

Your Health

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BCNA MLA Health & Wellness Day

Sharing the Benefits of Naturopathic Medicine with BC's Politicians

On Thursday, November 17, CH TV in Victoria, a Global affiliate, ran a profile on their evening news on naturopathic medicine. Featured were BCNA Vice-President Dr. Christoph Kind of Courtenay, Community Services Minister Ida Chong (Oak Bay-Gordon Head) and Intergovernmental Relations Minister John Van Dongen (Abbotsford-Clayburn). The TV coverage was taped at the MLA Health and Wellness Day held in Victoria the same day.

The BCNA's MLA Day was an opportunity for MLAs to meet face to face with naturopathic doctors, receive not only general information on the profession but also undergo some basic medical screening tests.

On November 17 several dozen MLAs (Liberal and NDP) stopped by to receive a variety of clinical tests which included: Blood-typing, digital pulse analysis and cardiovision (heart health monitoring tests), and heart rate variability (a test which measures overall stamina, how a body responds to stress, etc.).

The purpose of the MLA Day is to emphasize the primary care on offer at ND clinics across the province. Many patients see NDs for primary health care, despite the out-of-pocket expense; many MLAs don't know that. Most NDs use a wide range of standard diagnostic tests both in the clinic and from standard medical labs; many MLAs don't know that. The science education and training of NDs and MDs is very similar, although the use of therapeutic tools varies widely.

The other thing we need to think about, as well, is that the best outcomes for people's health are not always related to surgeries. There is a whole area of prevention that we need to aggressively address. For generations governments have talked about prevention, but we've never given it the kind of focus we intend to give it in the days ahead. That is, we can sometimes prevent the necessity for a hip or knee replacement if we look at issues like healthy body weights, healthy diets and prevention of obesity issues, which sometimes drive additional demand for procedures.

Honourable George Abbott, BC Minister of Health, quoted during the health estimates debate, November 2005

It's surprising how many MLAs are unaware of what NDs actually offer their patients. The MLA Day is a wonderful opportunity to emphasize the proactive, disease-prevention model which is at the core of naturopathic medicine.

While there are some misconceptions amongst elected officials the government overall is moving towards a more inclusive provincial health model. Earlier this year the Throne Speech emphasized preventive medicine. Similarly, during health estimates in November the health minister spoke, in the House, of the need for government to change how it views prevention in terms of long-term health care [see quote above].

While the BCNA MLA Day was a huge success it always helps for politicians to hear the personal stories from patients such as yourself. You can e-mail, mail or call your MLA (or even phone their constituency office to ask for a meeting) to share with them your views on health care, and the need for a more inclusive system focussed not simply on drugs and surgery but overall health care. To find the contact info for your MLA simply link to the government MLA finder website where you can search by name or constituency or community or postal code: www.legis.gov.bc.ca/mla/3-1-1.htm If you don't have Internet access you can use the blue pages in the back of your phone directory or call Enquiry BC toll-free at 1 800 663 7867.

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MMR Controversy Rages in UK

At the heart of the MMR vaccine controversy is an attempt to blind people with science. Proponents of the vaccine say science has proved it is safe and that those who deny this are scientifically illiterate. This argument has been used to tell parents that the evidence of their own eyes is not true. While the vast majority of children have had no problem with the MMR vaccine, a small proportion of parents found that after vaccination their children developed bowel problems, an allergic reaction to various foods, and a halt to their behavioural development that produced the symptoms of autism.

Their concerns were dismissed by the medical profession. One doctor who did take them seriously was a gastroenterologist, Andrew Wakefield. In a *Lancet* paper he said the children were suffering from a new disease, autistic enterocolitis; at a press conference he suggested that to be safe children should have single jabs, instead of the triple MMR.

Since then the government has pointed to a succession of epidemiological studies that, it says, prove that MMR is safe. A recent meta-study by the Cochrane Library was likewise reported to have said that fears about the vaccine were based on “unreliable evidence.”

