

Your Health

VOL. 13 / NO. 4 / FALL 2007

Ignorance is Bliss

Not So Happy Facts About Fast Food Health Hype

The movie *Supersize Me* has probably had more of an effect than the producers anticipated. Since then, in the fast food industry, there has been a market trend promoting menu items that appear to be healthy. But most of these menu items have ingredients that health conscious consumers would prefer to avoid.

Most health conscious consumers consider healthy foods to be things like raw fruits and vegetables, whole grains, raw nuts and seeds, and clean meats such as wild Alaskan salmon, or free-range chicken or turkey.

Some ingredients that health conscious consumers consider unacceptable are MSG (or free glutamate, or free glutamic acid, including anything hydrolyzed or autolyzed), trans fats (hydrogenated or partially hydrogenated oils), artificial colours, artificial flavours, and most preservatives.

Many so-called healthy fast food menu items, upon closer inspection, do not live up to the health hype. Most of the meat from any of the major chains has anything but a simple ingredients list. They add emulsifiers, preservatives, MSG, artificial colors, trans fats, and hidden ingredients under generic labels such as spices, or natural and artificial flavours.

Some of these food additives are not foods at all, but are chemicals that are generally recognized as safe. Most of these additives cannot be found at your local grocery store, probably because they aren't food.

But can you find local store, in



inedible products like low tox antifreeze, silicone caulk, soap, sunscreen and play sand.

The ingredient information in this article came straight from the various fast food restaurants' web sites.

McDonald's: The egg's reputation is recovering, but scrambled eggs as a part of McDonald's breakfast include much more than egg. Their pasteurized whole eggs have sodium acid pyrophosphate, citric acid, and monosodium phosphate (all added to preserve colour), and nisin, a preservative. To top it off, the eggs are prepared with liquid margarine: liquid soybean oil, water, partially hydrogenated cottonseed and soybean oils (trans fats), salt, hydrogenated cottonseed oil (trans fat), soy lecithin, mono- and diglycerides, sodium benzoate, potassium sorbate (preservatives), artificial flavor, citric acid, vitamin A palmitate, and beta carotene (color). Though not all bad, these added chemicals may be the reason why homemade scrambled eggs taste so much better than McDonald's. For coffee drinkers, it would seem fairly safe to just grab a quick cup of coffee at McDonalds on the way to work. But many health conscious people would object to it also

some be at your hardware though

including this list of ingredients: sodium phosphate, sodium polyphosphate, Di-Acetyl Tartrate Ester of Monoglyceride, sodium stearoyl lactylate, tetra sodium pyrophosphate, sodium hexametaphosphate, sodium citrate, and carrageenan.

Salads can usually be counted on to be a "what you see is what you get" item. But McDonald's adds some interesting ingredients. The salads with grilled chicken also have liquid margarine.

Several salads have either cilantro lime glaze, or orange glaze added. Along with many of McDonald's sauces, both the cilantro lime glaze and the orange glaze contain propylene glycol alginate. While propylene glycol is considered "GRAS" for human consumption, it is not legal for use in cat food because the safety hasn't been proven yet. Propylene glycol is also used "As the killing and preserving agent in pitfall traps, usually used to capture ground beetles."

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The chili lime tortilla strips that are included in the southwest salads have several ingredients used to hide MSG. They also contain two ingredients that advertise the presence of MSG: disodium inosinate, and disodium guanylate.

The chicken has sodium phosphates (of an unspecified variety). It could be trisodium phosphate (a cleanser), monosodium phosphate (a laxative), or disodium hydrogen phosphate. Why would McDonald's add sodium phosphates (a foaming agent), and dimethylpolysiloxane added as an antifoaming agent in their crispy chicken breast filets? It isn't dishwasher detergent.

Burger King

Burger King has three salads to choose from. The TENDERCRISP Garden Salad, the TENDERGRILL Garden Salad, and the Side Garden Salad.

A salad may be a little boring without a dressing like Ken's Fat Free Ranch Dressing which includes titanium dioxide (an artificial color, or sunscreen, depending on use), preservatives, and the ingredient seemingly mandatory in all ranch dressings: monosodium glutamate.

Once again, as is typical with the fast food industry, they took a simple thing like chicken, and added a long list of ingredients.

