

# News and Views

## Fall 2007

### Armstrong Clinic for Naturopathic Medicine

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#### Your Daily Dose: What to Know About Zinc

Zinc is a necessary mineral for the proper function of over 300 enzyme systems in the body, thus affecting a large role in our daily metabolism. Zinc is widely distributed in humans, with the largest concentrations being found in the liver, pancreas, kidneys, bone and muscles.

Zinc is a required in a number of enzymatic reactions involved in carbohydrate and protein metabolism.

Its immunologic activities include regulation of T lymphocytes, CD4, Natural Killer cells, and Interleukin II.

Zinc also has strong antiviral activity.

Zinc is important as a cofactor for the antioxidant enzyme superoxide dismutase, which is in turn relevant to treatment outcomes for people with type 2 diabetes.

Zinc also controls pancreatic insulin activity and also promotes the conversion of thyroxine to T3 in the thyroid.

Zinc is effective in wound healing especially after burns or surgery.

Zinc also controls the release of stored Vitamin A from the liver.

In testing for colon cancer, Zinc glycinate is used to determine antigenicity.

People with alcoholism, chronic illness, stress, trauma, surgery, malabsorption, ulcers, vegetarians and anorexia all require extra zinc supplementation.

#### Zinc Deficiency and Overdose

An obvious deficiency of Zinc has been shown to cause white spots on the fingernails, stretch marks on the skin, a loss of sense of smell or taste, joint pain, poor sexual development, slowed growth, menstrual irregularities, slow wound healing, recurrent infections, acne and sterility.

Zinc overdose can lead to nausea, vomiting, diarrhea, dizziness, anemia, lowered HDL, and can interfere with copper absorption.

#### Drug/Nutrient Interactions:

Oral contraceptives

Loop diuretics

Thiazide diuretics

Proton-pump antagonists (Periet)

AZT

D-penicillamine  
Ethambutol  
Tetracycline  
Alcohol

#### Lab Testing for Zinc

Serum, plasma, and urinary testing is available.

Your Registered Naturopathic Doctor takes into account an individual patients needs.

Blood lab testing, an accurate case taking and knowledge of other medications and supplements taken by a patient is critical to determine safe Zinc supplementation levels.

### **Renovations are Finished!**

We invite you to have a look around the next time you are in the clinic. Please feel free to check out the newly renovated IV suite which can accommodate up to 5 IV clients, a second bathroom, an upgraded dispensary and prep area, a colon hydrotherapy and gynecology exam room, and of course, a lunch room. We were very busy over the month of August, working 7 days a week and some nights too. We thank you for your patience during this time, and we would love to show you around our expanded clinic.

### **HPV Vaccine**

As you hear more about this issue, you may have questions about vaccinating your daughters. Please feel free to contact your primary health care physician or Registered Naturopathic Doctor to discuss your concerns and any questions you may have. The main points to bear in mind about this issue are:

This is a vaccine made for women to provide immunity against 4 of the high-risk strains of human papillomavirus (HPV). There are over 200 strains of HPV, with 15 linked to the development of cervical neoplasia. The vaccine protects against HPV 16 and 18.

The vaccine contains two additives and stabilizers: amorphous aluminum hydroxyphosphate sulfate and polysorbate 80.

There is no cervical cancer crisis in Canada. Currently it ranks as the 11th leading cause of cancer deaths in Canada. These numbers are steadily decreasing due in part to the public health policies of regular PAP testing and safe sexual practises.

The HPV vaccine is reported to be 98-100% effective in preventing HPV 16 and 18–related cervical cancer in populations aged 9-26 with no evidence of previous exposure to HPV 6, 11, 16, and 18. The effectiveness drops to 44% if women already have and HPV 16 or 18 infection.

It may take up to 20 years for cervical cancer to develop. This vaccine shows an effective immune response 5 years after 3 vaccinations. It is not yet known how long the immunity will last nor if booster vaccinations are needed in the years following.

Reference: CAND position paper on HPV vaccinations [www.cand.ca](http://www.cand.ca) and David Lescheid Ph.D., N.D.

