

# Your Health

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## Provincial Government Passes New Regulations for NDs More Options for Patients, Increased Choice, Better Access

The British Columbia Naturopathic Association applauds the April announcement by the Ministry of Health that naturopathic physicians (NDs) in BC will be able to prescribe certain pharmaceutical medicines. British Columbia is the first province to more fully recognize the important role that NDs play as primary care givers as a result of the vision and leadership of Premier Gordon Campbell and Health Services Minister George Abbott.

This announcement recognizes the benefits to patients of allowing NDs to practice to a greater extent of their education and training, while streamlining and improving the delivery of health care and enhancing patient choice in BC. The number of patients who use NDs as their primary health care provider has increased threefold in the past decade, as has the number of naturopathic physicians practicing in British Columbia.

"The BC Government has recognized the value of enhancing naturopathic services as a choice in the health care system for primary care to patients," said Dr. Christoph Kind, ND, president of the BC Naturopathic Association. "This announcement allows for more effective multi-disciplinary treatment of patients and reduces the impact to and costs on the health care system."

The announcement is a result of an extensive review of the evidence and benefits of science-based naturopathic medicine by the provincial government. In BC, NDs are educated and trained to diagnose and treat patients

including identifying when certain prescription drugs are needed. By streamlining the process, patients will have more choice in how they receive their health care in BC in a manner that is efficient and effective.

"Expanding the role of naturopathic physicians allows B.C.'s health system to offer more options for patients," said Minister George Abbott. "British Columbians made it clear during the Conversation on Health that they want increased choice and better access to health services and today we are meeting our 2008 throne speech commitment to expand the scope of practice for these professions." "Our members regularly see patients in their practices whose primary care will be enhanced by a shared scope of practice with other medical professionals," said Dr. Deborah Phair, Vice President of the BC Naturopathic Association and also a licensed pharmacist. "We are eager to continue our discussions with the BC Government and other health professions to implement these new measures and to work together to provide the best treatment for our patients." Naturopathic physicians are a self-regulating profession under the College of Naturopathic Physicians of BC (CNPBC). The College has worked diligently and collaboratively with the provincial government and other health professions to develop a regulatory regime that ensures patient safety for prescribing pharmaceuticals, including continuing competency programs and enforcement of standards, limits and conditions.

**1923** Naturopathic doctors are licensed in BC along with MDs and osteopaths.

Naturopathic doctors are legislated under their own provincial Act, the Naturopathic Physicians Act. **1936**

The government recognizes that many traditional therapeutics used by NDs are now prescription only; a legislative mandate for prescribing rights is passed. **1958**

The NDP government takes the legislative mandate to cabinet, but declines to move forward. **1992**

The BC Liberals make a Throne Speech commitment to act on outstanding ND issues. **2008**

Health Minister George Abbott formally announces new regulations for BC's NDs. **2009**

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**Processed Juice**

Question: When is “pure and natural” not so pure and natural? Answer: When it’s the premium orange juice you buy in your grocer’s refrigerator.

Although not fresh squeezed, packaged juice proudly carries the banner “not from concentrate.” That indicates the product is, if not fresh-squeezed, the next best thing. Unfortunately, “not from concentrate” is a euphemism for pasteurization.

Pasteurization serves an important process in ensuring purity, but the process itself, heating juice at a high temperature to kill bacteria, has unintended side-effects. Pasteurization deactivates enzymes essential to nutritional value. It also ensures a longer shelf life (more or less the opposite of freshness).

Once the juice is pasteurized it’s stripped of oxygen—which prevents oxidization—but also strips the juice of any flavour. The process is almost a de-naturing.

After having been stored in aseptic holding tanks for several months, orange juice is packaged. However, it has no flavour. Thus, flavour is “re-introduced” using “natural” flavour packs of orange essence, orange parts and other fragrance conglomerates. None of these flavours have to be listed as ingredients.

Flavouring is a high stakes science. Minute Maid, for example, is known for their “candy-like” flavour pack. But flavouring flavourless juice has resulted in less interest in eating, or juicing, fresh whole oranges.

As the author of a recent book on the history and politics of the Florida orange juice industry writes, without these special infusions processed juice would be undrinkable. *Squeezed: What You Don’t Know About Orange Juice*, by Lisa Hamilton, is an investigation into a processed food that is advertised as fresh, pure and additive-free, but is anything but.

Once it’s flavoured and packaged, the juice is shipped to market. There, it can sit on your grocer’s shelf for up to 60 days.

