

Your Health

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Next Generation: Fatter, Sedentary & Drug Dependent Is Fat the New Tobacco?

There's bad news for baby boomers—and it's not that the boomers are aging. Rather, it's that the boomers' offspring are part of an affluent generation representing potentially the unhealthiest group ever seen on the planet.

A startling report in the British Medical Journal last December pulled together research on the nutrition, smoking, drinking and drug-taking habits of adolescents in the UK, as well as their mental and sexual health. The statistics were alarming:

- One-fifth of 13-16 year olds are overweight
- One-quarter of 15-16 year olds smoke
- One in five adolescents has experienced psychological problems
- Teenagers consume a diet heavy on fats and sugars and low in fruit and vegetables
- Young Britons consume more alcohol than youth in any other European country

A consultant on the study noted that "the next generation will be the most infertile and the most obese in the history of mankind and it might also have the worst mental health."

Up to 20% of children and young adults in the UK suffer from some form of mental distress, from depression to eating disorders.

US health statistics underscore the BMJ report, particularly in respect to obesity. The prevalence of type 2 diabetes amongst children and adolescents is a major health concern.

A Canadian Heart and Stroke Foundation rep called fat "the new tobacco."

Similarly shocking statistics concerning young people were featured locally on the covers of both the Sun and Province, detailing the extensive use of pharmaceuticals on children and youth, especially antidepressants. This story indicated not only the huge volume of youth on prescription meds, but the linkages between these meds and a high rate of suicide. Obesity, usually equated only with sedentary lifestyles and poor diet is also linked to drug use: Many antidepressants, e.g., lead to weight gain. Shortly after the report appeared Health Canada issued a warning urging pediatric patients to discontinue the use of several drugs including those known as Wellbutrin, Celexa, Luvox, Remeron, Paxil, Zoloft and Effexor.

Additionally, both provincial papers ran major stories in February on vaccine additives and the linkages between vaccinations and brain damage. The Sun story began: "After assuring parents that additives in vaccines don't cause brain damage, scientists have found what they believe could be a 'smoking gun' linking these additives to autism and attention-deficit hyperactivity disorder in children."

The main culprit for brain damage stems from thimerosal, a vaccine preservative, which prevents DNA from working properly and retards normal brain development.

Naturopathic physicians (NDs) offer many proactive solutions to the health issues afflicting children and youth. In addition to exercise and dietary modifications, the addition of certain botanicals such as dandelion, amino acids, supplements such as choline and diagnostic tests to ascertain, e.g., thyroid function, among other therapies, may assist in controlling obesity. Additionally, many NDs provide information on vaccine protocols and offer safe and effective alternatives. See also the BCNA vaccination position paper at www.bcna.ca under the articles tab.

Source: Guardian Weekly, December 11-17, 2003; Vancouver Sun, February 5, 2004; Globe & Mail, February 11, 2004.

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"...We live in an obesogenic society and large numbers of people are not going to be able to control their weight until we make environmental changes that allow us to eat well and be active in our daily lives."

OBESOGENIC SOCIETY: One in which food is cheap and plentiful and activity has been engineered out of daily living.

Globe & Mail February 11, 2004

A positive outlook can actually short-circuit the virus responsible for the common cold. Researchers at Carnegie Mellon University squirted rhinovirus (the cold bug) up the noses of 111 "happy" people as well as 112 "grumpy" people. Those individuals with the most positive dispositions were the least likely to get sick. At the same time, individuals with a negative outlook complained about their health—even when they had no signs of actual viral infection.

Globe & Mail, December 30, 2003



The cultivation, collection and manufacturing of herbal supplements received widespread press recently with the World Health Organization's (WHO) publication of a Good Agricultural Practices document.

The main objectives of the WHO guidelines are to:

(1) contribute to the quality assurance of medicinal plant materials used as the source for herbal medicines to improve the quality, safety and efficacy of finished herbal products;

(2) guide the formulation of national and/or regional collection guidelines and collection monographs for medicinal plants and related standard operating procedures; and

(3) encourage and support the sustainable cultivation and collection of medicinal plants of good quality in ways that respect and support the conservation of medicinal plants and the environment in general.

