

TRADITIONS

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NUTRITIONAL INFLUENCES ON OSTEOPOROSIS

Tori Hudson, ND - Medical Director



Sound nutrition is an essential component of normal growth and tissue development, including bone. Diets low in dairy products (eg, calcium-rich beverages) and in fruits and dark green, leafy vegetables generally do not provide adequate calcium.

Reducing caffeine, avoiding more than one drink of alcohol per day, reducing animal protein and soft drinks may be helpful lifestyle habits in building healthy bone and preserving our bone density as we age. Increasing soy foods may be helpful in slowing bone loss have a small effect on increasing our bone minerals and bone density.

In postmenopausal women, calcium supplementation has been shown to decrease bone loss by as much as 50% at nonvertebral sites. The effects were greatest in women whose baseline calcium intake was low, in older women, and in women with established osteoporosis. In a study by Elders et al, a significant decrease in vertebral bone loss was

observed with supplementation of 1,000 to 2,000 mg/d of calcium.

Although dietary calcium is essential throughout a woman's life, it is not effective in preventing the accelerated bone loss associated with menopause. Ten years postmenopausally, calcium supplementation again becomes effective in reducing age-related bone loss.

Some studies demonstrate that calcium citrate is generally thought to be more bioavailable than calcium carbonate and more beneficial at the bone level. Calcium citrate is definitely the preferred form when taking calcium before bed, and may be especially important as women age and produce less hydrochloric acid from the stomach.

Vitamin D enhances intestinal calcium absorption, thereby contributing to a favorable calcium balance in the system. In general, calcium intake alone may have only a slight protective effect for bone mass and fracture risk, although a recent study in people aged 65 years or older showed that both calcium and vitamin D consumption can significantly reduce the incidence of nonvertebral fractures. For Oregonians, it is important to appreciate that with our weather, 40% of women are vitamin D deficient.

Magnesium deficiency has been shown to be related to osteoporosis and appears to have a major influence on the type of calcium crystals present in bone, such that a magnesium deficiency is associated with abnormal bone calcification.

Most of the studies on the role of trace minerals in bone metabolism—particularly copper, manganese, and zinc—have been conducted in animals. A few prospective human studies in postmenopausal women on dietary intake and serum levels have begun to shed some light on the possible importance of trace minerals for bone density in women.

The role of these trace minerals include the ability to enhance calcium deposition (manganese), reduce the urinary excretion of calcium (boron), enhance the action of vitamin D (zinc), inhibit bone loss (copper), and improve bone calcification (silicon).

There are several other key nutrients involved in proper bone density, architecture and strength. These include folic acid, vitamin B6, vitamins C and K.

The risk of osteoporosis can be reduced by increasing peak bone mass and minimizing bone loss associated with aging. To maximize peak bone mass, and reduce the risk of fractures later in life I recommend proper nutrition, moderate exercise, avoidance of smoking and excessive alcohol consumption, and the addition of a comprehensive, high quality bone support supplement. Some individuals will need individual evaluation, testing, and perhaps treatment with conventional medications along with nutritional support.

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SPRING FEVER

Marianne Marchese, ND



Summertime in Portland brings welcome relief from the long winter months. But for some, it marks the beginning of allergy season and the miserable array of symptoms that accompany it. Thirty-five million people in the U.S. suffer from a condition called allergic rhinitis, or seasonal allergies.

Typical symptoms include itching of the nose, roof of the mouth, pharynx and eyes. Sneezing, and clear watery discharge from the nose soon follows. Headaches and irritability may also be present. Coughing and asthmatic wheezing can develop as the season progresses. Dark circles under the eyes, known as "allergic shiners," are a hallmark of the condition.

Hay fever is the common name for seasonal allergies. It is an allergic condition triggered by windborne pollens and mold spores. Different pollens are produced during each season. In the early spring, pollens of trees such as oak, western red cedar, elm, maple, alder, ash, hickory, poplar and birch are the cause of allergic rhinitis. In the late spring and early summer pollinating grasses including Bermuda, timothy, Johnson, sweet vernal, and orchard are responsible for symptoms. The late summer and fall type is due to weed pollens such as ragweed, sagebrush, tumbleweed, Russian thistle, and English plantain. Weather, rather than seasons, affects the growth of mold spores. In Portland, outdoor molds are present throughout the year and cause allergic rhinitis.

Why do we have hay fever?

