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

# Naturopathic News

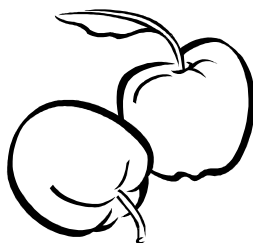
## Diet and Colon Cancer

### Folic Acid and Colon Cancer

A recent study in the medical journal *Gut*, found that 400 micrograms of folic acid can help reduce the risk of colorectal adenomas, a type of colon cancer.

What is folic acid? Folic acid is a member of the water soluble family of B vitamins. It is important for healthy red blood cell production and making new cells along your digestive tract. In addition to preventing colon cancer, it can help reduce the risk of heart disease and other cancers.

Folic acid occurs naturally in substances such as orange juice and leafy green vegetables and is added to some products. Good Sources include lentils, spinach, asparagus, orange juice, chickpeas and kidney beans.



## Red Meat vs. Fish

In a study recently published in the *Journal of the National Cancer Institute*, people who consumed more than 160 grams of red or processed meat were 35 % more likely to develop bowel cancer than those who ate less than 20 grams a day.

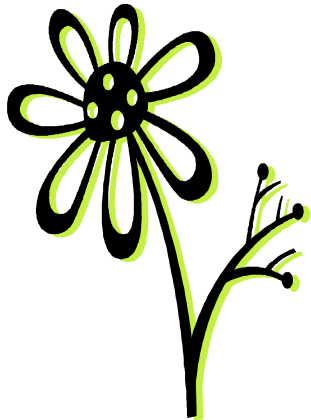
This large prospective study followed 478,040 men and women aged 35 to 70 years for a period of 5 years.

After factoring in age, sex, height, weight, energy intake, physical activity, smoking, dietary fibre and alcohol consumption they found that red meat consumption carried the highest risk, and that fish consumption lowered the risk of bowel cancer. They additionally found that those who ate a low fibre diet were also at increased risk.

This is a highly significant study, and is one of the largest nutrition investigations ever carried out to date. The take home message is clear: Eat more fish (especially salmon, mackerel, sardines and herring), include high fibre foods and reduce red meat intake.

## Women, Vitamin B6 and Colon Cancer

Researchers in Sweden have found that women with the highest level of vitamin B6 intake were 34% less likely to develop colorectal cancer. The effect was most pronounced among women who consume 2 or more alcoholic drinks per week.



# Insect Repellants – What Works

It's that time of year, and if you spend a lot of time in the great outdoors then you need to think about insect repellants. In North America, mosquitos used to be more a nuisance than a health concern. The emergence of West Nile Virus has changed raised the risk association with mosquito bites.

Health Canada recommends insect repellants which contain DEET, a very powerful chemical ingredient, and should be used cautiously. DEET is the most effective ingredient at preventing mosquito bites. It does not kill mosquitoes, but repels them, discouraging biting. There are some potential health concerns associated with using DEET. It is absorbed through the

skin and it also crosses the placenta in pregnant women and into the breast milk of those who are nursing. It is very important NOT to use products containing DEET with children under the age of 6 months.

In addition to using insect repellants, Wear protective clothing such as long-sleeved shirts, long pants and a hat. Light coloured clothing is best because mosquitoes tend to be attracted to dark colours. Make sure that door and window screens fit tightly and have no holes that may allow mosquitoes indoors. Avoid using scented soaps and products that may attract insects.

What about natural insect repellents? Natural insect repellents work – but they need to be reapplied more frequently (20 minutes to 2 hours).

Most products contain essential oils such as Eucalyptus or Citronella. Newer products contain soybean oil which appears to provide up to 2 hours of protection in moderate conditions.

## How to make your own Insect Repellent

- 2 tbsp. olive oil
- 1 tbsp. aloe vera gel
- 10-25 drops of essential oil

Combine ingredients in a glass jar. Shake to blend. Dab on skin or clothing.

\*\* Before using any new product, do a patch test to check for sensitivity.

### Which oils to use?

Mosquitos: Pennyroyal, lemon balm (citronella), thyme or lavender

Black flies: Sassafras, lavender, eucalyptus, cedar, lemon balm, peppermint

Reapply every 30 minutes or after swimming or heavy exercise.

## Recipe of the Month

### Chickpea & Tomato Salad

Combine the following ingredients:

- 2 cans chickpeas, drained and rinsed
- 2-3 tomatoes, diced
- 1-2 Tbsp fresh parsley, chopped
- ½ small onion, chopped
- 1-2 tsp dried oregano or basil
- 1 Tbsp unrefined olive oil
- 1 Tbsp red wine vinegar

### Which repellent to use?

In the end, the choice of insect repellent depends on several factors

1. The environment: If you are in areas where disease-bearing insects are problematic or in the deep woods, you'll want a strong and effective product.
2. Length of time outdoors: Playing in the backyard or out all day hiking?
3. Time of Day: Mosquitos are active at dusk, therefore daytime activities require less repellent.

