

TAKE BACK YOUR HEALTH

MARYLAND ASSOCIATION OF NATUROPATHIC PHYSICIANS

DEFEATING #1

DR. HOLLY LUCILLE ND, RN

The heart is the symbol for love. We communicate with heart icons all the time to express affection, love and caring. I saw a T-shirt just yesterday that exclaimed "I ♥ My Job." Your emotions, passion, zest for life, and integrity are all associated with feelings from the heart. No one wants a broken heart, right? So why is heart disease the #1

KILLER of both men and women in America? Most do not know how significant this is. If you add the 2nd, 3rd and 4th causes of death together, they still don't add up to the number of deaths from cardiovascular disease.

I ask "why?" this disease remains so prevalent because, as a naturopathic physician, it is my responsibility to "Identify and Treat the Cause" of disease. Many people are well aware of certain risk factors that contribute to cardiovascular disease as well as what to do about them. It is well known, for example, that having your cholesterol, both "good" and "bad," checked is vital to understanding heart health. Yet having your cholesterol checked and, for that matter, your blood pressure monitored are two common things that are important to heart health, but they are not enough. I have plenty of patients who have had acceptable ranges of both blood pressure and cholesterol and have experienced a cardiovascular event such as a stroke or heart attack. If we are going to defeat the #1 killer, and truly succeed at preventing disease of the organ which we use to convey comfort and care, it is imperative to be aware of other causative factors in our lives that are contributing to this ever-pervasive malady.



Research is piling up that it is the silent, often chronic state of inflammation that is playing a role in keeping heart disease #1. Modern day influences such as air pollution and high cortisol (our stress hormone), as well as poor sleep, diet, and activity, are fueling the fires of inflammation and contributing to cardiovascular disease across the board.

The good news is that the odds in this game are in your favor because the amount of inflammation in your body is largely under your control. But you have to get in the game, NOW. Don't wait to die. At times #1 sign for cardiovascular disease, especially for women, is sudden death. You can reduce inflammation daily by eating more colorful vegetables and low glycemic fruits for their antioxidant value, increasing your fish and fish oil consumption, getting consistent anaerobic and aerobic exercise, improving your stress response, and making sure to get a solid night sleep. Supplementing your lifestyle if needed is also important. Go to NatureDoctor.org to find a licensed Naturopathic Physician near you who can help you through an effective detoxification, rule out other hidden areas of inflammation, and guide you through the sea of choices when it comes to supplements.

START TO "♥ YOUR HEART" NOW!



WINTER 2011 LEGISLATIVE UPDATE

The Maryland Association of Naturopathic Physicians (MDANP) is excited to announce the introduction of a licensing bill in Maryland. With the growing popularity and use of natural therapies, there exists a lack of qualified and licensed healthcare practitioners with substantial training in drug-herb interactions and appropriate use of nutraceuticals. Naturopathic doctors are the physician-level experts on natural medicine and the safe use of herbs and supplements. Licensure would also protect the public by defining educational standards, a scope of practice, and professional oversight for naturopathic doctors.

Increased healthcare costs due to chronic disease can be reduced through the use of therapies that are integral to naturopathic medicine, such as diet and lifestyle change. Naturopathic doctors are positioned to prevent the occurrence of chronic diseases such as cancer, diabetes, and heart disease, and lessen the social and economic burden of these illnesses on the local community.

We look forward to serving Maryland in a deeper capacity and continuing to be a solution for the healthcare issues Maryland and the nation at large are facing. For more information on how you can support this bill, please visit www.MDANP.org. To contact your local representatives directly to support this bill, use the following website:

www.msa.md.gov/msa/mdmanual/07leg/html/ga.html

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WWW.MDANP.ORG

NATUROPATHIC MEDICINE:

A system of medicine to heal our healthcare system

By Karen Howard, AANP Executive Director

The opportunity to truly reform the healthcare system requires we fully support the promotion of health along with a reduction in the societal cost of chronic disease. To date, no reform effort addresses the range of issues impacting health, including environmental and lifestyle factors. Nor are we accessing the range of health promotion, wellness, and true prevention and integration practices utilized by practitioners other than medical and osteopathic doctors. We know patients are best served when they have access to a team of healthcare professionals who work together to ensure overall health and wellness. Patients rely on the many and varied health services provided by naturopathic physicians, care that has a direct impact on their health status and the prevention of chronic disease.