But the study itself did not say this. On the contrary, it found that nine of the most prominent epidemiology studies that are employed to attack Wakefield’s research were unreliable. Since it did not look at Wakefield’s research, it did not address the questions raised over the vaccine in the first place. The report therefore could not bear the conclusion attributed to it that MMR was safe.

When I pointed this out in the *Daily Mail* last week, I was attacked in these pages by Dr Ben Goldacre, who said I did not understand how science worked. On the contrary, it is Goldacre who is ignoring the evidence, and his errors go to the essence of the MMR controversy.

Like the government, Goldacre believe clinical findings are trumped by epidemiology, which he says is “evidence-based” medicine. But the attempt to refute Wakefield by epidemiology is a category confusion. Epidemiology looks at patterns of disease in a population. It cannot prove or disprove cause and effect in individual patients.

A paper published by the *Journal of American Physicians and Surgeons* says epidemiology “cannot establish a causal association unless other biological evidence backs it up,” and does not meet a scientific standard of proof since it is prone to bias—the very criticism that the Cochrane report made of the epidemiological studies for MMR and autism.

Having accused me of misunderstanding “real” science, Goldacre then claims that I have fallen for

pseudoscience by believing evidence that has never been peer-reviewed. Bizarrely, he asserts that I have relied upon research that has been published only in the “in-house magazine of a rightwing US pressure group well known for polemics on homosexuality, abortion, and vaccines.”

What on earth is he talking about? The devastating finding of measles virus in the cerebro-spinal fluid of some autistic children who had been given the MMR vaccine has been peer-reviewed in the *Journal of American Physicians and Surgeons*.

He claims that Wakefield’s term “autistic enterocolitis” has appeared in no other studies that have endorsed it. But Wakefield’s core finding of a unique gut-brain disease has been replicated in peer-reviewed papers in the *Journal of Paediatric Neurology*, *Neuropsychobiology*, the *Journal of Paediatrics*, the *Journal of Clinical Immunology* and the *American Journal of Gastroenterology*.

So what’s this sinister “rightwing” organization upon which I’m supposed to have relied? Alas, Goldacre does not tell us. So let us guess. Might it be, perhaps, the Association of American Physicians and Surgeons, which published the evidence of measles virus in cerebro-spinal fluid? Or might it be the American Institute of Medicine, which said that any evidence that symptoms worsen after booster jabs (as has been claimed with MMR) was real evidence of a link between a vaccine and a disorder?

Goldacre’s case boils down to evasiveness, ignorance, misrepresentation and smear. Are these really the attributes of a scientific vocabulary? Is this really “evidence-based medicine”? Of course, it is important to vaccinate children against dangerous diseases. But if even a small subsection of children is badly affected — which is all that is being claimed over MMR — the balance of risk dramatically changes.

The government and the medical establishment deny the evidence of any such effect. They claim that science has shown there is no case to answer. But it depends on which type of science, and whether it is being used appropriately. The fact is that scientists are making progress in deciphering the mysterious relationship, which Wakefield first identified, between a new type of bowel disease and brain disorder. The connection between this relationship and the MMR vaccine is far from proven. But legitimate scrutiny of the real questions that have been raised are being stifled by the government and a medical establishment that have behaved recklessly and spinelessly, and are busy suppressing all attempts to hold this up to the light.

*Source: The Guardian, November 2005. This article by Melanie Phillips, who is a Daily Mail columnist
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Lancet Study Contradicts Lancet Study

Imagine sitting in a movie theatre with a large crowd at a popular movie. People are laughing at jokes, gripped by action sequences, whispering to each other as a complex plot unfolds. Suddenly, a scientist bursts onto the scene. "It's only light," he exclaims. "You can't be laughing or crying or getting scared. Your reactions aren't real. They can't be. There are no people on the screen. It's just light." Everyone in the audience knows it's light they're watching. Knowing that a movie isn't "live" has nothing to do with how an individual reacts or the lasting emotional impact of an image. In this example the scientist would look pretty stupid: Out of touch and irrelevant. Yet that's more or less what happened this year when the *Lancet* published a study "debunking" homeopathy.

