

Your Health

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Straying From "Conventional" Medicine Interest in Patient-Focussed Medicine Continues to Grow

A February 3 feature in the New York Times profiled various patients who have turned away from primary care with an MD opting to see an ND instead. A portion of the intro follows; read the whole article at www.nytimes.com

The most telling evidence of Americans' dissatisfaction with traditional health care is the more than \$27 billion they spend annually on alternative and complementary medicine, according to government estimates.

This straying from conventional medicine is often rooted in a sense of disappointment, even betrayal, many patients and experts say. When patients see conventional medicine's inadequacies up close—a misdiagnosis, an intolerable drug, failed surgery, even a dismissive doctor—many find the experience profoundly disillusioning, or at least eye-opening.

Haggles with insurance providers, conflicting findings from medical studies and news reports of drug makers' covering up product side effects all feed their disaffection, to the point where many people begin to question not only the health care system but also the science behind it.

Forty-eight percent of American adults used at least one alternative or complementary therapy in 2004, up from 42% a decade ago. The numbers continue to grow, experts say, for reasons that have as much to do with increasing distrust of mainstream medicine and the psychological appeal of nontraditional approaches as with the therapeutic properties of herbs or other supplements.

"People look around and feel that the conventional system does not measure up, and that something deeper about their well-being is not being addressed at all," said Dr. Linda Barnes, a medical anthropologist at Boston University School of Medicine.

In interviews and surveys, patients often described prescription drugs as poisons that mostly mask symptoms without improving their underlying cause.

Many extend their suspicions further. In a 2004 study, researchers at the University of Arizona conducted interviews with a group of men and women in Tucson who suffered from chronic arthritis, most of whom regularly used alternative therapies. Those who used alternative methods exclusively valued the treatments on the "rightness of fit" above other factors, and they were inherently skeptical of the health care system.

Distrust in the medical industrial complex, as some patients call it, stems in part from suspicions that insurers warp medical decision making, and in part from the belief that drug companies are out to sell as many drugs as possible, regardless of patients' needs, interviews show.

"I do partly blame the drug companies and the money they make" for the breakdown in trust in the medical system, said Joyce Newman, 74, of Lynnwood Wash., who sees a natural medicine specialist as her primary doctor. "The time when you would listen to your doctor and do whatever he said—that time is long gone, in my opinion. You have to learn to use your own head."

In this issue we focus on the many ways to face the new year with a renewed sense of health and well being.

Whether kicking a habit or grappling with an addiction, BCNA members weigh in on preventive strategies for better overall health. On page two we've quoted news reports and Dr. Peter Bennett on practical ways to address **weight loss**. On page five Dr. Arjuna Veeravagu outlines some simple steps towards **quitting smoking**. On page seven Dr. Ingrid Pincott weighs in with her **Top 10 Foods**, an excellent starting point for improving your diet and overall health. If the holiday party atmosphere is still a burning ember, Dr. Nigma Sciortino details the many ways to cope with and limit the after-effects of **too much alcohol** on page four.

An overall theme in this issue is the principle of **detoxification**; naturopathic doctors are specialists in designing individualized detoxification protocols. We've quoted from Dr. Jonn Matsen's book, *Eating Alive* on page four, a best-seller focussed on the why and how to of detox.

All the above doctors are licensed practitioners here in BC.

Finally, don't forget to link to our new, revised and re-built website at www.bcna.ca A profile of our MLA Wellness Day, in Victoria last November, will be found on the site including a short video of the event which appeared on CH TV in Victoria.

The most common New Year's resolution—made and then broken—is to deal with all the holiday indulgence and shed a few pounds. Most people simply head to the gym for extra cardio, but there are several measures to consider when it comes to losing and then maintaining a weight that's in keeping with your age, height and health history.

