

"Make contact with your N.D., make contact with your self".

April 2011

In this month's newsletter:

- [FACEBOOK](#) and [TWITTER](#)-a month in review for you non-social networkers
- [60 Minutes-Counterfeit Drugs](#)
- Bisphenol-A (BPA)-[in cash register receipts](#) and its [role in early puberty](#)
- [Flame retardants in U.S. Children](#)
- Cleansing-new info on [The Options Cleanse](#) and how it helps detox BPA and flame retardants!
- [Preventing Type II Diabetes](#) -specific supplemental suggestions to stop the development of this rampant illness
- [Having Surgery? Options can help](#) - expect *significant* differences in your recovery time and symptoms
- NORTH DAKOTA to License Naturopathic Doctors !
- Dr. Liz available for **Saturday** and **Memorial Day** appointments

So much to share, so little space! This month, followers of Options and Doctorerin on [FACEBOOK](#) and [TWITTER](#) got a load more information than usual. There is so much news in the media that affects all of us when it comes to ubiquitous toxins and other health care topics. I decided to let those of you who don't follow us on these social media sites in on a bit of the information that I'm sending out. These are the links to the articles below. First, I have an updated article on our updated cleansing program, now donned "The Options Cleanse"! Remember that it is ideal to do such a cleanse at exactly this time of year. And also, Dr. Liz is following up her previous lectures and article with some tips for preventing Type II Diabetes in her article below and we also wanted to remind you that we offer tremendous support for most medical procedures, even if it is as minor as getting a tooth pulled and avoiding ibuprofen (as I did with my 8-year old nephew just this week). Finally, big news with another state to license naturopathic doctors and Dr. Liz's Saturday availability.

Follow these links to read about the following topics either posted or tweeted this month (our Cleanse and Diabetes articles are also pasted below) :

On CLEANSING :

[The Options Cleanse](#) (the Facebook and Twitter links below detail WHY this is so critical!)

On Diabetes Prevention:

[DM Type II Prevention Tips](#)

Counterfeit Pharmaceuticals :

[60 Minutes Expose on Counterfeit Drugs](#) Legitimate pharmaceuticals are sometimes not what they appear to be: chalk, sugar! These counterfeiters make the already absurd 100,000% (and higher) [mark-ups on drugs](#) even worse. *Imagine* the counterfeiting and contamination in the unregulated supplement industry; this is the primary reason we provide patients specific supplements.

On Bisphenol-A:

[BPA in cash register receipts](#) See which retailers use BPA-laden paper in their receipts in order to avoid this hormonally disruptive chemical. BPA can contribute to obesity, diabetes, developmental abnormalities, cancer and genetic alterations that even affect the next generation. It's not only bad in baby bottles, it's bad for adults, too!

[Girls Hit Puberty Earlier than EVER before](#) -an article in USA TODAY also implicated BPA.

This petition to remove BPA from ALL manufactured canned goods was also duly posted to Facebook and Tweeted:

<http://action.momsrising.org/go/834?akid=2655.1877293.9s-M93&t=2>

On yet Another Ubiquitous Fat-Soluble Toxin :

[Flame Retardants, or PBDE's, fat-soluble toxins, found in excessively high amounts in California children](#) . ANOTHER reason to do the Options Cleanse as these chemicals are doused on all furniture, curtains and other upholstery type fabrics in every day household goods.

This is only a small FRACTION of what I posted or commented about on [FACEBOOK](#) or [TWITTER](#). Follow us if you want the full update!

The Options Cleanse

The **Options Cleanse** was designed for individuals who want to reset their systems, and re-start their physiology and perhaps most importantly, lose weight. It is especially important to do this type of supported detox program with fasts and weight-loss programs because a wide-range of nutrients and metabolic enzymes are required to enable the body to truly detoxify-as opposed to just 'stirring the pot' and allowing the toxins to settle back into the body. The **Options Cleanse** provides those specific nutrients. Really, the cleanse would benefit *everyone* since toxins are a given part of our lives in 2011.

But **WHY** does one need to a cleanse, you might ask? One study by the Environmental Working Group says it all; this study found **287** different man-made chemicals in the umbilical cords of merely 10 newborn infants. Newborns! Read the full details [here](#).