Homeopathy, which involves the use of dilute preparations to stimulate the body's self-healing mechanisms work on a level misunderstood by many allopathic doctors.

Understanding what homeopathy is, its principles or how it is utilized in a patient setting were not at the core of the *Lancet* article. Doctors quoted in the *Asian Age* spoke to this discrepancy: "It is like a history professor conducting research on physics and coming out with his observations," [Indian Homeopathy] president Niranjana Mohanty said in a press release.



A Dutch study published in the *British Medical Journal* showed that homeopathy was exceptionally effective: 4 of 9 trials showed benefits in treating vascular disease; 12 of 19 effective for respiratory infections; 5 of 5 in treating hay fever; 4 of 6 successful with rheumatological disorders; 18 of 20 beneficial in treating pain; 8 of 10 helpful with psychological problems. In fact, the 2005 *Lancet* article contradicts its very own 1997 meta-analysis of 89 randomized, double-blind, placebo-controlled studies, which concluded that the "results of our meta-analysis are not compatible with the hypothesis that the clinical effects of homeopathy are due to placebo."

He said the team has adopted a standard protocol of research and has used statistical tools with "double blind control trials" to come to [its] conclusions.

But they have not applied the tenets, principles, axioms of homeopathic science like individualization, *similia similibus*, minimum dose and single remedy," which essentially means "homeopathic medicines were applied on the principles of allopathy for research experiments," he observed.

"The sample size [110] taken by the research team was not sufficient to conduct research and draw conclusions over the curability of homeopathic drugs," he said.

Describing the findings as "unscientific," Mohanty said "There is no standard and specific homeopathic drug for any particular ailment.

"The practitioners apply their knowledge to prescribe drugs which often differ from person to person on the basis of their symptoms, behaviour and the like," he said.

He said several studies conducted with "double blind control trials" on similar diseases and where homeopathic drugs had worked miracles included bronchial asthma, allergic rhinitis, rheumatic fever, rheumatic arthritis and osteoarthritis.

Sources: Insets cited in Dr. Kenneth R Pelletier, *The Best Alternative Medicine: What Works? What Does Not?* Article quoted from *The Asian Age*, September 2005.

"Classical homeopathy is considered a complete medical system, capable of addressing a wide array of health problems. It can treat acute and chronic illnesses, especially in the earlier stages, before there is tissue damage. Migraines, allergies, autoimmune disorders, arthritis, and chronic viral and bacterial infections have all been reportedly treated successfully. Many laypeople also consider homeopathy an excellent method for self-treating minor illnesses, such as flu and colds, and for stimulating general health. In the case of flu, a properly prescribed remedy, such as the popular Oscillocochinum, can provide relief within a few hours to a day or two. Homeopaths do caution that there is no one remedy for the annual varieties of flu, and that self-diagnosis and care are often ineffective."

Energize Your Life: New Book from BCNA Member

On this and the facing page are random excerpts from BCNA member Dr. Peter Bennett's new book *Energize Your Life: A Three-Week Plan to Change the Way You Look, Feel & Live*. His book focuses on simple, effective solutions to common health issues—fluctuating energy levels, day to day stress and the negative impact of stress, among other things. The book is full of useful tips and recommendations including in-depth daily plans for preparing fresh foods that support good health and ways to introduce modest exercise and “stress beating” regimes. The book is available through all retailers or Amazon or Chapters online. For more info link to www.energizeyourlife.com

Addressing Fatigue

Do you wake up tired or feeling like you need more sleep? Do you run out of energy every afternoon? Do you need to nap when you come home from work?

Feeling a lack of energy is the most basic way your body tells you that something is out of balance. Your energy is related to every system in the body and to everything you eat and do. Even small and simple changes can give you an immediate boost.

Eliminate “junk food.” Foods that are high in sugar and refined flour, most snacks, sweets and fast food, fill you up without giving your body what it needs for energy.

