

The Armstrong Clinic for Naturopathic Medicine

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Obesity: What Does Plastic Have to do With it?

Bisphenol-A (BPA) has gained the infamous reputation as a chemical that disrupts hormonal function as it mimics estradiol, the estrogen in the family of estrogens most linked to reproductive cancers (Kaur, 2005). BPA is a ubiquitous chemical used to make the hard polycarbonate plastic food and beverage containers and the resin lining of cans (vom Saal & Myers, 2008). Eighty-five per cent of food cans in the United States contain this resin and bisphenol –A was found to have leached into about half of the canned foods that were tested (O'Bryan, 2009). It is one of the highest-production-volume chemicals in the world with total capacity greater than 3.7 million metric tons per year (Willhite, Ball, & McLellan, 2008). Because of its prevalence in our environment, research revealing that adult humans ingest 0.15 mg of BPA each day from food and water is not incomprehensible (Yoshino, 2004). At least 400 publications have appeared regarding health consequences associated with BPA exposure in mammals and other animals, primarily out of concern that BPA's chemical structure that is similar to that of diethylstilbestrol (DES) – the chemical compound used from the 1940's to the 1970's for prevention of miscarriage, now known to be a teratogen, an agent that can cause malformations of an embryo or fetus, and to be

References:

linked to reproductive cancers (Willhite, Ball, & McLellan, 2008). Current research has suggested that like estradiol, BPA is equally implicated in the inhibition of adiponectin release from human adipocytes (fat cells) (vom Saal & Myers, 2008). Adiponectin is a protein hormone that modulates a number of metabolic processes, including glucose regulation and fatty acid catabolism. The hormone plays a role in the suppression of the metabolic derangements that may result in type 2 diabetes, obesity, atherosclerosis, non-alcoholic fatty liver disease (NAFLD) and an independent risk factor for metabolic syndrome. BPA then, because of its influence on adiponectin, is correlated with these chronic conditions. Furthermore, BPA can alter programming of genes during critical periods in cell differentiation and neonatal development when a fetus is exposed in utero (vom Saal & Myers, 2008). This can result in the expression of metabolic disease and cancers during later life. At *The Armstrong Clinic for Naturopathic Medicine*, the impact of chemical compounds in the environment and the detoxification of such is considered as part of the long-term management and prevention of chronic conditions linked to obesity; Detoxification is as well, strongly recommended as part of the process of family planning to ensure reduced fetal exposure.

O'Bryan, T. (2009). *Nutrigenomic Therapeis for Auto-Immune Disease*. Toronto: Metagenics, Inc.

vom Saal, F., & Myers, J. (2008). Bisphenol A and risk of metabolic disorders. *JAMA*, 1353.

Willhite, C., Ball, G., & McLellan, C. (2008). Derivation of a bisphenol A oral reference dose (RfD) and drinking-water equivalent concentration. *Journal of Toxicology and Environmental Health*, 69-146.

Yoshino, S. (2004). Prenatal exposure to bisphenol A up-regulates immune responses, including T helper 1 and T helper 2 responses, in mice. *Immunology*, 489-495.

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Fri 9am-1pm
Sat 10am-2pm

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Tues & Thurs 12-8pm
Fri 9am-1pm

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Naturopathic Oncology at the Armstrong Clinic

Cancer is highly complex, and treating it requires a profound understanding of these complexities. It is not simply the result of a pH imbalance in the body, or a yeast infection, or a bacterial infection or any other single assault on the body. A cancer tumour is the effect of numerous processes that have gone from their functional roles into a dysfunctional role over a long time span. In the comparative, treating a fever instead of the infection causing it and treating the tumour without addressing the cause behind it are both short-sighted.

Understanding how tumors develop and how tumour growth can be controlled is the basis for integrative complementary oncological care. Cancer treatment under this approach does not only consist of surgical removal of tumors, chemotherapy or radiation, but also includes supportive and restorative therapy aimed at regenerating and increasing the body's own resistance. This is for the purpose of normalizing cell processes and reducing any therapy-related damage.