Source: Maclean’s, May 25, 2009

Hyperbaric oxygen therapy was long called a treatment in search of diseases. But in recent years, laboratory and clinical studies have found more than a dozen serious diseases for which it is considered a valuable—and sometimes life-saving—treatment.

Although the administration of pure oxygen in a high-pressure chamber has been around as a therapy for more than 300 years, only now is it beginning to reach its potential, according to a report in the November issue of the journal *Emergency Medicine*.

The Undersea and Hyperbaric Medical Society, the professional organization in this field, recognizes 13 conditions for which it is legitimate to place patients in high-pressure chambers that force pure oxygen into their blood and tissues.

The list includes decompression sickness (“the bends”), necrotizing fasciitis (flesh-eating disease), carbon monoxide poisoning, gas gangrene, the bone infection osteomyelitis, nonhealing wounds and delayed radiation injury to bone and soft tissue.

Dr. Charles S. Graffeo, a specialist in hyperbaric medicine at the Eastern Virginia Medical School, said there was “a good theoretical basis and some promising evidence that hyperbaric oxygen therapy could help treat clots on the retina, acute frostbite, recluse spider bites and thermal burns.”

Hyperbaric oxygen can be life-saving for patients with the bends, like divers who have surfaced too quickly. For those suffering from severe carbon monoxide poisoning, the most rigorous study so far found that three hyperbaric treatments decreased cognitive damage later. Traumas like crush injuries and thermal burns that deprive tissues of adequate oxygen also benefit from high-oxygen therapy, as do life-threatening infections called necrotizing fasciitis, if the condition is treated in its early stages, the experts in Virginia reported. The therapy may also be useful for sepsis, a potentially life-threatening bacterial infection in the blood and tissues.

Dr. Graffeo said the therapy was useful in treating diabetic foot ulcers and bone infections. It is beneficial for patients whose tissues were damaged by radiation therapy—cancer patients, for example, who can develop oxygen-deficient wounds that do not heal well. Hyperbaric oxygen promotes the release of growth hormone and helps to form blood vessels in irradiated tissue, he said.

**O<sub>2</sub> THERAPY****Research Grows**

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THE FOLLOWING FOUR PAGES ARE A SPECIAL INSERT LISTING, ALPHABETICALLY BY CITY, LICENSED NATUROPATHIC DOCTORS ACROSS BC AND WEBSITES WITH THEIR CONTACT DETAILS, MORE HEALTH INFO AND ARTICLES OF GENERAL INTEREST:

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Dr. Todd Levins	Victoria	<a href="http://www.synergyhealthmanagement.com">www.synergyhealthmanagement.com</a>
Dr. Neil McKinney	Victoria	<a href="http://www.drneilmckinney.ca">www.drneilmckinney.ca</a>
Dr. Kimberly McQueen	Victoria	<a href="http://www.active-health.ca">www.active-health.ca</a>
Dr. Natasha Montroy	Victoria	<a href="http://www.islandnaturopathic.com">www.islandnaturopathic.com</a>
Dr. Kristin Schnurr	Victoria	<a href="http://www.active-health.ca">www.active-health.ca</a>
Dr. Penny Seth-Smith	Victoria	<a href="http://www.naturaldoctor.ca">www.naturaldoctor.ca</a>
Dr. Kulwinder Sraw	Victoria	<a href="http://www.victorianaturopathic.com">www.victorianaturopathic.com</a>
Dr. Janine Fraser	Victoria (Langford)	<a href="http://www.WestShoreFamilyNaturopathic.com">www.WestShoreFamilyNaturopathic.com</a>
Dr. Jasmine Wong	Victoria (Saanich/Colwood)	<a href="http://www.islandnaturopathic.com">www.islandnaturopathic.com</a>
Dr. Julie Durnan	West Vancouver	<a href="http://www.pacificanaturopathic.com">www.pacificanaturopathic.com</a>
Dr. Kelly Farnsworth	West Vancouver	<a href="http://www.westvanclinic.com">www.westvanclinic.com</a>
Dr. Sara Kinnon	West Vancouver	<a href="http://www.bellevuenaturalhealth.ca">www.bellevuenaturalhealth.ca</a>
Dr. Nina Lange	West Vancouver	<a href="http://www.biobalance.ca">www.biobalance.ca</a>
Dr. Gaetano Morello	West Vancouver	<a href="http://www.healthychoices.ca">www.healthychoices.ca</a>
Dr. Nigma Talib	West Vancouver	<a href="http://www.healthydoc.com">www.healthydoc.com</a>
Dr. Emina Jasarevic	West Vancouver	<a href="http://www.healthydoc.com">www.healthydoc.com</a>
Dr. Dr. Justin Lafreniere	West Vancouver	<a href="http://www.healthydoc.com">www.healthydoc.com</a>
Dr. Nicole Dahl	White Rock	<a href="http://www.drnicoledahl.com">www.drnicoledahl.com</a>
Dr. Tom Grodski	White Rock	<a href="http://www.sunnysidenaturalhealth.com">www.sunnysidenaturalhealth.com</a>
Dr. Gudrun Tonskamper	White Rock	<a href="http://www.naturalhealthclinic.ca">www.naturalhealthclinic.ca</a>
Dr. Rachel Stewart	White Rock/ South Surrey	<a href="http://www.performancechiropractic.ca">www.performancechiropractic.ca</a>