Avoid dehydration. Water makes up 57% of your body and is essential for every chemical process that keeps you alive. Not drinking enough water impairs your blood's ability to supply your body with the nutrients it needs.

Avoid energy-draining foods. Refined sugars, white flour, candy, fatty meats, salty foods, and processed foods are the chief culprits here.

Most of us consume these foods because they are easy, fast and cheap. Make your health a top priority and choose food for energy rather than convenience.

Every meal is an opportunity to boost your health and energy. Simply shift your thinking from “eat to get full” to eat to “feel good.”



Focus on Beating Stress

Do you feel panicky, unfocused or overwhelmed? Do you get depressed, frustrated or lose your temper easily? Stress has a huge impact on every aspect of your health. [You can] understand the stressors in your life and [learn] how to manage them to feel less stressed.

Stress can come from many different sources. Our bodies, however, deal with it all in the same way: by producing stress hormones. These chemicals rev up your body at first, but eventually deplete your energy. When you get exhausted in this way, it becomes even harder to deal with the stressors in your life. Because stress is individual, learn to recognize the things that cause you stress, and make choices that minimize their impact on your health.

Reduce stress and anxiety by walking. Increased activity regulates the nervous system and increases the production of “feel good” chemicals in the brain. Activity also stimulates circulation, which removes toxins from the body. The build-up of toxins over time causes aging. Scientists estimate that, on average, each minute spent walking can extend your life by 1.5 to 2 minutes!

Stress hormones raise your blood sugar levels. This can lead to sugar craving. Eating sugar repeats the cycle by sending more stress signals to the body. When you are faced with an emergency, your adrenal gland produces cortisol. This hormone raises blood sugar to give you a short term boost. In a short term crisis, this could help you survive. On a long term basis, it does more harm than good; it disturbs sleep, disrupts memory and impairs immune functions.

Relax! Use breathing techniques, visualization, movement, positive thinking, and yoga to help you relax. Take charge of your life's pace by making time for relaxation. You will feel less stressed and will be more emotionally balanced because of it.

Supplements like vitamin B6 help to improve mood and mental state and improves ability to deal with stress. The Maca root originating in the South American mountains

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Managing Weight Issues

Have you been struggling to lose those extra 10 pounds for the past six months? Are you constantly jumping on and off different diets with little or no success? Take a look at how the things you eat, do and feel influence your body. You'll see how making good choices can give you back control of your weight.

Excess body weight has a huge impact on how healthy you feel. Those extra pounds come from three factors: eating too much food, eating food from the wrong sources and not spending enough energy in movement and exercise. All three factors are under your control. But extra weight can make you less energetic and more inclined to choose food over exercise. It is a cycle, but one that can be broken. Take a look at how your daily choices affect your weight—that's the first step in regaining control of it.

The cells in your body can only use a certain amount of food. Too much food forces the body to store calories as fat. Overeating also tends to reduce digestive enzymes thereby shutting down efficient digestion.

A lack of exercise slows down your metabolism—the rate at which your body uses the food you eat. Many studies have shown that television watching lowers metabolic rate—even lower than when you are sleeping! Many of the commercials on television are meant to make food look appealing, which can lead to inappropriate food cravings and overeating.

During winter, for some people, a lack of sunlight during winter months causes Seasonal Affective Disorder (SAD), an imbalance of the brain hormones that regulate mood. SAD can resemble depression and so it can cause weight gain.

Manage your portions. Portion sizes have increased drastically over the past 25 years. Today's restaurant servings, "super-size" meals and giant soft drinks contain much more fuel than your body can use.

Eating is a very visual experience, you will think you are eating smaller portions if you serve your meals on a smaller plate.

Grilling or broiling your food is a very healthy way to prepare meat because it drains away excess fat. You can marinate meat, fish, and vegetable before cooking to add flavour.

Yerba maté is a tea made from the leaves of a South American tree; yerba maté helps energize the body and increases mental alertness. It contributes to weight loss by helping the body convert food into energy and by reducing appetite

Finally, exercise! Movement improves heart function, circulation and blood clotting factors; stabilizes the heart rate; lowers blood pressure and decreases inflammation. Exercise burns calories, melts abdominal fat and stimulates the body to burn fat all the time, even while we sleep.

