

Black Bear Naturopathic Clinic Newsletter

Dr. Christine White

February 2006

Clinic News

Since the last newsletter from my office in the spring of 2004 a lot has changed in the clinic. My practice has grown significantly, allowing me to take on new staff.

Carrie Schrieber, massage therapist and hydrotherapist, is now working several days a week and is serving as our office manager. You will see her working the reception desk. She is still available to administer hydrotherapy treatments and she has her own private massage therapy business.

Samaya Marpet is the latest addition to our clinic staff. She performs many office management duties, helps fill medicinal orders, and works on special projects in the clinic. Samaya is a medical herbalist, a labor and postpartum doula, and has a strong background in naturopathic medicine. You will hear from Samaya regularly in these newsletters.

I have begun to once again utilize my business name, **Black Bear Naturopathic Clinic**. I am still located within the *Missoula Naturopathic Clinic*, nothing has changed in that regard. Please make your checks payable to *Black Bear Naturopathic Clinic* when paying for services.

My website, www.blackbearnaturopathic.com, has undergone a major renovation in the past year. In the near future, the website will provide a schedule of upcoming presentations and other relevant events. Please come see us on line!

Reminders

Medicinary Refills

Please kindly give us a minimum of 24 hours notice to refill your prescriptions items. Three to four days notice is preferred for items that must be shipped.

Pharmacy Prescriptions

Call the pharmacy first if you need a refill, they will fax us a request if no refills are remaining.

Cancellations

All cancellations require a minimum of 24 hours notice. Inability to do so may result in a fee for the missed appointment. As a small practice, unfilled appointments greatly impact our business and inconvenience other patients. We ask for your understanding and consideration in this matter.

Thank you!

Probiotics

If you are placed on a course of antibiotics by another health care provider, please remember to come by the clinic and pick up a round of "probiotics". Probiotics, such as acidophilus, are the bacteria that are normally present in the intestines. They are negatively impacted by antibiotic use, and thus, DO NOT TAKE ANTIBIOTICS WITHOUT TAKING PROBIOTICS.

A basic foundation of naturopathic medicine is the health of the gastrointestinal tract, which greatly controls the health of the immune system overall. For many of you, we have spent a great deal of time and effort improving your overall health. Don't let a course of antibiotics without a good probiotic set you back on your path to optimal health.

Upcoming Events

Bone Health Workshop: Beyond Calcium Supplementation

A joint presentation and cooking demonstration will be given by Dr. White and Helen Burnside on bone health at the Good Food Store, 1600 S 3rd St West, Missoula, MT, on **March 15, 2006 from 6:30-8pm**. Information on foods for healthy and strong bones will be provided and Helen will demonstrate how to prepare some fun, easy and fabulous recipes. Handouts and food samples will be available. There will be a minimal charge, and reservations will be required. For more information, look for postings at the Good Food Store, or in their advertisement in the Missoulian.

2nd Annual Bridging the Gap Integrative Medicine and Health Conference

Sponsored by the Western Montana Integrative Healthcare Alliance, Montana Spine Center, and the Saint Patrick Hospital Foundation. Located at Saint Patrick Hospital Health Sciences Center's Broadway Conference Building, Missoula, **Friday, February 10 from 5:30-9:30 pm and all day February 11.**

Featured Speakers:

- « Larry Dossey, MD - a physician deeply rooted in the scientific world and an internationally influential advocate of the role of the mind in health and of spirituality in healthcare. His newest book will be released the week of the conference.
- « Barbara Dossey, PhD, RN, AHN-BC, FAAN - a pioneer in the holistic nursing movement, she works to advance the practice and philosophies of holistic care, both within the health profession and the lives of patients.

Registration required. For further information, please see www.healthymontana.com or call (406) 329-5643.

Information For You

Dr. White would like to pass-along information to you to assist you in maintaining a healthy lifestyle and to increase your understanding of common health problems. Information in this section will be provided by Dr. White, Black Bear Naturopathic staff, and guest authors. We hope that you find this information useful. If there are topics that you would like to see discussed in future news letters, please let our staff know.

Strengthen Your Immune System - Begin with a Nutritional Tune-up!

By Alan Jeans, D.C.

Alan is a retired chiropractor in Seeley Lake who graciously agreed to provide a synthesis of his knowledge on nutrition and staying healthy during cold and flu season, and beyond.

Winter months are cold and flu time. Are you thinking: "What can I do to strengthen my immune system?" Did you answer: Echinacea, or vitamin C, or maybe zinc? These are popular nutritional supplements for improving immune function. But, if you stop here, you may be missing other important nutrients.

Your immune system is very complex. Many different types of cells and biologic mechanisms are involved in keeping you healthy. These systems require all of the essential dietary nutrients. Sadly, modern lifestyles make it very difficult to eat a diet that provides optimum levels of essential micronutrients. Micronutrients are nutrients needed in very small but critical amounts for health. They include vitamins, minerals, and essential (omega-3 and omega-6) fatty acids.

