

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

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## **Autism: The Role of Normal Development and Vaccines**

**Erin Holston Singh, N.D.**

Many of you may have heard or seen stories on NPR and in the news recently about the British Medical Journal's series of articles to debunk the research of Dr. Andrew Wakefield linking the MMR vaccine to autism. Several journalists have taken it upon themselves to report that his research was fraudulent and that there is actually no scientific evidence of any links between vaccinations and autism.

I felt a strong need to write about this, since I think this media blitz has been largely one-sided and has ignored a great deal of pertinent information. First, let me state that I do not believe that vaccines *cause* autism. I do, however, believe (and have seen repeatedly in my clinical experience) that distinct development problems are triggered in children at the exact moment of a vaccine. Numerous parents of children with varying degrees of digestive disorders, neurological problems and behavioral issues have reported over the years a distinct change in their child starting the very day a vaccine was given. I find it unimaginably tragic that these parents are not being heard in today's climate of "evidence-based medicine", where their stories are written off as merely anecdotal.

From my understanding, studies and experience, it is the integration of the toxic material from a vaccination into the individual that creates problems. If a child already has any degree of dysfunction in their developmental integration, a vaccine can be catastrophic. As I said, I have seen this clinically repeatedly. Much has been written about the toxicity of thimerosal, the mercury-based preservative that was used for several years in U.S. vaccines (see, for one, [Robert F. Kennedy Jr.'s article](#) from 2005) and which is now being largely phased out (with the exception of flu vaccines). Mercury has, unfortunately, been replaced with yet another heavy metal, aluminum, as an adjuvant in many vaccines. Still, as I have written about previously on my website (click [here](#) for that page), it is not just the heavy metals that assaults the child's immune system, but also the introduction of foreign proteins in an unnatural manner into an incompletely developed immune system that is dangerous. This is why it is not only thimerosal, or even aluminum, that is the problem. From birth until seven years, a child is learning their immune identity, their 'self', and vaccination disrupts and jeopardizes this process. If we watch for long-term effects, they can be readily observed. If we don't bother to watch, how will we ever make any association? The scientific method employed in all vaccine research thus far has not taken ANY long-term effects into account. Natural medicine is holistic, this means we tune into relationships and patterns. As practitioners, we have been doing this for 100's of years and I do not believe this collective empirical data can be dismissed as "anecdotal".

While this article is by no means comprehensive in addressing this issue, I'd like to add a perspective on what actually does contribute to autism. Previous newsletters and articles have detailed the ideas behind our therapeutic use of the [Brain Protocol](#) developed by Dr. Gérard Guéniot. It was Dr. Guéniot's theory that autism occurs when the child has difficulty in transitioning from the adrenal to the thyroid period of development, which normally occurs around 12-18 months of age. In many autistic children, there was an insufficiency in the adrenal function due to a trauma during the pregnancy or an insurmountable fear in

the child (due to an event at birth or shortly thereafter) that contributes to their inability to complete the adrenal stage and enter the thyroid stage. The autistic child then cuts himself off, in varying degrees, from the outside world, refusing to communicate or interact with others. This is a child who is stuck because he has not completed the critical period where safety, security and basic rhythms have been met or confirmed. This may be due to emotional events or other disruptions in the child's early life. These varying degrees of dissociation give us the autism spectrum disorders, such as Asperger's, ASD and autism.

The notion of vaccines contributing to this problem enters because sometimes it is a vaccine that finalizes the inability of the adrenal gland's strength to complete this maturation process in early toddlers. The vaccine becomes the final trauma or assault that the child cannot overcome, due to previous weaknesses and predispositions (including [diathesis](#)).

It is therapeutic to do the two stages of the Brain protocol for children under seven years of age (the adrenal and the thyroid stages) alternating and repeated through several cycles to facilitate this transition. Of course, autism is a complex disease and many other neurological factors, nutrients and gastrointestinal disturbances must also be addressed. As has been seen through the clinical experience of hundreds of natural practitioners, heavy metals (from both vaccines and other sources) can also be a factor in the development of autism.

My intention is to encourage my audience to think critically. Please understand that what is reported in the media is never the whole picture, and it is highly dangerous to draw conclusions about our healthcare and our lives based on both loose associations, as well as the lack therein, that are constantly being reported in health-related news pieces. For those who want to read more about why "evidence-based medicine" is not the end-all, be-all in medical authority, please read this article about what a Greek doctor (Ph.D.) has found to be the case with a shockingly high percentage of flawed medical research: <http://www.theatlantic.com/magazine/archive/2010/11/lies-damned-lies-and-medical-science/8269/>

## **Creating Healthy Self-Care**

**Liz Cavin, N.D.**

Current media and advertising frequently remind us of the threat of chronic illness like diabetes, cancer and heart disease. They also remind us of the detrimental effects of stress in our lives. While I contemplate 2011 and the possibilities it brings to our lives I think about self-care health care and the key role it plays in preventing disease. In his book *Optimal Wellness* Ralph Golan, MD succinctly explains the importance of self care. He states, "...optimal wellness is integrally linked to the call to self-care. It's critically important to learn what you can about all the health factors you are able to influence: your diet, exercise, stress level, relationships, self esteem, feelings, goals and so on.....It is the call to understand your weaknesses and strengths. It is also a chance to develop the measures that will return you to a balance and keep you there. Your Health is in your hands." The beginning of a new year is great time to develop self-care health care habits. These habits don't have to be complicated but simply require the desire to change and take the actions necessary to help bring about that change.