The "eat for energy" food chart recommends a diet of 40% fruits and vegetables, 30% whole grains and legumes, 20% fish, eggs and poultry, 5% dairy and 5% nuts and seeds.



increases the body's ability to handle physical and mental stress.

Try candle gazing. 1) Sit on the floor or a chair with a candle lit in front of you at eye level. 2) Breathe in a relaxed way, keeping your eye on the flame. Be sure to stay focused on the flame. Do not let your mind wander. 3) After five minutes, blow out the candle and close your eyes. This is a very relaxing method to practice just before bed.

Anti-flu Drug Linked to Two Deaths

The anti-flu drug Tamiflu can induce strange behavior leading to accidental death, Japan's health ministry has warned, after two teenagers died after taking the medicine. A 17-year-old high school student from Gifu jumped in front of a truck in February 2004 shortly after taking the medicine, while a middle school student from Aichi is believed to have fallen from the ninth floor of his apartment building this February, according to Japanese news reports. Neither exhibited psychological problems before taking Tamiflu. The drug's Japanese distributor, Chugai Pharmaceutical, issued a report to the health ministry after the first incident saying a link between taking the drug and the odd behaviour that led to the death cannot be ruled out. The ministry is warning that taking the drug may lead to abnormal behaviour and accidental death, an official said. The deaths, and their possible link to the drug will cause second thoughts in governments around the world using Tamiflu as an answer to a feared bird flu epidemic. The Japanese government plans to increase its stockpile of Tamiflu to 250 million capsules, from 150 million, over the next five years.

Source: International Herald Tribune

Mold: Hidden Health Threat Post-Katrina

After the city's levees were breached, tens of thousands of commercial and residential structures were submerged. Any wall or ceiling above the flood line was at risk of attracting mold spores, which are present in the air and reproduce when there is sufficient moisture and when they have a food source—organic materials like insulation, mattresses, wallpaper, upholstered furniture and stuffed animals.

Douglas A. Rice, director of the environmental quality laboratory at Colorado State University, said each square inch of mold growth could produce one million spores. While most people will not feel any ill effects of breathing a moderate number of spores, Dr. Rice said that even healthy people could come down with sinus and lung infections that could spread to the brain, and that some molds produced toxins that could cause birth defects and cancer.

"You are dealing with literally trillions of spores," he said. "That can overwhelm even a healthy immune system."

Source: New York Times

[What I keep] always in the fridge: Rice-bran complex; organic vegetables; fruit; chlorophyll; wheat-free and yeast-free bread; goat cheese; goat yogurt; flaxseed and hempseed oils; hempseed butter; almondseed butter; organic eggs; black cherry concentrate; and herbs. Anything that goes wrong with the body I can fix with herbs.

Comedian Bill Maher, quoted in the Sunday New York Times in September, 2005

Acupuncture Validated for Overactive Bladder

Acupuncture performed at specific sites on the skin may relieve some of the symptoms of overactive bladder, according to researchers.

A study of 85 women with the condition, marked by an overwhelming and frequent urge to urinate, found that a few sessions of acupuncture improved these symptoms for many.

Women who received treatment reported fewer trips to the bathroom and less urgency to urinate.

Findings were reported in the July issue of the journal *Obstetrics & Gynecology* [www.greenjournal.org].

Acupuncture is among the most widely practiced forms of traditional or alternative medicine, with research showing it may aid in conditions such as arthritis and post-surgery nausea. Practitioners use fine needles to pierce the skin at specific points, and then manipulate the needle by hand or, in some cases, with electrical stimulation.

Modern research has suggested that acupuncture may work by altering signals among nerve cells or affecting the release of various chemicals of the central nervous system. The procedure may help overactive bladder symptoms by decreasing nerve stimulation to the bladder.

