

# **Fall Newsletter for the Armstrong Clinic** **for Naturopathic Medicine**



Eat your greens in the form of broccoli, kale, sprouts, chlorella, and sea vegetables of course! An alkaline body is a long term goal that prevents cancer and a host of inflammatory conditions.

## ***Canada Revenue Agency***

Supplements prescribed by your Registered Naturopathic Doctor – we can provide for you a summary of all your visits and purchases for the fiscal year for a nominal fee of \$25, and you may use that to determine your taxable amount for tax filing purposes. Please call us in January to request this service for the previous tax year.

## ***House-keeping***

- ✓ Please note that our office has part-time reception services. If you call and must leave a message, we strive to return your call as quickly as possible.
- ✓ Subscribe to receive this and our next newsletter on-line at the Armstrong clinic website homepage. Visit [www.armstrongclinic.com](http://www.armstrongclinic.com) and subscribe today.

Have you missed an appointment recently?

- ✓ Please note that we will be enforcing our missed appointment policy starting January 1, 2007 for those who do not cancel 24 hours ahead of the appointment time. The charge is going to be set at \$30. per-half hour booked.

- ✓ Prevention guidelines suggest that patients of Naturopathic Doctors have a short visit twice a year to quickly ensure that you are on track to achieving your lifelong health goals or simply maintaining your health status.
- ✓ You may also see us on the day that something acute arises, such as a cold, flu, migraine, etc. If possible, call ahead to check availability - we usually have 1-2 hours set aside from our daily schedule for acute visits.

Have you moved?

- ✓ We encourage you to update us on your address and phone number changes so that we can keep your records accurate.

## ***We are open on Fridays!***

In Simcoe and in Tillsonburg your Naturopathic Doctor is available for you. Please call 1.866.878.0033 to book your Tillsonburg appointment time. As you know, we have another Registered Naturopathic Doctor working at the Armstrong Clinic. Dr. Carly Wendler is available on Fridays for appointments in Simcoe at 519.426.4275.

## **Blood (lab) specimens now done in house** via

GammaDyna -Care Labs. This means that if you require blood testing, it is requisitioned and performed within the clinic location by a trained phlebotomist. This will ensure timely and efficient collection and lab result reporting for your benefit. All salivary/urine testing has not changed and is done in-house as before.

## **EVENTS:**

### ***October 26<sup>th</sup>, 2006: Boosting Your Immune System***

*Seminar* at Ontario Power Generation

If you would like us to present to your organization or community, please let us know!

### ***October 27<sup>th</sup> Breast Thermography<sup>h</sup>*** October is

associated with Breast Health and Breast Cancer Awareness. Waiting for a diagnosis or being diagnosed with cancer can be a very frightening experience. However, you can take an active role in the health of your breasts to reduce your risk factors.

- Eating a whole foods diet high in fibre and low in saturated fat,
- Regular exercise for 30 minutes daily, and
- Avoiding or quitting cigarette smoking can all reduce your breast cancer risk profile.

A combination of prevention via lifestyle choices and early detection is your best defence against breast cancer related morbidity and mortality. Breast screening options include monthly Breast Self Exams (BSE), Mammography, and Thermography. Thermography

detects changes in breast tissues 8 years in advance of palpation, mammography and ultrasound. It is pain-free, radiation-free, and measures circulatory changes by Far Infrared Technology. Thermography is a very useful tool if you are interested in finding an early detection method which is reproducible and has scientific studies to support it, yet does not increase your risk of getting breast cancer via excess radiation. Thermography measures changes in breast health that can lead to the development of cancer. Preventing the changes or detecting them early in turn, prevents the cancer from developing altogether. The key to breast cancer survival lies in early detection. We recommend monthly breast self examinations and thermography every year for women of all ages as a step towards preventing rising mortality rates from breast cancer. Call 519.426.4275 to book your 15 minute breast thermography appointment. For more information please visit [www.medthermonline.com](http://www.medthermonline.com) or [www.armstrongclinic.com](http://www.armstrongclinic.com) Other articles about Thermography: – Thursday June 29<sup>th</sup>, 2006 of the Calgary Herald and Monday July 24<sup>th</sup>, 2006 of the Times Colonist.

***Nov 2, 2006: Naturopathic Flu Clinic*** – The Armstrong Clinic is having its naturopathic flu clinic days starting on November 2, 2006 – 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

## ***Cancer Updates***

We offer adjunctive chemotherapy cancer treatment care in the form of IV nutrition infusion therapy and Mistletoe therapy injections. The purpose of the IV therapy is to promote ones immune system and nutritional status during and between chemotherapy and to prevent secondary infections such as colds. IV vitamins have also shown to increase the effectiveness of chemotherapeutic agents and to reduce side-effects thereby increasing ones chances of fighting cancer successfully. The nutrients that are available for use in IV therapy include: Vitamin C, Glutathione, B Vitamins, Minerals (selenium, calcium, magnesium, etc) and more. Please ask if you want to know more about IV therapy and if it is a good treatment option for you. All of our IV therapy options are researched and well-documented in order to communicate with your oncologist and allay any fears of interference with chemotherapy or radiation therapy.

