

Your Health

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Conversation on Health

Your Opportunity to Speak Out on Complementary Health Care

On September 28, 2006 Premier Gordon Campbell launched the "Conversation on Health." The stated purpose of the conversation is to ensure "that, within the framework of the Canada Health Act, needed programs and services are there for generations to come."

The Conversation on Health (CoH) presents an important opportunity for supporters of naturopathic and complementary medicine to have their voices heard and to push for important changes in the health care system.

As naturopathic physicians, we are asking you—our patients—to take the time to participate in this historic conversation and help us make changes in government policy that will improve our ability to meet your health care needs.

Where You Can Learn More

The Province of British Columbia has established a website that thoroughly explains the purpose of the CoH and how concerned citizens can participate.

Visit:
www.bcconversationonhealth.ca

How to Make Your Voice Heard

Over the next year, British Columbians will be able to provide input into the Conversation on Health in a number of ways.

Forums will be held in each of the health regions.

E-mail:
ConversationonHealth@Victoria1.gov.bc.ca

Write to: Ministry of Health, 1515 Blanshard St., Victoria, BC V8W 3C8

Join the online discussion forum:
www.bcconversationonhealth.ca/EN/405/

Contact your MLA by calling Enquiry BC at 1-800-663-7867

Call the toll-free Conversation on Health line at 1-866-884-2055 Monday through Friday from 8 am to 8 pm.

We know that the government is particularly interested in hearing from health care users, as well as health care professionals, so your input is important and will be valued.

What Are The Issues?

The ability of NDs to provide the best care possible is compromised by old-fashioned and outdated rules that make no sense.

NDs can't refer their patients to a specialist. Instead patients must be re-diagnosed by an MD, which wastes time and money.

NDs can't visit their patients in hospitals or other institutional settings.

NDs don't have access to the diagnostics they need and must send laboratory samples to Alberta and Washington State.

Patients who choose NDs deserve better than red tape and outdated rules standing in the way of their health care needs being met safely, quickly and effectively.

Sustainability can only be achieved by focusing the health care system on disease prevention and wellness. Patient choice is key. If government wants citizens to be actively engaged in maintaining their own health, the choices people make about the kind of care they want must be respected.

Naturopathic medicine and other forms of complementary medicine already focus on wellness and prevention and can be a part of the solution. NDs provide safe and effective primary care to tens of thousands of British Columbians. A growing number of British Columbians are choosing the services of a naturopathic physician

BC's Naturopathic Doctors: Providing a Science-Based Medical Alternative

Naturopathic medicine is government regulated science based natural medicine, which is practiced in British Columbia by highly educated, licensed naturopathic physicians. The health

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TRENDS

ADRs, E. Coli, ADHD

Adverse drug reactions (or ADRs) are a leading cause of hospitalization in the US.

An ADR may be an allergic reaction, vaccine reaction or an unintended overdose. Some ADRs lead to acute toxicity and death.

During the two-year period in the US, from January 1, 2004 to December 31, 2005, a total of 21,298 ADRs were reported to a national surveillance system, yielding weighted annual estimates of 701,547 persons, or 2.4 persons per 1000 population, treated for ADRs. And that's only the reported ADRs.

Individuals aged 65 and older, who make up 12% of the US population, accounted for 25% of adverse drug events overall, and half of these events required hospitalization.

Part of the reason for so many ADRs may simply be the perception that every minute physical effect requires medication. And a major part of that perception has come about by way of the pharmaceutical industry's barrage of drug ads.

Spending on drug ads for the general public more than tripled between 1996 and 2001. It is now some \$4 billion a year in the US, which is more than twice what McDonald's spends on ads. In 1994, the typical American had seven prescriptions a year, which is no small number. By 2004, that was up to 12 a year. Homebuilders are touting medicine cabinets that are "triple-wide." The drug industry says this is all about "educating" the consumer. But an ad executive was more candid when he said—boasted, really—that the goal is to "drive patients to their doctors." Reuters Business Insight, a publication for investors, explained that the future of the industry depends on its ability to "create new disease markets." "The coming years," it said, "will bear greater witness to the corporate-sponsored creation of disease..."

JAMA 2006;296:1858-1866; Yahoo News, August 21, 2006

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services NDs provide are safe, reliable and preferred by many British Columbians because they focus on wellness and disease prevention. While conventional medicine focuses on drug and surgical treatments, the doctorate in naturopathic medicine includes both drug and non-drug curricula with an emphasis on science-based alternatives to standard drug protocols. These "alternatives" include botanical medicine; clinical nutrition; naturopathic manipulation; hydrotherapy; acupuncture and oriental medicine; homeopathy; disease prevention and lifestyle counselling.