Acupuncture is part of the scope of practice for licensed naturopathic doctors (NDs) in BC. Most extended health plans cover acupuncture treatment. To find an ND in your area link to www.bcna.ca or call toll-free 1800 277 1128 for a physician referral in your area.

Source: Reuters

The Cholesterol “Myth”

Blood cholesterol levels between 200 and 240 mg/dl are normal. These levels have always been normal. In older women, serum cholesterol levels greatly above these numbers are also quite normal, and in fact they have been shown to be associated with longevity. Since 1984, however, in the United States and other parts of the western world, these normal numbers have been treated as if they were an indication of a disease in progress or a potential for disease in the future.

As a result of some of this misinformation, which was purposefully planted by the leadership of the National Heart, Lung and Blood Institute (NHLBI) in 1984, many hundreds of thousands of people are treated with expensive medications to prevent the development of a non-existent illness. If the medications were only expensive and not life threatening, their use could no doubt be shrugged off as a harmless snake oil pharmaceutical scam; but, in fact, these are thoroughly dangerous medications for both physical and emotional reasons—for physical reasons because their use can lead to serious untreatable diseases such as liver cancer, and for emotional reasons because their use perpetuates the myth that cholesterol is dangerous and evil.

In his book *The Cholesterol Myths*, Dr. Uffe Ravnskov tells us what happens to an older woman who has normal high serum cholesterol levels. When her blood is tested in a forced cholesterol check-up, the cholesterol myth is used to justify treatment of her nonexistent disease state and she loses her vibrant state of good health.

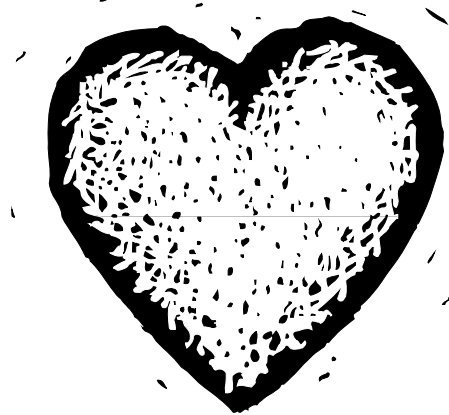
The official advice to lower serum levels has brought about numerous supplements with the attached claim that consuming them will lower cholesterol. This further supports the myth of cholesterol as an undesirable component of body and diet. In fact, the body uses cholesterol to repair and to protect. When improvement to the health of the body brought about by good changes in lifestyle or diet results in a lowering of serum cholesterol, it can be counted as an example of the body no longer needing the extra circulating cholesterol. The repair has been accomplished.

A month after the exposé in *Science*, the NHLBI responded by lowering its recommended “at risk” cholesterol level and increasing the number of people it wants to put on cholesterol lowering drugs. But there may be hope that the truth will win. Independent thoughtful researchers have continued to point out there is a real need for correcting the wrong advice given to the public regarding the consumption of dietary fats. New research

continues to show that the saturated fats are not a problem, that the trans fatty acids found in partially hydrogenated vegetable fats and oils really are a problem, and that the lack of appropriate balance in the diet of the polyunsaturated omega-3 and omega-6 fatty acids is also a problem. Even the mono-unsaturates have been taken to task by some of the recent research. And low fat diets are being shown to be counterproductive.

The lesson to be learned from all of this is that the old-fashioned, more saturated fats form the healthy basis of a good quality diet. And a good quality diet can help to produce a state of vibrant good health. Meanwhile, there is no need to worry about your cholesterol levels. This is a phony issue.

Source: Epoch Times. Mary G. Enig, PhD is the author of Know Your Fats: The Complete Primer for Understanding the Nutrition of Fats, Oils, and Cholesterol among other works regarding lipids and health.