The single most important factor in determining your resting metabolic rate (the amount of energy your body uses while at rest) is how much lean muscle tissue you have. Your muscle tissue uses 16-22% of your daily calories just to exist. (Your liver uses 21% and your brain 20%, but you can't do much about beefing them up.) If you can develop more muscle tissue then you can increase your metabolic rate. In fact, resting muscle uses five times as many calories a kilogram a day as fat does. In an 18-week study from the University of Limburg in Holland, average daily metabolic rate increased by 9.5% and energy expenditure by 10% as a result of twice-weekly strength training. Here are some tips on how to increase your metabolic rate.

First, consider drinking iced water. Sounds too simple to be effective, but there's math behind the simplicity: It takes one calorie to raise the temperature of one liter of water by 1 degree. The body needs to heat water to body temperature (36.8°C). The difference between the temperature of iced water and body temperature means you'll burn 36.8 calories "warming up" a liter of iced water. Consuming two liters of iced water is equivalent to half a chocolate bar.

"Frontload." Consider your body's metabolic cycle when it comes to meal time. Why? Metabolic rate is shaped like an ice-cream cone, highest in the morning, declining gradually through the day. Most of us, however, eat lightly in the morning then consume larger meals as the day wears on, failing to take advantage of this daily peak. A study in the American Journal of Clinical Nutrition revealed that starting the day with

a meal boosted resting metabolic rate by 10%, while other research showed that people who skipped breakfast or lunch and ate most of their calories in their evening meal had lower metabolisms than "frontloaders."

Consider what you eat. Ten per cent of the calories we consume each day are used up in digesting what we've eaten. It's called the thermic effect of food. It's possible that meal content might increase your metabolism—because not all nutrients have the same thermic effect. Around 25-30% of the calories derived from protein are used up in its metabolism. Compare that to six to eight of every 100 calories of carbohydrate and just two to three of every 100 fat calories.

Stand up when you answer the phone and switch chairs when you're reading or watching TV. In other words, fidget. A recent study at the Mayo Clinic found that one of the biggest determinants of who is overweight and who is skinny was their level of non-exercise activity thermogenesis (NEAT), better known as simple activity. Obese subjects burned 350 calories a day fewer than leaner ones simply because they were more inert. While the leaner folk wiggled, stood, walked and constantly changed position, the overweight subjects sat more and fidgeted less.

And, of course, don't forget to exercise. Your metabolic rate can increase as much as 15-fold during strenuous exercise. Better still, it doesn't return to normal the second you stop. In fact, the post-exercise elevation in metabolic rate (known as the afterburn) can make a significant contribution to overall daily energy expenditure. The more frequently you exercise the greater the afterburn effect—even if the overall volume is the same.

For more information on developing a diet appropriate to improve your overall health, we recommend you consult a naturopathic physician. Link to www.bcna.ca for more information.

Quick Tips for Losing Weight

Stay hydrated: Drink water 20 minutes before a meal. Because you are not dehydrated you will eat less!

Drink maté tea: Maté tea combined with herbs and vitamins speeds up metabolism to burn excess fat.

Eat vegetables: The soluble fiber in vegetables absorbs toxins and slows sugar entry into the bloodstream.

Control portion size: Studies show that American portions are almost twice the size of other countries. Put less on your plate and you will eat less.

Ask your ND to check for: blood sugar, blood pressure, insulin, thyroid levels, testosterone, DHEA (a hormone that protects you from stress and provides energy).

Source: *Energize Your Life* by Peter Bennett, ND

Dr. Asifa Maherali appeared on the CTV evening news on Friday, January 20. Her interview focused on complementary therapies which can be used for individuals suffering from insomnia.

When asked what options are available from a naturopathic doctor, Dr. Maherali replied: Products such as calcium/magnesium liquid help to relax the body. It's made from natural ingredients and is swallowed one hour before bedtime. Or you could try a blend of herbs that relax the nervous system. This one is a blend of valerian, passion flower and hops. An then there is tryptophan, the same [amino acid] that is in turkey, which helps to build serotonin—an initiator of sleep."

