

TAKE BACK YOUR HEALTH

COLORADO ASSOCIATION OF NATUROPATHIC DOCTORS

AN INTEGRATIVE PREVENTION PLAN FOR BREAST CANCER

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ONE OUT OF EVERY EIGHT WOMEN WILL BE DIAGNOSED WITH BREAST CANCER THIS YEAR, with a new diagnosis occurring every three minutes. Breast cancer is the most common cancer in women and the second most frequently diagnosed cancer in the United States. Only 10% of these breast cancer cases are due to inherited genetic defects. This means that the majority of breast cancer is not genetically caused and, instead, is preventable through a combination of diet, exercise and other lifestyle changes.

Breast cancer prevention has its foundation in a healthy diet and regular exercise. Food culprits such as refined sugar, excess carbohydrates, saturated fat found in red meat and dairy, and alcohol are each and collectively associated with poor health and increased risk of breast cancer. On the other hand, consumption of at least 5 servings of vegetables and fruit every day lowers the risk of developing breast cancer by 25%. Add ½ hour of daily exercise to that healthy consumption of vegetables and fruits, and the risk of developing breast cancer is lowered by 50%!

An important part of lifestyle-based breast cancer prevention is stress reduction. Recent studies have demonstrates that psychological stress accelerates tumor growth rates. Daily stress reduction with meditation, reading a good book, sitting in the sun, playing with your pet – all of these activities will lower stress and improve your immune defenses.

In addition to lifestyle, there are a few supplements which can exert powerful actions against breast cancer. Green tea consumption is associated with a significant reduction in the risk of developing breast cancer. Consumption of at least 5 cups of green tea daily reduces the risk of breast cancer by about 20%. Vitamin D is another important cancer fighting supplement. Deficient vitamin D levels are associated with an increased risk of developing breast cancer and with decreased survival of those women already diagnosed with breast cancer. Finally, women with low levels of the hormone melatonin are at increased risk for the development of breast cancer. Sleeping at night in a dark environment will support your body's production of melatonin. Melatonin can also be taken as a supplement under physician guidance in order to determine the best dosage.

Over 80% of all people with cancer use some form of complementary medicine along with conventional care. There is a growing body of scientific data that supports the use of natural therapies alongside conventional treatment. Integrated care is a 'both/and' approach to prevention and treatment, not an 'either/or' approach. While cancer is a frightening illness, the best way to take control of the experience is to become knowledgeable about all prevention and treatment options.



FALL 2010 LEGISLATIVE UPDATE

The Colorado Association of Naturopathic Doctors is working toward licensure for naturopathic doctors in our state. Naturopathic doctors (NDs) attend four-year post-graduate naturopathic medical schools. They study the same basic sciences as primary care medical doctors as well as holistic and non-toxic therapies with an emphasis on disease prevention, diet, exercise, and nutrition. Naturopathic doctors complete four years of training in clinical nutrition, homeopathic medicine, botanical medicine, and counseling.

Training programs are accredited by the Council on Naturopathic Medical Education (CNME). The U.S. Department of Education recognizes the CNME as the accrediting agency to oversee naturopathic training. Naturopathic doctors must pass board examinations administered by the North American Board of Naturopathic Medical Examiners prior to licensure in regulated jurisdictions. Current states which regulate naturopathic medicine include Montana, Utah, Arizona, Idaho, Kansas, Washington, Oregon, as well as ten others.

There is urgency to license naturopathic doctors in Colorado. The necessity lies in public safety, public access to alternative healthcare, and the urgent need for more primary care givers in under-served areas. For the past four years, we have gained strong support from the Department of Regulatory Agencies and legislative leaders to pursue regulation of naturopathic medicine. Our bill will provide standards to help protect the public health and safety. It will provide increased access to healthcare options and ensure professional accountability. For more information on naturopathic medicine in Colorado please contact our advocate, Kristen Thomson at kristen@publicaffairsgroup.org.

