically Bioflavonoids, 1000 to 2000mg daily, for kids a glass of organic orange juice will be great. If you work in an office with lots of people or often travel on an airplane, I would recommend some Astragalus, this is a wonderful microbe fighting herb. Just follow the directions on the label. Eat right and EXERCISE! Walk, ride, just move for 20 minutes a day purposefully for your health. When I say "purposefully" I mean that while you are doing this 20 minutes don't be complaining, watching TV, or reading the



Did you know?

- Two-thirds of American adults are overweight, and half of these are obese.

- 15 percent of children between ages six and 19 are now overweight, and even 10 percent of those between two and five.

- Americans eat 200 calories more food energy per day than they did 10 years ago; that alone would add 20 pounds annually to one's bulk.

- 7 percent of the U.S. population visits McDonald's each day, and 20 to 25 percent eat in some kind of fast-food restaurant.

Have a Happy and Safe Halloween!



WEIGHT LOSS HINTS



Ok here it is, the best way for you to lose weight is to **STOP DIETING!**

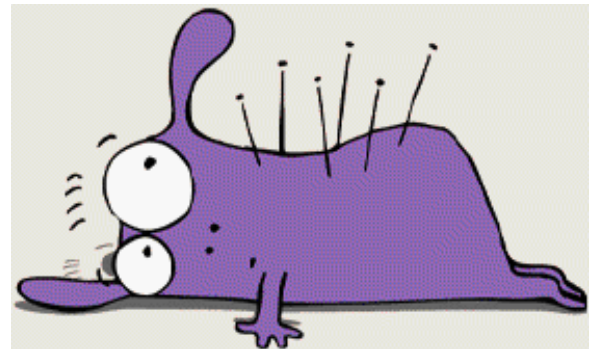
Diets do not work. Weight has to come off gradually and stay off because of lifestyle changes, not temporarily "being good". It takes effort to get started on a program, most people say the first two weeks are the most difficult.

Lifestyle changes should be simple and obtainable: drinking more water, getting exercise, eating smaller portions of the foods you love. Keep away from fried foods. Most importantly get plenty of rest.

The body needs time to devote all its efforts to repairing and rejuvenating the body, this can only happen when we are at rest.

If you are not doing these things there will be little or no success in your weight loss goals.

With all the disasters that are happening around us, I encourage you not to be complacent about it, but have a voice, take action, to help out in anyway you can. Every effort



CARTOONS OF THE MONTH