Dr. Maherali also indicated that many natural remedies are available at home. "Eating a small amount of protein, like and egg, turkey or nuts and seeds before bed can help you sleep."



Dr. Lorne Swetlikoff appeared on CBC radio in the beginning of November with CBC Radio Almanac host Mark Forsythe, and Dr. Patricia Daly of the Vancouver Coastal Health Authority, regarding flu. The one hour call-in show included discussion on the pros and cons of both conventional and alternative flu treatments. Numerous callers spoke to the benefits of complementary treatments. Dr. Swetlikoff focused on the variety of science-based alternative ways to support the immune system employed by naturopathic doctors and spoke to the ways that our public health programs could be expanded to embrace naturopathic principles and treatment as part of our flu and infectious disease strategies.



Dr. Asifa Maherali practices in Vancouver's Kitsilano neighbourhood. Contact her at 604/738-2171. Dr. Lorne Swetlikoff practices in Vancouver's west side. Contact him at 604/738-2111 or link to www.vancouvernaturopathicclinic.com. Dr. Jim Chan practices in Richmond on Number 3 Rd. Contact him at 604/273-4372 or link to www.drjimchan.com

From the *Maple Ridge Pitt Meadows News*, January 21, 2006: Karen Pearce, a mother of five children, was recently diagnosed with a cystocarcoma phyllodes tumour, a rare condition affecting the breast. It can vary from benign to aggressively malignant. Unfortunately for Karen it was the latter.

"I've seen it turn a peanut-sized tumour into the size of a potato in three weeks," said Karen's husband Vince.

She has also developed several tumours elsewhere on her body.

Karen turned to natural treatments, which are expensive. But Karen and her family believe in them.

Karen was initially told by doctors that she wouldn't live to see this year.

She was then given two kinds of chemotherapy at Surrey Memorial and Vancouver General hospitals but "they really didn't feel it would help her," Vince said.

That's when they turned to Dr. Jim Chan, a Richmond-based naturopathic doctor.

Chan began complementary cancer treatment, using natural sources to aid the chemo and radiation therapy.

"We've actually managed to make one tumour on her lung and her trachea disappear, and one on the top of her head disappear," Vince said.

"The last round of chemo darn near killed her, and [Chan] brought her back."

Ken is given Careseng, a natural cancer treatment derived from ginseng, and p53 protein—found in the body and a known tumour suppressor.

A fund to help support Karen's ongoing treatments has been set up in Maple Ridge: The Karen Pearce Fund, Royal Bank, 11855 224th St, Maple Ridge.



- Naturopathic Doctors in BC: 228
- Students enrolled at the Canadian College of Naturopathic Medicine: 534
- Percentage of British Columbians who visit NDs: 10
- Hours an MD studies Therapeutic Nutrition: 0
- Hours an ND studies Therapeutic Nutrition: 130+
- Cost per 7½ minute visit government pays to MDs: \$27.90
- Average # of minutes MDs spend with patients: 5 to 10
- Average # of minutes NDs spend with patients: 30 to 60
- British Columbians who die each year from adverse drug reactions: 10,000
- Canadians who die each year from preventable medical mistakes: 20,000
- BC health budget in 2003: \$10 billion

Managing the Morning After

From the *Vancouver Sun's* Westcoast Life, Dec 29/05-Jan 04/06: Your best weapon against hangovers, besides not drinking in the first place, is a combination of water, a herb called milk thistle, protein and multi-B complex vitamins, says Dr. Nigma Sciortino, medical director and [naturopathic physician] at the West Vancouver Wellness Centre.

"Basically, your body is withdrawing from alcohol," she explains. Sciortino says the alcohol changes your body's pH balance and puts you into low blood sugar mode because "what alcohol is, is sugar. You've actually spiked up your insulin levels... Your body goes into shock because there's so much insulin floating around and no sugar to attach to it."

That's why you crave carbohydrates after a binge—your body wants to continue the sugar madness. But proteins are what it actually needs, because your neurological system depends on protein's amino acids.