Naturopathic physicians must complete a minimum of three years of pre-medical training followed by four years of full-time study at an accredited naturopathic college before obtaining licensure in BC.

The packaged spinach E. coli outbreak this summer revealed a startling fact about our food supply: Industrialization, centralization and extensive food processing have endangered our health.

In the US, the food supply sickens 76 million people annually, putting 300,000 in hospital and killing 5,000!

In fact, the E. coli responsible for the latest spinach recall was unknown before 1982. It evolved in the gut of feedlot cattle, animals that stand around in their manure all day long, eating a diet of grain that turns their rumen into an ideal habitat for a certain strain of E. coli—a strain that can't survive amongst grass fed cattle. As one journalist put it, to think of animal manure as pollution rather than fertility is a new and "industrial" idea.



The plant where the outbreak initiated washed 26 million servings of salad every week. Imagine one sink washing the salad for an entire nation. While food poisoning is an age old problem, the centralization of processing facilities, even "whole" foods processing has resulted in economic efficiencies but brand new health hazards.

To underscore the centralization issue consider this: 80% of US beef is slaughtered by four companies, 75% of pre-cut salad is processed by two, and 30% of milk by just one company.

New York Times, October 15, 2006

Primary treatment for U.S. schoolchildren diagnosed with attention deficit hyperactivity disorder (ADHD): Ritalin
Potential side effects from Ritalin: Anxiety, hair loss, convulsions, nausea, insomnia, headaches, weight loss, slowing of growth, compulsive nervous behaviours
Number of well-designed studies in which Ritalin has been shown to enhance long-term learning: 0
Percentage of hyperactive children who improved when artificial colorings, flavourings and sugar were eliminated from their diet: 79% (and the corresponding change in problem behaviour: a drop of 47%)
Average US physician's course work in nutrition during four years of medical school: 2½ hours

Honey to ward off H-pylori? Many who regularly use manuka honey attest to its ability to fight infection, control ulcers, ease a sore throat and, yes, prevent the build-up of H-pylori. How is that possible? Honey contains phytochemical antibacterial factors. When compared with phenol, a chemical antiseptic, clover honey has about 4%, not sufficient to impact an infection. Manuka honey, however, has the equivalent phenol of up to 19%. Research has shown that honey is effective as a wound antiseptic and a broad spectrum antimicrobial. Better still, manuka can actually promote healing—no other antimicrobial agent possesses that characteristic.

The “**obesity epidemic**” hits infants. Abdominal obesity increased more than 65% among US children between 1988 and 2004. For two to five year old boys, the increase was 84%. But it has also spiked with adolescents. Girls in their late teens had an increase of 126%. While there was a correlative increase in overall body fat, “central” or belly fat increased at a much higher rate. At the same time that body fat has increased for youth, so has the consumption of high fructose corn syrup. This sweetener is found in everything from desserts to hamburger buns. It is the most common sweetener in the US and its prevalence and consumption has increased 30% over the last 25 years. Overweight children and adolescents can show symptoms that increase the risk of heart disease and diabetes, including excess weight, high blood pressure, high blood sugar and high cholesterol levels. A balanced diet and regular exercise can have a positive effect on reducing those risk factors.

Prenatal vitamins prevent birth defects. Recent studies have shown that folic acid, a common component of multivitamins, provides consistent protection against congenital anomalies such as limb defects, cleft palate, urinary tract problems and “holes in the heart.” In one study, women who took a multivitamin throughout pregnancy had a 33% lower risk of having a baby with neural tube defect, were 39% less likely to have a baby with a cardiovascular defect and up to 63% less likely to deliver a baby with hydrocephalus.

