

DID YOU KNOW?

*There are more than 60 toxic chemicals in your home.

*Toxins can be stored in your muscle tissue.

*Approx. 89 percent of beauty product ingredients have not been tested for safety.

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SPRING IS HERE!

Jennifer Lush, ND

With the official arrival of the spring equinox, it is time to renew our bodies and our minds and focus on optimal health in 2006. Losing weight, improving nutrition, preventing chronic diseases and just generally feeling better are priorities for many Alaskans. "Detoxification" is a great way to achieve all of these goals.

Many of us suffer from the effects our toxic world has on our bodies. Lethargy, weight gain, allergies, headaches, irritability, lack of concentration and even seasonal affective disorder can all be signs of a heavy toxic burden.

A toxin is defined as an element which either directly harms the body upon intake (such as heavy

metals) or can lead to unwanted cellular changes if not excreted from the body in a timely manner (such as hormones).



The body's detoxification system consists primarily of the liver, kidneys and digestive tract which includes the stomach, intestines and colon. The skin and lungs also play an important role in detoxification. For this reason, an unhealthy diet can lead to such problems as acne, irritable bowel disease and exacerbated asthma. Other typical symptoms of toxin excess include

poor skin, coated tongue, bad breath, headache, and feeling ill after eating fats.

The good news is that we can reverse the negative effects of these toxins through cleansing and systemic detoxification.

Cleansing may take a little bit of time and effort, but the results can be fantastic. A nutritional detox and cleansing diet can not only reduce the risk of chronic disease, but also have immediate benefits: improved vitality and stamina, better digestion, mental clarity and focus, a feeling of calm and decreased allergic symptoms.

The following newsletter is dedicated to the many ways to detoxify the system, so enjoy!

WHAT'S NEW!--HOLISTIC SPA, PRACTITIONERS, WEBSITE Spring welcomes change here at Avante Medical Center

We are now proud to offer patients with an array of holistic spa services including body wraps, facials, body waxing, salt and sugar glows and hot stone therapy. Jennifer Bersch is a certified holistic spa therapist who has joined our staff to provide these services. She is committed to educating patients and providing them with the best quality care, using all natural products in her treatments.

Avante is also proud to welcome Christine Kallander, ANP. Chris is a nurse practitioner who is joining us with years of medical experience. In addition to providing Avante patients with primary and urgent care, Chris also focuses on women's health and bio-identical hormone replacement.

Last, Avante Medical Center now has a website where you can read practitioner biographies, learn about our services and even download various patient forms. Please check us out at:

www.avantemedicalcenter.com

DETOXIFICATION BEGINS AT HOME

Lori Zitzmann, ANP

Of all the worthy and available methods to detoxify our bodies from unwanted and harmful substances, prevention deserves equal mention. Our homes can be a haven for us from a polluted world if we learn how to limit toxins in the household.

The average home contains more than 60 toxic chemicals. In fact, indoor air can be up to five times more polluted than outdoor air. Common sources of indoor pollutants include household products such as paints, solvents, aerosol sprays, cleansers, disinfectants, air fresheners, dry cleaned clothes, as well as toxins from gas, oil, wood, tobacco, furnishings, and personal care products.

A recent analysis of common household dust found a plethora of toxic compounds such as phthalates, alkylphenols, and organotins. These are known hormone disrupters found in many cleaning supplies. Known carcinogens such as formaldehyde, phenols, benzene, and toluene are also in common household products. Room deodorizers, furniture polish, floor wax, and dishwashing detergents often contain formaldehyde, which is also out-gassed from new carpet and furniture.

Solvents such as benzene are widely used in room deodorizers and moth repellents. Considered to be among the most damaging of envirottoxins, benzene affects the thymus, directly impacting our immune system.

The EPA has recently called for a ban on perfluorooctanic acid (PFOA), used in the manufacturing of Teflon cookware, microwave popcorn bags, and upholstery. PFOA is found in the blood of 95 percent of Americans and is linked to cancer in animal studies.