"You don't want to be eating greasy foods because your stomach is already being taxed by the alcohol," Sciortino notes. Choose fish, meat or tofu because that will help regulate your blood sugar, plus carbohydrates in healthy choices like nuts, grains or baked potato.

A bit of a buffer before and during the big night out is ideal. Sciortino advocates the use of standardized extract of milk thistle, anywhere from 100 to 300 mg a day (depending on your weight), beginning the night before and continuing for a week. Milk thistle helps flush the liver of toxins, she says.

When on a tear, alternate alcoholic beverages with water, to counteract their dehydrating effect. Have still more water when you get home, and more again in the morning.

B vitamins are also helpful because they support your stress glands, the doctor points out. They'll help shorten the length of the hangover, leaving room for that rotten mood to be replaced by a sweet one.

Dr. Nigma Sciortino can be reached at 604/925-2560 or www.healthydoc.com

Refined sugar, coffee, tobacco, tea, chocolate, alcohol, drugs and emotional excitement can raise the blood-sugar levels and help us to feel good. The problem is that the pancreas and liver will immediately try to decrease the sugar to a safer level. The resultant drop in blood sugar results in a craving for more sweets, coffee, alcohol, cigarettes, drugs or emotional tirades...

Alcohol is known to stimulate the enzyme delta-6-desaturase. Thus the old concept of using hot rum to burn up a cold could be true. The alcohol stimulates the enzyme to produce more prostaglandins, to increase immune function, thus destroying the cold virus overnight.

The problem is that the alcohol has a reverse effect the next day. This may be due to acetaldehyde, the chemical residue from the breakdown of alcohol that can cause hangovers. Acetaldehyde inhibits the enzyme, weakening the immune system further.

Evening primrose oil and black currant oil were recently found to contain an oil that can become prostaglandins without needing the enzyme. Often good results can be obtained in many diseases.

However, what gives the quickest and deepest results is detoxification.

This text excerpted from Dr. Jonn Matsen's *Eating Alive: Prevention Thru Good Digestion*. For more information contact Dr. Matsen at 604/986-7774 or link to www.eatingalive.com

Naturopathic doctors are specialists in helping individuals adopt a detoxification regime. A number of special laboratory tests may be used to help ascertain the level of toxins in the body including hair mineral analysis, blood and fatty tissue tests, the impact of toxins on the liver (e.g., serum bilirubin and liver enzyme tests), stool culture, and urinary indican tests, among others. In addition, your ND will work with you to develop an individualized health program involving nutrition, exercise, natural medicines, immune support and complementary therapies. For more information on finding a licensed ND in your area link to www.bcna.ca

Smoking cessation is a challenging process that requires a combination of will power, trigger avoidance, social support and appropriate treatments. There are many significant health benefits of quitting smoking, including decreased risk of heart and lung disease, improved respiratory function, greater stamina and normalized senses of taste and smell.

Conventional Approach – Prolonging The Inevitable?

Withdrawal symptoms after smoking cessation typically are most intense for the three days immediately after quitting and then gradually subside over the next two weeks. The conventional treatment approach to quitting cigarette smoking is focused on nicotine replacement therapy (NRT) through chewing gums, dermal patches or nasal sprays. Although these products can help facilitate smoking cessation for some people by reducing the initial severity of the withdrawal, they may result in a prolonged chronic withdrawal for the duration of use. The three-day acute withdrawal period is often only postponed until nicotine replacement is discontinued.

Acupuncture and Smoking Cessation

Acupuncturists and their patients report success with acupuncture in treating smoking addiction, and this has been confirmed in many clinical trials. Typical treatment plans are twice weekly acupuncture sessions for two to three weeks and include acupuncture points on the body and the ears (known as auriculotherapy). In between sessions ear “seeds” may be applied over ear acupuncture points that can be pressed on throughout the day to minimize cravings as they arise.

