



# act naturally



News from the teaching clinics of  
National College of Natural Medicine

[www.ncnm.edu](http://www.ncnm.edu)



Spring 2008

**Natural Health Center**  
2220 SW First Ave.  
Portland, OR 97201  
503-552-1551

**Pettygrove Clinic**  
2232 NW Pettygrove St.  
Portland, OR 97210  
503-552-1552

## Been Exposed? Environmental Toxicity and Your Health

"Do you breathe air, do you drink water, do you eat food? If you do any of these three things, your body is burdened by toxins." Walter Crinnion, ND, renowned physician, teacher, and researcher of environmental medicine, drops this sobering statement as a wake up call for his patients and students. Environmental toxins play an increasing, insidious role in undiagnosable symptoms and chronic diseases as pollutants continue to pour into the ecosystems we depend on for life.

This twenty-first century reality is overwhelming. For those

reeling from complex or subtle symptoms or illnesses doctors don't know how to diagnosis or treat, it can be devastating. Ongoing research and increasing numbers of naturopathic physicians trained in environmental medicine, however, are bringing profound hope and healing to sufferers.

Toxins chronically stored in the body have been attributed to symptoms and conditions affecting all physiological systems from endocrine (hormonal), immune, neurological, to cardiovascular, and reproductive. This can include heart disease, specific cancers (e.g., breast cancer), Parkinson's, ALS, Alzheimer's, specific autoimmune diseases, diabetes, and more. Environmental toxins are also implicated in thyroid disorders, chronic fatigue, multiple chemical sensitivities, migraines, skin disorders, infertility, allergies, hypertension, and obesity. The list goes on, including symptoms that fit no known condition.



"Environmental illnesses are great mimickers," says Dr. Alicia Bigelow, Natural Health Center's (NHC) environmental medicine supervising physician. "Their symptoms can look like almost anything." While past or multiple toxic exposures can be difficult to conclusively attribute to a patient's condition, taking a rigorous exposure history can reveal missing links to understanding the cause. Specific tests assessing and evaluating urine, blood, fat tissue, and hair will determine heavy metal, solvent, pesticide, and other toxin levels stored in our bodies, adding measurable evidence to verify a toxin connection.

Although expensive, genomic testing can be invaluable in determining the most effective treatments for detoxification. This blood test maps your genetic make-up, helping determine susceptibility to certain diseases and any anomalies or weakness in liver detoxification pathways. Addressing a weak or ineffective detoxification pathway can explain why one person becomes ill from an exposure and another doesn't. It can



also prevent a patient from getting sicker during elimination treatments.

To prevent further exposure, avoidance and education are your best tools. If you have become ill due to exposure, naturopathic physicians have many treatments for eliminating toxins and healing resulting damage.

As you can, incorporate ways to optimize your health, keep your toxic burden low, and remove possible routes of exposure. For example, consider yearly or twice yearly cleanses to decrease your body's overall toxic burden. Spring is a great time to unload toxins accumulated after a winter of eating more and exercising less. Regular cleanses help limit long-term toxin buildup from food additives and environmental pollutants that can contribute to cancer and other chronic diseases years from now.

NHC offers expert diagnosis and treatment of environmental illness. As a preventive part of this program, we provide a full range of supervised cleansing programs from simple dietary changes, supplements, and nutritional powders to IV nutrient therapy, hydrotherapy, and colonics. If you are suffering from toxic exposure related symptoms or illness, or you suspect a connection, environmental medicine appointments, supervised by Dr. Bigelow, are available Thursdays, 8:00 a.m. to 11:00 a.m.

### Ways to lower toxin load and exposure:

- Eat and grow organic foods.
- Eat whole foods. Read labels.
- Avoid artificial flavors, colors, and sweeteners.
- Drink filtered water.
- Exercise.
- Take saunas.
- Use natural household cleaners. Read labels.
- Avoid chemical fertilizers or pesticides.
- Learn natural ways to control pests.
- Avoid perfumes, artificially scented lotions, soaps, and cleaners.
- Use stainless steel water bottles.  
Avoid plastic bottles.
- Store foods in glass containers.  
Avoid plastic containers.
- Use solvent-free paint.

