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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

Ask a Naturopath!

In the course of a day, I frequently get asked questions by family, friends and patients. So, I decided to create a new section on my website to share the questions and the answers.

“*Ask a Naturopath*” is found in the ‘Newsletter’ section of the website, and questions can be submitted to:

dr.salibhuber@pillarsofhealth.ca

Each week, I will post the questions and answers.

Back and Neck Pain & Omega-3 Fatty Acids

Do you suffer from neck or low back pain? Omega-3 fatty acid supplements (found in fish oils) may be effective for relieving neck and low back pain, according to the results of a short-term trial reported in the April issue of *Surgical Neurology*.

Over a 3 month period, patients were asked to take 1200 mg of omega-3-fatty acids.

Reported benefits were discontinuation of prescription NSAIDs in 59% of patients, improvement in overall pain in 60%, improvement in joint pain in 60%, and satisfaction with the

level of improvement in 80%. There were no significant adverse effects reported, and 88% stated they would continue to take the fish oil supplements

But wait, the news gets better! Omega-3-fats not only help reduce pain associated with joint pain, they also have been shown to reduce cholesterol, high blood pressure, aid in the treatment of depression and may help in the treatment of diabetes. Fish oils have also been shown to reduce airway inflammation associated with asthma.

You can increase your intake of these essential fats by including fish like salmon, herring and sardines 3-4 times a week. If you choose to take a supplement, make sure it provides high quality fish oils that are free of contaminants like mercury. Because fish oils may interfere with some medications, consult with a qualified health care practitioner.



Skin Cancer – Prevention and care for your skin.

At this time of year, the sun starts to come out and so do our arms and legs! We all love the feel of the sun on our skin after a long winter, but it's important to remember that skin cancer is one of the most common forms of cancer and the incidence is rising every year.

Skin Self-Examination

Found early, many types of skin cancers are very treatable. The key is to get to know your skin! Check for any changes in moles, freckles, blemishes and any discolouration or redness.

Moles or freckles that become discoloured, bleed or appear to be changing should be examined. Also, any mole larger than 6 mm should be checked out. Other warning signs include: scaling, crusting, change in consistency or elevation or a change in the skin around a freckle or mole.

Risk Factors for Skin Cancer

- History of Frequent sun exposure
- History of blistering sunburns, especially as a child
- Large number of moles
- Light or fair complexion
- Light coloured hair and eyes
- Family history of skin cancer

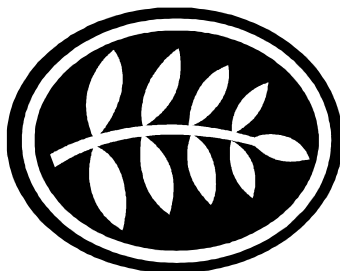
Using Sunscreen

Sunscreen should be applied to all exposed areas including, ears, face and scalp. Complement the use of sunscreen by wearing hats and covering up when outside for prolonged periods of time.

Look for natural sunscreen products at your local health food store that provide at least 30 SPF protection. Apply 15-30 minutes before going outside and after swimming or heavy exercise.

Other ways to protect your Skin

- Plan outdoor activities when the sun is not directly overhead. Try to avoid being in direct sun between 10 am and 4 pm
- Wear sunglasses that provide UVA and UVB protection
- Stay in the shade when outside for long periods of time. A well shaded tree will provide 15 SPF.
- Eat lots of dark green leafy vegetables as they are loaded in antioxidants.



Is Teflon Toxic?

Teflon, made by Dupont is the non-stick surface applied to cookware. The EPA (Environmental Protection Agency) in the US is looking into why a chemical called PFOA (perfluorooctanoic acid) is showing up in the blood of people around the world. The EPA is concerned because PFOA doesn't break down in the environment, or our bodies.

Data from animal studies indicates that PFOA is linked to cancer, liver damage, growth defects, immune system damage and death in lab rats.

The EPA investigation is ongoing, and while Dupont maintains that the chemical does not pose a threat to humans, caution should be used in my opinion when using products made with Teflon. The safest cookware is stainless steel and cast iron. If you choose to use Teflon coated cookware, avoid damaging the coating of the surface and replace as soon as the surface becomes scratched or worn out.

