

News and Views

Winter 2008



Your Daily Dose: N-Acetyl-L-Cysteine

N-Acetyl-L-Cysteine (NAC) is a form of the amino acid cysteine, which is readily taken up by cells of the body to be used in antioxidant production. Specifically, it is a precursor to the antioxidant Glutathione. Glutathione is not a supplement one can take, as the majority of glutathione is made by the cells of the liver. NAC helps to increase glutathione in the body.

NAC is used in the treatment of acetaminophen toxicity (tylenol overdose), AIDS, Asthma, Bronchitis, heart protection during chemotherapy, for fatigue, and as a heavy metal detoxifier.

NAC functions as an antioxidant in a number of ways: first, it neutralizes hydrogen peroxide, hypochlorous acid, and the hydroxyl radical. It also acts as an antiviral agent as well as increasing glutathione in the body.

There is no known toxicity or serious side effects with NAC. Large doses above 5-6 grams daily may cause diarrhea.

Antibiotic function is decreased when taken with NAC. Therefore, wait until antibiotic dosage has been completed before resuming NAC.

Deficiency of NAC causes immune system compromise thus decreasing the liver detoxification abilities, reducing antioxidant activity and the body's ability to eliminate heavy metals.

With respect to conventional cancer treatment (chemotherapy, surgery and radiation) it is important to take antioxidants under professional supervision. Antioxidant status declines during cancer treatment, which is associated with decreased longevity and

supplementation can actually enhance the effects of certain chemotherapeutic drugs. In contrast, glutathione can interfere with Cisplatin, a chemotherapy drug.

The intake of antioxidants with cancer therapies is a complex area of knowledge, and you are encouraged to seek the guidance of a registered Naturopathic Doctor.

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World Health Organization Supports Curriculum Standards for Registered Naturopathic Doctors.

The Canadian Association of Naturopathic Doctors (CAND) is recognized by the World Health Organization and has been engaged in consultations with the WHO regarding the training and education of Naturopathic Doctors. The WHO established 2 levels for safety and training—Level 1 (the equivalent of the highest training) and level 2. Registered Naturopathic Doctors are Level 1 in safety and training. All other unregistered naturopaths are considered level 2. Always be sure your naturopath is a Registered Naturopathic Doctor.

Welcome Thia Harrison!

The Armstrong Clinic—Simcoe wishes to welcome Thia Harrison, RNCP, C.Ir, LCII. Thia Harrison will be working with you in the colon hydrotherapy section of the clinic. Thia also has training in nutrition, lifestyle coaching, iridology, and pain management. These additional services are planned to be available within the Armstrong Clinic in 2008. In the meantime, please say hello if you see Thia in the clinic.

Thia Harrison is a cancer survivor and has a successful lifestyle coaching business - Radiant Health - which provides education and direction towards improving quality of life and prevention of disease as well as encouragement and motivation in the journey to optimum health.

Go Green for 2008!

Here are some healthy tips for you to combine with your new year resolutions:

When driving around town, maximize your gas efficiency by planning your stops ahead of time and/or getting all your shopping done in one day. Ask yourself before leaving: is this trip necessary or can it wait until a few other important things are also on my to-do list?

If dieting is in your new year resolution, try to walk to the grocery store, and buy only what you can safely carry home again. If you must drive to the store, use a shopping basket instead of a cart to buy the essential healthier foods found around the perimeter of the store.

Buy organic locally produced foods.

Norfolk county is an agriculturally diverse region and is home to over 30 types of crops grown locally. If organic is not available, read the labels to determine locally produced foods.

This reduces the environmental greenhouse gas production from transportation and shipping across the borders, provincially and nationally.

A body with at least 30% lean muscle mass is a warmer one. A daily workout of 30 minutes will improve your muscle mass and raise your body temperature. Then you can turn down the thermostat a few degrees and reduce your heating costs during the winter months.

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.

Heavy Metal Toxicity

Conservative estimates suggest that nearly 25 percent of the people in the United States suffer to some extent from heavy metal poisoning. Heavy metals tend to accumulate in the brain, kidneys and the immune system. The following metals are most commonly found to cause toxicity symptoms: mercury, aluminum, arsenic, cadmium, and lead. Some common presenting symptoms of heavy metals are: hypertension, fatigue, depression, irritability, and neurological symptoms such as paresthesias (loss of nerve sensation—tingling or numbness). Common conditions that are associated with heavy metal burden are: auto-immune conditions, Parkinson’s and Alzheimer’s diseases, candida-related complex, environmental sensitivities, autism and cancer.