### Books

#### **Chemical-Free Kids**

Allan Magaziner,  
Linda Bonvie,  
Anthony Zolezzi

#### **Detox or Die**

Sherry A Rogers, MD

#### **The Detox Solution**

Patricia Fitzgerald

#### **The Healthy Home**

Linda Mason Hunter

#### **Our Toxic World: A Wake Up Call**

Doris Rapp

#### **When Traditional Medicine Fails: Your Guide to Mold Toxins**

Gary Rosen, PhD, &  
James Schaller, MD

### Web Sites

#### **Environmental Health Perspectives**

[www.ehponline.org](http://www.ehponline.org)

#### **Environmental Research Foundation**

[www.rachel.org](http://www.rachel.org)

#### **Environmental Working Group**

[www.ewg.org](http://www.ewg.org)

#### **Healthy Car**

[www.healthycar.org](http://www.healthycar.org)

#### **Healthy Toys**

[www.healthytosys.org](http://www.healthytosys.org)

#### **Scorecard: The Pollution Information Site**

[www.scorecard.org](http://www.scorecard.org)

## Running, Itching, and Sneezing Your Way Through Spring?

For relief from seasonal allergy symptoms, try incorporating some of these lifestyle habits and natural therapies:

### Leave your shoes at the door

Our shoes not only can track in pollens but also various toxins in our environment, like pesticides, oils, solvents, or other chemicals that add to our body's toxic burden.



### Keep indoor air clean

An air conditioner with a HEPA filter can greatly reduce your exposure to pollen, especially during peak days. If you don't have air conditioning, investing in a portable air filter for your bedroom can make for a better night's sleep and less stuffy, congested head in the morning. If neither of these is an option and temperature allows, close your windows at night to reduce incoming pollens.

### Drink lots of filtered water

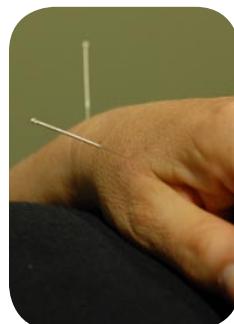
Staying hydrated keeps your mucous membranes moist and supports healthy elimination, which helps in removing unwanted allergens as quickly as possible.

### Do saline nasal rinses 1 to 2 times daily

This helps remove pollen caught in your sinuses, lowering tissue inflammation, which means less sneezing, running, and burning. Use a saline solution (approx. 1 tsp. to 1 cup warm water). Neti pots are an easy way to pour the solution into each nostril. If you don't have a Neti pot a measuring cup or baby bulb also works. Be sure to let the solution flow from one nostril to the other by tipping your head far to each side as you pour into each nostril alternately. Close the back of your throat, as if gargling, to keep the saline solution moving from one nasal passage to the other.

### Take a quercetin supplement—400 mg 2x/day, between meals.

Because quercetin, a bioflavonoid found in yellow onions, garlic, citrus fruit, and buckwheat, is most effective when it has time to build up in your system, begin taking it at least six weeks prior to allergy season, if possible. Research suggests quercetin inhibits



histamine release from mast cells—the process that initiates allergic symptoms.

### Get acupuncture treatments

Clinical evidence shows that acupuncture can open nasal passages, decreasing irritation and nasal discharge. It can also relieve the fatigue associated with allergic reactions.

### Manage stress

High levels of the stress hormone cortisol can suppress the immune system intensifying allergic reactions.



## Upcoming Events

Friday, April 18 @ 6:30 p.m.

### Act Naturally Speaker Series

"Healthy People, Healthy Planet"  
Presented by Dr. Sussanna Czeranko  
@ the Natural Health Center

Thursday, April 24 @ Noon

### Community Hour

Sponsored by the EAC "Pollution in People"  
Presented by Oregon Environmental Council's study author Renee Hackenmiller-Paradis  
@ Ross Island Campus

Thursday, April 24 @ 7:00 p.m.

### "A Spring Cleanse Can Change Your Life" Lecture

Presented by Dr. Sussanna Czeranko  
@ the Pettygrove Clinic

May 5th to May 9th

### Natural Health Week

Saturday, May 24 @ 6:30 p.m.