How important are micronutrients for optimal immune function? Recent scientific research has shown they are vital in a surprising way. Selenium is a mineral necessary for a well-functioning immune system. Many people do not get enough Selenium in their diets. Can too little Selenium cause you to 'catch the flu'?

Scientists at the University of North Carolina have shown that animals fed diets with inadequate Selenium not only 'caught the flu' but became much sicker than animals with adequate Selenium intakes. Further investigation revealed that lack of Selenium in the Host (the animal) mutated the flu virus making it much more virulent (destructive)!

Essential Fatty Acids are "essential fats". They come from your diet and they play major roles in your immune system. The typical American diet contains too many omega-6 fats and not enough omega-3 fats. In 2005, the American Journal of Clinical Nutrition reported that "Pneumonia risk was reduced 31% for every one gram per day increase" in the basic omega-3 fat known as alpha-linolenic acid (ALA). Flax seeds, flax seed oils and fish oils are excellent sources of ALA or other (fish) omega-3 fatty acids.

Vitamin D deficiency is becoming an epidemic. Very little is found in the diet (without supplementation) and most Americans are reducing sunlight exposure (the major source of Vitamin D). Here in the north, the low winter sun angle prevents vitamin D production in the skin for up to 6 months of the year. New research is showing that vitamin D is not only important for calcium absorption (and therefore, bone health) but that it is also a critical factor in regulating the immune system. It may play a significant role in preventing autoimmune diseases (multiple sclerosis and insulin-dependent diabetes) as well as reducing your risk for many common cancers, hypertension and heart disease. Almost all vitamin D researchers believe the current recommended intakes (RDAs) for vitamin D are inadequate. Cod liver oil is an excellent supplemental source of vitamin D (as well as being a good source of vitamin A and essential fatty acids).

You can optimize your health and boost your immune system by taking these steps 3 steps:

1. Eat 7 to 10 servings of fresh fruits and vegetables a day
2. Take 1-2 tablespoons of cod liver oil a day
3. Add a quality multivitamin/mineral supplement to your health routine.

Many micronutrients 'modulate' immune function including: vitamins A,C,D & E, folate, B12, B2, and B6; minerals: zinc, selenium, iron, copper and magnesium; and essential fatty acids. These nutrients are commonly inadequate in American diets. Are you feeling healthy? That is great! But... studies as reported in the American Journal of Clinical Nutrition revealed that "healthy and apparently well-nourished persons..." had a high prevalence of micronutrient deficiencies". This is important because other studies have shown that a mild deficiency of just one micronutrient can alter immune response.

The Journal of Nutrition in 2000 reported that "suboptimal nutrition...could significantly impair host defense systems".

Adrenal Fatigue; A Stress Induced Epidemic

By Samaya Marpet

Living in the twenty-first century can sometimes be overwhelming. We live in a fast paced, busy, and intensely stimulating day and age, even in a small (but growing) mountain town such as Missoula. Coping with work loads, family life, relationships, illness, traffic and meeting one's own personal needs can be very stressful. That said, it's no wonder people so commonly suffer from the feeling of burnout. In addition, we don't always eat as well as we should and often consume caffeine and sugar to get through the day. Many of us don't exercise enough, compounding the problem even further. Our bodies, minds and spirits can all suffer, and be impaired by stress. Our endocrine and nervous systems, specifically our adrenal glands, are wired to help us manage our stress levels. However, when we have continually elevated stress levels over prolonged periods of time, all our body systems are subject to depletion.

Adrenal fatigue syndrome is possibly the most common disorder Dr. White treats in her practice. Adrenal Fatigue is a collection of signs and symptoms that result when the adrenal glands function below the necessary level, and can affect men, women and even children. The paramount symptom of adrenal fatigue is fatigue unrelieved by sleep. Other symptoms may include a craving for sweets, low blood pressure, low blood sugar, irritability, depression, and a range of secondary symptoms from impaired digestion to PMS. Most commonly associated with intense or prolonged stress, it can also arise during or after acute or chronic infections, especially respiratory infections such as influenza, bronchitis or pneumonia. You may look and act relatively normal with adrenal fatigue and may not have any obvious signs of physical illness, yet you live with a general sense of "unwellness", tiredness or unmanageable stress.

Common symptoms of Adrenal Fatigue

- a craving for sweets
- low blood pressure
- low blood sugar
- irritability
- depression

Normally functioning adrenal glands secrete small, precisely balanced amounts of steroid hormones. Because they are designed to be very responsive to changes in your physical, emotional, and psychological environments, any number of factors can interfere with this finely tuned balance. Too much physical, emotional, environmental, or psychological stress can deplete your adrenals, causing an initial increase in hormone output, followed by a decrease in the output of adrenal hormones, particularly cortisol, if the stress goes unchecked. This lowered adrenal activity can significantly range in severity, from nearly normal output to nearly zero output.