While admirable in its efforts, the publication was buoyed by controversy—particularly the widespread use of herbal medicines and the contraindications associated with unregulated use. However, in citing issues concerning herb use the problems arose not out of dosage, appropriate use or contamination, but rather deliberate misrepresentation on behalf of the manufacturer.

www.who.int

Naturopathic doctors are licensed primary care physicians in BC—although not treated with that respect by the establishment... Naturopathic medicine offers the complete medical process and is also more than willing to work with more conventional medicine... Naturopathic medicine really shines in treating chronic degenerative disease, like hypertension, heart problems, or chronic fatigue syndrome. Conventional medicine doesn't have a lot to offer in the way of preventing or curing chronic illness, but rather manages the symptoms. Conventional medicine is more for crisis intervention... Naturopathic medicine helps to regain balance in the body to provide and promote optimum health.

Dr. Bob Van Horlick, a naturopathic physician practicing in Prince George since 1989, quoted in PG This Week, November 2003.

Women who work in the home are 54% more likely to develop cancer than career women, according to Michael Dufresne, a leading researcher in environmental cancers. Women and men who are averse to body odours are at an additional risk because of the cancer-causing chemicals in hundreds of personal care products and household cleaners.

Dufresne says "People are blindly being led in the use of [common household products]. They assume they are tested and safe, and they're not."

A US research group reports that there are more than 100,000 synthetic chemicals in household use. Residues of more than 400 toxic chemicals have been identified in human blood and fat tissue.

Cancer-linked chemicals are found in blush, concealer, facial powder, mascara, eye-shadow and lipstick. Toothpaste, nail polish, shaving cream, deodorant, soap, tampons, shampoo and styling products also pose a threat.

Some of the many household cleaners that contain dangerous chemicals include: Lysol, Pledge, Tilex, Ajax, Palmolive, Joy, Sunlight, Shout stick and liquid Spray 'N Wash.

"The industry and the regulators know the cancer risks associated with cosmetics but there is virtually no consumer knowledge," Dufresne said.

Windsor Star, September 2003

ILLNESS & HEALING

The "Complementary" Perspective

Excerpts from provocative research on the shortcomings of evidence based medicine—commonly referred to as the "gold standard" in medical research:

"In the traditional understanding of clinical medicine, a medical intervention need only be effective in one individual in order to be considered an effective therapy. Despite the emphasis in modern health care economics of demonstrating effectiveness across a population, clinical medicine remains a personal undertaking, relating one individual in need of healing with another who professes and promises to heal. To label an intervention clinically 'ineffective,' then, is to say that it will not benefit any individual patient, or at least not any individual with a particular disorder.

"Unfortunately, evidence based medicine lacks the ability to determine that any particular intervention is ineffective. Randomized, controlled trials that fail to demonstrate efficacy of an intervention across a population do not tell us that the intervention was never effective in a particular individual.

"...The controlled clinical trial may be rejected as the primary method for obtaining medical knowledge in any medical metaphysics that incorporates the following tenet: There are recognizable, but non-measurable or non-quantifiable, differences in the ways disease manifests in individuals that are important for determining accurate diagnosis, prognosis, or treatment. As a corollary, if illness can be viewed only in the context of the individual who is ill rather than as a distinct and disembodied concept of disease, then population-based studies are methodologically inappropriate. In particular, if understanding perceptible but non-measurable aspects of illness is of primary importance in healing, then the focus of research must remain on the individual patient and practitioner.

"...When both the individuality of the patient and the individuality of the practitioner are seen as vital to the healing process, the tools of evidence based medicine designed to obscure these effects (e.g., blinding, randomization, placebos) cannot be employed. Instead, alternative methods of measuring outcomes and attempting to avoid bias have begun to be developed...

Excerpted from: *Why Alternative Medicine Cannot be Evidence-Based* by Mark R Tonelli, MD, MA and Timothy C Callahan, PhD

One of the most frequent questions received from patients at the BCNA is why their MD won't approve a non-drug therapy. Insight into this can be found in the College of Physicians & Surgeons of BC (CPSBC) Policy Manual on Complementary and Alternative Therapies (aka CAM).

The CPSBC begins by stating that even with the most diligent search for information, "a physician may remain relatively ignorant about unknown or untested preparations." This, oddly, simply implies an accepted ignorance amongst MDs about non-drug therapies, as well as the CPSBC's own ignorance of the substantial research into non-drug therapies. But it also suggests that no matter how hard an MD might try, they can't find out the necessary information because CAM is "generally unproven."