Personal care products such as shampoo, lotion and cosmetics can also contain harmful chemicals, which are absorbed quite readily through the skin. Phthalates (nail polish, perfume, cosmetics) increase estrogen and testosterone levels and have been linked to fertility problems. Parabens (moisturizers, deodorants) have been found in high levels in women with breast cancer. Petrolatum, or petroleum jelly (lipsticks and baby lotions) is considered a probable human carcinogen.

Most modern chemicals have never been tested for long term health effects. No warnings are required on products that affect your health over time, only products immediately harmful or fatal. More importantly, known toxic ingredients are not required to appear on product labels.

What's a person to do? We cannot live on the planet today and totally avoid these substances. But, we can make choices to decrease exposure in our homes. Chemical-free and non-toxic options are available for most consumer products. Seventh Generation (cleaning) is 100 percent, non-toxic, as is Aubrey Organics (personal care) and Dr. Bronner's (soap).

Some people enjoy making their own non-toxic cleaning supplies. A good kitchen cleaner/disinfectant can be created with two Tbsp tea tree oil (or grapefruit seed extract) mixed in two cups water in a spray bottle. This is also a great anti-mold spray. An all purpose cleanser with three Tbsp Borax, four Tbsp white vinegar, and two cups warm water can be used to clean either kitchen or bathrooms. This same recipe, without the Borax, can be used as a mirror or glass cleaner instead of Windex.

Avoiding toxic chemicals in the home environment makes good sense, both from a personal and global health perspective. An environmentally non-toxic home is a healthy home.

“Most modern chemicals have never been tested for long-term health effects.”



CALENDAR OF EVENTS

(ALL CLASSES HEALD AT AVANTE MEDICAL CENTER)

Summer Detox Class:

Due to the overwhelming success of our spring detox class, we will be offering a summer session. Please join Dr. Liane Erickson and Dr. Jennifer Lush as they show you ways to cleanse your body through diet, supplements and body treatments.

Cost: \$200 (plus supplements)

Intro class: **Thurs. June 8th, 6 p.m.**

First cooking class: **Thurs. June 15th, 6 p.m.**

Second cooking, wrap up class: **Wed. June 28th, 6 p.m.**

Cooking Classes:

(all class begin at 6 p.m. at Alaska Healing Arts Chiropractic. Pre-registration is required so please call Avante at 770.6700 to sign up!)

Cost \$60

Wheat-free/Dairy-free Cooking: Thurs, May 18th

Alaska Wild-Enjoying our Summer Bounty: Tues, June 20th

Cancer and Beauty Products: May 23rd, 6 p.m.

Did you know that many of the ingredients in our everyday beauty products are the very same things being linked to breast cancer? Spend an evening with Jen Bersch as she fills you in on the latest information about the ties between beauty products and our health.

Reading Labels: June 6th, 6 p.m.

Join Dr. Jennifer Lush and Jen Bersch as they show you how to navigate through the confusing store labels of your most common food and beauty products. Learn what those complicated words really mean, how they are affecting your health and what to look for in a good product.

For more information, class updates, additions, or reschedules, please visit our website:

www.avantemedicalcenter.com

DETOXIFICATION: IT'S NOT JUST A DIET!

Liane Erickson, ND

With spring comes a sense of renewal: to cleanse the home, the mind and the body. Cleansing diets, herbs, and supplements are extremely effective at helping your major detox organs (the liver, kidneys, lungs, skin) to work more efficiently. But there are a number of physical modalities that also aid in the detoxification process. Regular use of these modalities helps to not only cleanse the body, but also increase the effectiveness of medicines and supplements prescribed by your practitioner.

Dry Skin Brushing

The skin is a major organ of the body that functions as protection and as a means of elimination.