When an airborne allergen, known as an antigen, hits a specific IgE antibody receptor on the mast cells in the nose, a chain of events begins. An allergen-antibody union causes the mast cell to degranulate and produce inflammatory mediators including histamine, heparin, leukotrienes, prostaglandins and proteases. An immediate symptomatic response occurs followed by a prolonged persistent late reaction.

Skin tests are useful to determine the offending pollens. Test solutions are made from extracts of inhaled materials and then either placed on the skin and pricked through the extract or injected under the skin. The RAST test is a blood test measuring serum IgE levels to offending pollens and is another method of testing. However, a person's history is the simplest method to indicate the nature of the allergic process and the pollens responsible.

Prevention

- Keep an eye on the weather. Pollen counts are lowest on rainy, cloudy, and windless days. Hot dry, and windy weather signals greater pollen and mold distribution and thus increased allergy symptoms.
- Avoid or limit activity between 5:00am and 10:00am, when pollen is usually released.
- While indoors and driving, keep windows closed and the air conditioning on to prevent pollen from drifting into your house or car.
- Avoid moist, shady areas, compost piles, and greenhouses. Molds thrive in these areas.
- Don't linger around freshly mown lawns, which stirs up molds.
- Avoid gardening on warm or windy days
- Don't hang your clothes or sheets out to dry. Pollens and spores may rest on them.

Conventional treatment

Options include anti-histamines, decongestants, and corticosteroid nasal sprays. Desensitization techniques include making an extract of a specific allergen and injecting it under the skin in increasing doses. The purpose of this technique is to build up a patient's tolerance to an allergen so they no longer react.

Claritin, a popular anti-histamine is now available over the counter.

Naturopathic treatment

Options include vitamins, herbs, homeopathy and nutritional supplements such as bioflavonoids. The most common treatments are discussed here and available at A Woman's Time.

Vitamin-C

It has anti-histamine activity and acts synergistically with bioflavonoids.

Niacin and Niacinamide

Both of these inhibit mast cell degranulation and histamine release.

Quercetin

A bioflavonoid that acts to stabilize mast cells to decrease the release of histamine

Nettles Leaf

An herb with anti-inflammatory properties that prevents the release of prostaglandins from mast cells.

Butterbur

An herb effective in relieving runny nose, sneezing, itchy nose and eyes.

Homeopathy

Plants known to cause the symptoms of seasonal allergies such as eyebright, ragweed, and goldenrod can be used in diluted homeopathic doses to relieve the symptoms of allergies. There are several combination homeopathic products that can be quite effective at relieving symptoms

Hydrotherapy

Daily nasal lavage can keep the nasal passages clear of pollens and reduce the symptoms of hay fever.

Although these supplements can be effective for many individuals, others will need to work more closely with their naturopath to identify triggers, enhance immune response and decrease allergic reactions.

"Thirty-five million people in the U.S. suffer from a condition called allergic rhinitis, or seasonal allergies."

OH, MY ACHING JOINTS: Natural Strategies for Dealing with Joint Pain

Leigh Kochan, ND

As spring is upon us, it is time to escape from hibernation, dust off our sneakers, and get back to our exercise routine. This may be more of a challenge for those who suffer from musculoskeletal pains and with all the bad press about conventional anti-inflammatory medications, like Vioxx and Celebrex, it may be even more difficult to get out there and start moving. Luckily, there are safe, natural options one can try before giving up.

There are a number of natural substances that decrease inflammation without the cardiovascular risks found in the synthetic COX-2 inhibitors. Some botanicals that have been studied for their anti-inflammatory properties include boswellia, bromelain, ginger, green tea, curcumin, and bioflavonoids such as soy, rutin and quercetin. In addition, omega-3 fatty acids, like those found in fish, have been shown to have a powerful anti-inflammatory effect. Research also tells us that there are many other good reasons to use these substances as their anti-inflammatory action may have cardioprotective and anticancer functions as well. Other substances, such as antioxidants like vitamin C, glucosamine, and chondroitin have been shown to slow the destruction and help repair cartilage in individuals with osteoarthritis.

Anecdotally, diet changes may be helpful in reducing inflammation and, therefore, pain, however, the amount of improvement may depend on one's individual sensitivities. Common offenders include red meat, poultry, sugar, and dairy. Excess weight is a common-sense, yet often overlooked, cause of musculoskeletal pain, especially that of the hips, knees, and ankles. As such, non-weight bearing exercise regimens, like swimming, may help decrease weight to the point where weight bearing exercise may be tolerated. Acupuncture has also been shown to decrease joint pain in osteoarthritis and, where conventional anti-inflammatories are needed, acupuncture can help decrease the dose needed to alleviate pain, thereby, decreasing potential negative side effects. In addition, acupuncture, massage, and chiropractic manipulation have been found to be effective in treating both chronic and acute back pain. Topical applications such as hydrotherapy, capsaicin cream and arnica gel can also be beneficial.