Tendergrill Chicken Breast Fillet: Chicken Breast with Rib Meat, Water, Seasoning (Maltodextrin, Salt, Sugar, Autolyzed Yeast Extract, Garlic Powder, Spices, Natural Flavors, Onion Powder, Modified Corn Starch, Chicken Fat, Chicken Powder, Chicken Broth, Disodium Guanylate and Disodium Inosinate, Citric Acid, Partially Hydrogenated Soybean Oil, Dehydrated Garlic, and Artificial Flavors.), Modified Corn Starch, Soybean Oil, Salt, Sodium Phosphates. Glazed with: Water, Seasoning [Maltodextrin, Salt, Sugar, Methylcellulose, Autolyzed Yeast Extract, Partially Hydrogenated Sunflower Oil, Modified Potato Starch, Fructose, Partially Hydrogenated Soybean Oil, Garlic Powder, Onion Powder, Dehydrated Garlic, Spices, Modified Corn Starch, Xanthan Gum, Natural Flavors, Disodium Guanylate and Disodium Inosinate, Chicken Fat, Carmel Color, Grill Flavor (from

Partially Hydrogenated Soybean and Cottonseed Oil), Chicken Powder, Chicken Broth, Turmeric, Smoke Flavor, Annatto Extract, and Artificial Flavors], Soybean Oil.

Taco Bell

Taco Bell's website didn't have much emphasis on health. Under the nutrition guide, at the bottom was a link to *Keep it Balanced*, a token nod to health. It had no serious information on how to really eat healthy. They recommend foods like pizza and tacos (no surprise) because they may include ingredients from several food groups at once. Including several food groups does not necessarily mean it's a healthy food.

The seasoned beef, carne asada steak, spicy shredded chicken, and even the rice all include autolyzed yeast extract (hidden MSG). Disodium inosinate and disodium guanylate are flavor enhancers used in synergy with MSG. Therefore, menu items with disodium inosinate and/or disodium guanylate also contain MSG. This includes the avocado ranch dressing, southwest chicken, citrus salsa, creamy jalapeno sauce, creamy lime sauce, lime seasoned red strips, pepper jack sauce, and seasoned rice.

According to Wikipedia, dimethylpolysiloxane is optically clear, and is generally considered to be inert, non-toxic, and non-flammable. It is used in silicone caulk, adhesives, and as an anti-foaming agent. Appetizingly enough, it's also included in Taco Bell's rice.

Wendy's

At Wendy's, there are several tempting salads. The mandarin chicken salad seems healthy at first glance. It has diced chicken, mandarin oranges, almonds, crispy noodles, your choice of dressings, and five different varieties of lettuce. Then reality takes a bite when you check the ingredients list. The almonds are roasted and salted. The crispy noodles are not whole grain. The mandarin orange segments are not freshly peeled oranges; most likely canned. The diced chicken has added autolyzed yeast extract (MSG), disodium inosinate, disodium guanylate, sodium phosphates,

salt, more salt, sugar, modified corn starch (sic), and the universal umbrella ingredient list: spices, natural flavors, and artificial flavors.

In the ingredients lists for the salad dressings, one surprise was titanium dioxide in the Low Fat Honey Mustard Dressing and the Reduced Fat Creamy Ranch Dressing. It's a very versatile chemical. It can be used to manufacture paint, sunscreen, semiconductors, and food coloring.

Wendy's Southwest Taco Salad is a salad with Wendy's chili. Once again, the chili has hidden MSG: autolyzed yeast extract, spices, artificial flavors, natural flavorings, disodium inosinate and disodium guanylate (MSG give-aways). It's puzzling to try to understand why their chili would need to include an anti-caking agent such as silicon dioxide (also known as sand, or glass powder).

Subway

If a sandwich is advertised as healthy, one would expect that the bread would be whole grain. Not so with Subway's wheat bread. While it does have some whole wheat flour, it's the third ingredient, listed just before high fructose corn syrup. None of Subway's breads are whole grain. Ammonium sulfate (a fertilizer) is also added. Unfinished sandwiches may be composted. The bread also contains azodicarbonamide. From Wikipedia: Use of azodicarbonamide as a food additive is banned in Australia. In the UK, the Health and Safety Executive has identified azodicarbonamide as a respiratory sensitizer (a possible cause of asthma) and determined that products should be labelled with "May cause sensitisation by inhalation."

Most of the meats at Subway contain MSG and/or sodium nitrite.

