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Holistic Health News

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*"Natural forces
within us are the true
healers of disease."
Hippocrates*

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Harmonizing with the Seasons

To begin, I would like to say thank you to our patients who have referred new patients to the office, it is always the highest compliment. Our mission is to help as many people as we are able to restore and maintain their health with naturopathy. Thank you for your help.

We are now moving into our Northwest fall. We have had a gorgeous September transition with a good deal of sun after what has been an unusually rainy summer. Fall sun will not be as powerful as the summer sun, however please take advantage of our lingering opportunities to build up our vitamin D levels that sun exposure creates.

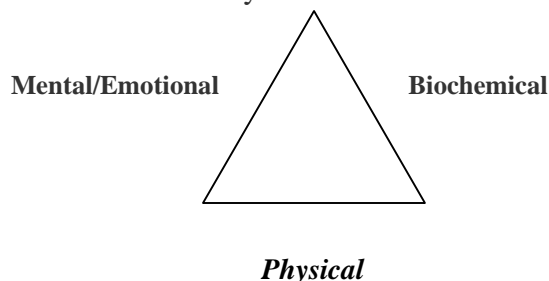
The unusually rainy summer with low sunshine means that we will need to be especially thoughtful about how that will affect us in our Northwest winter. Our moods may become dulled more easily and our energy levels may begin to drag more easily as well. Lowered Vitamin D levels may create lowered calcium absorption, which means we should be prepared for a vigorous cold and flu season. Vitamin D and Calcium are essential for immune health particularly for preventing viral conditions like the common cold, the flu, ear infections, and bronchitis.

According to Naturopathy and Chinese Medicine as we transition into the fall, it is the time to gather and store the vital essence or charge of the body. It is a time for reflection on the harvest of our past and an eye on the future. Similar to spring, be cautious of under-dressing for apparently nice weather as a quick cold snap can rapidly chill the body. It is particularly important to keep the back of the neck protected to protect against what Chinese Medicine calls 'wind-cold invasion'. A scarf is handy to keep around for this purpose.

During this period cooked foods are more easily digested as compared to raw. It is time for mineral rich stews containing high quality vegetables along with bone broths from organic sources. Seasonal root vegetables will provide complex carbohydrates and help to smooth our blood sugars as we process the changes and embrace the hopes that this season represents.

Naturopathic Triangle of Health

Naturopathic care is built for treatment and prevention. The naturopathic approach is to build health, replacing dis-ease with ease. There are three fundamental areas to evaluate health through the naturopathic lens: the Biochemical, the Mechanical, and the Mental/Emotional. These then form the triangle of health. Dis-ease in any one area can also affect the others.



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Acute conditions develop rapidly. For example, acute infections. Diligent natural treatment will be directed to help to control the episode and resolve the complaint quickly. They are often our body's own 'house-cleanings'.

Chronic conditions grow over time and require a gentler, more sustained treatment than in acute conditions. This allows the body to heal and restore itself over time.

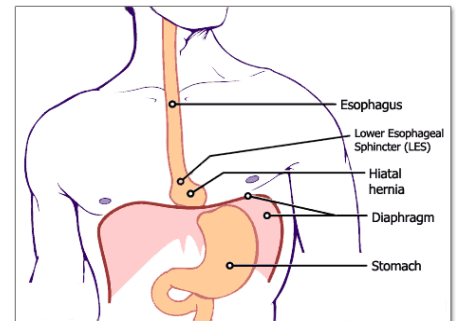
Sometimes, under natural care for chronic conditions, the body will have a 'reaction' in the form of an acute condition. In such cases the body may be 'cleaning house'.

Triangle of Health continued

The **Biochemical** area is probably the most familiar – it is certainly the focus of conventional medicine. Biochemistry is the biological chemical actions of the body – the manufacture of cholesterol, the balance of minerals and neurotransmitters, the clotting of the blood, etc. The **Mental/Emotional** plane is how we are thinking, perceiving, feeling, our emotional sensations and responses, and our repose. The **Physical** plane has to do with our structural alignment, the physical quality of tissues, the effects of trauma, etc.