Naturopathic Medicine

There are several naturopathic medical options that may aid in decreasing the desire to smoke. A patented sulfur extract called thioglycerol has been shown to preferentially bind to nicotine receptor sites, preventing nicotine from attaching, and subsequently minimizing the desire to smoke. Thioglycerol is indicated for the first two weeks after discontinuing smoking as it may decrease withdrawal symptoms without the prolonged nicotine dependency associated with NRT. Herbal medicines that have been reported to aid in smoking cessation are colt's foot (*tussilago farfara*), oat (*avena sativa*) and lobelia (*lobelia*

inflata). Maintaining a regular diet and adequate water intake are also important, as low blood sugar and dehydration are imbalances that often arise during nicotine withdrawal.

Mind-Body Practices

Some patients report increased success with smoking cessation efforts when accompanied by mind/body practices such as yoga, tai chi or meditation. Others benefit from aerobic exercise or hypnosis. Selecting methods to assist with smoking cessation is a personal decision that must take many different factors into account.

Conclusion

Although there is no one solution for smoking cessation that works for all people wanting to quit, combining natural techniques may be an effective solution for many people...and what better time than the new year!

References:

- U.S. Surgeon General's Report on the "Health Benefits of Smoking Cessation," U.S. National Institute of Health, 1990.
- Analysis of Therapeutic Effects of Acupuncture on Abstinence From Smoking, Jiang Aiping, JTCM, March 1994, 45/33.
- Efficacy of a Reacted Sulfur (Thioglycerol) Compound in Smoking Cessation; Miller, Alan ND; Thorne Research: 2002.
- Herbal Medicines from the Heart of the Earth; Tilgner, Sharon ND; Wise Acres: 1999.

This article by Dr. Arjuna Veeravagu, a naturopathic physician, registered acupuncturist and founder of Sage Clinic in Yaletown; contact him at 604/697-0397 or e-mail info@sageclinic.com



Each cigarette reduces life expectancy by 11 minutes. A 20 a day smoker is losing one day of life for every week of smoking.



PRESS In The News

Drinking water may have a lot more in it than just H₂O and fluoride, according to an environmental group's analysis of records in 42 US states.

A survey by the Environmental Working Group released in December found 141 unregulated chemicals and an additional 119 for which the Environmental Protection Agency has set health-based limits. Most common among the chemicals found were disinfection byproducts, nitrates, chloroform, barium, arsenic and copper.

The research-and-advocacy organization compiled findings from the states that agreed to provide data they collected from 1998 to 2003. That data comes from nearly 40,000 water utilities, serving 231 million people. The utilities were required by federal law to report that data to consumers.

For the unregulated chemicals, EPA is still identifying and considering the potential risks for possible future regulations. Nineteen of those chemicals exceeded EPA's un-enforced safety guidelines for tap water systems serving at least 10,000 people, according to the advocacy group.

The EPA gathers its own water monitoring data, reviews the latest research and looks at treatment methods and technology, an agency spokeswoman said. States also are free to set their own safety standards for contaminants that may not be detected in other states.

The top 10 states, listed in order of the most contaminants in their drinking water, were: California, Wisconsin, Arizona, Florida, North Carolina, Texas, New York, Nevada, Pennsylvania and Illinois, according to EWG, which listed the biggest sources as agriculture, industry and urban and sprawl developments.

Last week, in setting two new rules to protect public drinking water, EPA Administrator Stephen Johnson called clean drinking water "a key ingredient to keeping people healthy and our economy strong." One rule aims to prevent disease-causing microorganisms from entering public water supplies, while the other is intended to limit the amount of potentially harmful disinfection byproducts.

Canada's new federal minister of health is Tony Clement. Clement served in Ontario's Harris government as various ministers, including a short stint as health minister. This is Clement's first term in Ottawa. You can reach him directly, toll-free, by calling 1 866 375 TONY (8669).