This article originally appeared, in a longer form, as *Surprise Ingredients in Fast Foods* by John Andrews on NewsTarget.com It is reprinted here with permission of the site.

With kids having returned to school, parents must face a number of issues. First, there is behaviour. Our children are once again expected to sit in class, behave themselves, concentrate and perform. They will also be exposed to many more infections (over 90% of these are viral, for which antibiotics should not be used). As parents we need to help our kids function at their fullest academic *and* immune potential. Back to school time gives us the opportunity to touch on this very relevant topic.

This probably comes as no surprise to our readers, but the most basic and effective approach is the food we eat. "Let food be your medicine and medicine be your food" (Hippocrates). For example, fluctuating blood sugar levels can play a huge role in behaviour and concentration. This is best addressed with a low-glycemic-index diet, smaller more frequent meals, and balancing protein, fat, and carbohydrate in all meals. Students need to start by having a wholesome breakfast. Some of our personal favourites include two soft boiled eggs served with sprouted grain toast and butter, or slow cooked oatmeal with ground nuts, berries, and whole milk. Avoid serving just carbohydrates, like toast with jam, pop-tarts, fruit roll ups, granola bars, and juices. These types of foods cause an abrupt rise and fall in blood sugar. The rise causes excitement, and the fall causes irritability and lack of focus. The protein and fat in our meals slows down the breakdown of these sugars, minimizing these fluctuations. Furthermore, we do not recommend "low fat" products, artificial sweeteners, colorings and flavourings. There are scores of studies that have linked these "food

chemicals" to behavioural and immune-related issues. Refined white sugar remains the biggest dietary culprit in both hyperactivity and immune suppression. Honey, maple syrup, rapadura, stevia and fruit offer plenty of sweetness without the same concerns.

Our approach to infection prevention is to maximize immune system function. Generally, this is accomplished with adequate sleep, good food, adequate water intake, exercise, and hand-washing. Some specific recommendations include increasing consumption of the orange and red vegetables high in beta-carotene, which gets converted to Vitamin A. Vitamin A is a key nutrient for immune protection at the mucus membranes (i.e. nose, mouth, lungs, and intestines). However, the best source of Vitamin A remains cod liver oil—now that's old school! Most of us are aware that vitamin C is good for our immune system. Interestingly, humans and guinea pigs are the only animals unable to produce their own Vitamin C—we must get it from food and supplementation. Many other nutrients critical to immune function are consistently inadequate in our patient's diets (and when blood tested), including zinc, selenium, iodine, and B-vitamins.

These are just a few recommendations to help give kids the opportunity to make the most of their school year. There are many ways to treat issues relating to behaviour as well as viral infections. Consult your doctor to implement a program of treatment and prevention customized for your children.

This editorial by Drs. Gurdev and Karen Parmar of Integrated Health Clinic™ in Fort Langley, www.integratedhealthclinic.com This article originally appeared, in a modified form, in the Langley Times in September 2007.

LEAD ALERT

A Minneapolis couple were stunned to find out their 9-month-old son had a blood lead level five times the national average; his two-year-old sister had a lead level triple the average. They were particularly surprised given that they had renovated their house to replace and reduce the potential for lead exposure.

A specialist in lead in consumer products inspected their home. He found more than 15 items screened positive for lead including a pasta bowl, a decorative belt, the vinyl lining of a diaper bag, tires on a toddler-sized wagon, and other toys.

Lead can also be commonly found in dishware, jewellery, glue stick caps, vinyl backpacks and brass keys. Not in current recall, but with high levels of lead, are Fisher Price blood pressure cuffs in their Medical Kit for ages 3+ and Elmer's Glue Stick caps. (Lead is often used as a stabilizer in plastics.)

One of the reasons there is so much lead in consumer items is that recycled lead battery waste and electronic boards have become common base materials for toys, jewellery and household items. Lead is also an inexpensive pigment for paint used on brightly coloured toys.

There are many steps you can take to reduce lead exposure. These include: Ask your ND to be tested; the EPA in the US recommends all children be tested at ages one and two, and perhaps annually through six. Check recall lists and bookmark safety sites such as www.consumerreports.org. Assess lead levels in your home: deteriorating paint, dust, soil and water can increase lead levels. Lead in homes is particularly a concern in pre-1978 housing. A professional can screen your home thoroughly. For surface items, you can purchase a kit such as Lead Inspector or Homax Lead Check. Consume adequate calcium and iron. People whose diets don't contain sufficient amounts absorb more lead. Ask your ND for dosage advice.