Let us review an example. Consider an individual with a Hiatal Hernia. A Hiatal Hernia is when the stomach slips up above the diaphragm (the flat muscle below the heart and lungs that separates the upper chest from the abdomen). This may result in a variety of symptoms such as fatigue, shortness of breath, and acid reflux. Hiatal hernia syndrome occurs when the sphincter that separates the esophagus and the stomach loses its tone and becomes relaxed, creating the symptoms of hiatal hernia without actual displacement of the stomach.

In this situation then the stomach is occupying the space designed only for the heart and lungs and the esophagus. **Mechanically** we have displacement of the stomach which will create dis-ease. What other effects? Well, this will affect stomach and digestive function, we may experience reflux and heart burn as the sphincter is no longer aligned. Digestion will be disrupted and minerals and certain vitamins (such as B12)



will not be absorbed as well. Poor vitamin and mineral absorption will create problems on the **Biochemical** plane. The lowered mineral reserves may cause muscle cramps, or disrupt the nervous, making us jittery and anxious **Emotionally**, or unfocused **Mentally**. The stomach in the upper chest will interfere with heart and lung action, impoverishing the blood, making us fatigued, perhaps provoking anxiety from the discomfort itself.

Identifying the primary plane, the root of the problem – the **Mechanical** – allows us to treat the root cause. The secondary problems or branches – **the Mental and Biochemical**- can be properly supported while the root is returned to health. Chasing problems in the branches – the anxiety, palpitations, cramps, etc.- would leave us chasing the branch symptoms and not the cause. Ignoring the need to support these branches would likewise prolong suffering. Understanding organ and tissue relationships and proportion of importance are part of the process of building health.

Understanding this approach is key to understanding the natural holistic approach to health. It is part of what clearly distinguishes the natural approach as the rational and sensible path to health.

Naturopathic Diagnosis of Hiatal Hernia

What can we do naturally to identify and treat a Hiatal Hernia or the even more common Hiatal Hernia Syndrome? Diagnosis of a hernia with x-ray or endoscopy is an option – though I make use of it very rarely for this purpose. A much more simple procedure is to check the diagnostic physical reflexes that are present when a Hiatal Hernia or Syndrome is present. These diagnostic reflexes– under the left rib cage, between the 4th ribs on the front and side of the chest, and on the left of the spine between the 11th and 12th vertebrae- are uncomfortably tender when a hiatal hernia is present. With treatment these reflexes will reduce in tenderness, sometimes immediately disappear, and are a useful guide to treatment.

Conventional Diagnosis and Treatment of Hiatal Hernia

When a hiatal hernia is suspected in conventional medicine an endoscopy or x-ray is performed. If a frank hernia is found the options for treatment are acid inhibitors and surgical repair. Unfortunately both of these approaches have problems. We need very acidic stomach secretions to properly absorb vitamins, minerals, and proteins. Long-term use of acid inhibitors causes numerous health problems - contributing to such problems as osteoporosis and alzheimers. The surgical repair is oftentimes unsuccessful and as with all cutting surgical approaches comes with risk of improper surgical repair, infection, scar tissue, etc.

Naturopathic Treatment of Hiatal Hernia

The **Mechanical** aspect of both hiatal hernia and hiatal hernia syndrome generally respond very well to soft tissue manipulation. In this procedure we gently relax the upper abdomen and gently manipulate the stomach into correct position. The procedure can take anywhere from ten to 20 minutes. Anywhere from one to five procedures may be necessary over a period of time.