In another, unrelated study, **vitamin supplementation** has been shown to

correlate with athletic ability. Active individuals lacking in B-vitamins—including college athletes and other elite competitors—may perform worse during high-intensity exercise and have a decreased ability to repair and build muscle than counterparts with nutrient-rich diets, according to recent Oregon State University research published in the *International Journal of Sport Nutrition and Exercise Metabolism*. The B-vitamins include thiamine, riboflavin, vitamin B-6, B-12 and folate. These micronutrients are necessary during the body’s process for converting proteins and sugars into energy, and are used during the production and repair of cells, including red blood cells. For active individuals a marginal deficiency in the nutrients may impact the body’s ability to repair itself, operate efficiently and fight disease

The stress on the body’s energy producing pathways during exercise, the changes in the body’s tissues resulting from training, an increase in the loss of nutrients in sweat, urine and feces during and after strenuous activity and the additional nutrients needed to repair and maintain higher levels of lean tissue mass present in some athletes and individuals may all affect an individual’s B-vitamin requirements. As one researcher noted, “Many athletes, especially young athletes involved in highly competitive sports, do not realize the impact their diets have on their performance. By the time they reach adulthood they can have seriously jeopardized their abilities and their long-term health.” The B-vitamins are found in whole and enriched grains, dark green vegetables, nuts, and many animal and dairy products.

Another boost for **green tea**. Known widely for its positive health impact drawn from abundant antioxidants, green tea got another kudo in a recently published Japanese study. Researchers tracked 40,000 healthy people for 11 years further confirming green tea’s health benefits.

The study showed that green tea correlated to lower death rates than amongst non-tea drinkers. Green tea also minimized the risk of heart problems and stroke. The benefits were found to be most striking for women.

Sources: Vancouver Sun, October 30, 2006, November 6, 2006, August 31, 2006, September 13, 2006, Journal of Sport Nutrition.



Revisiting pH Balance by Dr. David Wang

The subject of pH balance, and its impact on health in general, has recently come into the spotlight again. Articles in health magazines and the mainstream press note that people in general and certainly athletes tend to have very acidic bodies. Some researchers and journalists claim that this is due to a lack of chlorophyll.

I have a longstanding clinical interest in pH balance. I am not convinced that chlorophyll is the answer to resolving pH issues. Our “acidic bodies” are often due to

lactic acid, uric acid and oxalic acid build up. I believe that the very basis of acidity is due to a deficiency of macro-minerals including calcium, potassium, magnesium and sodium as well as other minerals, electrolytes and salt—and not chlorophyll.

Minerals can reduce acidity, and the negative health impact of acidity. In brief, the higher the mineral content the more alkalizing the food—vegetables being the highest, then whole grains (not the other way around). Nevertheless, it needs to be said that our soils are deficient in minerals and that is why we have developed more acidic bodies in general. With this in mind, we must supplement with minerals as well as eat a pH balanced diet.

In addition, water is very important in balancing the pH in our bodies. Spring water is the ideal—greater than 7.0 (depending on the mineral content). Other waters, such as distilled at 5.5, and reverse osmosis, usually between 6.0 to 6.5 and filtered waters are somewhere below 7.0. The more acidic the water the more the leaching effect on the mineral/electrolyte reserves of the

Foods rich in minerals, which can help alleviate a pH imbalance, include vegetables, goat’s whey, grains, and electrolyte drinks (make your own—add 3/8 tsp of salt per litre of spring water with fresh squeezed lemon to taste) especially for those sweating from physical activity, in a hot climate or using saunas. In addition, as a patient you should be asking your doctor to monitor blood pressure, pulse rate, turgor pressure, mineral status, blood and urine calcium, anion gap or bioterrain analysis to determine your overall pH balance. Cells in our bodies, which are made of 70% water, are like fish in a tropical aquarium: When the fish are swimming sideways, you know the pH is off. If you suffer from chronic fatigue, cramps, fibromyalgia, recurrent infections or cancer, chances are “your fish may be swimming sideways.”

body. This is why spring water is best at conserving the mineral/electrolyte status in the blood. Being that the ideal pH of blood is between 7.35 and 7.5 and that even slight changes of plus or minus 0.5 could result in a coma or seizure states, health practitioners need to emphasize the importance of pH balance.

Case in point: I had a patient who went on a distilled water fast for 2 days (against my advice) and ended up in St. Paul’s Hospital. Because he was a patient from the US, the

ER doctor contacted me. When I arrived at the hospital, I found this patient lying on a gurney in a seizure state. Realizing his situation, I asked the resident doctor to run his blood minerals and sure enough his minerals levels were all depleted! After infusing his body with minerals, this patient was able to move again.

The body is an incredible machine that will compensate in order to maintain the status quo—especially in the blood. In the case of this patient, he had lost his capacity to buffer and had leached his minerals out at such a fast rate that his bladder cramped up, was not able to void and caused incredible pain.