Source: Consumer Reports Dec 07

More on "lead" next page

Lead paint, and the health hazards from metal toxicity, have splashed across the headlines this year. It's well documented that lead has a serious health effect on the body, which is worse on children than adults as there is virtually no organ system that is immune to its impact. In terms of brain development, it can cause delayed or r e v e r s e development, seizures and even coma, to say nothing of behavioural impairment.

In a strange twist however, economists are now showing that removing the main source of lead in the air and water—removing it from gasoline—has had a significantly positive impact on society overall. In short, reducing lead levels has led to big changes in people's behaviour.

Studies show that the rise and fall of lead-exposure rates match violent crime—but with a 20 year lag, just long enough for children exposed to the highest levels of lead in 1973 to reach their most violence-prone years in the early 90s, when crime rates reached their peak. Many posit that countries which removed gas and lead from their paint in the 1970s are just now "reaping the rewards" of that decision.

One researcher, quoted in the journal *Environmental Research*, wrote that "the idea that a society could have systematically poisoned its youngest children with the same neurotoxins in two different ways over the same century is almost impossible to believe."

Although some are skeptical of the "lead-behaviour" link, Herbert Needleman, a US pediatrician, recently studied a sample of juvenile delinquents in Pittsburgh. His findings show that JDs had significantly more lead in their bones than their peers.

Lead of course is not the only heavy metal that we are exposed to. Scientists have long known that mercury

from coal-fired plants and metal smelters can end up on our dinner plates, and play havoc on our immune systems.

But scientists didn't know for sure if toxins in freshwater fish came from current pollution or from old contaminants

leaching from soil and sand into lake water. To solve this puzzle, researchers from a dozen institutions in the US and Canada added large amounts of a signature form of mercury, called an isotope, to an isolated lake in North western Ontario. Then they traced how long it took for the isotope to wind up in the food chain. The result: Three years.

Lead poisoning is said to be the most common environmental illness of children in the US. The incidence varies with age, socioeconomic status, the population of a given community, race, and the age of the home.

Lead poisoning occurs in every group, only the frequency varies; it is not just a disease of inner-city children. According to the 1997 US National Health and Nutrition Examination Survey (NHANES), 16.4% of children living in cities with more than a million people and in homes built before 1946 have elevated lead levels. Generally, adults develop lead poisoning as the result of an occupational exposure or from exposure through a hobby.

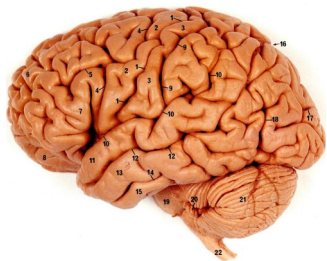
Source: emedicine.com

In other words, the food on our plates could be safer within a few years if government and industry took immediate action.

That alarming news hasn't, unfortunately, brought about the same legislative changes that lead exposure studies did.

Heavy metal toxicity is an area commonly dealt with by naturopathic physicians. NDs can run standard diagnostic work-ups to determine toxicity levels as well as design protocols to manage and prevent toxicity. Many NDs offer chelation therapies, including calcium EDTA known as "nearly the perfect chelator" as it's water-soluble and can be used either IV or IM. EDTA allows lead to be renally eliminated, is not metabolized, and has few toxic effects. NDs can also offer advice as to which vitamins and minerals work best as antioxidants, provide adrenal support, improve cleansing and elimination and support heavy metal detoxification. Adjunctive therapies, such as constitutional hydrotherapy or colonic therapy may be recommended. For more information, ask your ND or for a referral to a doctor in your area call the BCNA at 1 800 277 1128.

Sources: New York Times, October 21, 2007; Globe & Mail, November 3, 2007



A new study on the potential impact of beta-carotene on improving memory and limiting the prospects of Alzheimer's splashed across the Internet this fall. But, as is often the case, health is not about a magic bullet but a

comprehensive, inclusive approach.