"To ensure good health: eat lightly, breathe deeply, live moderately, cultivate cheerfulness, and maintain an interest in life"

-William Londen

Focus on Ginkgo

Ginkgo biloba has been used in traditional herbal medicine for centuries; in fact, it is the world's oldest living tree! Charles Darwin referred to the Ginkgo tree as a living fossil.

In recent years, much attention has been given to Ginkgo because of its purported ability to improve memory. Historically, it is used to treat circulatory problems, deafness, tinnitus, vertigo, hypertension and memory loss in the aging population. The underlying theme in all of these is that Ginkgo is circulatory herb. But it can help improve memory by increasing blood flow to the brain.

Laboratory studies have shown that Ginkgo improved circulation by dilating blood vessels and reducing the stickiness of blood platelets.

Ginkgo leaves contain two types of chemicals that have potent antioxidant properties, which can help scavenge free radicals.

As wonderful as Ginkgo is, it should only be taken under the supervision of a knowledgeable healthcare practitioner. Because of its effect on circulation, it has many drug interactions associated with it.



Great Nutrition Website

www.whfoods.com is a great website for finding out about healthy foods and how to cook them. You can search for recipes based on foods to include/exclude. It also has a "Food Advisor", which can help guide you in selecting foods to eat most often.

Check out the "Feeling Great" menu, which gives you a sample menu for one week, including recipes!

And don't miss the "Cooking Healthy" section!

Life expectancy would grow by leaps and bounds if green vegetables smelled as good as bacon.

-Doug Larson

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.

In the News

Diet and ALS

A new study has found that diet may impact on the development of ALS, also known as “Lou Gherig’s Disease”. As reported in the *Journal of Neurology*, high intake of polyunsaturated fats and Vitamin E reduced the risk by 50-60%. Polyunsaturated fats are “good fats” found in oils such as olive, peanut and canola. Fish oils are another excellent source of these fats, which are known to have anti-inflammatory properties.

Probiotics make Beans more Digestible

Researchers have found that two bacteria *Lactobacillus casei* and *Lactobacillus plantarum* help reduce flatulence amongst bean eaters. These two bacteria can be found in yogurt and in many probiotic supplements.

Probiotics help eradicate *H. Pylori* – common cause of ulcers

H. Pylori is implicated in the development of ulcers in the stomach. New research has found that *Acidophilus* and *Bifidobacterium* increase the effectiveness of combination drug therapies used to eradicate the bacteria.

The rate of eradication was 91% in the yogurt group and 77% in the drug only group. Another reason to make sure your diet contains a good source of these friendly bacteria.

Diet may improve PCOS

Polycystic Ovarian Syndrome is a common cause of infertility among women. Diabetes, or insulin resistance is a common finding. A recent study compared the effects of lower-carbohydrate diets on insulin levels. The researchers found that the group consuming the lowest amount of carbohydrate (45% of total) had the lowest insulin levels. It is thought that high levels of circulating insulin contribute to hormonal abnormalities.

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

Recipe of the Month – Moroccan Eggplant with Garbanzo Beans (from whfoods.com)

Ingredients:

1 large onion cut in half and sliced thin
5 medium cloves garlic, pressed
1 medium red bell pepper cut in 1 inch squares
1 medium eggplant, cut into 1 inch pieces
pinch of red pepper flakes
2 tsp turmeric
½ tsp garam masala
1 15oz can garbanzo beans
1 15oz can lentils, drained
½ cup tomato sauce
1¼ cups + 1 TBS vegetable broth
½ cup raisins
1 TBS chopped fresh cilantro
salt & black pepper to taste

1. Heat 1 TBS broth in a 10-12 inch skillet. Healthy Sauté onion in broth over medium heat for 5 minutes stirring frequently. Add garlic, red bell pepper, eggplant, garam masala, and turmeric. Stir to mix well for a minute, and add broth and tomato sauce. Stir again to mix, cover, and cook over medium low heat for 15 minutes, stirring occasionally, or until peppers and eggplant are tender. This is our Stove Top Braising cooking method.

2. Add garbanzo beans, lentils, red chili flakes, and raisins. Simmer for another 5 minutes. Season with salt and pepper. Serve sprinkled with chopped cilantro.