Adrenal Fatigue can wreak havoc with your life. In the more serious cases, the activity of the adrenal glands is so diminished that you may have difficulty getting out of bed for more than a few hours per day without a nap. You may find simple chores are now too much to get done. With each increment of reduction in adrenal function, every organ and system in your body is more profoundly affected. Changes occur in your metabolism, fluid and electrolyte balance, heart and cardiovascular system, and even sex drive (does this get your attention). Many other alterations take place at the biochemical and cellular levels in response to and to compensate for the decrease in adrenal hormones that occurs with adrenal fatigue. Your body does its best to make up for under-functioning adrenal glands, but it does so at a price.

This syndrome has been known by many other names throughout the past century, such as non-Addison's hypoadrenia, sub-clinical hypoadrenia, neurasthenia, adrenal neurasthenia, and adrenal apathy. So why does conventional western medicine rarely diagnose or treat adrenal fatigue syndrome? Perhaps it is because the symptoms affect many body systems, the nervous system, the endocrine system, the digestive system and the reproductive system, just to name a few.

Conventional medicine often does not look at the body as a whole organism, compartmentalizing

the body in to individual “systems”, treated separately from one another. For example, digestive disorders are not likely to be treated with the person’s endocrine system in mind. A prolonged flu, increased PMS, diminished ability to digest food and psoriasis would all be treated with separate medications with little to no regard for how those medications affect the human as a single organism. In addition, conventional physicians often don’t test people for adrenal fatigue with appropriate laboratory tests, further obscuring the syndrome’s existence.

Because fatigue is possibly the most common complaint in a naturopathic physicians practice, ND’s have become pioneers, and many times experts, in the diagnosis and treatment of adrenal fatigue syndrome. It is a real syndrome, and there are many treatment plans available for all the people who suffer from it. Naturopaths have a philosophy of holistic integrative medicine, which enables them to have an innovative understanding of diseases with symptoms affecting many body systems. Recovery from adrenal fatigue is definitely possible. Naturopaths have helped many people overcome this hidden epidemic with treatment plans tailored to their individual needs. If you feel like you, or someone you know may have Adrenal Fatigue, the first step towards recovery is diagnosis and educating yourself about the disorder. For more information call the office to set up a consult or an appointment with Dr. White.

Four Thieves Vinegar Recipe

By Samaya Marpet

One of the most famous herbal concoctions comes from the tale of four thieves during the time of the bubonic plague. This remedy has come to known as the Vinegar of the Four Thieves. History records that the four thieves were arrested for stealing from the homes of the many dead victims. After their arrest, they were taken from prison and forced to bury the dead with the promise that if they lived, they would go free. It has been said that one of the thieves was the son of a midwife and herbalist whose herbal wine vinegar purportedly kept the four thieves alive all during the Black Death. As their resistance to the disease became obvious, others started using their Vinegar tincture—reportedly with great success. They lived to credit the vinegar potion for their survival.

As well has being an anti-viral, immune system booster, the Vinegar of the Four Thieves is a super-strong insect repellent. It should be diluted with water to half strength if you spray it directly on your skin. This repellent can be used many ways. Splashed on your socks or shoes, it will discourage ticks, chiggers, and mites. An herbal cloth kept in your pocket and rubbed on your skin every hour or so would be very beneficial during outdoor work or recreation. Or, a nightly bath with a little herbal vinegar and oil will keep it on your skin for many hours and could prove helpful.

Vinegar of the 4 Thieves

- 1 quarts of apple cider vinegar
- 2 tablespoons lavender
- 2 tablespoons rosemary
- 2 tablespoons sage
- 2 tablespoons wormwood (optional)
- 2 tablespoons rue
- 2 tablespoons mint
- 2 tablespoons fresh, chopped garlic

Combine dried herbs (except garlic) and vinegar in a jar, cover tightly and place in a cool dark place (such a pantry) for six weeks. Then strain out the used herbs, and retain the herbal liquid mixture. Add several cloves of crushed garlic, and close lid. Let it soak for three days in the refrigerator. This liquid tincture needs to be stored in a cool place and has a shelf life of about one month. Don’t forget to date and label the jar.

Our office hours changed in January 2006

We are now open:

Monday – Thursday

9 am-12:45 pm & 1:30 pm - 5:30 pm

Friday

By appointment only

Call 541-3040 to schedule your next appointment

Do you have a group that you'd like to have Dr. White speak to on a naturopathic medicine topic? Contact the office at 541-3040 or via email at docwhitened@onewest.net with the idea and she'll get back to you to set it up

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