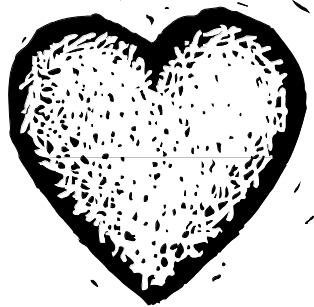
While the BCNA begs to differ, the CPSBC goes on to plainly state that it is unethical for MDs to recommend CAM to their patients, even if their patients explicitly ask for it. They write: "Physicians who consider using complementary and alternative methods should recall that, although some untested remedies may be harmless [are they implying useless as a therapy or non-toxic vis a vis drug therapies?] the absence of good evidence about a given herbal or other agent makes recommendation of that treatment unethical."

Even when a patient requests CAM their MD may reject such treatment. And that MD has the support of their college. Although the CPSBC acknowledges that MDs are largely ignorant of CAM they suggest that "a patient's preference cannot be sufficient grounds to select a given treatment," and that "it is the conscientious application of the experience and knowledge of the physician that is essential in determining the patient's best interest."

It might be suggested that the best interest of the patient would be core courses at medical school on the substantial research on and pharmacognosy of botanical interactions rather than outright dismissal.

View the CPSBC policy manual on-line at www.cpsbc.bc.ca

Cardiovascular disease and the use of preventive medicine for heart health, are primary concerns for naturopathic physicians. Many NDs use diagnostic tools such as a heart health index. With the heart health index we can see the effect of current stress on the heart and body and clearly predict the effect that future emotional stress will have. Through new laser technology we can obtain a health heart index analysis, a graphical readout that is interpreted as a number that tells us about the vitality of the heart. From that information we can judge the condition of the whole body system, such as how it deals with stress and high blood pressure.



Combining fitness evaluation and health heart index analysis we use aortic stiffness as an excellent indicator of core mobility. The effect of different types of exercises can be easily assessed without invasive measures. Stress is a great concern to health care practitioners. Chronic stress can lead to impaired health and exhaustion. Health Heart Index Analysis permits examination of several physiological markers of stress. Heart rate variability will tend to be lower than average for people with high stress levels because of sympathetic nervous system dominance. Health heart index analysis provides the means to detect the core mobility. The body core, oriented along the spinal axis and including the abdomen, thoracic cavity, spine and skull contents moves and stretches in a coordinated fashion. With aging, core mobility decreases affecting circulation and function of organ systems. The health heart index analysis allows rapid and objective assessment of fitness status. Exercise decreases blood pressure and improves the aortic elasticity. Cardiovascular risk is related to the function of the autonomic nervous system. This relationship is exploited with the use of the Health Heart Index Analysis.

SOURCES:

“Heart Health Index,” Pieter Taams, MD, ND, who practices in Abbotsford.

See www.naturopathic-retreat.com

“Apitherapy”, Garrett Swetlikoff, ND who practices in Kelowna. See www.natural-medicine.ca

Apitherapy is the medicinal use of honeybee products, including honey, pollen, propolis, royal jelly and bee venom. This practice is over 2000 years old and the world scientific literature contains more than 1500 articles on bee venom alone.

Bee venom is a rich source of enzymes, peptides, and biogenic amines. There are at least 18 active components in the venom, which have pharmaceutical properties including melittin, apamin, adolapin, hyaluronidase, dopamine, serotonin, and mast cell degranulating protein to mention a few. Some of these compounds have strong anti-inflammatory and pain relieving effects, while other enhance nerve condition, soften scar tissue and improve one's mood and immune system. The exact mechanism of how bee venom works is not entirely known yet.

Traditionally, bee venom was administered with live bees by stimulating them to sting in the affected area and is still used this way by lay practitioners. Most doctors nowadays inject the harvested venom by needle according to specific treatment protocols. Bee venom ointment is also available for topical use.

This therapy is useful in a wide variety of medical situations, however there are four areas that seem to benefit most:

Arthritis and other systemic inflammation (rheumatoid and osteoarthritis, gout, scleroderma, lupus, ankylosing spondylitis, ulcerative colitis, asthma, etc.); acute and chronic injuries (bursitis, tendonitis, sprain/strain, post MVA, lumbago, pack pain, fibromyalgia etc.); neurological disease (very helpful in multiple sclerosis, neuritis, sciatica, post herpetic neuralgia etc.); and scar tissue (scar tissue from previous surgeries, adhesions, keloids, etc.).