BCNA member Dr. Pamela Hutchison was quoted recently in Boulevard magazine on the issue of **memory loss prevention through the use of nutrition, antioxidants and herbs.**

Dr. Hutchinson starts with an overall patient assessment, including whether or not an individual is getting enough phosphatidylcholine and phosphatidylserine—components of cell walls and which contribute to the production of acetylcholine, a significant neurotransmitter in memory.

But the majority of memory complaints she hears are symptomatic of other health problems, such as depression, anxiety and stress. Fibromyalgia, food sensitivities, chronic fatigue syndrome, menopause, PMS and brain injury are among other concerns that can cause forgetfulness.

Naturopathic doctors tend to focus on the root problems of illness, not just the indication of disease.

Some of the areas Dr. Hutchinson focuses on, and which are common to many practices, include the following: Ensuring patients take sufficient essential fatty acids, such as those found in borage, fish, flax, hemp seeds and blackberry seed oil. All are vital for brain function. Also, increasing protein in the diet, limiting sweets and refined carbohydrates, helps prevent spikes in blood sugar, allowing brain activity to remain stable.

Regular exercise also supports memory, partly by promoting relaxation. "We need to be relaxed in order to optimally process information and to create the neural networks that make memories permanent," says Hutchison. In fact, she emphasizes the importance of meditation.

"When people meditate regularly over time they become more relaxed and grounded even when they're not meditating... Meditation leads to a rise in nitric oxide levels in the brain and body. Elevated nitric oxide helps capillary beds open so we get better delivery of nutrients and removal of waste from the tissues."

Source: Boulevard Magazine, Sept/Oct 07

Sugar has an impact on hormones. Eating too much fructose and glucose can turn off the gene that regulates the levels of active testosterone and estrogen in the body. That's what a new study in mice and human cell cultures published this month in the Journal of Clinical Investigation shows. This discovery reinforces common health advice to eat complex carbohydrates and avoid sugar.

Table sugar is made of glucose and fructose, while fructose is also commonly used in sweetened beverages, syrups, and low-fat food products. Estimates suggest North Americans consume 33 kg of refined sugar and an additional 20 kg of high fructose corn syrup per person per year.

Glucose and fructose are metabolized in the liver. When there's too much sugar in the diet, the liver converts it to lipid. Using a mouse model and human liver cell cultures, the scientists discovered that the increased production of lipid shut down a gene called SHBG (sex hormone binding globulin), reducing the amount of SHBG protein in the blood. SHBG protein plays a key role in controlling the amount of testosterone and estrogen that's available throughout the body.

If there's less SHBG protein, then more testosterone and estrogen will be released throughout the body, which is associated with an increased risk of acne, infertility, polycystic ovaries, and uterine cancer in overweight women. Abnormal amounts of SHBG also disturb the delicate balance between estrogen and testosterone, which is associated with the development of cardiovascular disease, especially in women.

"We discovered that low levels of SHBG in a person's blood means the liver's metabolic state is out of whack—because of inappropriate diet or something that's inherently wrong with the liver—long before there are any disease symptoms," says Dr. Geoffrey Hammond, the study's principal investigator, scientific director of the Child & Family Research Institute in Vancouver, Canada, and professor in the Department of Obstetrics & Gynecology at the University of British Columbia.

The article "Monosaccharide-induced lipogenesis regulates the human hepatic sex hormone-binding globulin gene" is available online at www.jci.org



ADRs ♦ The Supplement Advantage

Drugs continue to kill patients in large numbers—but not contraband or recreational drugs. Prescription drugs.

Between 1998 and 2005 drug related death and serious injury doubled in the US. The worst offenders were, with a sad irony, immune-system boosters and painkillers.

ADRs, or serious adverse drug events, include death, birth defects, permanent disability or a life-threatening hospitalization.

In 1998, the number of ADRs leading to death in the US was 5,519. By 2005 it was 15,107.

Researchers reported in an issue of the Archives of Internal Medicine that “the overall increase was four times faster than the growth in total US outpatient prescriptions, which grew in the same period from 2.7 billion to 3.8 billion.”

In a sad but sobering caveat, that number is probably much, much higher—except for the fact that many ADRs are not reported. In a survey of 650 patients taking statins who reported ADRs, their physicians denied that drugs could be connected to their symptoms. The study authors noted that “physicians seem to commonly dismiss” ADRs amongst their patients.

Thirty-two percent of patients reported that their doctors told them there was no link between their symptoms and statin use. Forty-seven percent of patients with muscle problems or cognitive problems said their doctors dismissed the possibility that their symptoms were statin related.