When athletes, especially marathon runners who are not using salts, come into my office complaining of fatigue and pain, I look for pH imbalances. Typically, their GPs would tell them that they have the blood pressure and pulse rate of an athlete—a testament to their hard training. What they don’t realize is, like many other athletes who are injuring themselves and even dying from heat



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Detoxification: Quick Fix or Proactive Intervention?

Can a detox kit “jump start” your health? How much time should you spend on a detox—three days, a week, a month?

A West Ender feature article on herbal detoxification kits in October focused on these and other questions many people have when it comes to the numerous products available in health food stores.

The only problem with a kit is that it’s a sort of one size fits all. BCNA member Dr. Paula Fainstat, who was interviewed for the article, noted that proactively changing your lifestyle, day to day, may have much broader, and a more extended health benefit, than a store-bought quick fix. Fainstat doesn’t recommend kits to her patients because “I don’t know what’s doing what to who, and if they react, they may not be showing symptoms and so on.”

Kits may be the exact fit for some individuals, but “it’s still going to be an estimate for the average person,” Fainstat said. “Anything that is not enough for one person is going to be too much for someone else.”

While a herbal cleanse may have short-term health benefits, it’s disingenuous to believe you’re ridding your body of all toxins.

“While the over-the-counter packages can help improve general elimination, which is both desirable and important, more serious toxic problems or environmental issues, such as solvents and heavy metals, need to be addressed much more specifically to be effective.”

The exact same topic—herbal detox kits—was the focus of a recent Shopping Bags episode. BCNA member Dr. Peter Bennett, author of *The 7-Day Detox Miracle*, was interviewed on the pros and cons of various supplements available at health food stores. Watch for that episode this winter on TV.

Naturopathic doctors work with patients individually to develop natural ways to support the elimination of harmful compounds.

Toxic substances can be found in organs, nerves, bone, brain, teeth and other body parts. The liver, for example, may store selenium, beryllium, nickel, chromium, cadmium and arsenic.

NDs use a number of methods to detect toxins in the body. These may include laboratory techniques, such as serum bile acid assays, liver function or hair analysis, among many other tests.

If, upon evaluation, an ND recommends a detoxification protocol, the components may include botanical medicines, supplements, a modified diet and perhaps fasting.

However, no detoxification program, no matter how successful, can combat an unhealthy diet or a lifestyle focused on inactivity and a negative mental attitude.

For more information on detoxification, contact your local ND. A complete list of NDs across the province can be found at www.bcna.ca

Source: WestEnder, October 25, 2006

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strokes, is that salt depletion and drinking filtered water are probably the worst things they can do. Of the electrolytes that are lost during exercise, 96% of the salts lost are in the form of sodium chloride—yes simple table salt!

In Europe, doctors don’t debate on whether to use filtered or distilled waters, but instead they prescribe certain types of spring waters with specific mineral content to help with specific conditions.

As for salt, remember that mammals, race horses, farm animals, and humans all need salt. Anyone on the race track would tell you that after a race, horses need to lick salt. Farmers will tell you that they need to leave a block of salt for their animals to lick. Anyone driving through Cache Creek during the winter has probably witnessed mountain goats near the roads licking the salt that the salt trucks have left behind. Remember, we used to trade salt with the Native Indians, etc. We as humans have lived with salt for the past 8 million years, and now our doctors are telling us that we no longer need salt? Our physiology has not changed and the last time I checked, our cells still need the sodium potassium pump to actively transport nutrients and toxins across cell membranes.

Dr. David Wang practices in Vancouver. Contact him at 604 877 1815 or link to www.phs-clinic.com

Sleep in Peace

A recent analysis of national survey data reveals that over 1.6 million American adults use some form of complementary and alternative medicine (CAM) to treat insomnia or trouble sleeping according to scientists at the National Center for Complementary and Alternative Medicine (NCCAM), part of the National Institutes of Health. The data came from the 2002 National Health Interview Survey (NHIS) conducted by the National Center for Health Statistics of the Centers for Disease Control and Prevention.

In 2002 the NHIS, an in-person, annual health survey, included over 31,000 US adults aged 18 years and older. A CAM supplement to the survey asked about the use of 27 types of CAM therapies, as well as a variety of medical conditions for which CAM may be used, including insomnia or trouble sleeping. Survey results show that over 17% of adults reported trouble sleeping or insomnia in the past 12 months. Of those with insomnia or trouble sleeping, 4.5%—more than 1.6 million people—used some form of CAM to treat their condition.

