



# News and Views

## Winter 2009

### Armstrong Clinic for Naturopathic Medicine

#### Your Daily Dose: Turmeric

#### Turmeric and Alzheimer's Disease – A Multi-Tasking Curry Spice

While curcumin is commonly used as a cancer prevention treatment option, recent research has demonstrated that it also plays an equally valuable role in the prevention and treatment of Alzheimer's Disease (AD). Over the last 10 years in research, this little spice is about to become very, very popular for consumers of natural health products.

What is curcumin? It is the main constituent of the Indian curry spice Turmeric. It is bright yellow in colour, and the root is usually harvested and used for cancer treatment and to decrease inflammation.

Ten years ago, the media message was to take your non-steroidal anti-inflammatory drugs (NSAIDs) to prevent Alzheimer's Disease. This is because of a few studies demonstrating that decreasing inflammation decreased the incidence of Alzheimer's Disease. Knowing that people cannot take ibuprofen long term because of the liver and kidney damage, two researchers at UCLA researched curcumin<sup>3</sup>. They found that unlike NSAIDs, taking curcumin in large doses and for long term use is very safe. It also has antioxidant properties and stops free radical damage to cells. This is important because free radical damage is partly responsible for the development of Alzheimer's Disease. The other factor responsible for the development of Alzheimer's Disease is the accumulation of amyloid plaques between neurons in the brain which produces free radicals, causes inflammation and oxidative damage to nerve cells. That is a lot of brain damage going on over one's lifetime.

Around the world where turmeric is a part of one's daily diet, epidemiological studies have shown these people have a lower incidence (4.7 per 1000) compared to those who do not (17.5 per 1000)<sup>1</sup>. A February 2005 paper by Yang et al demonstrated that curcumin does more – it prevents the amyloid plaques from developing in the first place<sup>4</sup>. Earlier research in 2004 explains how: curcumin triggers amyloid plaques to break apart and then itself binds to amyloid<sup>2</sup>.

Since April 2005 a clinical trial at UCLA compared two doses of curcumin (2gm and 4 gm per day) in a double-blind, placebo-controlled trial with 33 patients<sup>3</sup>. The results are due early in 2009. While these doses are already the doses shown as safe and well tolerated in Phase 1 trials for cancer treatment, we await the studies to show the results of its effect on Alzheimer's Disease.

Already patients of the Registered Naturopathic Doctors of the Armstrong Clinic in Simcoe and Tillsonburg are prescribed curcumin for various reasons ranging from cancer treatment to decreasing cholesterol and arthritis inflammation. The potential expansion in its use to aid in the treatment of Alzheimer's disease is very exciting.

#### References:

- Chandra et al: Incidence of Alzheimer's Disease in a rural community in India; the Indo-US study, *Neurology* Sep 25;57(6):985-9,2001
- Ono K et al: Curcumin has potent and anti-amyloidogenic effects for Alzheimer's beta-amyloid fibrils in vitro, *J Neurosci Res* March 15;75(6):742-50, 2004
- Ringman JM et al: A potential role of the curry spice curcumin in Alzheimer's Disease, *Curr Alzheimer Res* Apr;2(2):131-6, 2005
- Yang F et al: Curcumin inhibits formation of amyloid beta oligomers and fibrils, binds plaques, and reduces amyloid in vivo, *J Biol Chem* Feb 18;280(7):5892-901, 2005

#### ***BREAST THERMOGRAPHY CLINIC— SIMCOE LOCATION***

***Saturday FEBRUARY 21 2009.***

*Please call or email Medical Thermography International to arrange an appointment—specify the Armstrong Clinic Simcoe Thermography Date.*

*1.866.242.5554 or info@medthermonline.com*

## **The Programs: Introducing 5 Programs Designed to Help You Achieve Your Health Goals.** *Contact the Clinic nearest you for more information.*

### **The Change of Heart Program\***

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

Includes:

- 2 blood lab assessments
- 3 - ½ hour sessions per week with personal trainer for 12 weeks duration
- 6 visits
- Metabolic Food and Fibre for 12 weeks

Total cost: \$2500

Note: 12 week gym membership not included.

### **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.

Includes:

- Physical examination, baseline lab assessment (blood, urine amino acids, neurotransmitters)
- Weekly IV therapy for 12 weeks
- Monthly follow up visits for the entire duration of the program.
- 6 Acupuncture or additional appointments at no additional charge.