Treatments are given 2-3 times weekly initially and then as needed to maintain

improvement. Chronic illness can require one to six months to achieve full benefit. Side effects are rare and “allergic reactions” are usually not seen, as most people are not allergic to honey bees but to hornets, yellow jackets or wasps. Emergency medicines are always kept on hand.



Fat Fads & Low-Carb Diets

High protein / low carbohydrate (CHO) diets are not what they appear to be. While most people lose significant weight, they are losing water weight and not actual fat weight. Also, science has repeatedly shown that high protein intake can lead to heart disease, osteoporosis, colon cancer, renal disease and be dangerous for diabetics.

But this only makes sense. The public already knows that having eggs, bacon, and cheese in significant amounts means a high intake of cholesterol and saturated fats which is never a good thing in the long-term.

Also, the brain is solely dependent on glucose/sugar to function. Glucose comes from carbohydrates primarily. You may hear many Atkins diet followers complaining of low sugar, dizziness, headaches, lethargy, etc. and this is why. The body requires glucose and there is no getting around it. Choosing healthier proteins do not compensate.

So while many people are “successful” in losing pounds they are also doing well in moving towards heart disease and blood sugar problems which lead to a whole cascade of health concerns.

The other misconception is weight loss is often confused with losing fat weight. While losing fat mass should be the goal of weight loss plans this does not occur on high protein diets. Removing CHO from your diet results in a loss of water weight. Water is attracted to and binds to CHOs so as there is less CHO intake and less CHO being stored there will be less water retention and more water excretion. The initial pounds that dieters will lose on a high protein diet are all water.

So if high protein diets cause the wrong kind of weight loss and if it leads you to heart disease, kidney disease, and colon cancer – what diet plan do you follow?

The best kind of “diet” is a common sense diet. That is one that makes sense for *you*. If diabetes is in your family or you participate in sports five hours a week or more or if you are breast-feeding you will have specific dietary requirements relative to your current health status. You need to be educated on which foods to include in your diet to ensure maximum nutrient intake and which foods to avoid which you may be sensitive to causing bloating, gas, headaches, skin flare-ups, etc. Once requirements are met then a diet plan can be designed for your weight loss goals along with natural supportive products and an exercise program which is essential.

If you are trying yet another diet plan and want to do it the right way you should consider seeing a naturopathic doctor first. NDs are the experts in clinical nutrition—not just offering dietary advice but using specific foods to support your immune system, help you maintain good health and heal existing illness. NDs will tailor nutritional programs on an individual basis, monitor your success, and support your dietary needs with appropriate therapies and modalities suited to help you reach your optimal health.

Source: Dr. Rehana Budhwani, who practices in Burnaby; See www.backtowellness.ca

Rather than simply considering carbohydrate or fat value, try thinking about food as what it can offer on a functional level.



Functional Food Checklist:

- Is it a good source of calcium?
- Will it help reduce the risk of cancer?
- Can it help build strong bones?
- Does it support your immune system?
- How will it impact cholesterol levels?
- Might it help prevent osteoporosis?
- What sort of effect will it have on heart health?
- Is it a good source of antioxidants?
- Is there a documented risk of disease associated with this sort of food?

Consider also:

- Fiber content
- Calories
- Sodium levels
- Protein
- Sugar content
- Energy provided

Biotherapeutic Drainage

Biotherapeutic Drainage is a treatment method aimed at supporting the body's natural routes of elimination and enhancing the cellular function of the organs and tissues within the body.

The body is constantly filtering out toxins from the water supply, air, food and environment. Non-organic processed foods may contain chemicals or preservatives that are filtered through the liver in order to be excreted. All medications are processed in a similar way. The human body has a limited capacity to breakdown and excrete these and other unnatural chemicals. When that limit is surpassed the liver is no longer able to prevent harmful substances from entering the bloodstream and affecting the rest of the body. Biotherapeutic Drainage helps to assist our body in optimizing elimination.

Using the analogy of creating a garden, it is important to prepare the soil prior to planting the seeds. Attention must be paid to the condition of the soil, removing rocks, adding missing nutrients and preparing for proper water drainage. This ensures that the garden has a solid foundation and enhances the likelihood that the seeds will survive and grow into healthy plants. Biotherapeutic Drainage follows similar principles in that it is utilized to ensure that the body's foundation is strong and balanced in preparation for further growth and enhancement.