As with any physical symptom, musculoskeletal pain should first be evaluated by a physician. After a complete history and physical, an individualized treatment plan can be created to recommend dietary and lifestyle changes, indicated supplements and treatments like acupuncture & massage, as well as tips to help start your exercise routine.

“...diet changes may be helpful in reducing inflammation and, therefore, pain...”



PLANTAR FASCIITIS

Theresa Baisley, LMT

Plantar Fasciitis is an inflammation caused by excessive stretching of the plantar fascia. The plantar fascia is a band of fibrous tissue which runs along the inside of the bottom of the foot extending from the heel bone to the ball of the foot. Plantar fasciitis often occurs when the plantar fascia is excessively stretched or over used. The bottom of the foot where the arch meets the heel is the most common pain sight. The pain can be acute first thing in the morning

or after sitting for long periods. While resting, the plantar fascia contracts back to its original shape. As the day progresses the plantar fascia “warms” up and the pain often subsides.

Plantar fasciitis can occur for various reasons. Over pronation, high arches, a sudden increase in activity, excessive weight on the foot and improperly fitted shoes are just a few examples that can cause the heel to get inflamed.

Over pronation occurs in the walking or running process when a person's arch collapses and rolls toward the inside upon impact. The plantar fascia is stretched away from the bone when over pronation occurs.

A sudden increase in walking, running or any exercise that involves foot impact can cause an acute flare up of the plantar fascia. Starting an activity slowly will help keep the heel healthy. Running or walking too many miles too soon or running on hard surfaces can also contribute to heel pain. Caution must be taken when starting or increasing an activity.

Treatments for plantar fasciitis can be simple and effective. Stopping the activity that caused the pain for a short time is the first thing one should do. Simple stretching exercises for the calf can relieve pain in the foot. Ice massage or an ice pack will help reduce inflammation. An orthotic or heel cup that fits in the shoe can be helpful. Rolling the foot on a tennis ball helps loosen the muscles in the arch of the foot and is helpful in relieving pain. If the pain persists after simple treatments and resting the foot a doctor should be consulted so other available treatments can be administered.

SPRING MEANS FRESH CLEANSING FOODS

Stephanie Kaplan, ND

The trees are budding which means this is the perfect time to start including cleansing foods into our diets. A cleansing diet can be anything from a deliberate 2 week elimination of inflammatory foods with liver and colon support, to simply incorporating certain foods into our daily lives. For instruction in a cleanse specific for your needs, consider talking to one of our naturopathic physicians at the clinic. There are many herbs and nutrients that are specific to detoxifying certain environmental agents that we have been exposed to by targeting specific organs of elimination.

The daily detoxification and repair strategy works on the liver, colon, and kidneys, our detoxification organs. See Table 1 below for individual foods that address these organs. Please find a few recipes to incorporate these foods below.

Liver	Colon	Kidneys
<i>Bitter greens:</i> Arugula, baby kale and collards, dandelion greens, endive, escarole, mache, mustard greens, radicchio, sorrel	<i>Fiber</i> Fruit, ground flax seeds, whole grains, legumes, vegetables.	<i>Water</i> , preferably filtered. Calculate ½ of your body weight in ounces to ensure you are drinking enough.
<i>Root vegetables</i> beets, burdock, carrots, garlic, onions, rutabaga, turnip	<i>Seaweeds</i> Arame, dulse, hijiki, kombu, nori	<i>Fresh herbs</i> Basil, fennel, juniper berries (see recipe), oregano, parsley, rosemary, thyme
<i>Cruciferous vegetables</i> Broccoli, cabbage, cauliflower, bok choy, watercress	<i>Lactobacillus live culture</i> yogurt	<i>Spirulina</i> protects the kidneys during detoxification.

One gentle way of cleansing is to incorporate a mixed bitter greens salad with the following dressing daily. Dressing may be kept in a tightly sealed container in the refrigerator for up to 2 weeks.

Daily Detox Salad

Detox Dressing (serves 2-3): ¼ cup flax or olive oil (or combination), 3-5 tablespoons of apple cider vinegar, 1-3 cloves of pressed fresh garlic, 1 tablespoon of mustard or a dash of cayenne. The mustard makes this dressing creamy. Vary the amounts of the ingredients to find the combination you like. You may also add fresh cut herbs and salt and pepper to taste. Combine all ingredients in the bottom of the salad bowl, add salad and toss.