An article in the New York Times predicting a "retirement time-bomb" with escalating retiree health care costs facing public agencies garnered the following response from John Clymer, president of a nonprofit health policy research organization: "...governments need to consider nontraditional cost-containment measures. One way to reduce economic strain on services is to focus on preventive health programs. These programs help current workers make healthy choice now that prevent chronic—and costly—illnesses in the future. A healthy work force fosters a healthy bottom line."

✱

Acetaminophen, the most popular pain reliever in North America, is now the leading cause of acute liver failure. Also sold as Tylenol, acetaminophen is in hundreds of other over-the-counter remedies such as Theraflu and Excedrin as well as many prescription medicines.

Acetaminophen has long been lauded as an extremely safe pain reliever. However, that safety message has been construed by many patients as permission to take any dosage whatsoever. Most bottles recommend a dosage of up to 4,000 mgs per day; however, a doubling of that dosage can be lethal.

More than 56,000 emergency-room visits a year in the US are due to acetaminophen overdoses. In addition, the drug was to blame for 51% of liver poisonings in 2003.

✱

Dr. Henry Hood Boyd, a respected American surgeon and medical researcher who has investigated avian flu said recently on a research trip to London that vaccination [for flu] is a waste of time. "None of the vaccines can deal with its complexities. Yet the US and British governments will spend billions giving the population useless drugs."

Sources: Hepatology; Associated Press; New York Times; Daily Mail UK

A few months ago I received a response to my article on my top 10 remedies asking for my top 10 foods. Here they are.

1 Purified cod liver oil is still at the top of the heap! I feel that this is not a supplement but a food that *everyone* should include in their diets. It reduces heart disease, all cancers, is important for the brain, skin, digestion, blood sugar and moods. Eating small fish such as salmon and sardines four to five times per week might work but there is still the mercury exposure. So why not take purified fish oils instead?

2 Greens of any kind. Beet greens, barley grass, chlorella, cilantro, kale collards or leeks. Anything that is going to add chlorophyll to your diet is a must!

3 Ginger: The "Ginger Juice" recipe can easily take the place of a ginger ale. Boil two cups of ginger in 10 cups of purified water for one hour. The longer it boils the spicier it gets. Cool and store in glass bottles in the fridge up to one week. Serve hot or cold on ice, with a splash of lemon or lime juice and sweeten with stevia to taste. If kids like ginger ale they will like this and it will save them from ingesting seven teaspoons of sugar per can of soda!

4 Almonds are a favorite protein snack for me to recommend especially to those wanting to lose weight. Half a cup supplies 14 grams of protein as well as 36 mgs of calcium. Kids may prefer them softened in water over night. Brazil nuts are a favorite for men as two per day contain 200 mcgs of selenium, just the amount they need to reduce their risk of developing prostate cancer by 65%! Be careful though, as ingesting too many can lead to weight gain.

5 Free range or organic eggs. This is one of the most absorbable proteins to ingest. Forty-eight percent of egg protein is utilized compared to milk and soy proteins which only have a 16% utilization ratio. (The rest is discarded as nitrogen waste.) Unless a person is allergic to eggs an average adult may consume six to eight per week. Eggs are a good source of readily absorbed lutein, important for the prevention of macular degeneration, the leading cause of vision loss in older Canadians.

6

Rooibos Tea: This red bush tea from South Africa has gained in popularity in recent years for its health benefits. It has more anti-oxidants than green tea as well as additional minerals making it ideal during pregnancy, for allergies, eczema, colic and the nerves.

7

Legumes: They are delicious and can be served hot or cold. They are a "slow release" carbohydrate that is superior to brown rice in stabilizing blood sugars and make a perfect lunch. My website includes many soup and salad recipes that are easy to make. If you will eat it at a buffet why not include it in your regular diet? It is another way to avoid the evil "wheat bread" and is very satisfying for a meal.

8

Orange coloured vegetables including yams, carrots, squash and peppers. The carotenes found in these foods are important for preventing most cancers and for excellent skin health. In the summer eat them raw, in the winter bake them!