Elimination of metabolic breakdown products occurs through the breath, kidneys, intestines (supported by the liver) and skin. If the primary routes of elimination are not functioning optimally they will overload and create secondary routes of elimination which typically involve the mucus membrane tissue of the body. This will result in an inflammatory process of the tissue—in the intestines (enteritis), urinary tract (cystitis), skin (eczema), respiratory bronchioles (asthma) and genitals (leukorrhea). Elimination needs to be balanced and continuous, otherwise our body will result in a build-up of toxins. In chronic disease, often one or more systems of elimination are blocked or sluggish, which may result in an overload of the other systems. Muscle aches or fibromyalgia may indicate that the musculoskeletal system is overloaded. Tension, anxiety and insomnia may point to an overactive nervous system. Menstrual irregularity or infertility indicates hormonal systems are out of balance. The goal in Biotherapeutic Drainage, and naturopathic medicine in general, is to assist movement towards a higher state of health balance.

The Unda remedies are considered Biotherapeutic Drainage and are complexed homeopathic formulations that originated in Belgium in the 1930s. Formulated on the basis of homeopathic, botanical, Chinese medicine and anthroposophical traditions, these powerful remedies are dilutions of plants, minerals and metals. The plants have an affinity for particular organ and tissue systems and are the "carriers" of the metals and minerals, thereby directing treatment to the appropriate system. The metals are in D6, D9 and D12 dilutions that are compatible with intracellular concentration levels, thereby supporting various cellular functions. As a result, the Unda remedies are powerful and unique Biotherapeutic Drainage formulations.

Source: Dr. Lisa Polinsky, who practices in downtown Vancouver; see www.sageclinic.com

Phenolic Allergy Treatment

Phenolics are the compounds which colour, flavour, perfume, preserve and/or are the reactive agent in foods, living organisms, supplements, drugs, chemicals, perfumes, pesticides, herbicides, dental products and such. Through phenolics, we perceive the world around us. In other words, phenolics are essential for: a perfume to give off a fragrance; an enzyme to react; a flower to have a specific colour.

Phenolics are the key concern in allergies, environmental sensitivities (such as: chemical, pesticide, herbicide and perfumes), food intolerance, endocrine imbalances, hypersensitivity, behaviour, ADD/ADHD, chronic degenerative disease processes and dental toxicity, to name a few. Food elimination programs are sometimes not fully effective, since the phenolic which the person is reacting to may be found in over 75 other foods. For people with food sensitivities, using desensitizing phenolic compounds allows them to regain a full diet; in a similar fashion, it allows people with environmental sensitivities to overcome them. For hormonal and neurotransmitter imbalances, these compounds will help to balance the system, by allowing the body to re-establish natural processes. Without question, phenolics are essential to life.

When used medicinally, they are given orally for a specified amount of time. Selected phenolics are used to help each patient treat their specific illness or allergy.

Source: Dr. Brian Gluvic who practices in Surrey; see www.villagehealthclinic.ca

Reconsidering Cancer Treatments

Is there really any “objective” truth out there for our scientists to measure? The search for infallible data is subject to so many unreal conditions that it is always prone to the fallibility of statistical error and dispute. In fact all events have a context. Artificially removing context alters the meaning of the event and our experience of it.

I work from as much of a rational and scientific basis as I can when it comes to anatomy, biochemistry, pathology, and other medical databases. My thoughts are informed by data. However, I have emotions, feelings, and beliefs which interpret the expression of what I experience.

Some of my medical beliefs come from an empirical system which looks at the constitution and higher organization of the body. Some come from humanistic psychology. I do believe in energy healing. It seems there are medical truths expressed by whole people, whole foods, whole plants, and whole networks of living things which are just not getting studied, given the current interpretation of what is “scientific.”

The era of focussing on chemotherapy drugs has had its run, the results have been very limited, have now reached a plateau, and it is time to try a new model.

I believe the plants and foods discussed in [Naturally There's Hope], if tested by appropriate methods on human beings, will provide great progress in cancer care. We cannot let these treasures be turned into commodities and nihilistic medicines which do great harm. I do not support testing isolates, synthetic versions, and single agents. I do not support mouse abuse, or withholding safe treatments from cancer patients.