These chemicals are so ubiquitous in the human system because they are often fat-soluble, meaning they love to settle down in a slab of fatty tissue...and never leave. Many of them are cancer-causing, neurologically damaging or cause birth defects and/or abnormal development in animal tests. No one fully understands the implication of such a unique blend of man-made chemicals in our systems, but most trust that they *cannot* be good for health.

We do know that two of the most-common types of fat-soluble toxins, PCB's (poly-chlorinated biphenyls) and chlorinated pesticides, block mitochondrial function. The mitochondria are the "powerhouses" of our cells-where we actually make energy. If your mitochondria are blocked, you cannot burn fat (i.e. *you cannot lose weight!*) and you end up feeling fatigued. Weight loss-programs should thus heed the particular importance of these supportive compounds found in the **Options Cleanse** for complete detoxification and successful weight loss.

Why does one need to do the **Options Cleanse**, specifically? Many think that a "fast" is a sufficient form of detoxification and do a two-week fast with the recipe called the "Master Cleanser" that merely uses lemon juice and maple syrup diluted in excessive amounts of water. Recent research shows, however, that the plethora of fat-soluble toxins in our bodies, accumulated from exposure to PCB's in dairy and fish, chlorinated pesticides in non-organic food and benzo-a-pyrene from auto exhaust and cigarette smoke, will NOT exit the body with this type of fast. Compounds commonly placed in manufactured goods, such as flame-retardants, break down into PBDE's (Polybrominated diphenyl ethers) and thus are ubiquitous in our home environments. These chemicals are in our curtains, our furniture, our computers and our televisions. In fact, it is actually a challenge to buy children's clothing that is NOT treated with flame-retardants! As all of these items begin to break down, the industrial chemicals become part of our living and breathing space. *These toxins love fat-tissue and thus need help to be eliminated from the body.* Otherwise, a fast will simply mobilize these chemicals into the systemic circulation during the fasting period, but will not assist them to *exit* the body. Once the fast is over, these xenobiotics (foreign compounds in the body) settle right back into the tissue they love-which is most often, fat. And we all have a little of that, don't we?

The **Options Cleanse** provides an array of nutrients, homeopathics and substances that have been researched to enable these fat-soluble compounds to leave the body. Fiber, green tea, nutrients to support the liver's Phase I and Phase II detoxification pathways are specifically what are included to enable the body to mobilize these specific compounds. Also, for those who want a more-well-rounded detox, we have included liver supportive homeopathics and herbs, to ensure the body also receives the vitality of our plant medicines when doing an annual or semi-annual cleanse. Often, it is the herbs and the homeopathics that have the most profound effect when stimulating the living *vital force* to throw off the toxins.

Remember that a change of seasons signals the most cooperative time of year for our bodies to naturally cleanse. This is so often why people develop acute colds or their annual infections in spring or fall-because the liver naturally becomes more active at these times and throws the toxins off. Acute illnesses are really an attempt by the body to heal itself, don't forget!

How much do these items cost?

The Options Cleanse -includes everything you need, from the fiber to the energetic homeopathic cleansers –that we find often have the most powerful effect. This cleanse should specifically be used for those who are overweight, have a history of occupational exposure or want to do the most comprehensive program possible. Ideally, everyone!

The total for all the products below is \$ **366.94**

If two people wanted to do the cleanse, you would have enough of everything, but would need TWO of the following items: Mediclear Plus, and Detox Formula, for a total of \$ **476.24**. (The HMF and Unda #'s will be stretched thin, but should last close to two weeks, duplicate these items to insure adequate supply or to extend their use beyond the 15-day period).

Ideally everyone should do this broad-based program, but we created the [Mini-Cleanse](#) for economical reasons.

The [Options Mini-Cleanse](#) has only the basic supportive products to do the 15-day program-excluding the more complete and exhaustive homeopathics and herbs. This allows for a detox at a more affordable level.