This technique of reducing a hiatal hernia was formerly known as 'bloodless surgery' or 'manipulative surgery'. Dr. Adolf Lorenz, a European physician, was a master of the art who pioneered techniques in the early 20th century. One of his pupils was Dr. Byron White, whom he trained in the 1920's. The late Dr. White directed the Happy Acres Memorial Hospital in McMinnville, Oregon, which closed with his passing in the 1960's. The hospital specialized in a variety of manipulative surgery techniques such as hiatal hernia treatment, repositioning of displaced kidneys, manipulating gallstones out of gall ducts, kidney stones out of ureter tubes, repositioning torn menisci of the knee, treating lumbar discs, and a good deal more. Dr. Lloyd Jacobs was a physician who worked at the hospital and was trained by Dr. White. I was fortunate to be trained by Dr. Jacobs in many of these techniques.

Holistic Treatment of the Person with Hiatal Hernia

The **Mental/Emotional** or **Biochemical** problems associated with hiatal hernia - such as cramps from low calcium and magnesium, anxiety from low B-vitamins, etc. - are readily supported naturopathically as the body returns to health. If the esophagus has been irritated by the reflux, herbal treatment with **GI Capsules**, **Gastrex**, or **Hi-Pep** are very effective at healing these tissues.

It is very important to note that the muscular sphincter that separates the tender esophagus from the harsh acidic stomach enzymes is stimulated to constrict, to tighten, and thus protect the esophagus by the stomach acid itself. Thus, low stomach acid levels will not stimulate the sphincter and allow the esophagus to be irritated. Low acid levels for the stomach and sphincter may well still be too much for the tender esophagus - which is why lowering the levels even further with acid-inhibitors helps people *symptomatically*. But a muscle we do not use we lose - so strengthening the sphincter is important for complete treatment. Digestive enzymes and self-massage of reflex points can be very useful. A series of **Standard Constitutional Hydrotherapy (aka Naturopathic Physiotherapy)** treatments are very powerful to restore proper tone and rhythm to the stomach, to hold it in proper position, to improve digestive secretions, and greatly increase the strength of sphincters of the stomach. You can see a short video of a treatment online at www.HolisticHealthpc.com on the patient information page.

Cold and Flu Season Approaches

In the Spring 2008 newsletter we discussed the difference between *Acute* and *Chronic* conditions (the panel on page 2 provides a summary). Colds, flus, bronchitis, pneumonia, etc. - all of these infections are what we call *Acute* conditions. *Acute* infections respond very well to natural therapy and the naturopathic profession has an impressive record throughout the last century during the epidemics of influenza, polio, measles, etc. In the Fall 2007 newsletter we discussed the excellent results of the Naturopathic approach during the 1918 flu epidemic, you can read it again online on the newsletter page at www.HolisticHealthpc.com.

Cold and Flu Season Prevention

The highlights to remember for *Prevention* during the cold and flu season:

1. End hot showers and baths with a brief cold spray – reduces colds and flus by 50%.
(If you know your base organ system make sure the associated spinal level gets a good cold spray. Cardiovascular- Upper spine, Digestive – Middle spine, Hormonal – Lower Spine)
2. Vitamin D and Calcium levels need to be high to prevent viral infections.
3. Dress properly, keeping the feet warm and dry, the neck covered
4. Eat appropriately, avoiding food intolerances, eating mineral rich broths, soups, and stews, minimizing sweets and candies.

Prevention is always preferred to treatment. Having an immune support formula such as ***Congaplex, or Immuno-plus, or Bio-Immunozyme***, along with ***Anti-Viral Herbal Drops*** on hand to take from time to time during the season, or at the first signs of a cold, or after exposure to someone ill is a very good idea. For prevention take one dose (***Congaplex 3 tablets, Immuno-plus 2 capsules, Bio-Immunozyme 2 capsules, Anti-Viral Herbal Drops 40 drops***) one to several times a week. After exposure or at the first sign of a cold or respiratory infection take one dose every waking hour for 24 hours to nip it in the bud.