### EAC and the Sierra Club Film Series

@ Hollywood Theater

## Exploring the Wood-ness of Spring

We don't normally associate images of wood with springtime. In Chinese medicine, however, the wood element, or flora, represents spring's expression of new growth, fecundity, and expansive forces. These characteristics come from an ancient system that finds meaning through metaphor, one where the natural world provides a mirror for our inner world. This wisdom informs Chinese medicine's treatment and diagnosis, giving guidance for healing and maintaining well-being.

As the wood element relates to nature's spring season, it also relates to the body's liver and gallbladder organs, as they are understood in Chinese medicine to be functions operating on all levels of our being. The liver, in service of the heart, is responsible for directing planning and decision-making. Similarly, but with a different angle, the gallbladder governs our ability to initiate and be decisive.

As the nature of wood is to grow, expand, and move upward and downward, our wood nature is called during spring to do likewise. It is a time to contemplate whether we are out of rhythm with spring's momentum. Wood pathologies reflect disruptions in growth, planning, and decision-making. You may feel stunted, unable to move forward. This stagnation may express itself as suppressed anger or passive aggression. Physically, it may result in menstrual cramps, irritated digestion, high blood pressure, or headaches.

If you are experiencing such symptoms or feel out of sorts with the season, acupuncture and herbs can smooth your body's qi, or energy flow, allowing it to expand and grow again as it does in nature.

Acupuncture appointments and herbal consultations are available at the Pettygrove Clinic Monday through Saturday.



## Employee Highlight

**Shannon McCartor**, Pettygrove Clinic's patient services manager, has found her ideal workplace. Over a year ago, she left nursing management's corporate atmosphere to step into the supportive and healing environment of NCNM's classical Chinese medicine clinic. Having casually studied Taoism, Shannon was excited to learn more about Chinese medicine. "My health is much better," she says, "I get regular treatments, and don't have the stress of previous positions."

When not training staff, writing policies and procedures, or assuring HIPAA's confidentiality guidelines, Shannon proudly gives clinic tours to prospective students. Her overarching goal for the clinic is to maintain a smooth flow for patients, doctors, and students. "Shannon's compassion and caring," a team member offered, "pours over into the front desk, helping create a calm atmosphere for patients."

In the future, Shannon has her eye on retirement. She looks forward to more time doing her artwork and enjoying family—her husband, grown son and daughter, and two grandchildren.



**30% off Tonic Tea**

**Valid April 2008 to June 2008**

Discounts available at Pettygrove Clinic  
and the Natural Health Center



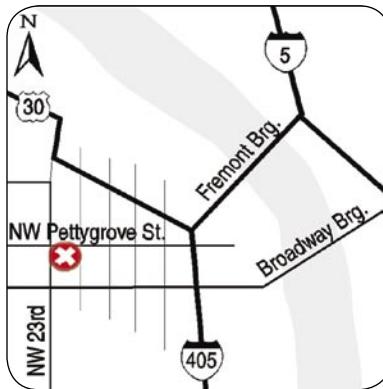
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## Pettygrove Clinic

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Monday: 8:00 a.m. – 7:30 p.m.  
Tuesday: 8:00 a.m. – 7:30 p.m.  
Wednesday: 10:30 a.m. – 7:30 p.m.  
Thursday: 9:00 a.m. – 7:30 p.m.  
Friday: 12:00 p.m. – 5:00 p.m.  
Saturday: 9:00 a.m. – 12:30 p.m.  
Sunday: Closed



## Natural Health Center

2220 SW First Avenue  
Portland, OR 97201  
503-552-1551

Monday: 12:00 p.m. – 7:30 p.m.  
Tuesday: 8:00 a.m. – 7:30 p.m.  
Wednesday: 12:00 p.m. – 7:30 p.m.  
Thursday: 8:00 a.m. – 7:30 p.m.  
Friday: 9:30 a.m. – 4:30 p.m.  
Saturday: 9:00 a.m. – 12:30 p.m.  
Sunday: Closed



### Did you know...

- Ketchup was sold in the 1830s as medicine.
- Chewing gum while peeling onions will keep you from crying.
- Not as sensitive as a dog's nose, ours can still recognize 50,000 different scents.
- Apples are more efficient than caffeine in waking you up in the morning.
- We shed about 600,000 particles of skin every hour.