Greens suggestions: The premixed mesclin mix has a nice combination of bitter and sweet greens for a delicious combination. Consider growing some of your own greens in a planter by your kitchen window, in order to always have some at your fingertips.

Red Cabbage Cole Slaw with Juniper Berry Dressing (serves 6, from Lorna Sass' *Complete Vegetarian Kitchen*).

Dressing: 1 tsp coarsely ground juniper berries, ½ cup safflower or canola oil, 2 tablespoons apple cider vinegar, 1 tablespoon maple syrup, 2 tablespoons Dijon mustard, ¼ teaspoon dried mustard (optional), a pinch of sea salt. Mix all ingredients in a jar or bowl. If time permits allow dressing to sit for 1 hour before using.

Cole Slaw: 1 ½ pounds of finely shredded red cabbage, 1 grated large carrot, 1/3 cup minced parsley. Toss all ingredients with dressing.

Watercress or Sorrel Soup (serves 1-2). Something warm for a cool spring day:

1 bunch of either green. ½ to 1 cup of water or stock. Blanch greens in stock until soft, then blend. Add salt and pepper to taste. These are pungent plants, and can be diluted to your taste with more stock, or thickened by adding steamed cauliflower to the mix to be blended. Serve warm.

There are also many premixed herbal teas available to support daily detoxification. These can be found at our clinic.

Happy cleansing!

PRESSURE CHECK

Wendy Vannoy, ND



Do you know what your blood pressure reads normally? Most women only get their blood pressure taken once a year at their annual exam and few pay attention to the numbers. Knowing your blood pressure is important! Elevated blood pressure (hypertension) is known as the 'silent killer' as there are typically no symptoms. The higher your blood pressure, the greater the chance of heart attack, heart failure, stroke, and kidney disease. For this reason, screening for hypertension is a very important aspect of preventive medicine.

Diagnosis of hypertension depends on demonstrating higher-than-normal systolic and/or diastolic blood pressure taken twice a day for 3 consecutive days. What causes hypertension? We still do not have a definitive answer. We know that as the population ages, the prevalence of hypertension also increases, and 60% of women age 65 or older have isolated systolic hypertension. There are many theories being investigated and environmental, demographic, lifestyle, dietary and genetic factors all play a role in the development of hypertension. Stress, sodium intake, smoking and alcohol, obesity and insulin resistance, sedentary lifestyle, medications and general inflammation all contribute.

“Elevated blood pressure (hypertension) is known as the ‘silent killer’ as there are typically no symptoms.”

What can you do to prevent hypertension? Know your blood pressure. Know the new guidelines. In 2003, new guidelines for assessing blood pressure were established, stating that while normal blood pressure is less than or equal to 120 (systolic)/80 (diastolic), optimal blood pressure is now considered to be less than or equal to 115/75. Pre-hypertension is now 120-139 systolic or 80-89 diastolic and lifestyle modifications are necessary. A systolic reading of 140-159 or a diastolic reading of 90-99 is still considered Stage I hypertension, with drug therapy as well as lifestyle modifications required. If your blood pressure is elevated, see your doctor to discuss what is necessary to lower it.

Upcoming Lectures

**Free Women’s Health Series
at New Season’s Market
Seven Corners Store
Call 503.445.2888 for reservations**

**Detox Your Life
Marianne Marchese, ND
Tuesday, June 7th
7:00-8:30pm**

African Herbal Teas

Rooibos—*Aspalathus linearis*
Honey Bush Tea—*Cyclopia intermedia*



African herbal teas have gained popularity in recent years as a healthy alternative to caffeinated green tea or coffee. Both teas have been compared to green tea due to their high antioxidant content.

Rooibos tea would be excellent for someone with cancer or other people wanting the protection of an antioxidant. Honey bush tea would be beneficial for women with hot flashes and osteoporosis but, until further study, is best not used therapeutically by women with a history of breast cancer.

Both teas are readily available in bag or bulk at your local health food stores.

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Spring Into Health: Health Tips to Live By

Stay hydrated.

Drink 1/2 your body weight in ounces of water per day.

Keep moving.

Walk at least one (1) hour a week to reduce cardiovascular disease and help with weight loss.

Meet your minimum.

Eat at least five (5) servings of fruits and vegetables per day.