Source: Reuters, August 29, 2007; September 11, 2007

Nobel laureate Linus Pauling extolled the virtues of vitamin C therapy for many years, but his assertions were dismissed by the medical establishment. A new study in the journal Cancer Cell supports his notion, that **antioxidants limit tumour growth**.

The study, conducted at Johns Hopkins, showed that antioxidants undermine a tumour’s ability to grow. The research supports preventative medicine and the often ridiculed notion that vitamins and minerals can support overall health.

Source: Vancouver Sun,
September 11, 2007

Your office printer may be as much of a health risk as smoking.

An investigation into 62 laser printers revealed that almost 30% released high amounts of minute toner particles into the air.

The ultra-fine particles can penetrate deep into the lungs and pose a significant health threat, from respiratory irritation to cardiovascular problems and potentially even cancer.

The risks appear to be highest when new toner is installed as well as when full-colour copies, requiring a maximum amount of toner, are printed.

The study, published this past summer in the journal Environmental Science and Technology, identified models that had nominal emissions, low, medium and high emissions. To see a complete list link to: <http://pubs.acs.org/journals/esthag/index.html> and search for “Printer Particle Emissions Add Up”

Broccoli has long been heralded as a nutrient dense vegetable. Recent research has shown that **broccoli can also help skin cells fend off damage from harmful ultraviolet radiation**.

The study, which was published by the US National Academy of Sciences, was the first to show that a human tissue can be protected directly against a known human carcinogen.

Unlike sunscreens, which absorb, block or scatter UV light, the broccoli extract was shown to boost the production of enzymes that defend against UV-related damage.

Broccoli has also been shown to prevent tumour development in animals treated with cancer-causing agents.

Source: Vancouver Sun, October 23, 2007

Canadian journalist and author Naomi Klein is known for traversing some of the most dangerous parts of the globe, reporting on the aftermath of the Asian Tsunami, post-hurricane New Orleans, and the Iraq war.

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While in Iraq, Klein noted that many of her colleagues took prescriptions to help remain calm amidst the chaos. However, one friend was using an alternative: **Bach Rescue Remedy**, a homeopathic treatment commonly recommended by naturopathic doctors.

Klein has found it useful for not just stress, but tension, insomnia and peace of mind.

Source: New York Times, October 7, 2007

A UK study published in the Archives of Internal Medicine shows that people who take regular doses of vitamin D have a significantly **lower risk of dying early** than those who do not use supplements.

The meta-analysis of 18 separate trials involving 60,000 patients showed that the vitamin might block cancer cells from spreading and/or boost the immune system.

Source: Vancouver Sun, September 11, 2007

A six year study on the dietary habits of 4500 people ages 60-80 has shown that a **healthy diet supports better eyesight**.

Two nutrients found in eggs, spinach and other green vegetables prevent macular degeneration.

A study found that two nutrients in particular, lutein and zeaxanthin, both carotenoids, allow the eyes to filter harmful short-wavelength light and curtail other damaging effects to the macula.

Similarly, in the Archives of Ophthalmology, a study echoed those results. The AoO study showed that of those individuals whose daily diets included vegetables rich in the antioxidants lutein and zeaxanthin (e.g., carrots, spinach, squash, broccoli), they were at less risk for vision loss.

Source: Reuters, September 11, 2007; Consumer Reports, December 2007

New research indicates that **not taking supplements may be harmful to your health**, and that a single daily multi-vitamin is inadequate. A study of hundreds of persons who take a number of different dietary supplements has found that the more supplements they

take, the better their health is. The study authors reported that a “greater degree of supplement use was associated with more favourable concentrations of serum homocysteine, C-reactive protein, high-density lipoprotein cholesterol, and triglycerides, as well as lower risk of prevalent elevated blood pressure and diabetes.” Supplement use results in higher levels of nutrients in the blood serum, and produces “optimal concentrations of chronic disease-related biomarkers.”

It is especially significant that the supplement-takers consumed a lot of tablets every day, not merely a multivitamin. More than half of them took, in addition to a multivitamin/mineral, extra B-complex, vitamin C, carotenoids, vitamin E, calcium with vitamin D, omega-3 fatty acids, flavonoids, lecithin, alfalfa, coenzyme Q10 with resveratrol, glucosamine, and a herbal immune supplement. The majority of women also consumed gamma linolenic acid and a probiotic supplement, whereas men also consumed zinc, garlic, saw palmetto, and a soy protein supplement.