It is essential to nourish, nurture, cleanse and heal every patient to the limit of our skill and knowledge. We do need drug medicine to deal with emergencies, but we also need natural remedies to live in harmony with our biology. How did it come to be that safe and gentle therapies are only considered after the cancer patient is subjected to very harsh medicines and the advancing disease has wreaked havoc? How is it that we consider it normal to ignore general tonics, nutritives and cleansers while undergoing stressful and risky treatments for cancer? The scientists feel a need to keep it simple, but the bigger priority for the patient is keeping alive—and whose life is it anyway?

Life on this planet has found amazing ways to survive. By studying whole foods, whole plants, wholistic methods, and individual patients, we can tap into a variety of new treatment concepts. Working with life-enhancing methods, not just cancer-killing therapies, we will survive the cancer epidemic.

...I urge adults to demand their sovereign right to free choice, to access treatments offered in good faith, which have low risk of harm, and a history of therapeutic value. I understand we have sovereignty in what we believe as an inherent right due to us from our creation in spirit or divinity. We do not expect the science industry to be able or willing to bless all our options as proven to a high degree of certainty. Life is just like that, a little risky, and the consequences are ours to bear. I do not give up the right to choose my health care to anyone else, not even my doctor. I have the right to be wrong and face the consequences.

Reasonable people want to access the state of the art, not just the state of the science, of medicine. I have a deep conviction that cancer can be overcome in many ways, at many levels. Just like the rest of life, it is a personal journey.

Reasonable people want to access the state of the art, not just the state of the science, of medicine. I have a deep conviction that cancer can be overcome in many ways, at many levels. Just like the rest of life, it is a personal journey.

This article excerpted from *Naturally There's Hope: A Handbook for the Naturopathic Care of Cancer Patients* by Dr. Neil McKinney, ND, RAc, who practices in Victoria. For order info contact Trafford Publishing by phone at 1 888 232 4444 or link to Trafford on-line at www.trafford.com

Fending Off Food Fear

Farmed fish loaded with toxins. BSE spreads from Europe to Canada to the US. Bird flu results in the slaughter of millions of domestic fowl. Pesticides in commercial fruit and vegetables, dioxins in eggs, dyes in processed foods, antibiotics in many meat products. An on and on. What's left that's "safe"?

Actually, the sorts of diets that naturopathic doctors have been promoting for over a century are not only in vogue but are becoming the valid, healthy alternative: Fresh foods, organic and/or local, an emphasis on fruits and vegetables and modest amounts of high quality protein.

The "Mediterranean diet," an example of this, has been clinically shown as healthful and to promote longevity; it's characterized by: an abundance of plant food such as fruits, vegetables, whole-grain cereals, nuts and legumes; olive oil is the main source of fat; fish and poultry are consumed in moderate amounts; and there is a relatively low intake of red meat.

In a recent issue of Maclean's profiling the disasters plaguing commercial food production, a sidebar titled "dietary detox tips" provided five, common-sense (and very naturopathic) suggestions for healthy diets.

- I First, buy locally. Farmers markets where produce hasn't been shipped long distances and where, often, the grower is selling his or her own product, usually provide higher quality food.
- II Second, buy organic. It's more expensive, but the meat isn't pumped full of antibiotics and growth hormones, the produce isn't sprayed with chemicals or grown with inorganic fertilizers and organic farmers are focussed on environmental responsibility not just crop volume. And, of course, there's peace of mind.
- III Third, eat low on the food chain. 55% of pesticide residue found in the average diet comes from meat products, 23% from dairy. Fruit and veggies are only between 4-6% and grains a mere 1%.



According to the Sierra Club of Canada, if you are limiting your purchases of organic produce because of cost, you should focus on key fruits and vegetables—particularly if you're serving food to children—as the items listed below are typically heavily sprayed with pesticides:

Apricots; Bananas; Bell peppers; Cantaloupe; Cherries; Cucumbers; Grapes; Green beans; Lettuce; Potatoes; Spinach; Tomatoes

IV Fourth, take time to cook. It's not as convenient or fast as fast foods, but fresh foods aren't as loaded with preservatives, additives and dyes that processed and microwavable foods are. Also, microwaves deplete essential food nutrients.

V Finally, wash and prepare food carefully. Rinsing veggies and fruits in water with a teaspoon of vinegar is a worthwhile habit to adopt.

Some simple steps to ensure a healthy diet, limiting chemicals and unnecessary food additives.

source: Maclean's January 26, 2004

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

PHYSICIAN REFERRALS * NATUROPATHIC MEDICAL INFORMATION * STUDENT INFORMATION

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

Your Health is provided free to BCNA members.

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

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

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

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