Sources For Heavy Metal

Exposure:

- Living in a smoking household.
- Being a smoker
- Mercury/amalgam tooth fillings.
- Living near busy streets/highways before 1974.
- Living in a home built before 1978.
- Consuming large ocean fish.
- Occupational exposure

How Do You Determine Your Heavy Metal Burden?

Hair, Fecal, Blood or Urine testing are common to test for metals that have accumulated in the body. The type of test determines certain forms of stored metals
 Hair—stored metals from fish consumption
 Blood—acute exposure from poisoning
 Urine— chronic exposure from dental amalgams, air pollution.
 The most accurate way to determine which metals are in the body is to first determine possible environmental exposure to different metals. A Registered Naturopathic Doctor will determine this with a case taking and family history. A pre- and post-chelating test will be the most accurate reflection of total body burden of toxic metals.

A urine sample is tested for the most common metals to determine a base-line. The Registered Naturopathic Doctor will determine the proper chelating agent to administer which will bind with the metals in the body. The chelated metals are eliminated by the liver and the kidneys. The urine sample is sent to an accredited Medical Laboratory to confirm total heavy metal content, and to compare levels to a statistical average.

How Do We Eliminate Heavy Metals?

Registered Naturopathic Doctors can assist their patients by increasing the body’s ability to detoxify, or eliminate metals such as mercury, cadmium, arsenic and lead. A comprehensive detoxification protocol can be individualized to help the body’s elimination organs while supporting the immune system. The liver, kidneys, skin and bowels are the major detoxification organs. Ensuring that these 4 organs are functioning optimally is essential to make sure a patient does not re-absorb what they are trying to eliminate. Regular bowel movements, and drinking adequate amounts of water are 2 of many fundamental steps in any detoxification protocol.

A Registered Naturopathic Doctor is trained to determine a comprehensive detoxification protocol which will often include far infra-red sauna treatments, colon hydrotherapy, and specific botanical, vitamin and mineral prescriptions to increase binding and elimination of metals by the liver and kidneys. Intravenous L-Glutathione and vitamin C can greatly decrease side effects of metal toxicity and speed their elimination.

Mercury Detoxification with Dental Amalgam Removal

There is a large segment of the population, as much as 75%, that have a source of mercury implanted in their body. Mercury amalgams are known to give off trace amounts of elemental mercury vapor. The rate of release is increased by stressing the amalgam surface by chewing and brushing. This amount is greatly increased at the time of mercury amalgam removal or replacement. An individualized mercury elimination protocol can be prescribed to minimize absorption and maximize elimination of mercury prior to, during, and post dental work. Consult with your Registered Naturopathic Doctor at the Armstrong Clinic for more information.

Armstrong Clinic for Naturopathic Medicine

Healthy Living Life Insurance—

Reduce your risk of illness later in life by taking care of your body cells now! Choose from those listed below to get started.

- Drink at least 1.5 to 2 Litres of clean water every day.
- Breathe clean air with meditation or regular aerobic exercise for 30 minutes each day.
- Increase fibre intake to include more vegetables, ground flaxseeds, whole grains, and low-glycemic index fruits.
- Eat organic protein where possible and reduce meat intake to once per week.
- Eat completely vegetarian for 3 or more days per week.
- Have a good night's sleep, every night by sleeping undisturbed in a dark room.
- Reduce sugar and caffeine intake by 50% each week so that you completely eliminate them from your diet after one month.
- Reduce and completely eliminate smoking.
- Avoid phlegm-forming foods during hay-fever or flu season (ask us if you aren't sure what these foods are).
- Sweat for 30 minutes each day with either an exercise routine or an infrared sauna.
- Ensure regular bowel elimination or encourage the return of bowel regularity through the use of colon hydrotherapy.
- Learn to do less and enjoy it. That way, you are preventing stress from happening in the first place.
- Be actively involved in relationships that are based in trust, love and respect or begin to make changes so that you can achieve this.
- Keep a record of your goals and at the beginning or end of each month, check the list often to evaluate how you are doing.

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 most often 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 3 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.

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Your referral of friends and family is the highest compliment that confirms your satisfaction with our services.