The study was published October 24 in the peer-reviewed Nutrition Journal. The full text may be freely accessed at <http://www.nutritionj.com/content/pdf/1475-2891-6-30.pdf>

Worth repeating: “Craig McInnes asks what the cure is to a seemingly shorter supply of family physicians.

The answer has been evident for years; however, because of a strong physician-driven lobby and territorial issues, it has been painstakingly slow to arrive in BC.

Collaborative practices that include nurse practitioners as well as other health care professionals working to their full scope of practice have been shown time and again in the scientific literature to truly improve the health of patients.

British Columbians no longer need to line up and wait to see a family physician in isolation for the bulk of their health care needs.

Collaborative practices are a much more efficient way to provide health care as more patients can be seen by a group of professionals who each provide care in their area of expertise.

The focus is on prevention and health instead of quick fixes as illnesses develop.”

Source: Vancouver Sun, November 7, 2007

Back in Shape

Non-Invasive Pain Management Therapy

Vancouver Sun reporter Katya Holloway suffers from scoliosis, a lateral curvature of the spine. An estimated six million people have it in the US. Of these, however, four out of five are curves of less than 20 degrees, which are considered mild cases. Less than 0.1% have curves measuring greater than 40 degrees, or extreme cases. In an August profile in the Sun, Holloway writes:

“Unfortunately, [my scoliosis] fits into the extreme category. Doctors mentioned surgery, which would involve inserting a metal rod inside my spine, but I opted for a brace. It doesn’t cure the problem but halts further progression.

In any case, living with constant back pain is not fun. If you have suffered a sporting injury, accident or even growth pains, you know what I’m talking about—you’re willing to try anything to make it go away.

[Recently I saw] Dr. Heidi Rootes, a naturopathic physician and certified Bowen therapist.

[Bowen] is not a massage, but a form of pain-relief therapy using a gentle touch and rolling movement. ‘Challenging’ the muscle, says Rootes, ‘sends a message to the brain to reset the muscle to its resting position.

‘This will cause a contracted muscle to relax and a stretched muscle to shorten,’ she said. ‘Sometimes nerves are trapped or impinged between contracted muscles causing another type of pain. Neurogenic pain is often radiating, but when the muscle relaxes and releases the impinged nerve, the pain is relieved.’

Bowen is said to help everything from musculoskeletal pain such as back pain, frozen shoulder, carpal tunnel syndrome,

sporting injuries and arthritic pain to respiratory problems and digestive disorders.

‘Between 85 and 90 per cent of people I treat respond favourably to Bowen therapy after only three treatments,’ Rootes said. ‘I commonly discharge patients after only five treatments, having relieved their pain to such a degree that they no longer require therapy.’

Rootes says she has seen ‘amazing results’ so far. One recent example involves a man who came in with a post-stroke injury including loss of both gross and fine motor skills in his shoulder and arm. He described the sensation in his limb as foreign from the rest of his body.

After three Bowen treatments, she said, he regained full range of motion in his shoulder and significant improvement in fine motor skill.

How does it work? I found myself lying face-down in a small room on a massage bed in a tranquil, downtown Vancouver office. My clothes were on and my legs were covered with a light blanket.

Rootes explained that she would not speak during the treatment, and that she would leave the room sporadically to give the muscles time to send their message to the brain. So I lay there quietly as she prodded my muscles.

On the second treatment one week later, I slipped into a deep, sleepy trance. The whole procedure was incredibly soothing, and I left feeling better than I had in a long time.

...Four treatments was all it took to make a difference, although with scoliosis, the pain never entirely fades. I will continue to use this as an alternative to massage. For others suffering pain, I would say Bowen is definitely worth a try.”

Source: Vancouver Sun, August 11, 2007

Link to our Redesigned & Updated Website

www.bcna.ca

PHYSICIAN REFERRALS * NATUROPATHIC MEDICAL INFORMATION * EDUCATION 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

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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.

Contact us online at www.bcna.ca, e-mail us at bcna@bcna.ca, call us at 604/736-6646 or 1-800/277-1128 or write to us at 2238 Pine St, Vancouver, BC, Canada, V6J 5G4.



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