Ensuring your body has enough oxygen to build healthy cells and produce energy needed for a vibrant life is a crucial self-care step. Like most Americans you probably lead a sedentary life. You may sit in a car to and from work, then you sit at a desk, and then when you get home you may sit and watch TV. This low level of activity does not promote enough flow of oxygen to your cells. Even leisure walking doesn't provide enough needed oxygen.

Endurance exercise is the best way to give your cells the oxygen they require for proper function. Some examples of this type of exercise are running or skiing, taking a brisk walk or shoveling snow. Endurance exercise for self-care health care should be done a minimum of 4 days a week for 30 minutes. Remember, after completing a session of endurance exercise make sure to stretch. Stretching helps your body stay supple and limber and helps keep your spine flexible and healthy.

Now that you are giving your cells plenty of oxygen, remember to drink adequate amounts of water. This self-care health care action is critical to ensure your cells maintain a proper fluid balance. Water is the medium in which chemical exchanges between cells take place. Your cells also need water to help them keep their correct shape and size. Water can be a remarkably restorative for good digestion and elimination. Increase the amount you drink little by little each week until drink 6-8 glasses a day.

There are several general self-care health care activities you can do to promote healthy digestion and elimination. They are easy to do and only require making a conscious choice. Remember you are what you eat **and** you are what you digest. Chewing food thoroughly is a simple activity that promotes healthy digestion. It starts the digestive process and makes it easier for your stomach to do its job. Limit your portions, don't go back for seconds. Eat a generous supply of fresh vegetables every day. Eat food which is whole and still has all of its edible components. For example a food that is whole is cooked oatmeal or brown rice. A food that is not whole is boxed cereal or a boxed meal like macaroni and cheese.

Eat when you are relaxed. When you are stressed your body is preparing to fight or run so the nervous system shuts down your digestion. When you sit down to eat, take a few moments to breathe before a meal as this will tell your nervous system to prepare for digestion. Remember to take probiotics like [HMF Forte](#) or [HMF Powder](#) which supply your intestines with needed beneficial bacteria. These bacteria help prevent harmful bacteria from adhering to the intestinal wall, they help with production of B vitamins, and they support healthy, normal immune function.

Self-care health care involves finding time to relax. Modern society encourages activity and stimulation. The internet, with You-Tube, email, social networking and video games keep us occupied for many hours each day. This constant stimulation gradually strains the nervous system and adrenal glands to the point where they become overloaded and relaxation becomes next to impossible. In his book Common Sense Diet and Health, Svevo Brooks states, "relaxation is the feeling we get while not doing something. It is a resting state. After a period of true relaxation we feel refreshed and invigorated." As you create the healthy self-care habit of relaxing, the amount of time doesn't matter. Ten or fifteen minutes of not doing anything but focusing on your breath is enough. The goal is to give your nervous system and adrenal glands a break.

There are many more habits and skills you can include in a self-health care routine like developing a good sleep routine, making time to have fun and creating healthy relationships. Self-health care also involves finding time and ways for self reflection to help develop a strong sense of self worth and self appreciation. The next several months we will be writing articles about specific self-health care topics. Some of these are developing a good sleep routine, creating healthy digestion and eating habits for diabetes prevention and creating a healthy immune system for cancer prevention. Dr. Liz and Dr. Erin are excited to bring you this information as the key to creating health and happiness on a daily basis and for the long term.

## **FREE Asthma Lecture**

### **Asthma, Buteyko and Naturopathic Medicine**

**Thurs, Feb 3rd, 7:00-8:30p**

Dr Liz Cavin is excited to present a class on Asthma. She will be co-teaching with Carol Baglia, a Certified Buteyko Educator, who will explain Buteyko Correct Breathing Concepts and how they can help improve Asthma.

Dr. Liz will talk about various naturopathic views regarding Asthma.

This free class will be held Thursday February 3<sup>rd</sup>, 7:00pm-8:30pm.

**Location: Heights Medical Building 2460 Fairmount Blvd. (Options building), in basement Unit B.**

Call 216-707-9137 for more information.

## **Artichokes -A simple winter snack to cleanse the liver**

One of my (Erin) favorite foods is a whole artichoke (*Cynarus scolymnus*). It's a rather uncommon but largely overlooked treat in my opinion and one that should be eaten more often since it is so easy to prepare! It is also fabulous for liver function. In fact, several of our herbal formulas include artichoke specifically because of this vegetable's detoxifying and rejuvenative powers for the liver. It is in the herbal formula [Livton Complex](#), the gemmo and mother tincture combination [Depuragem](#) that we use in our cleansing and detox protocols, the spagyrically-prepared detoxifier [Apo-Hepat](#) and [Unda #74](#), which we use for hemorrhoids and circulatory congestion at the level of the liver and below (portal congestion).

As a food, organic artichokes are a simple and quick snack to prepare if you have a pressure cooker. Most chefs suggest squeezing the juice of a whole lemon in the cooking water, but my undiscerning palate enjoys them even when I don't have time for the lemon! I simply wash the artichoke, cut the partial stem off and cook it in a pressure cooker for 15 minutes at full steam with about a 1/2 inch of water in the bottom. Fifteen minutes later, I let out the steam, open the cooker and have a delicious treat. The leaves are delectable dipped in either flax seed oil, olive oil or garlic oil. I also like the "Follow your Heart" egg-free brand of "Vegenaise", made with grapeseed oil. I dip my leaves in this alternative to conventional "mayo" and then, when the leaves are gone, I gently cut into the heart, removing the spindly, spiky hairs that are no fun to eat, and then devour the best part: the heart!

If you have a pressure cooker, don't be shy! You might just find that you love this newfound vegetable which I find people have largely forgotten, other than our fancier restaurant chefs!