



Naturopathic News

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August 2006
Volume 2, Issue 3

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www.pillarsofhealth.ca

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Looking for back issues of "Naturopathic News"?

Copies are available at
www.pillarsofhealth.ca

Dr. Jennifer Salib Huber is available for complementary 15-minute consultations if you would like learn more about Naturopathic Medicine.

Breast Cancer & The Environment

Many of you are familiar with recent statistics: One in 9 women will be diagnosed with breast cancer over their lifetime. Most of us know, or have heard of friends, relatives and neighbours who have been diagnosed with this disease.

There are few known causes of breast cancer, although there are numerous factors that have been identified as associated with a higher risk of developing the disease. We know that genetics play a role, as specific genes have been identified. But what turns those genes on? Why will one person with the gene develop breast cancer, while a sister or mother does not? To further complicate things, most women who have breast cancer don't carry the gene, so its importance is unclear.

New research has begun to look at our environment as a possible cause, including pesticide exposure, secondhand smoke, air pollution, and estrogenic chemicals in the environment. There are more questions than answers when it comes to understanding how exposures to these chemicals may predispose us to developing breast cancer.

While smoking (including secondhand smoke) and air pollution increase the risk of many cancers, pesticides and other estrogenic chemicals are of particular concern because they increase the levels of circulating estrogens – a known risk factor.

Like cholesterol – 'good' and 'bad' estrogens are made by the body. 'Good' estrogen production can be stimulated by eating foods such as soy, legumes and beans. These phytoestrogens are quickly broken down by the liver and seem to offer protection against breast cancer. 'Bad estrogen' production can be stimulated by synthetic estrogens in the birth control pill and hormone replacement therapy, as well as by certain estrogen-mimicking pesticides and plastics.

Organochlorines are organic compounds bonded to a carbon molecule. They are used in the manufactures of pesticides, herbicides, detergents, PVC's and many other common household products. The most pressing concern with organochlorines is the fact that once absorbed by the body, they are stored in fat cells and accumulate over one's lifetime.

What can you do?

1. Choose organic foods as often as possible. Priority goes to those fruits and vegetables where the skin is eaten – apples, pears, berries, peaches, etc. Meat and eggs should also be a priority as they may contain synthetic hormones.

2. Avoid Plastics: Many plastics contain *phthalates*. These chemicals are used to make plastic more malleable, and are found in everything from food storage containers to children's toys. Phthalates are known hormone disrupters and have been linked with early puberty in girls.

Polyvinyl chloride (PVC), identifiable by the #3 recycling code, is commonly found in homes and household products. These should be avoided as dioxins (linked to reproductive cancers) are produced when PVC's enter the waste management system.

3. Do not heat or store hot foods in plastic containers. If necessary, you can line containers with parchment paper to minimize contact with foods.

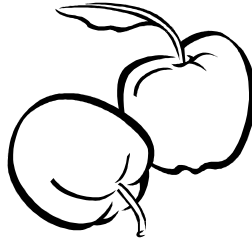
4. Plastic food wrap should not be heated.

The following websites are excellent resources to help you make informed lifestyle choices.

www.breastcancerfund.org

www.healthandenvironment.org

www.lesstoxicguide.ca/



The Glycemic Index

You may have heard of the glycemic index in relation to weight loss, but its usefulness goes beyond helping people lose weight.

The Glycemic Index (GI) is a measure of how quickly certain foods will raise your blood sugar level in 2 hours. For example: On a scale of 0-100, table sugar scores 100% as it's easily absorbed into the bloodstream and will quickly impact on blood sugar control. Sweet potatoes come in at 40-50%, as they are a complex carbohydrate and are also a good source of fibre.

Why should you take notice of the glycemic index of foods? For a few good reasons!

1. Foods that are high on the list tend to be more processed foods, or foods high in "simple" sugars. Healthier choices are found lower on the list.

2. Foods that are low to mid-range will help you feel fuller longer.

3. Avoiding high GI foods can help control and possibly prevent type 2 diabetes

The "Glycemic Load" is another term often used in reference to the glycemic index. It takes into account the effects of fat, fibre and protein on carbohydrate absorption. For instance, eating a banana with nut butter will raise blood sugar more slowly than if the banana was eaten alone. Strive for a balance of carbohydrate, protein, fat and fibre at each meal and snack. Try these tips for balanced blood sugar and enjoy the benefits!

- Have a few almonds with sliced apple or pear.
- Spread almond butter on bananas for a tasty treat
- Add black beans to your salads. They're a good source of protein and fibre!

For more information, go to:

www.glycemicindex.com

Click on "database" to search for the GI of foods.

"The doctor of the future will give no medication, but will interest his patients in the care of the human frame, diet and in the cause and prevention of disease."