Treating Respiratory Infections

Despite our best efforts we may come down with a cold, flu, sinus infection, or even bronchitis or pneumonia. Sometimes the body will even initiate such a process as part of a ‘house-cleaning’ reaction. The ideal therapeutic strategy is to help the body process the infection as rapidly as possible. If we catch it early enough it may just stop, if it breaks through our efforts, we will have encouraged it to run a more mild natural course than otherwise. In so doing we prevent evolving secondary infections or complications. Finally we want to complete the process in a manner that encourages ‘immune memory’ of the event so that future infections either do not occur or are much milder. Call the office to schedule a treatment, and we can usually formulate the plan at the bedside without the need of a separate office visit.

4-Part Naturopathic Treatment of Respiratory and other Infections

1. Proper Diet and Fluid intake (*Biochemical*)
2. Natural Medicines such as herbs, nutrients, homeopathics, etc. (*Biochemical*)
3. Naturopathic Hydro and Physiotherapy, Spinal Adjustment, Lymph drainage (*Physical*)
4. Rest and Positive Mental Attitude (*Physical and Mental*)

Natural Solutions for Fever and Infection

I treat numerous cases of respiratory and other infections each year. Some are very difficult cases – such as fungal infections of the lung in cancer patients, antibiotic resistant pneumonia, deep infections of the bone, MRSA infections on the skin, kidney infections, and even diabetic gangrene. Other cases are the common bronchitis, or sinusitis, bladder infections, an ear infection or strep throat. I have found natural therapy powerfully effective in all of these cases. **Biochemical** therapy alone – whether herb or pharmaceutical – does not have the effectiveness and success that treating all three planes does- **Biochemical, Physical, and Mental/Emotional.**

1) Diet

Simple diet, generally steamed vegetables, chicken or vegetable broth, and fluids such as water, lemonade, orange, or cranberry juice. In general, when fever is present, water only is the rule. Fever stops digestion and eating foods that will not digest feeds the disease not health. Diabetics, nursing infants, and pregnant women are an exception to water only.

Medical Realities

Arthroscopic surgery of the knee is of little value in osteo-arthritis, according to a study published in September in the New England Journal of Medicine. In this surgery the knee is 'cleaned out', but it showed no benefit to patients.

What can naturopathy do for arthritis of the knees, to rebuild cartilage, to heal torn a torn meniscus or a weakened ligament?

Avoiding food intolerances and a proper diet, along with nutrient therapy such as **Ligaplex II** for joint repair, **Betacool**, to detoxify the 'arthritis liver', **Calcifood** to supply nutrients for bone repair, and **Essential Fats** to lubricate the joints.

Naturopathic HydroPhysiotherapy will reduce inflammation, detoxify the liver, and speed joint healing. **Acupuncture** can improve joint mobility and reduce pain. **Manipulation** can restore menisci to proper position.

Prolotherapy injections will strengthen ligaments and repair joints, and **Neural Therapy** will help speed healing and repair.

Please share this information with your friends and family with arthritis – let them know what natural options they have.

2) Natural Medicines

Internal herbal medicines, nutrient concentrates, and homeopathic medicines are a powerful trinity of infection fighting support. Nutrients will support immune function. Herbal medicines have antiviral, antimicrobial, antifungal effect, and some have specific organ affinities. Homeopathic prescription works on the whole person and supports an individuals' unique reaction in infection.

3) Naturopathic Physiotherapy, Spinal Adjustment, and Hydrotherapy

No medicine can replace what Naturopathic HydroPhysiotherapy does. These treatments improve immune function, circulation, lymphatic flow, detoxification in general, along with the specific benefits of the individual physiotherapy modalities themselves. The treatments improve white blood cell function, circulate the oral natural medicines, and deliver them to the site of infection.

