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New Naturopathic Scope of Practice

The scope of practice for Washington State NDs was expanded last year. NDs prescriptive authority had been limited to primarily items of natural origin, antibiotics, hormones, and a few additional medications. The expansion allows NDs to prescribe all prescription items except for some controlled substances. This is a significant change. Some are wondering what this will mean to the practice of naturopathic medicine. I think a look at two of our guiding principles will help answer this.

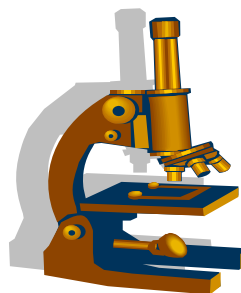
The first principle of naturopathic medicine, called *Vis Medicatrix Naturae* or the Healing Power of Nature, recognizes an inherent self-healing process in the body that is ordered and intelligent. It is our role as NDs to identify and remove obstacles to recovery and facilitate and augment this healing ability.

The second principle is *Primum Non Nocere*, or First Do No Harm. This principle asserts in part that NDs will use methods and substances that minimize the risk of harmful side effects and will avoid, when possible, the potentially harmful suppression of symptoms.

I believe that these principles primarily, as well as the remaining five principles, will guide me and NDs in general in the safe and effective use of prescription medications. As primary care physicians I believe it is safer for us to have full access to available medications, for example, to treat emergency

conditions. It also allows us greater latitude in managing patients' current medications while evaluating effective alternatives or while the underlying problem is being addressed until the need for ongoing medication diminishes.

The bottom line is that this is an exciting and necessary step forward for our profession. At the same time, I feel certain that it won't significantly alter how I practice medicine on a daily basis as my focus remains on stimulating the body's inherent self healing process.



Personal Care Products

Research continues to confirm the negative impact of unnatural additives in personal care and beauty products. Here are a few of the most common ingredients to avoid, and why.

Parabens – Widely used as preservatives in the cosmetic industry (including moisturizers). An estimated 13,200 cosmetic and skin care products contain parabens. Studies implicate their connection with cancer. They have hormone-disrupting qualities – mimicking estrogen – and interfere with the body's endocrine system.

Phthalates -The oily texture of phthalates acts like a moisturizer and helps lotions penetrate skin. Various members of this family of chemical

plasticizers have been found to produce cancer of the liver and birth defects in lab animals. Since, phthalates often "hide" behind the term "fragrance," choose products labeled "fragrance-free" or that are scented exclusively with pure botanical or essential oils.

Mineral Oil, Paraffin, and Petrolatum – Petroleum products serve to coat the skin, clogging pores and creating a build-up of toxins, which in turn accumulate and can lead to dermatologic issues. These products slow cellular development, which can cause you to show earlier signs of aging. They are also a suspected cause of cancer and are disruptive of hormonal activity.

Sodium laurel or lauryl sulfate (SLS), also known as sodium laureth sulfate (SLES)– Ubiquitous, found in more than 90% of personal care products, as well as in car washes, engine degreasers, garage floor cleaners. SLS breaks down the skin's moisture barrier, easily penetrates the skin, and allows other chemicals to easily penetrate. Combined with other chemicals, SLS becomes a "nitrosamine", a potent class of carcinogen. It can also cause hair loss. SLES is sometimes disguised with the labeling "comes from coconut" or "coconut-derived".

A terrific website for more information, references, and for researching your own health and beauty products is:
www.cosmeticdatabase.com.

Another great site is the Environmental Working Group website: www.ewg.org.

Keep Your Brain Healthy!

Alzheimers Disease is estimated to become a leading medical problem in the US. We need to focus on prevention as much as possible. Here is some exciting useful news to put to use right away!

Fish oil is known to play a role in preventing Alzheimer's disease, and UCLA researchers have discovered why. Docosahexaenoic acid (DHA), an omega-3 fatty acid found in fish oil, **increases the production of LR11, a protein that destroys a protein that forms the "plaques"** associated with Alzheimer's disease.

LR11 is also found in low levels in Alzheimer's patients, and since this protein **helps prevent the toxic plaques** that are thought to harm neurons in your brain, it is believed to be a factor in causing the disease.

The researchers examined both fish oil in the diet and DHA administered directly to neurons grown in a laboratory. Even low doses of DHA increased LR11 in rat neurons, and dietary fish oil increased LR11 in brains of rats or mice that had been genetically altered to develop Alzheimer's disease, researchers said.

The researchers concluded that high levels of DHA lead to abundant LR11, which seems to protect against Alzheimer's. Conversely, low levels of LR11 lead to the formation of beta amyloid plaques that harm your brain.

What's left to be determined, according to the researchers, is what dose is most effective. In areas where dietary DHA is high, a small dose may be beneficial, while in the United States, where there's a deficiency of DHA, a larger dose may be necessary.

Website is up!

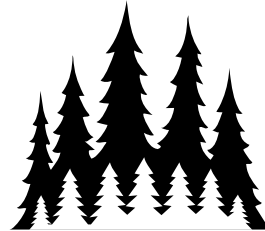
Information on Naturopathic philosophy, articles, past newsletters, links, and new patient intake forms. Check it out and let me know what you think!

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New Office Receptionist!

Please welcome **Leigh** to the Suite 310 office staff. We are all very excited to have her smiling face in our office! Leigh is taking care of all our scheduling and supplement requests.



Once again, a word of appreciation to all of you who have referred your friends or family to me, **Thank you very much!** I strive to do my best for each and every client and your confidence in me is sincerely appreciated.