At the Armstrong Clinic for Naturopathic Medicine we view each person with cancer as a unique individual, not a patient case. We are actively involved in helping the person to understand their treatment options and empower them in taking responsibility for their decisions and their health.

Our Board Certified (FABNO) Naturopathic Oncologist listens to you, discusses with you the meaning of all the tests, results, reports and answers your questions, and then provides strategies to create the best outcome for you. This is a very overwhelming time for anyone who has been diagnosed with cancer, and it is important to understand everything before making any further decisions. We also make every attempt to work with your oncologist and suggest second opinions where necessary.

Can you cure cancer?

To be brief, it depends on the type and stage of cancer. Your survival through cancer can be

enhanced with surgery if the tumour is localized and not invasive. The earlier the cancer is found, the better the chances of survival. We have many patients who continue to live their lives free of cancer because of early screening practices used at our clinic. The best form of a cure is prevention, and Registered Naturopathic Doctors are experts in prevention.

Do you work with my Doctor? Oncologist?

Yes we do. Most often, however, your oncologist or MD is unfamiliar with what is done in the complementary treatments and will not encourage you to try them. The Armstrong Clinic addresses this by providing evidence available to support the use of everything that is recommended. We are always providing progress reports and communicate regularly where possible with all the health care professionals you are working with. We follow the directions and choices in the person's communication with their MD or oncologist wherever possible. Our goal at the Armstrong Clinic is to provide the highest quality of integrative cancer care.

How much does it cost?

Our treatment options chosen will determine cost; they consist of orthomolecular nutrition, homeopathy, acupuncture, infrared sauna, intravenous infusion, subcutaneous injection, colon therapy, dietary changes, sleep, exercise and stress management. Cost re-imburement may be available for people completing conventional oncology therapy (surgery, radiation or chemotherapy) and through extended employee benefits insurance.

Ask your insurance provider for specific details.



Detox Season is Upon Us

The Armstrong Clinic has the correct program that is individualized to your needs.

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New Screening Methods for Environmental Toxicity

The Armstrong Clinic for Naturopathic Medicine is pleased that they can now offer an additional test for environmental toxicity called the **Urinary Porphyrin Test**. This test measures overall body burden to polyvinyl chlorines (PVC) as well as dioxin, a by-product of the incineration of PVCs, in addition to heavy metals such as Mercury, Arsenic and Lead. Urinary porphyrins are breakdown products of the recycling process of the heme portion of the red blood cell. As with any biochemical reaction in the body, specific enzymes are required to allow any substance to change from "A" to "B" (Porphyrins; urine, 2009). When these enzymes are inhibited by chemical compounds such as Mercury, Arsenic, Lead or PVCs, there is a build-up of a particular porphyrin, or substance "A" that is easily eliminated by the kidneys (Porphyrins; urine, 2009). A Naturopathic Doctor will consider completing these tests if an individual presents with any neurological, immunological, or endocrinological imbalances where the root cause is not evident. Typical signs (Spooner, 2006) and symptoms of a toxic burden of chemicals include:

- Progressive immune problems (allergies, infections or autoimmunity) followed by neurological problems
- History of chemical exposure during times of high stress
- Adverse physical or mental reactions from exposure to ambient levels of chemicals (Headaches, brain fog, Fatigue, SOB, muscle weakness, collapse)
- History of adverse reactions to medications or Inability to handle medications "I'm very sensitive"
- Inability to handle caffeine: "Can't drink after noon without insomnia"
- Non-responsive to therapies that have a high degree of effectiveness for their diagnosis

Please do not hesitate to inquire about this test if you suffer with any of the above symptoms, if you have been diagnosed with a neurological, immunological or endocrinological condition for which no cause

may be found, if you are planning on breastfeeding children or if you are concerned about the ubiquitous nature of these and other chemicals and your consequential exposure. This test is an invaluable tool that will assist anyone through their twice annual detoxification process.