## Low-Glycemic Foods may be better than Low-Fat

The glycemic index measures how efficiently the body can metabolize carbohydrates. It ranks carbohydrates by how much a person's blood sugar rises immediately after eating, and tends to favor high-fiber foods that take longer to digest. Carbohydrates with a low-glycemic index include foods such as nonstarchy vegetables, fruit, legumes and nuts.

An article published in the *American Journal of Clinical Nutrition* in May 2005 found that when overweight individuals consumed as many carbohydrates with a low-glycemic index as they wanted, they lost just as much weight in 12 months as people who stuck with a conventional, calorie-restricted low-fat diet. Dieters also experienced a drop in their blood cholesterol levels.

While the low-glycemic index group had no restrictions on portion sizes, the researchers found that they

nonetheless did not overeat. This is most likely due to the fact that low-glycemic foods are higher in fiber and more filling.

Here are a few examples of low-glycemic index foods:

- All Beans (kidney, lima, soya, black, pinto)
- Whole grain pasta
- Sweet Potato
- Apples

So while it is still important to choose foods that are low in fat (especially saturated fat), it is equally important to choose foods that help to balance blood sugar.



## Diet & Inflammation

Over the past 100 years, the North American diet has changed. We now eat a higher percentage of animal products that include meat and dairy. One of the major building blocks of inflammatory agents in the body comes from arachidonic acid (AA) which we consume in the form of animal foods. Studies of inflammatory conditions such as rheumatoid arthritis have shown improvement of symptoms in those

who ate small amounts of meat and dairy (vegetarian diet).

Essential fatty acids (omega-6 and omega-3) cannot be made in the human body and are required in our diets for proper function, being involved in the inflammatory process. Omega-6 fatty acids, in general, lead to the production of more inflammatory chemicals and omega-3 fatty acids result in less inflammatory chemicals. The ratio of omega-6 to omega-3 fatty acids in our diet has greatly increased owing to the introduction of vegetable oils and food preservation.

In order to reduce the amount of saturated fats in our diet, the food industry created more stable polyunsaturated fats in the form of transfatty acids and partially hydrogenated oils. The introduction of these oils has led to longer shelf life for many baked products (crackers, chips) and has increased the amount of omega-6 fatty acids in our diet.

The breakdown of transfatty acids also leads to free radical formation, which can lead to damage of blood vessels and to the production of more inflammatory agents. A diet high in omega-6 fatty acids prevents the body from using the less inflammatory omega-3 fatty acids. To help improve inflammation, the ratio needs to be reduced back to 4:1.

### Changing to a less Inflammatory Diet

1. **Reduce Saturated Fat**
2. **Increase Omega-3 Fats**
3. **Avoid Trans Fats**

Try adding a few meatless meals to your weekly routines. Try a vegetarian chili, have soymilk on your cereal or try the chickpea salad on page 2.

Also, be careful with pre-packaged and processed foods, they can be high in fat, especially trans fats.

## Fatty-acid rich diet may reduce risk of Alzheimer's

DHA (docosohexanoic acid) is one of the omega-3-fatty acids found in high concentrations in fish and fish oil. The *Journal of Neuroscience* reports that a diet high in DHA can help reduce the risk of Alzheimer's disease.

While we all would like to be able to get the nutrition we need from food, new research indicates that fish oil supplements may be safer than fish. Fish oils provide the benefits of omega-3 fatty acids without the risk of toxicity.

When buying fresh fish, look for "wild" or "pacific". This indicates that the fish are not farmed and will have lower levels of harmful contaminants.

Pregnant women and very young children should avoid tilefish, shark, swordfish, and tuna steaks. Because these are large fish, they tend to have very high levels of mercury. Consumption of canned tuna, whitefish, pollack, cod, mahi mahi and pike should be limited.

## PMS, Calcium and Vitamin D

A new study suggests that getting an adequate intake of Calcium and Vitamin D may help prevent premenstrual syndrome (PMS) in

women. Previous studies had suggested that these nutrients may be useful in treating the condition, but this is the first study that suggests that they can help prevent the syndrome.

In addition to dairy products, the following foods are good sources of calcium:

- Fortified Soy Milk
- Cooked greens (spinach, bok choy, collard greens, broccoli)
- Tofu
- Sardines (with bones)

Vitamin D is also found in fortified milk, soy milk, sardines, mackerel, herring, salmon and shrimp.

Because of increased risk of osteoporosis, most women should take a calcium supplement that provides at least 800-1200 milligrams of Calcium, and 100-200 IU's of vitamin D. Because Magnesium is important for calcium absorption, look for a supplement that provides calcium and magnesium in a 2:1 ratio.



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## 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.