- Thomas A Edison

Acupuncture for Fertility

The journey can be heartbreaking for a couple who is having difficulty conceiving. Despite medical advances in reproductive health, up to 40% of infertility cases are unexplained.

A recent article in MacLean's magazine reported on the benefits of acupuncture in the treatment of infertility. As mentioned in the article, studies have shown that traditional Chinese acupuncture can help improve blood flow to the pelvic organs and improve ovarian function. Follicle production may also be enhanced.

The benefits may also come from the stress reduction experienced by women who choose to go the holistic route. Stress has an impact on a woman's cycle, and prolonged stress can suppress ovulation or lead to irregular periods. Treating the whole person can bring balance to an otherwise hectic lifestyle.

As part of a fertility workup, an N.D. can help determine what roles diet, stress and lifestyle choices play in a woman's reproduction health. Combining acupuncture treatments with diet therapy and herbal medicine can improve a couple's chances of conceiving naturally or in combination with fertility treatments.



More bad news about Aspartame

Aspartame is found in more than 6000 foods and beverages, including chewing gum, diet soda and sugar-free foods. A recent study in the journal *Environmental Health Perspectives* sheds light on the risks associated with aspartame.

It's never been a question of IF aspartame causes cancer, it's been a question of how much needs to be consumed before it poses a threat to your health.

The Food & Drug Administration (FDA) in the US states that 50mg/kg is an acceptable daily intake for Aspartame. In the study released by Ramazzini et.al, they found that 20mg/kg (a reasonable intake) was associated with multiple cancers including lymphomas and leukemias. What that means is that for a 140lb person, as little as 1200 mg of aspartame may be too much. The average can of diet soda provides 200-250 mg of aspartame.

Looking for a "natural" sweetener? Honey, molasses and maple syrup are natural sweeteners, but they do contain sugar – diabetics take note! If you're looking for a natural sugar-free substitute, look for stevia. Stevia is the crushed leaf of a plant and can be used in most recipes that call for sugar.



Do you know your way around the grocery store?

Grocery stores are bigger and more complex than ever! Do you know how to navigate your way around the myriad of choices? Here are a few tips to simplify your grocery shopping experience.

- Create a menu template for the week. Include recipes for breakfasts, lunches and suppers.
- Create a shopping list based on your "menu". This can cut your shopping time in half.
- Start in the produce section, and focus on dark green, leafy and brightly coloured vegetables.
- sample the organic produce that is now readily available
- Only choose 100% whole grain/whole wheat breads.
- Don't forget about fish! Salmon, mackerel and herring are excellent choices
- Stock up on beans and lentils.



Looking for a Speaker?

Are you looking for a speaker for your next meeting, lunch 'n learn or event?

Jennifer is available to speak on a variety of topics.

Please call 464-2225 for details

To get you started, here's an all-star shopping list:

| | |
|-----------|--------------|
| Kale | Spinach |
| Broccoli | Cabbage |
| Carrots | Sweet Potato |
| Onion | Garlic |
| Tomato | Avocado |
| Pears | Apples |
| Banana | Blueberries |
| Salmon | Sardines |
| Chicken | Black beans |
| Chickpeas | Kidney Beans |

www.whfoods.com has

plenty of recipes to choose from!

Principles of Naturopathic Medicine

Naturopathic Medicine is a natural approach to health and healing that recognizes the integrity of the whole person.

1. First Do No Harm

Therapeutic actions should be complementary to and synergistic with the healing process.

2. The Healing Power of Nature

The body has an inherent ability to establish, maintain, and restore health. The healing process is ordered and intelligent; nature heals through the response of the life force.

3. Identify the Cause

Illness does not occur without cause. Symptoms express the body's attempt to heal, but are not the cause of disease. Causes may occur on many levels including physical, mental, emotional, and spiritual.

4. Heal the Whole Person

The harmonious functioning of physical, mental, emotional, and spiritual aspects are essential to recovery from and prevention of disease.

5. Doctor as Teacher

A cooperative doctor-patient relationship has inherent therapeutic value. The physician is a catalyst for healthful change, empowering and motivating the patient.

6. Prevention is the Best Cure

The ultimate goal of any health care system should be prevention of disease. This is accomplished through education and promotion of life-habits that create good health.

Recipe of the Month

Pasta Bean Salad with Kale and Basil pesto

For Pesto: Combine in food processor until almost smooth

½ bunch of kale
5-6 leaves of fresh basil
2-3 cloves of garlic
1 onion
2 tbsp olive oil
¼ tsp salt

Add to:

2 cups of cooked *rotini (lightly sprinkled with olive oil)
1 can of mixed beans

Mix well and chill 2-3 hours before serving!

**this recipe works well with quinoa as well.*