



News and Views

Spring 2009

Your Daily Dose of Alkalinity and pH Balance

Historically, human diets consisted of high protein sources such as animal meats, but also an abundance of alkaline-forming foods such as leafy greens and other vegetables, roots, and fruits. Today, human diets have a higher proportion of nutrient deficient, over-processed and refined foods. Commonly meals consist of high protein and refined carbohydrates and are low in alkalizing vegetables. While our diets have become increasingly more acidic, our bodies also produce acids as a result of stress, inflammation, insufficient exercise, or toxins ingested and subsequently metabolised. This dual causation that effects the of acidity on the body contributes to aging and disease.

Increasingly, we are forcing our bodies to buffer more than they are capable. The good news is that the body is very good at neutralizing or buffering acidity: 53% of the blood is bicarbonate, a buffer which keeps the pH balance in the blood normal. The blood pH must be kept within a strict range or the body cannot survive. To compensate, the body must either store these excess acids, or neutralize them.

The best place to store acids is in the connective tissue, which is found throughout the body and around every cell. Connective tissue makes up the structural matrix that supports our soft tissues. Nutrients, hormones, and other molecules must make their way through this connective tissue matrix every time they pass from the blood circulation to individual cells.

Acids are bound to the proteins that make up the connective tissue, until such time as they are to be neutralized. “Swiffer” household cleaning products employ much the same process to bind electrostatically charged dust and particles. In our bodies, as an increasing amount of molecules are trapped within the matrix, the connective tissue decreases its ability to do its job. It is like expecting the swiffer to clean up a sandpile instead of dust. This leads to disruptions in cellular nutrition and detoxification, both of which rely on healthy connective tissue function. This inefficiency can contribute to disorders such as arthritis, inflammation, toxic buildup (toxins are attracted to the positively-charged acids) and problems in the way hormones and other messengers are delivered to target cells. Nothing can pass through the matrix when it is clogged with too many acidic molecules.

As you have no doubt observed, your “Swiffer” needs cleaning periodically for it to keep working. Likewise, the matrix of connective tissue in your body requires optimal pH to allow for detoxification and function.

Aside from the diet, additional pH buffers in the form of alkaline mineral salts can be used to buffer acids. The biggest store of such alkaline mineral salts is in your bones in the form of calcium. This blood buffering eventually leads to a net loss in bone minerals such as calcium, contributing to osteoporosis in the long term. There is a substantial amount of research which suggests that osteoporosis is less a disease of calcium deficiency, and more a disease of chronic acidity.

BREAST THERMOGRAPHY CLINIC— TILLSONBURG LOCATION Saturday JUNE 13

Please call or email Medical Thermography International to arrange an appointment.

Please specify the Tillsonburg Thermography location.

1.866.242.5554 or info@medthermonline.com

Research has shown that women with higher intakes of alkalizing fruits and vegetables have lower incidences of osteoporosis. In addition, supplementation with alkaline salts such as potassium bicarbonate has been shown to improve calcium balance and decrease breakdown of bone.

Cancer is also known to thrive in an acidic environment. Cancer cells create a micro environment which is very acidic compared with surrounding tissue. This can suppress the p53 oncogene which is responsible for natural cell death. It has been hypothesized that promoting a more alkaline environment in the body may impede cancer growth or metastasis by allowing p53 to do its job correctly.

You can determine if your body is acidic by using good-quality pH strips to measure your urine. The pH of first morning urine should be around 6.8, and if you measure throughout the day you should get a curve that peaks late-afternoon at a pH of around 8 or 9. If your first morning urine pH is lower than 6.8, or if you do not see an increase throughout the day, you likely have a problem with chronic acidity.

By increasing the amount of alkaline-forming foods, and decreasing the amount of acid-forming foods, we can help improve the acid-alkaline balance in the body. Due to improper dietary choices and our increasingly toxic environment, it is very difficult to regulate acidity without supplementation. This is even more difficult to accomplish with chronic conditions such as arthritis, with chronic pharmaceutical use and in cancer. In such cases, supplementation with pH balance kits can be extremely helpful in helping to neutralize acids.

The Registered Naturopathic Doctors at the Armstrong clinic can help you determine your individual pH and guide you in alkalizing your body.

Definitions

pH: a measurement of acidity. A pH of 7 is neutral.

Acid: a chemical term meaning a substance with a pH between 0 and 7.

Alkaline: the opposite of acid, a substance with a pH of between 7 and 14. In the body, alkaline substances bind and neutralize acids

Linking Toilet Bowls with Pregnancy

... Beyond Morning Sickness

The Environmental Working Group out of Washington tested the umbilical cords (collected by the Red Cross) of 10 newborns in 2004 and found an alarming average of 200 industrial chemicals and pollutants in each cord. Overall they detected a total of 287 chemicals, of which 180 are carcinogens, 217 are neurotoxins and 208 cause birth defects in animals. Dioxin is one of those harmful toxins, formed from the chemical reaction of chlorine with other chemicals found as air pollution and in waterways.