The total cost for products for the Mini-Cleanse is \$ **164.74**. For two people, it is \$ **249.64** (requires duplicate Cellulose and Mediclear Plus)

If you decide to do the cleanse, consider a one-time consult to support your questions, wonderings and specific needs during this time. Email Dr. Erin doctorerin@optionsnaturopathic.com for a copy of the instructions.

Preventing Type II Diabetes

Last month we gave details of how Diabetes Mellitus Type 2 is a risk factor for heart disease and how it can develop when we don't cope with stress, don't sleep enough, don't eat nutritional diets and don't exercise regularly. We explained that Diabetes Type II is preventable. Adequate prevention requires regular exercise, weight management, dietary changes and smoking cessation.

This month we will discuss various vitamins and minerals that can serve as supportive supplementation in the prevention of Diabetes Mellitus Type II. Taking nutritional supplements helps your body better regulate its blood sugar. The heart, liver, pancreas, kidneys and nerves are susceptible to damage from diabetes. Vitamins, minerals and herbs can protect organs that become over worked or damaged with poor blood sugar metabolism.

We'll start our discussion with **vitamins and minerals** that help prevent Diabetes Mellitus type II. **Chromium** improves the processing of glucose in people with pre-diabetic glucose intolerance. Double-blind research shows that chromium supplements improve glucose tolerance in people with Diabetes Mellitus Type 2 and can increase cell sensitivity to insulin. **Magnesium** tends to be low in people who have diabetes. This can be problematic because the secretion and action of insulin require magnesium. Taking magnesium can help prevent a deficiency that would lead to problems with blood sugar regulation. **Biotin** is a B vitamin that is needed to process glucose. Clinical trials have shown a drop in fasting blood glucose levels in diabetics when they take biotin. **Vitamin C** lowers sorbitol in diabetics. Sorbitol is a sugar that can accumulate and damage the eyes, nerves, and kidneys of diabetics. **Vitamin C** is also an antioxidant that helps prevent damage from free radical oxidation. **Vitamin E** prevents blood from clotting too fast and has other effects that protect diabetics' blood vessels from damage.

Two important **antioxidants** can be taken to address free radical damage associated with poor blood sugar metabolism. **Coenzyme Q10** is needed for normal carbohydrate metabolism. This is important because carbohydrates get transformed into glucose and when they are not broken down properly. **Coenzyme Q10** acts as a potent antioxidant which helps address tissue damage from high blood sugar. **Lipoic Acid** improves the cells' insulin sensitivity which helps take glucose from the blood into cells; an example would be muscle cells. It is a powerful antioxidant and has been shown to slow the progression of kidney damage in people with Diabetes Mellitus Type 2.

There are several **botanical** medicines that are effective in preventing Diabetes Mellitus Type II. **Gymnema** improves the ability of insulin to lower blood sugar. It may stimulate the pancreas to produce <http://www.emersonecologics.com/HealthAndResource/Aisle7/ClinicalEssentials/Default.aspx?T=CE&resource=%2fassets%2fdrug%2finsulin%2f%7edefault> in people with Type 2 diabetes. It is not a substitute for insulin, but insulin amounts may need to be lowered while taking **Gymnema** to avoid hypoglycemia. **Fenugreek** seeds are high in soluble fiber which helps lower blood sugar by slowing down carbohydrate digestion and absorption. Animal research suggests that **Fenugreek** may also contain a substance that stimulates insulin production and improves blood sugar control. Supplementing with **Psyllium** has been shown to be a safe and well-tolerated way to improve control of blood glucose and cholesterol. In one double-blind trial, men with type 2 diabetes who took psyllium daily lowered their blood glucose, their total cholesterol, and their LDL (bad) cholesterol. **Asian ginseng** is commonly used in traditional Chinese medicine to treat diabetes. It has been shown to enhance the release of insulin from the pancreas and to increase the number of cell receptors for insulin. A recent study found that taking ginseng extract daily improves blood sugar control as well as energy levels in people with Diabetes Mellitus Type II. **Bitter Melon** in the form of a food, juice or a water extract may improve blood-sugar control in people with Type 2 Diabetes. Bitter melon can usually be found in Indian Grocery stores.