“Hyperbaric” Continued from page 2

A study published last September in the International Journal of Radiation Oncology, Biology, Physics found hyperbaric oxygen helpful for patients with radiation proctitis, which can cause bleeding, rectal ulcers and loss of bowel control. Though the costly treatment can involve as many as 40 two-hour sessions, “the net effect is reversal of the problem in the majority of patients, which in the end is cost-saving and greatly improves quality of life,” said Richard Clarke, whose Baromedical Research Foundation sponsored the study.

Oxygen therapy is being tested in patients with new diagnoses of head or neck cancer to increase the tumour’s sensitivity to radiation treatments, Mr. Clarke said. Future studies will test benefits to patients with cancers of the larynx, skin and gynecological organs.

“The most important question to answer, in addition to cost-effectiveness,” he said, “is whether the therapeutic benefit lasts and clearly improves patients’ quality of life.”

Portions reprinted from the New York Times, March 10, 2009

## Toxic Baby Shampoo

Many children's bath products have been shown to contain formaldehyde or 1,4-dioxane, both cancer-causing chemicals.

The US-based Campaign for Safe Cosmetics analyzed 28 top-selling bath brands. Of those, 16 (or 61 per cent) contained both toxins, 82 per cent had formaldehyde and 67 per cent had dioxane.

Products tested included Johnson's Baby Shampoo, L'Oreal Kids Extra Gentle 2-in-1 Fast Dry Shampoo, Huggies Naturally Refreshing Cucumber & Green Tea Baby Wash, Gerber's Grins & Giggles Milk & Honey Baby Wash.

Source: Vancouver Sun, March 13, 2009

Vitamin E may slow the development of Alzheimer's disease. A US National Institutes of Health study of 208 patients over three years examined the pros and cons of vitamin E supplementation. In short, regular doses, particularly high doses, such as 800 units twice a day, reduced inflammation and slowed the decline of mental and physical abilities in people with Alzheimer's.

Source: Reuters, May 4, 2009

Chemical-free "miracle water" is taking the world by storm, replacing caustic chemicals with their toxic side effects. The water, which has been in use in Europe for many years, is simply salt water which has been zapped with low-voltage electricity. The electrolyzed water cleans and de-greases like detergent, but without foaming, scent or any potentially lethal side-effects.

The specially treated water is 10 times more effective than bleach in killing bacteria. To date, electrolyzed water has been used to kill salmonella on chicken carcasses, in hotels to clean sinks and toilets, as a treatment on burn victims, as a drinking-water sanitizer and microbe killer.

A skeptical food scientist in Minnesota installed an electrolysis unit in her lab to run tests. She found that the water disinfected superbly. It killed E. coli, salmonella, listeria, among other pathogens. At the same time it was gentle enough to soothe her children's sunburns and acne.

The downside is simply that once the water has been electrolyzed, it has a very short shelf life. The process also has to be monitored closely, to ensure strength.

Source: Vancouver Sun, March 14, 2009

Your hair is what you eat. Hair, as it grows, incorporates carbon, hydrogen and other elements from food and water. A single strand of hair is like a core sample: chip it into short lengths, analyze each, and you have a record of dietary changes over time.

Source: International Herald Tribune, April 16, 2009

Broccoli might ward off infection. As reported in the April issue of Cancer Prevention Research, a study conducted in Baltimore examined 50 people infected with the germ *Helicobacter pylori*. The subjects were divided into two groups; one group ate a daily serving of broccoli sprouts, the other an equal amount of alfalfa sprouts. Using standard fecal and blood tests, the researchers found that over eight weeks the broccoli group had significantly reduced levels of infection, while the control group remained unchanged. The test is one more example how small shifts in diet can profoundly impact health.

Source: Cancer Prevention Research, April 2009

Almost 400 patients in Newfoundland were misdiagnosed for breast cancer. A recent report into the issue found that human error, dating back to 1999, was largely to blame but that the errors were fully preventable. The report cited that the protocols in place for cancer screening "were so deficient as to be practically non-existent" and neither reasonable nor appropriate.