Sadly, most North American toilet bowls are cleaned with chlorine bleach when a 1000 mg tablet of vitamin C dropped in the bowl overnight will combat calcium stains just as well. A large 20-year long Swedish study found that babies born from hair stylists known to use chemicals for perming and dyeing (or bleaching), had higher rates of birth defects, cleft palates and spina bifida.

There is evidence to suggest that refraining from the use of these harmful chemicals will decrease the amounts passed on from mothers to their children. Swedish statistics show that high levels of flame retardants in mother's milk quickly dropped after manufacturers pulled the nasty family of chemicals out of products in the late '90s. Until then, levels of these toxic substances doubled every five years from 1972 to 1997.

A myriad of alternatives to various chemicals exist for cleaning the home, and the people in it, that ensure greater safety for everyone involved. To learn more about the consequences of our chemically based cleaning decisions, as well as possible methods to employ for reparation call *The Armstrong Clinic for Naturopathic Medicine* to reserve a seat at Dr. Stuyt's Lecture.

Reference: Vasil, A. (2007). Ecoholic. Toronto: Random House.

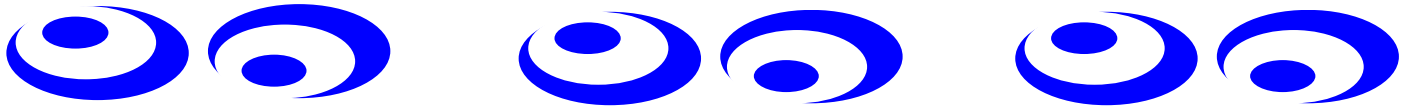
Date: Monday, April 6th,

Beyond the Basics—Alkalinity and You

Learn how to encourage greater alkalinity, as well as the consequences of an imbalanced buffering system in Dr. Stuyt's upcoming lecture – *The Science of Alkalinity and Your Buffering Systems: Understanding the benefits beyond the basics.* Your stomach, your lungs, your kidneys and your bones work hard to ensure the pH of the body is just right. At times though, an unhealthy diet that causes vitamin and mineral deficiencies will overburden these systems and the resultant pH of the body will be suboptimal.

Date: Monday May 4th, 2009

Call 519.409.0808 to register for both seminars



We Invite You to Join Us in Celebrating our

Presenting: 5 New Health Programs.

Simcoe Clinic: Tuesday May 5 from 5-8pm

Tillsonburg Clinic: Wednesday May 6 from 5-8pm

Refreshments and door prizes available.

5 NEW Programs at The Armstrong Clinic for Naturopathic Medicine

1. The Complete Evaluation

This is the lab-based evaluation of your whole body from cells to systems. It involves a one-time sampling of blood and urine samples according to specific directions.

2. The Leaving Home Program*

A program offered to help teens and young adults make healthy shopping choices and subsequent meal preparation for improved digestive, cognitive and immune function.

3. The First Year Program*

This is a program of 12 months duration for pregnant women who are seeking care during pregnancy and post-partum for the mother and baby.

4. The Change of Heart Program*

A cholesterol reduction program offered at our Tillsonburg and Simcoe clinics in partnership with local fitness centers.

5. The Addictions Program*

This is a program intended to help people with addictions who are seeking help through referrals from their MD or Health Unit and are interested in an integrated approach to treatment. Duration of the program is from 12 weeks to 12 months.

**Supplement prescriptions, Intravenous prescription, and Laboratory assessment is additional to the cost of the program.*

Call today to receive more information about how these programs may help you achieve your health goals.

Do You Need A Doctor?

The Registered Naturopathic Doctors at the Armstrong Clinics in Paris,

Simcoe and Tillsonburg are accepting new patients.

Office Hours

Simcoe:

Monday & Thursday 8am-8pm

Tuesday & Wednesday 9am-5pm

Friday 9am-1pm

Tillsonburg

Monday, Tuesday, & Thursday 9am-5pm

Wednesday 12-8pm

Friday 9am—1pm

Paris

Tuesdays 9am-3pm

Clinic Locations:

55 Kent St South, Simcoe

518 Broadway, Tillsonburg

30 Dumfries Street, Paris

Telephone Contact:

Simcoe/Paris office: 519.426.4275

Tillsonburg office Phone: 519.409.0808

Website: www.armstrongclinic.com

How are Naturopathic Doctors trained?

Training encompasses a minimum of 4 years of pre-medical university education, followed by a 4 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.

We rely on word of mouth referrals and have a referral rewards program in place. Your referral is the highest compliment to our clinics and we thank you for your trust in our skills and services.

If you would like to know more about the profession of Naturopathic Medicine, please have a look around the following websites: www.CAND.ca, www.CCNM.edu, www.OAND.ca

Health is in our nature