## ***Diabetes Updates***

Contrary to what the popular belief, Type 2 Diabetes can be prevented. Increasingly sedentary lifestyles and poor dietary nutrition are the primary causes of Type 2 Diabetes in children and adults. You can control or prevent diabetes from affecting you by making a diet and exercise plan and sticking to it, just like a financial budget for your blood sugar levels. This might involve eating fewer refined carbohydrates, more protein from vegetarian sources, increasing fiber content from complex carbohydrates, and regular exercise for 40 minutes three times per week at a minimum. If you need help doing this, find an exercise buddy who will join you on walks, work outs, or swims

regularly to maintain this healthy habit. Dietary changes are not always as easy and you can be sure to find some answers from the Registered Naturopathic Doctors at The Armstrong Clinic.

If you find that Diet and Exercise have not worked for you in the past, consider the guidance of a registered health professional like a Naturopathic Doctor to assist you in making the transition to blood glucose levels that are within a normal range for the long term without side effects or complications affecting other organ systems.

A Naturopathic Doctor is trained to examine your fasting glucose and your (long-term) glycated hemoglobin values as part of your regular screening tests for diabetes. While one is not considered to be diabetic if their glycated hemoglobin levels are below 7%, it is considered a high risk factor for developing diabetes if one's levels are above 5% at any time. The range between 5% and 7% is to be considered a warning that one must get working on healthier habits, and anything over 7% requires immediate professional guidance from a primary care professional such as a Registered Naturopathic Doctor.

### [Adding Apple Cider Vinegar or Peanuts to a High-Glycemic Load Meal May Reduce Postprandial Glycemia](#)

The results of this randomized, controlled trial involving a small number of subjects suggest that adding vinegar or peanuts to a high-glycemic load meal may help to reduce postprandial glycemia. Given the increasing number of people with blood glucose related conditions, these results are promising.

**Editors Note:** The Armstrong Clinic supports the use of Apple Cider Vinegar containing 5% acetic acid, but not the use of peanuts as they are highly allergic and inflammatory for those with arthritis related conditions. Almonds and cashews are suggested as a peanut replacement, provided no allergy exists.

*Vinegar and peanut products as complementary foods to reduce postprandial glycemia, 1/2 Johnston CS, Buller AJ, J Am Diet Assoc, 2005; 105(12): 1939-42. (Address: Department of Nutrition, Arizona State University, Mesa 85212, USA. E-mail: carol.Johnston@asu.edu ).*

## ***Research Updates:***

### ✓ **Vitamin D protects against cancer**

Low levels of Vitamin D are linked to an increased risk of cancer of the digestive system, particularly colon cancer.

*Journal of the National Cancer Institute April 5<sup>th</sup>, 2006: 451-459, 428-429.*

### ✓ **Vitamin D Deficiency In Osteoporosis**

"More than half of North American women receiving therapy to treat or prevent osteoporosis have vitamin D inadequacy (serum 25-hydroxy vitamin D < 30 ng/mL), underscoring the need for improved physician and public education regarding optimization of vitamin D status in this population."

*Holick MF, Siris ES, Binkley N, et al. Prevalence of Vitamin D Inadequacy*

*Among Postmenopausal North American Women Receiving Osteoporosis Therapy. J Clin Endocrinol Metab. 2005 Mar 29; [Epub ahead of print]*

✓ **Osteoporosis Linked To Celiac Disease**

"The prevalence of celiac disease among osteoporotic individuals (3.4%) is much higher than that among nonosteoporotic individuals (0.2%). The prevalence of celiac disease in osteoporosis is high enough to justify a recommendation for serologic screening of all patients with osteoporosis for celiac disease."

*Stenson WF, Newberry R, Lorenz R, et al. Increased prevalence of celiac disease and need for routine screening among patients with osteoporosis. Arch Intern Med. 2005 Feb 28;165(4):393-9.*

## **Politics and Health Care Delivery: The Privatization Decision**

**Health Care in Canada is Changing:** (from MacLean's May 1, 2006 [www.macleans.ca](http://www.macleans.ca)) In 2000, the World Health Organization ranked Canadian medicare system 30<sup>th</sup> in the world. MacLean's recently polled 3759 readers and found that 64% said they, or a family member, have waited what they consider to be an unreasonable amount of time for medical treatment or tests. A recent Supreme Court of Canada decision has set the precedent in Quebec law that if governments can not provide timely access to health care, they cannot prevent citizens from obtaining it (health care) on their own. Supreme Court Chief Justice Beverly McLachlin and Justice John Major wrote: "Access to wait lists does not equate access to health care". This is the first event to alter the medicare status quo. This means that your government is noticing that it must address their waiting lists by the number of Canadians reporting use of private health care professionals. Canadians are looking to new treatments and technologies to keep them in optimum health, and are willing to pay for what cannot be provided in the public system.

**CMA elects Dr. Brian Day as President** (Tuesday August 24<sup>th</sup>, [www.nationalpost.ca](http://www.nationalpost.ca)) Dr. Brian Day was elected by a fraction of the nation's physicians to a job that represents the whole profession, (63,000 strong) while being the most vocal and articulate about health care in Canada. He has suggested alternatives to the status quo and further to that, created a private surgery center in Vancouver. He told the New York Times in an interview: "This is a country in which a dog can get a hip replacement in under a week and in which humans can wait two to three years." This vote represents a change in the ideology of doctors and of the CMA. The change: that government health care is no longer believed to be the fairest and most efficient system of health care delivery. Delegates at last year's meeting endorsed a motion that called for private options if patients cannot get care in the public system. This year, they elected Dr. Day. This election is another event to alter the medicare status quo.