Total cost \$4300

A savings of \$1450, more than 30%

### **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. It includes:

- 2 office visits—one for testing and one for results discussion of the following tests:
- Serum evaluation of your body's organ system function, Iron levels, 1-25 Hydroxyvitamin D, 25 Hydroxyvitamin D – both forms of Vitamin D are assessed to rule out conversion deficiencies.
- Predictive markers of cardiovascular disease development, cholesterol and anemia.
- ANA and other autoimmune markers as

required for evaluation of autoimmune disease.

- Tumour markers for baseline assessment.
- Evaluation of the inflammatory levels in the body and how your essential fatty acid intake is affecting inflammation.
- Predictive measurements for use in treatment of diabetes, metabolic syndrome, and cardiovascular disease evaluation.
- Food Allergy Testing – to rule in or out specific foods which are contributing to inflammation, deficiency and immune dysfunction.
- Assessment for vitamin C deficiency.
- Neurotransmitters – serotonin, melatonin, GABA, dopamine, epinephrine and norepinephrine are some of the markers assessed to determine the cause of mood disorders such as depression, bipolar and Seasonal Affective Disorder.
- Amino acids test – to rule out amino acid deficiency which can be contributing to underlying disease states.
- Stool Analysis evaluates colonic health markers as they relate to colon cancer, candida albicans, autoimmune disease and inflammation.
- Better Brain Panel – evaluates the neural health of the brain as it relates to early onset dementia, memory loss, and cognitive decline.
- Salivary Hormones – to determine female, male, menopausal, peri-menopausal and adrenal hormone levels.
- Estrogen metabolism ratio: A urinary test of the good vs the carcinogenic estrogen. This lab helps to assess the hormonal influence in developing breast or female reproductive cancer types.
- Liver Profile evaluates all the components of detoxification by the liver.

Cost: \$4000

Additional tests for special conditions are also available (i.e. osteoporosis, Autism, diabetes)

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

**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.

This program demystifies healthy meal planning on a budget. This is a perfect opportunity to gain an understanding of your nutritional needs before you move away.

Includes:

- 4 office visits
- 2 grocery shopping trips
- menu planning with healthy cookbooks
- meal budgeting.

Program duration: 3 to 6 months

Cost: \$800

**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.

Based on an assessment of health status of the mother, this program includes:

- One visit per month for the first 6 months.
- 2 visits during the 7th month.
- 1 visit per week during the 8th and 9th months.
- 1 follow up visit in the home after birth.
- 1 follow up visit at the office at 2 months after birth: Post-Partum and Well-baby Assessment.
- Up to 3 acupuncture or additional visits.

This program also includes discussions about

- Hormonal influences on health
- Environmental and Gastrointestinal influences on health.

Cost: \$1000

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

**!! NEW !!**

**Unlimited Infrared Saunas**

Now clients of The Armstrong Clinic in Simcoe may purchase an unlimited one month sauna package for \$180. This is to encourage the proven fact that frequent sweating with an infrared sauna is the basis for better health.



*Health is in our nature*

**The word of the day: Compliance — You Make the Difference**

**...nothing can influence change more than you. Your Registered Naturopathic Doctor is a ‘coach’ in the sense that he or she works with you to achieve your health goals, yet the majority of the work is done by the person with the goals. No prescription or recommendation by a Registered Naturopathic Doctor will work unless you (the patient) choose to change for the improvement of your health, life, and longevity.**

# Armstrong Clinic for Naturopathic Medicine

*Health is in Our Nature*

## 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—Thursday 9am-5pm

Friday 9am—1pm

#### Paris

Tuesdays 9am-5pm

### Clinic Locations:

55 Kent St South, Simcoe

518 Broadway, Tillsonburg

15 Grand River St. North, Paris.

### Telephone Contact:

Simcoe/Paris office: 519.426.4275

Tillsonburg office Phone: 519.409.0808

Website: [www.armstrongclinic.com](http://www.armstrongclinic.com)

## About Us...

Dr. Heidi Kussmann-Armstrong has been practicing for 7 years, Dr. Sean Armstrong has been practicing for 5 years, and Dr. Lorraine Stuyt has been practicing for 4 years. Each Registered Naturopathic Doctor has a successful practice in general family medicine, and have helped many people achieve their short and long term health goals. All the Naturopathic Doctors at the Armstrong Clinic are certified in IV Therapy.

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 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](http://www.CAND.ca), [www.CCNM.edu](http://www.CCNM.edu), [www.OAND.ca](http://www.OAND.ca)