9

Beets: They are one of the best foods for the liver. They promote the formation of glutathione in the liver, are a good source of folic acid and they prevent colon cancer. They can be shredded on salads or baked.

10

Sauerkraut: It is I think the best prebiotic food available. Yogurt is a dairy and presents too many allergy challenges. Home made sauerkraut is the best for promoting growth of healthy bacteria in the intestinal tract.

This article by Dr. Ingrid Pincott, originally published in December 2005 in the *North Island Midweek*. Dr. Pincott has been practicing naturopathic medicine since 1985 and is currently practicing in Campbell River. She can be reached at 250/286-3655 or www.DrPincott.com



Prebiotic foods provide nutrients that healthy bacteria thrive on. Prebiotic foods include sauerkraut, as mentioned above, but also whole grains such as barley and oatmeal, legumes (see #7), many vegetables and fruits such as onions, dark leafy greens (see #2), berries and bananas. The addition of flaxseed to your diet is also considered prebiotic.

Print Resources for Health Info in BC

Complementary and alternative health (CAM) information is available from a wide range of sources on the net and in print. Below we've listed the contact and web info for some of the best-known and longest-running BC print magazines focused on CAM.

Alive, 7432 Fraser Park Drive, Burnaby, B.C., V5J 5B9, Tel. 604-435-1919, 1-800-663-6580 email: editorial@alive.com, Terry-Lynn Stone, Editor-in-Chief, email: terrylynn_s@alive.com, www.alive.com Healthy Living Guide, same as above.

Vista Magazine, 13256—55A Ave., Surrey, B.C., V3X 3B3, Tel. 604-591-9991, Fax: 604-591-1989, 1-877-905-7771, email: vistamag@shaw.ca, www.vistamagonline.com, Trent Nellis, Publisher, Carol Crenna, Editor

Common Ground, 204—4381 Fraser Street, Vancouver, B.C., V5V 4G4, Tel. 604-733-2215, Fax: 604-733-4415, email: editor@commonground.ca, Joseph Roberts, Publisher/Senior Editor.

Shared Vision, 203 - 873 Beatty Street, Vancouver, B.C., V6B 2M6, Tel. 604-733-5062, Fax: 604-731-1050, Rebecca Ephraim, Co-owner, Publisher, email: rebecca@shared-vision.com, Ian Hanington, Editor, ian@shared-vision.com, www.shared-vision.com

Health Action Network Magazine, 202—5262 Rumble Street, Burnaby, B.C., V5J 2G6, Tel. 604-435-0512, Fax: 604-435-1561, email: hans@hans.org, www.hans.org, Lorna Hancock, email: lorna@hans.org

The Healing Journal, PO Box 371, 5525 West Boulevard, Vancouver, B.C., V3M 3W6, TEL. 604-732-4527, Merrie Bakker, Editor, email: info@thehealingjournal.com, www.thehealingjournal.com

Balanced Life Magazine, PO Box Roberts Creek, B.C., V0N 2W0, Tel. 604-837-0112, Robert G. MacDonld, Publisher & Senior Editor, email: balancedlife@telus.net

The Herbal Collective, 1873 White Blossom Way, Nanaimo, B.C., V9X 1X5, TEL. 250-754-7103, Fax: 250-754-7165, email: info@herbalcollective.ca, www.herbalcollective.ca, Marilyn Zink, Publisher/Editor

Issues Magazine, RR1, Site 4, Comp. 31, Kaslo, B.C., V0G 1M0, Tel. 250-366-0038, Fax: 250-366-4171, 1-888-756-9929, Angele, email: angele@issuesmagazine.net, www.issuesmagazine.net

The BCNA has launched a brand-new website. Check us out at www.bcna.ca
One of the major new features is a larger, easier to use doctor search engine. Find an ND in your area by name, city, therapy, test or ailment.

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

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.