It is often ideal to have one product that includes many of these other ingredients, [DB-7](#) is such a product. Many diabetic and insulin-resistant patients are more familiar with Vital Nutrients' Blood Sugar Support, but since we are not satisfied with the results seen with that product, we are replacing it with the [DB-7](#). This new item was recommended by a top naturopathic colleague who works primarily with insulin-resistance and Type II Diabetes patients. *All patients currently taking Blood Sugar support should plan to switch to this product.*

For patients who need a higher intake of protein to help balance their blood sugar, consider the following proteins as the cleanest (i.e. least-contaminated) and purest (ONLY protein or protein with fiber; no other unnecessary ingredients included). These products serve as REAL *foods*, as opposed to the highly processed protein products, of which many rice or soy-based protein powders are examples. [New Zealand Whey](#) and [Hemp Protein and Fiber](#).

Dr. Liz and Dr. Erin are happy to help you navigate the numerous supplementation choices when it comes to preventing Diabetes Mellitus Type 2. The take-home message here is that Diabetes Mellitus Type 2 can be prevented. Even if you already have Diabetes don't despair, there are many naturopathic healing techniques that can be used to help you attain good health. Take the time to take care of yourself. Adopt lifestyle and dietary changes that support healthy function of your cells, tissues and organs. If patients feel they need more help with *diet* specifically, we typically review the patient's dietary record, known as a "diet diary", over one-to-two weeks and then offer specific suggestions.

Having Surgery? Think of us and how we can help you!

Often new patients don't realize how naturopathy can help them when they discover they need surgery-so they may not think to mention it or ask. We'd like to let you know that we CAN help and we can help significantly!

Surgery and the resultant trauma disrupts several tissues such as the skin, nerves, muscles, bones, liver, kidneys and digestive tract. There are numerous homeopathic remedies, botanical medicines or nutrients that Dr. Liz and Dr. Erin choose from to help augment your body's natural healing processes. Patients report that they experience an easier post-surgery recovery when they use naturopathy to support their body's innate healing pathways. Every surgeon who has ever commented has always been amazed with the profound and quick recovery in patients utilizing our support, often even saying that they have never seen a patient heal so quickly or so beautifully.

The same can be said of when there has been a significant trauma, physical OR emotional. Our tools, facilitating expedited repair, tissue healing and traumatic release MUST be the first reflex to assure you and your body move forward in better health than before any surgical procedure or accident.

Remember to give your N.D. at Options a call when you find yourself in the unexpected circumstance of trauma or when you need surgery to address an acute or chronic health issue. (Major procedures or incidents may require a phone consultation or in-person visit).

BIG NEWS: North Dakota to be the 16th State to License Naturopathic Doctors!

News Blip from the American Association of Naturopathic Physicians (AANP):

Dear Members of the AANP:

It is my pleasure to inform you that North Dakota will become the 16th state to license naturopathic doctors. Yesterday, on a conference committee report, the Senate voted unanimously in support of SB 2271. Today, the House followed with an 80 to 10 vote in favor. The bill awaits either Governor Jack Dalrymple's signature or the expiration of a five-day waiting period to become law. The Governor has been touring flood-ravaged sections of the state, so we expect the bill to become law following the end of the waiting period.

The bill also creates an integrative health board that will serve as an incubator for small groups of health-care professionals seeking licensure, but whose size would not support boards of their own.

Congratulations to Beth Allen, ND, for her amazing work on this of legislation! She worked tirelessly throughout the entire process (and those who have worked on legislation in your own state understand the meaning of tireless) in presenting testimony, defending the right of NDs to practice, and working the halls of the state House and Senate.

Special thanks to Senator Margaret Sitte (R) and Senator Tim Mathern (D), who worked hand-in-hand in building a bipartisan coalition to push this legislation through.

To read the full bill, [click here](#).

Congratulations, again, to the 16th licensed state, North Dakota!

Sincerely,
Gene McGill, Director of State Government Relations

REMINDER: For those of you with harrowing 9-5, Monday through Friday work schedules, **Dr. Liz is available for appointments on certain Saturdays.**

UPCOMING Saturday appointments available for April 23rd & May 7th and May 21st.

She will also be available for appointments on **Memorial Day**.

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