Source: St John's Telegram, April 9, 2009

Nearly 20 years of clinical research has confirmed that the thyroid is of paramount importance to prenatal health.

The thyroid, a gland nestled in the neck, makes hormones that govern metabolism, helping to regulate body weight, heart rate and a host of other factors.

If the thyroid malfunctions, it can produce too many or too few hormones. During pregnancy, conditions such as hypo- and hyperthyroidism can lead to miscarriage, premature birth and, in the case of hypothyroidism, impaired intelligence in the child.

New clinical guidelines call for vigilant monitoring and treatment of patients to keep thyroid reserves normal and to safely guide women through pregnancy and early motherhood.

Unfortunately, most MD groups have not endorsed automatic prenatal thyroid screening, citing uncertainties over whether it would yield health benefits and improving training to read test results that are often tricky to interpret.

Source: International Herald Tribune, April 16, 2009

Organics in perspective: Of the 1100 organic farms in the US, nearly 90 per cent are in two locations: the West Coast and the Northeast. Most organic farms produce vegetables and fruit. Dairy farms are close behind, with slowly increasing demand for meat products. Organic vegetables now account for five per cent of all US vegetable sales. Organic dairies, the fastest-growing organic sector, produce one per cent of America's milk.

Source: New York Times, May 3, 2009

cosmetics vitamin E ionized  
water hair analysis broccoli  
misdiagnosis thyroid

# Understanding Blood Pressure

## by Jennie Weisenburger, ND

Explaining high blood pressure is simple. This article shows what the numbers mean and different factors that influence your blood pressure. Blood pressure is expressed as two numbers, such as 120 over 80.

The Systolic Pressure (the top number) is the force that your heart needs to exert to move blood from the heart into the rest of your circulatory system, and thus represents arterial resistance.

The Diastolic Pressure (the bottom number) is the arterial pressure when the ventricles of your heart are relaxing and filling with blood.

Common Systolic mmHg/Diastolic mmHg (NB: HTN stands for hypertension)

- Normal <120 / <80
- Pre-HTN 120-139 / 80-89
- Mild HTN 140-160 / 90-104
- Moderate HTN 140-180 / 105-114
- Severe HTN >160 / >115

Repeated measurements are important. A single high measurement does not necessarily mean you have high blood pressure. On the other hand, a single normal measurement does not necessarily mean that you don't have high blood pressure.

Complications of High Blood Pressure (HTN)

- Major risk for Myocardial Infarction
- Stroke
- Congestive Heart Failure
- Renal Complications / Failure
- Retinal Disorders / Blindness

Your blood pressure is one of the many indicators of health. High blood pressure is not a disease in and of itself, but a sign that your body is under stress.

The following are factors that may be contributing to high blood pressure:

Lifestyle factors: coffee consumption, smoking, alcohol intake, lack of exercise, stress

Dietary factors: low fibre/ high sugar diet, high saturated fat / low essential fat intake, diet low in calcium, magnesium

and vitamin C, sodium/potassium ratio out of balance (too much sodium not enough potassium), food sensitivities

Genetic Factors

Obesity

Exposure to heavy metals (e.g., lead)

Naturopathic doctors have a variety of non-invasive therapies to address high blood pressure. In fact, most cases of borderline to moderate hypertension can be brought into normal range with changes in lifestyle and diet including:

Modifying current exercise regimen

Implementing time each day for relaxation

Addressing and managing daily stresses in life

Limiting or eliminating coffee and alcohol

Weight loss

Following a whole foods diet

Identifying potential food sensitivities or exposure to environmental toxins

Supplementing nutrient deficiencies

Additional support for the cardiovascular system may include the use of medicinal herbs, homeopathic remedies, orthomolecular medicine and acupuncture.

An individualized program addressing your specific requirements should be proposed and monitored by your naturopathic or medical doctor.

For those whose blood pressure does not respond to the above measures a more extensive testing and treatment protocol may be necessary.

Testing may include cardiovascular specific genetic testing, heavy metal testing, salivary hormone and adrenal stress testing, and nutritional testing (e.g., NutrEval).

For some patients, a comprehensive intravenous therapy program offers effective options for the prevention and treatment of cardiovascular disease. This may include chelation therapy to assist in the removal of toxic heavy metals, phosphatidylcholine administration and/or nutrient replacement.

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The BCNA offers patients, across the province, referrals to licensed naturopathic doctors (NDs) in their area as well as general information on the profession.

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