“These data offer some new insights regarding the prevalence of insomnia or trouble sleeping in the United States and the types of CAM therapies people use to treat these conditions,” said Dr. Margaret A. Chesney, Acting Director of NCCAM. “They will help us develop new research questions regarding the safety and efficacy of the CAM therapies being used.”

Those using CAM to treat insomnia or trouble sleeping were more likely to use biologically based therapies (nearly 65%), such as herbal therapies, or mind-body therapies (more than 39%), such as relaxation techniques. A majority of people who used herbal or relaxation therapies for their insomnia reported that they were helpful. The two most common reasons people gave for using CAM to treat insomnia were they thought it would be interesting to try (nearly 67%) and they thought CAM combined with a conventional treatment would be helpful (nearly 64%).

In addition to looking at the data on CAM use and insomnia, the researchers also looked at the connection between trouble sleeping and five significant health conditions: diabetes, hypertension, congestive heart failure, anxiety and depression, and obesity. They found that insomnia or trouble sleeping is highly associated with four of the five conditions: hypertension, congestive heart failure, anxiety and depression, and obesity.

Source: US National Center for Complementary and Alternative Medicine (NCCAM)

- Nearly 61% of individuals reporting trouble sleeping were women versus about 39% men.
- Insomnia peaks in middle age (45-64 years old) and a second increase appears in people 85 and older.
- African Americans and Asians appear less likely to report trouble sleeping or insomnia than Caucasians.
- Those with higher education also are less likely to report insomnia or trouble sleeping.

No Proof of Drug Efficacy: Science supports pharmaceuticals—or so we hear, day in and day out. But most of the drugs prescribed for chronic insomnia are not even approved for that purpose, let alone rigorously tested in double-blind placebo controlled studies.

A paper recently given at the US National Institutes of Health (NIH) showed that there is no evidence that randomized controlled clinical trials had ever been conducted for five of the 10 pharmaceuticals prescribed most often for chronic insomnia. Further, none of the 10 are currently even *approved* for insomnia. Many MDs recommend trazodone as well as a wide variety of antidepressants, antipsychotics and sedatives for the treatment of insomnia despite the fact that none of these medications are approved for the treatment of insomnia.

Source: Wake Forest University Medical Centre, North Carolina



Seasonal Depression by Dr. John Yim

It's hard to imagine looking forward to winter if you suffer from Seasonal Affective Disorder or SAD. This is especially true if you live on the west coast. During the months between November and March, less than 25% of the days are sunny. For many people those grey low-hanging clouds, the fog and rain can be downright depressing. Fortunately, there is an effective solution.

What is SAD?

SAD is a form of clinical depression that follows a seasonal pattern. About 2-4% of Canadians suffer from this disorder, but the figure may be higher due to the lack of proper information for both patient and doctor. Women are eight times more likely to suffer from SAD than men and it often first appears during a person's twenties or thirties. The number of people over 65 suffering from this disorder is considerably lower with the rate beginning to decline around the fifties. More individuals may suffer from this disorder as the severity and symptom picture may vary from person to person. Some individuals may suffer debilitating symptoms while others experience milder ones. It also depends on how willing an individual is to seek out treatment. With the negative stigma attached to depression and mental disorders, many individuals remain undiagnosed and suffer with their condition for years.

Here is a list of symptoms from the Mood Disorder Society of Canada:

- Low mood, reduced interest in normally pleasurable activities, decreased concentration
- Oversleeping (often an increase of four hours or more each day)
- Low energy and fatigue
- Intense craving for carbohydrates and sweets
- Weight gain
- Withdrawal from social contacts
- Depression
- Low levels of light may alter chemicals in the brain which in turn cause hormonal disruption.
- Individuals with reduced retinal sensitivity to light may have a higher incidence
- Low winter temperatures may trigger the body to rest and disrupt circadian rhythms
- Individual sensitivity to barometric pressure and precipitation levels may be a factor

In addition, psychological mechanisms and personality traits may predispose or contribute to the incidence. Whatever the causes, SAD is a disorder that can be debilitating.

There is hope! The treatment can be as simple as using special lighting to increase your number of daily light hours.

The Solution!