Porphyrins; urine. (2009, September). St. Charles, Illinois, USA.

Spooner, C. (2006). Environmental Toxicology. *Canadian College of Naturopathic Medicine*. Toronto: CCNM.

Achey? Stiff and Sore? Stressed?

Massage Therapy is for You.

Dana Otterman, RMT is now accepting new clients at the clinic in Simcoe. GreenShield, MD Referrals accepted.

IBS? Constipation?? Irregular?

Diana Teslak, Colon Therapist is available to help you regain normal bowel function.

A big THANK-YOU to all the supportive effort made to help raise money for Lorraine Stuyt ND for the Naturopathic Doctors International Brigade over the past 6 weeks.

The Challenges that were hosted at the clinic produced \$611.00 (\$370.00 Camino a Nicaragua; \$241.00 Sugar-Free for a Change).

There were 37 competitors for the Camino a Nicaragua Challenge and 6 for the Sugar Free for a Change Challenge.

Five people completed the 4110 km walk to Nicaragua and many others got close.

The person who won the sugar free for a change challenge was sugar-free for 54/56 days.

Way to GO! Lorrain can now donate 10 days of her expertise in Nicaragua.

The next FLT program starts April 6th.

Learn how to make healthy changes for a lifetime in just 6 weeks.

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Environmental Pollutants Profile and Elimination Via Supervised Detoxification

Chronic exposures to a number of occupational and **environmental pollutants are a growing concern in today's industrialized communities** as their effects on human health are profound. Many have been linked to a variety of pathologies including neuropsychological and neuropsychological dysfunction, low white blood cell counts, difficulty breathing, anemia, and certain cancers, to name a few. The Environmental Pollutants Profile quantifies exposure to select environmental toxins; aromatic solvents, paraben and phthalates

Chemicals in the report include metabolites of: Xylene, Toluene, Benzene, Trimethylbenzene, Styrene, Paraben, Phthalate. The metabolites of these parent compounds are measured from a first morning urine specimen through Gas Chromatography and Mass Spectrophotometry.

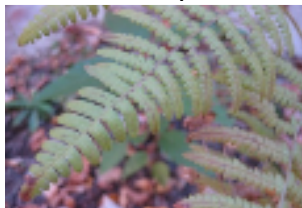
Acute toxicological effects of aromatic compounds include nausea, vomiting, abdominal pain, headache, dizziness, drowsiness, confusion, tremor, loss of consciousness etc. Chronic exposure may affect multiple organ systems. **Aromatic solvents are used commercially in a variety of applications;** in the manufacture of plastics, paints, varnishes, resins, synthetic fibers, rubbers, lubricants, dyes and detergents. Aromatic solvents are used in the printing and leather industries, found in many industrial cleaning agents, are a natural part of gasoline, airplane fuel and cigarette smoke.

Parabens are a widely used family of preservatives found in many cosmetic, pharmaceutical and industrial products. Parabens have inherent estrogenic and other hormone related activity and have been detected in certain human breast cancer cell lines.

Phthalates are used in the manufacture of plastics to allow for flexibility and to soften resins. Not only that, but it is found in everything from makeup to detergents, shampoos to time-released pharmaceutical drugs. Phthalic acid esters are a well known endocrine disruptor as well as causing neurological and developmental disorders. Phthalates have also been implicated in abnormal fetal development, especially in male fetuses.

The physiological effects from exposure to these toxins depend on a number of factors including; amount and duration the individual is exposed to the substance, route of exposure (air, water, food, skin, consumer products), and whether or not other chemicals are present at the time of exposure as some compounds exert an accumulated effect.

This type of environmental toxicity testing is available at the Armstrong Clinic for Naturopathic Medicine. You can determine whether your work, home or external environment are creating your symptoms. Your registered Naturopathic Doctor can use this and other environmental tests to guide individualized detoxification programs. Spring is around the corner, and this is the perfect time for a supervised cleanse for everyone.



Detox Season is Upon Us

The Armstrong Clinic has the correct program that is individualized to your needs.