

Make Contact-Make contact with your naturopath, make contact with your self.

"I try to keep subscribers posted on interesting news from Options Naturopathic Clinic, as well as significant recent news concerning natural medicine".

-Erin Holston Singh, N.D.

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• **Dr. Erin in the media !**

Before coming to Cleveland in February, Dr. Erin was interviewed for an article on Childhood allergies for *The Forum*, Shreveport's weekly, (February 25th, 2009)

See the article at the link below:

<http://www.server-jbmultimedia.net/ForumNewsweekly/sitebase/data/editions/160796/img/large/2145301.htm>

• **Dr. Erin's next Cleveland dates**

- April 13th-24th
- May 11th-22nd

• **No BPA in bottles**

The Washington Post — **No BPA For Baby Bottles In U.S.; 6 Makers Announce Decision on Chemical** — By Lyndsey Layton — (Friday, March 6, 2009) —

<http://www.washingtonpost.com/wp-dyn/content/article/2009/03/05/AR2009030503285.html>

The six largest manufacturers of baby bottles will stop selling bottles in the United States made with bisphenol A, a controversial chemical widely used in plastics but increasingly linked to a range of health effects.

The manufacturers declared their intentions after Connecticut Attorney General Richard Blumenthal, joined by the attorneys general in Connecticut and New Jersey, wrote to the bottle makers and asked them to voluntarily stop using the chemical.

• [Vitamin study editorial](#)

Editorial on the recent study that found vitamin supplements have no impact on our health!

Study on vitamins was highly flawed

http://www.oregonlive.com/opinion/index.ssf/2009/02/study_on_vitamins_was_highly_f.html

Multivitamins fail to protect women from cancers and heart disease.

The above study appeared on The Oregonian's front page on Feb. 10 with the headline, "Vitamins do nothing for disease prevention." That framing is a quite an exaggeration of the facts and I can't help but wonder why is there so much misinformation and negative press about nutritional supplements.

This study is highly flawed and just because the Archives of Internal Medicine chose to publish the article does not mean it is a valid study.

The design of the study was faulty from the start because the women taking part in the Women's Health Initiative (WHI) Clinical Trails and the WHI Observational Study failed to use a consistent and standardized multivitamin mineral supplement. Basically the control group lacked any specific parameters (controls) over what the participants were taking.