What is it about light that helps run our bodies so smoothly? In a recent study light therapy was used in the workplace as a means of treating depression caused by Seasonal Affective Disorder. Of the 30 participants receiving morning or afternoon light, all experienced a significant reduction in depression ratings and improved subjective mood, energy, alertness and productivity scores. It isn't just any light that takes the edge off SAD symptoms. Light therapy uses a specific range of light wavelengths, or very bright, full-spectrum light, for a prescribed amount of time. While the full spectrum lighting from the sun is the ultimate treatment for SAD, it is not always possible to get enough during the winter months. The most commonly used form of light therapy uses a bright light box fitted with high-intensity light bulbs using either full spectrum or white light. A health care practitioner will prescribe a set amount of exposure time to this light.

Adequate light is vital to healthy living especially when it comes to maintaining our body's circadian rhythms. This internal clock controls numerous functions from hormone levels to sleep and wake cycles. Proper amounts of light keep this rhythm balanced. Research has shown that light is turned into electrical impulses by the eye. It travels along the optic nerve to the brain, triggering the release of the mood-altering chemical serotonin and other chemical messengers.

Health Benefits of Light Therapy

Light therapy has been used effectively for over 20 years. Studies have shown that even after only a week of daily morning sessions, symptoms improve significantly. Not only does this therapy increase the amount of mood-elevating serotonin, but it also suppresses daytime levels of melatonin (a substance that promotes sleep).

These changes in the neurotransmitters translates into more energy, better moods and as an added bonus, a reduction in carbohydrate cravings. It doesn't just stop there however. Light therapy has also been used in treating depression with PMS, chronic anxiety, panic attacks, severe jet lag and in some cases, eating disorders.

For those who dread the dark winter months, there is hope. With the proper diagnosis and treatment protocol it could take as little as 20 minutes a day to start feeling better.

Dr. John Yim practices in Nanaimo. Contact him at 250 755 1930 or link to www.agelesswarrior.com

Chemicals Impair Brain Development Children at Greatest Risk from "Silent Pandemic"

"Industrial chemicals have impaired the brain development of children, knocked down IQs, shortened attention spans and triggered behaviour problems" says a new report from the Harvard School of Public Health.

The researchers found that over 200 chemicals directly impair brain function—and that most have been overlooked by health authorities. The list of chemicals includes aluminum and tin compounds, solvents like acetone and benzene, many organic substances and pesticides. Early exposure to these chemicals can lead to autism, attention deficit disorder and mental retardation. (But it's also worth noting that the number of chemicals in a laboratory environment known to cause neurotoxicity exceeds 1,000.)

The report, published in the *Lancet*, received "no comment" from Health Canada. That, despite the fact that Canada was singled out for increasing general exposure to manganese, which is used as an anti-knock agent in gasoline, as well as for introducing thousands of chemicals into the environment without adequate toxicity testing.

The *Lancet* study notes that one in six children has a developmental disability, many of which affect the nervous system.

Today, it's estimated that the economic costs of lead poisoning in US children are \$43 billion annually; for methylmercury toxicity \$8.7 billion each year

Testing chemicals for toxicity is a highly efficient public health measure. However, less than half of the thousands of chemicals currently used in commerce have been tested to assess acute toxicity and, although new chemicals undergo more thorough testing, access to the data may be restricted because companies fear exposing proprietary information. Also, current toxicity testing rarely includes neurobehavioral functions.

One of the biggest problems is that regulators tend not to

restrict chemical exposure unless there is a "high level" of proof of damage. The report notes that this has led to unacceptable risk, particularly amongst children. The researchers concluded that "the combined evidence suggests that neuro-developmental disorders caused by industrial chemicals has created a silent pandemic in modern society."

Sources: "Developmental Neurotoxicity of Industrial Chemicals," *The Lancet*, November 8, 2006- Vol. 368; Vancouver Sun, November 8, 2006; National Geographic, October 2006.

Virtually everyone born in an industrialized country between 1960 and 1980 was exposed to lead, which was used as a gasoline additive. That exposure may have reduced IQ scores above 130, a level of "superior intelligence", by more than half. Unfortunately, lead was banned only after there was proof it could shorten attention spans and slow motor coordination. Lead exposure may also increase the risk of Parkinson's disease, among many other neurodegenerative ailments.

THE POLLUTION WITHIN: For a fascinating story on being tested for chemical toxins, and the realm of chemicals in our everyday lives, read "Chemicals Within Us" by David Ewing Duncan. Link to www.nationalgeographic.com then, in the NG's search box, type "chemicals within us".

Link to our Redesigned & Updated Website

www.bcna.ca

PHYSICIAN REFERRALS * NATUROPATHIC MEDICAL INFORMATION * STUDENT LINKS

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

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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