# **Benefits of Colon Hydrotherapy**

**Colon Hydrotherapy** is the use of water to remove debris and impacted fecal matter from the colon or large intestine. Benefits include:

## **Detoxification**

A colon hydrotherapy session lasts one hour and serves to remove excess mucus, abnormal bacteria, parasites and toxic chemicals which may be stored as impacted fecal matter on the internal wall of the large intestine.

## **Regularity**

Impacted chemical fecal matter is the result of constipation or irregular bowel habits. It is important to have at least one bowel movement daily. Any less than that and there develops a problem of impaction and steady toxin overload.

## **Weight Loss**

This is a great way to lose weight when done in combination with a therapeutic exercise and detoxification program under supervision.

## **How is a colon hydrotherapy session done?**

A person receiving colon hydrotherapy lies on their left side on a treatment table. At the foot end of the table is a wall-mounted shelf holding a 5 gallon inverted jug of water. A specialized, sterilized scope is lubricated and gently inserted into the rectum. This scope has two tubes attached: one is for the gravity-fed water to enter the colon and the other is for the drainage of colonic material and waste water. There is no odor, and the person is covered with a large towel for privacy.

A certified colon hydrotherapist controls filtered water flow into the colon while preventing water outflow until a sensation of fullness is felt by the person, upon which the water is allowed to flow out, bringing with colonic waste material with it. This rinsing process is repeated slowly over the one-hour duration.

## **How Many Colonics Do I Need?**

A suggestion is to start with 8 colonics on a schedule of 2 per week, and then to maintain colonic hydrotherapy at 1-2 per month thereafter.

**What is the cost?** \$80 per session

## **Conditions that can be Treated with Colon Hydrotherapy**

Rheumatoid Arthritis

Hemorrhoids

Fatigue

Gas  
IBS  
Skin Problems  
Cold Hands and Feet  
Constipation  
Allergies  
Eczema  
Fibromyalgia  
Psoriasis  
Migraine Headaches  
Chronic Diarrhea  
Obesity

### **Gynecological Testing and Examination Now Available**

On-site examinations are available by appointment for screening tests for women. A breast examination and PAP test services are included. The cost is \$75.00 plus applicable taxes.

This is one solution for women with frequent menstrual cycles to be able to have an examination between cycles on short notice.

***Naturopathic Flu Clinic*** – The Armstrong Clinic is having its naturopathic flu clinic days starting in October and November – call the clinic to reserve your flu shot for only \$15. We recommend monthly homeopathic flu shots for the very young/old, and for immune compromised people. Please call the clinic in advance to book your time as supplies need to be ordered in advance for shipping deadlines.  
Phone: 519.426.4275

***Join the Sauna Club*** at the Simcoe clinic location: call 519.426.4275 to discuss our package rate and bring a friend along for free! One sauna session is \$20 while 12 sessions cost \$200 – a savings of \$40 or two sessions for free.

#### **About us...**

Dr. Heidi Kussmann-Armstrong has been practicing for 5 years and Dr.

Sean Armstrong has been practicing for 3 years. Both are Registered Naturopathic Doctors, have successful practises in general family medicine, and have helped many people achieve their health goals.

Your extended health insurance benefits covers your visit fees with a Registered Naturopathic Doctor. For example, we are covered by Blue Cross, Green Shield, London Life, Great West Life, and many other insurance providers.

### **How are Naturopathic Doctors trained?**

Training encompasses a minimum of 4 years of pre-medical university education, followed by a four-year full-time program at an accredited college of naturopathic medicine. The education includes training in basic medical sciences, naturopathic therapeutics, and 1500 hours of supervised clinical experience. Obtaining licensure requires successful completion of provincial and North American board exams.

If you would like to know more about the profession, please have a look around the following websites: [www.CAND.ca](http://www.CAND.ca), [www.CCNM.edu](http://www.CCNM.edu), [www.OAND.ca](http://www.OAND.ca)

### **Are you accepting new patients?**

Of course we are! We are accepting new patients at each of our clinic locations (Paris, Simcoe and Tillsonburg) so please give us a call. We welcome the opportunity to work with you in achieving optimal health.

### **Clinic Locations:**

55 Kent St South, Simcoe,

62 Bidwell St.. Tillsonburg

15 Grand River St. North, Paris

### **Contact:**

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