Short Wave Diathermy –is of special importance in respiratory and other infections. Diathermy has multiple beneficial effects. Diathermy improves circulation and lymph movement; it also thins lymph so that it flows more smoothly through the lymph nodes and channels –(the infection fighting highways of the body). Short wave also improves white blood cell ability to consume bacteria,



temporarily paralyzes bacteria in the energy field, enhances nutrition delivery to the cells locally, and is considered the 'physical therapy antibiotic'. In fact, diathermy went out of fashion in the 1950's only after the rise of oral antibiotics, as these were considered more convenient. Diathermy has no equal in upper respiratory infections – useful in bacterial, fungal and viral types. Sinus infections, throat infections, ear and bronchial infections, and lung infections respond very well to diathermy treatment.

High Frequency is very useful to relax a spasmodic cough, simultaneously producing small amounts of ozone that are anti-viral and antimicrobial, as well as improving circulation for the next 24 hours after application. A special ear attachment allows easy direct treatment of the middle ear, very useful in ear infections for children. We then fill the ear canal with the antimicrobial, antifungal, antiviral drawing Iktha-Salve, and use chewable cherry **Congaplex**.



UV Light is also useful for throat infections. UV Light is directly germicidal. Just a 20 second application in the mouth is all that is needed. This brief application, along with the hydrotherapy towels and diathermy to the throat is a powerful combination of physical treatment.



4) Rest

The body needs energy to heal. We should conserve our energy with fruitful rest, periodic fresh air deep breathing, while maintaining an optimistic attitude – all of which improve immune function.

What about Aspirin and Anti-Fever drugs and infections?

These drugs interfere with the immune system, in one study increasing the death rate 5 times in viral infections. The long established conventional approach of tylenol, aspirin, and anti-fever drugs is finally openly being questioned in research journals as there is *no scientific evidence to support it*. The rationale of their use is that fever is noxious and that suppressing fever will have benefit.

Naturopathic Hydrotherapy and Fever

To the contrary, fever is of great benefit in infections – the fever upregulates important immune activity, improves circulation of blood and lymph, and mobilizes nutrients for the infection to be fought. Hydrotherapy treatment will not only keep the elevated temperature within safe limits but will also improve the immune function and infection fighting ability of the body. Hydropaths have long agreed with Hippocrates who said, “Give me a fever and I can cure any disease”.

What about Antibiotics and the Cold, flu, or sinusitis?

Pharmaceutical antibiotics are not effective in treating the common cold, flu, most ear infections, most sinus infections, bronchitis, and certain types of pneumonia. Why? Antibiotics are ineffective for viral infections. Improper treatment of viral infections with antibiotics over the last five decades has contributed greatly to the current epidemic of antibiotic-resistant infections. Pharmaceutical antibiotics may have their place. However, because of the limited therapeutic options of conventional medicine for infections outside of antibiotics, they have been routinely overprescribed. A great deal of physician education occurs, out of the public eye, that is designed to reduce antibiotic prescriptions. It must be challenging for these doctors that have little else to offer. I am grateful to be a Naturopathic Physician and to have so many different means to help those who are suffering.

In Health

Eric Blake ND, Diplomate in Acupuncture

How Does Naturopathy Cure?

Benedict Lust 1943

- By removing from the system accumulations of body wastes, poisons, and foreign substances, or to assist Nature in doing the same if she had already instituted her own processes of cleaning and regeneration;
- By freeing nerves, blood-vessels, and lymphatics from undue pressures and obstructions;
- By restoring to diseased organs and tissue to their normal blood and nerve supply;
- By balancing the glandular activities and regulating the daily habits of life;
- By supplying through the diet and in proper combination the requisite kind and amount of food substances so as to restore the normal chemistry of the body, preserve its function, build up its strength, enrich the blood, and so keep the body immune from disease and germs ;
- By removing foci of infection;
- By correcting all discoverable abnormalities of tissues, organs, and joints, such as stiffness, sprains, and displacement;
- By making necessary adjustments in the mental and emotional life, and changes in personal habits;
- By advising on hygiene sanitation, and how to live in accordance with Nature’s laws of Health.

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