WHY DO YOUR CONSTITUENTS NEED FULL ACCESS TO NATUROPATHIC DOCTORS?

- Naturopathic doctors address the underlying causal factors associated with chronic disease, improve individual health and increase individual capacity to engage in activities of daily living through lifestyle change, and provide patient-centered care.
- The naturopathic medical therapeutic order guides patients to wellness, beginning with the least force and moving to more invasive means as necessary. It stands as an example of how the government can redefine our current reliance on diagnostics and integrate effective

prevention strategies into a comprehensive prevention and health promotion strategy.

- Addressing healthcare conditions that disproportionately affect under-served and at-risk populations, including diabetes and heart disease, requires accessing the expertise of naturopathic physicians.

In a study of Canada Post employees at risk for cardiovascular disease, total direct costs of naturopathic treatment used to attain one year of healthy living were \$1,477 (as compared to \$6,631 for anti-hypertensive medications, \$6,134 for statins, and \$4,238-\$7,829 for smoking cessation programs). The study projects that 3.3 out of every 100 workers using naturopathic medicine will avoid a major cardiac event they would have suffered without any form of lifestyle intervention. At least one person will live who would have otherwise died.

Your constituents, and the state budget itself, will benefit from cost-effective naturopathic medical care. In this case, access equals lower costs and better outcomes.

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Environmental Medicine

By Walter Crinnion, ND

Q/HOW DOES ENVIRONMENTAL MEDICINE DIFFER FROM TOXICOLOGY?

A/Environmental medicine looks for the adverse health effects of the building total load of environmental chemicals and heavy metals in an individual, whereas toxicology examines acute poisoning from a single toxin. The two can present vastly different clinical pictures.

Q/WHAT HEALTH PROBLEMS ARE ASSOCIATED WITH TOXIN BUILDUP?

A/Problems include fatigue, depression, cognitive difficulties, balance problems, asthma, allergies, infertility, and autoimmunity. People with chemical burden can also have adverse physical, mental, or emotional symptoms with exposure to chemical fumes (including soaps and perfumes) as a result of taking in more chemicals every day than the body can excrete.

Q/HOW CAN ONE REDUCE EXPOSURE TO HARMFUL CHEMICALS?

A/Our greatest sources of exposure to chemicals come from our food and our air. To help reduce the number of pesticides and heavy metals we swallow, avoid the 12 MOST toxic fruits and vegetables (apples, bell peppers, celery, cherries, imported grapes, lettuce, nectarines, peaches, pears, potatoes, spinach, strawberries), substituting organic varieties. Eat freely of the 12 LEAST toxic fruits and vegetables (asparagus, avocado, bananas, broccoli, cabbage, kiwifruit, mango, onions, papaya, pineapples, sweet corn, sweet peas). Avoid farmed and Atlantic salmon, choosing Alaskan salmon instead. Finally, avoid fish with high mercury content.

DID YOU KNOW?

ESTROGEN FIGHTS CANCER AND ALZHEIMER'S IN WOMEN

By Carrie Louise Daenell, ND

Whether you take it or you make it, estrogen must break down in the liver. Once in the liver, it faces different pathways or opportunities for breakdown. When estrogen breaks down in the healthy good way, it makes substances that balance hormonal symptoms (such as PMS), resolves hormonal challenges (such as bad mammograms, lumpy breasts, ovarian cysts, and abnormal menstrual periods) and that prevent and fight cancerous changes in the body.

When estrogen follows the unhealthy path in the liver, many undesirable situations arise. These toxic metabolites create greater risks and discomfort. We don't want that! Re-directing that activity can deliver health and reduce risk going forward. Further, the data from research on hormone replacement therapy (HRT) indicates that timing is everything. The "timing theory" indicates that early estrogen support can be preventive for the changes seen in Alzheimer's.

Recommendation: If you choose to pursue HRT, do so within that first ten years after your last menstrual period, make a bio-identical choice, and dose those hormones in the lowest appropriate dose. Further, attend to the way your body breaks those estrogens down in the liver to maximize the health benefits of your HRT.