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A NEW NATUROPATHIC HEALTH REFORM PARADIGM:

Reduce the Cost of Care, Improve Health Outcomes

By Karen Howard, AANP Executive Director

AT THIS YEAR'S 25TH ANNIVERSARY OF THE AMERICAN ASSOCIATION OF NATUROPATHIC PHYSICIANS, more than 700 doctors from across the country gathered to continue their medical education, a requirement for maintaining state licenses to practice naturopathic medicine. One presentation in particular holds enormous potential for changing healthcare outcomes, a research presentation by Dugald Seely, Bsc, ND, MSc, and economist Patricia Herman, MS, ND, PhD, entitled "Naturopathic Treatment for the Prevention of Cardiovascular Disease: A Whole System Randomized Pragmatic Trial."

In a study of Canada Post employees at risk for cardiovascular disease, preliminary results found that naturopathic treatment produced an overall \$1,025 cost benefit per participant. Study participants were provided individualized plans with a focus on dietary, lifestyle and supplement interventions, including a diet of whole foods, exercise regimens (30 minutes/day, 5 days/week), stress reduction techniques and fish oil supplementation. Total direct costs of the naturopathic treatment for attaining one year of healthy living were \$1,477, compared with these alternatives that can be taken individually or in concert with one another: \$6,631 for anti-hypertensive medications, \$6,134 for statins, \$4,238-\$7,829 for smoking cessation programs, and \$626 for aspirin. Participants gained the equivalent of just over 7 additional productive work days (57 hours), a stark contrast with the gain of 2 hours for conventional medical care.

What is effective prevention? Not only does the study project that 3.3 out of every 100 workers using naturopathic medicine will avoid a major cardiac event they would have suffered without any form of lifestyle intervention, but at least one person will live who would have otherwise died. State workers, state taxpayers and state budgets can benefit dramatically from the use of cost-effective naturopathic medical care. Having the freedom to choose a provider who is qualified to prevent and treat chronic disease will enable states to constrain costs in constricted budgets. In this case, access equals lower costs and better outcomes.



Q/WHAT IS CELIAC SPRUE?

A/Also referred to as Celiac Disease, Celiac Sprue is a genetically linked disorder with an environmental trigger, in which the immune system reacts to glutens in the diet. The intestinal lining is damaged, which leads to nutrient malabsorption along with digestive symptoms.

Q/WHAT FOODS CONTAIN GLUTENS?

A/Gluten containing foods include wheat, rye, barley, spelt, and sometimes oats. Lesser eaten grains such as kamut and triticale also contain glutens.

Q/WHAT CAN TRIGGER THE DEVELOPMENT OF GLUTEN INTOLERANCES?

A/Events that trigger the development of gluten intolerance and Celiac are not completely known, but there is some thought that severe illness, antibiotic use & gut dysbiosis, other food allergies, traumatic events, & even pregnancy, which can be a stress on the body, can contribute.

Q/ARE THE SYMPTOMS OF CELIAC DISEASE ALWAYS RELATED TO DIGESTION?

A/No, in fact many people have only minor digestive issues, or have become so accustomed to them that they don't come in with that complaint. Symptoms of ADHD, depression, infertility, headaches and severe fatigue are most common.

DID YOU KNOW?

STAYING HEALTHY DURING COLD AND FLU SEASON

Susceptibility to colds and flu depends on the strength of your immune system and the "dose" of germs to which you are exposed. While you cannot always control your exposure, you can keep your immune system in good working order by incorporating these basic tips:

- **KEEP YOUR WHITE BLOOD CELLS HEALTHY** by avoiding or, at least, reducing your consumption of sweets. White blood cells fight infection, but simple sugars can reduce their effectiveness by 50%.
- **STAY WELL HYDRATED.** Drinking plenty of water throughout the day helps flush your system of germs.
- **EAT PLENTY OF FRESH FRUITS AND VEGETABLES** in a rainbow of colors. Over 50% of your immune cells are located in your gut, so avoid known or suspected food sensitivities and wash fruits and vegetables to remove any toxins.
- **WASH YOUR HANDS FREQUENTLY** and thoroughly with warm, soapy water, especially before meals.
- **INCREASE YOUR INTAKE OF VITAMIN C.** It has antihistamine, antiviral and antibacterial properties. Because the human body cannot make or store vitamin C, you need to ingest it regularly throughout the day. Good food sources include citrus fruits, red and green peppers, broccoli and Brussels sprouts.