Naturopathic doctors approach cholesterol levels from an overall assessment of a patient’s health based on age, sex, diet, weight, and other factors. An assessment may involve various diagnostic tests (e.g., HLD, LDL, VLDL, etc.) before designing an individualized health protocol. The protocol will typically include a clinical nutrition component, lifestyle modification (e.g. an increase in daily exercise, limiting caffeine, alcohol, etc.) as well as supplements. Supplements such as vitamins, minerals, fiber and essential fatty acids (EFAs) may be recommended. NDs stress the importance of EFAs in a combination of omega-6 and omega-3 as well as EPA, which is present in high concentrations in cold-water fish. An ND will also emphasize the importance of purity and freshness in respect to fatty acids; rancid fatty acids have a negative health impact. EFAs are also complemented with certain adjunct supplements such as vitamin E. Contact your ND for more information.

New Frontiers in Health Care in the Developing World

In a year riddled with natural disasters there has been a barrage of agencies, groups and support networks requesting donations for disaster relief. Much of the relief effort, whether post-Tsunami, Katrina, or the Asian earthquake, has focused on much-needed emergency medical aid as well as re-building infrastructure. But despite the myriad requests for funds there has been little focus on long-term, low-cost, preventative health measures. And, unlike many complementary clinics in North America, the “traditional” aid organizations don’t emphasize traditional indigenous medicine. That emphasis is slowly changing.

In Tibet, for example, naturopathic doctors from Bastyr University have worked and volunteered in local hospitals, learning about indigenous medicines and sharing their knowledge of complementary therapies.

BCNA member Dr. Laura Louie has been involved with Thai AIDS workers for some years now. Dr. Louie works in rural hospitals incorporating acupuncture and other complementary therapies into standard allopathic regimes for AIDS patients. She also teaches local practitioners and nurses how to administer the therapies she employs. Her project is set to expand to Africa next year.

Here are some testimonials from patients treated at the Mae-On clinic: “Acupuncture increases my hopes and aspirations and gives me encouragement, strengthens me. I have something to lean on. If I don’t come here, I feel like I’ve left something out of my life and I want to come here.” “Through acupuncture, I feel my life has extended and I will be able to live a long life and enjoy life more because I will be around for my children and maybe even my grandchildren.” “Acupuncture is very good because it helps to reduce or get rid of any symptoms we may have without having to depend on medications. I’m already taking anti-retroviral therapy. If I had to take pain killers for back pain or medications for numbness, I feel I’m putting more chemicals in my body and I worry all the drugs combined together will have a bad effect on the body. Acupuncture is a way to treat myself without medications and it’s also effective.”

Another BCNA member, Dr. Gurdev Parmar of Fort Langley, is in the process of setting up an ND version of doctors without borders which will provide naturopathic medical services to rural communities in Asia. Their first project, to help rebuild a medical clinic in Thailand, will begin in early 2006.

You can support the efforts of Drs. Louie and Parmar by making a donation towards their projects. The Mae-On Project is managed through the Tides Canada Foundation. Donations are tax-receiptable. Contact Tides Canada at: 1-866-tidesca (1-866-843-3722) or link to www.tidescanada.org or write to them in Vancouver at 680—220 Cambie St, Vancouver, BC, V6B 2M9.

For more information on Dr. Parmar’s overseas program link to www.integratedhealthclinic.com



Laura Louie, ND at the Mae-on Clinic

Phone us toll-free: 1-800-277-1128

PHYSICIAN REFERRALS * NATUROPATHIC MEDICAL INFORMATION * STUDENT INFORMATION

Your Health is published quarterly by the British Columbia Naturopathic Association, the professional association for naturopathic physicians in the province. It is compiled and edited by Glenn Cassie. The information provided herein is for educational and reference purposes only; it is not intended as a substitute for consultation and diagnosis nor treatment from a qualified doctor.

Your Health is provided free to BCNA members.

The BCNA offers patients, across the province, referrals to licenced naturopathic doctors (NDs) in their area, as well as student information to persons interested in the profession. It is the BCNA’s purpose

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to advance the scientific, educational and professional aspects of naturopathic medicine.

The public is welcome and encouraged to join the BCNA. An annual membership fee of \$25 assists the BCNA in its efforts to increase government recognition and heighten the profession’s profile. Membership entitles you to a one-year subscription to Your Health and other news and information bulletins.

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