Daily skin brushing:

- Removes dried, dead cells that block the pores of the skin, allowing the skin to breathe and increases its ability to eliminate the waste products of the metabolism.
- Increases circulation of the blood and lymph vessels that lie close to the surface just under the skin. The blood, fluid, and its contents are returned to the heart for redistribution and/or elimination.
- Increases nutrients to the skin. By clearing out stagnant materials, there is increase oxygen/carbon dioxide exchange, and other nutrients, vitamins, minerals and enzymes are brought to the area.
- Removes waste products of cellular metabolism through the blood vessels and through sweating.
- Decreases the workload on the rest of the body in regard to circulation and elimination.
- Warms the skin

Castor Oil Packs

Castor oil is the oil extracted from the castor bean plant. The use of castor oil is found in medical references dating back to ancient civilizations. Most of our present information about the therapeutic use of topical applications of castor oil comes from the files of Edgar Cayce. Cayce suggests the use of castor oil for more than 50 different conditions of illness in the human body. Among the documented cases where castor oil packs were used successfully were conditions of abscess, bursitis, constipation, appendicitis, whiplash, muscle sprains, low back pain, abrasions and lacerations, infected puncture wounds and fibroid tumors. (continued on page 7)

“Children absorb lead at a higher level than adults which can have a profound effect on their development.”

LEAD: THE HEAVY METAL BUMMER

Bethany Buchanan, ANP

We’ve all heard it. Don’t eat paint! Avoid leaded gasoline! But what makes lead so bad?

Lead is one of the four heavy metals that the US Agency for Toxic Substances and Disease Registry is particularly concerned about along with cadmium, arsenic and mercury. These four heavy metals are also part of the top six hazards present in toxic waste sites. They are highly toxic and accumulate in the food chain, then in the body and are stored in hard (i.e. bone) and soft (i.e. brain) tissue.

Lead is especially toxic and unfortunately is all around us. It is present in industrial and household products like paint, cans, plumbing fixtures, leaded gasoline and lead crystal. Our soil is contaminated with lead, and the vegetables we eat are grown in this soil. Improperly glazed ceramics are another source of lead contact not usually considered. Living or working near industry, such as battery manufacturing, demolition, paint removal, lead mines or working with ceramics and stained glass are sources of environmental exposure to lead.

Children are more susceptible to lead than adults. If they accidentally ingest it, they will absorb 50 percent of it, whereas adults would absorb only 10 to 20 percent. If someone is deficient in calcium, iron or zinc, there is even more lead uptake. Unfortunately, lead easily heads to the brain through what is known as the blood brain barrier. This is how children can be affected so profoundly in their mental development. Ultimately though, most lead ends up in the skeleton (90 percent of the total body’s burden).

Symptoms of lead exposure in children are delayed mental development, hyperactivity, delayed hearing and learning and behavioral problems. For adults (and children) symptoms include fatigue, anemia, metallic taste, loss of appetite, weight loss, headaches, insomnia, nervousness, decreased nerve conduction and possibly motor neuron disorders.

Heavy metal testing for lead is done with provoking or chelating agent. A chelate (picture a lobster claw) is a special type of chemical complex in the body that binds to the metal quite strongly. Chelating agents are used two ways: to test for metals and get an idea of the overall body burden, then therapeutically to help with excretion and lowering the overall burden. Check out our website to learn more!

UP CLOSE--CRISTINA VARNER



Whether you are on the phone, checking out, or scheduling an appointment, chances are you have had an interaction with Cristina Varner.

Cristina has worked at Avante Medical Center since May 2003 and currently holds the position of Office Manager.

She began her career in the medical field working for Dr. Rowan, where she stayed for eight years.

“I love working at Avante because alternative medicine is something that

I believe in. This clinic has practitioners that are genuine and it is such a welcoming and family-oriented environment. Plus, the people are great to work with!”

When Cristina is not working, she is spending time with her three beautiful children or playing dodgeball with the Avante Avengers!

Everyone here adores Cristina and her ability to be an effective leader and boss. She is always willing to go above and beyond when it comes to patient care and she is never without an answer to a problem.

BEAUTY AND THE BATHROOM BEAST

Jennifer Bersch

If there is one thing I have learned in all my years of being in the beauty industry, it is that women who take time to do nice things for themselves feel better. It could be a sassy new haircut, a new shade of eye shadow or at the very least, a succulent new chap stick, but whatever our preference, when we choose a “vice” of personal improvement, we feel better. It is why the beauty products industry made roughly \$35 billion last year.

Every day we see a barrage of new technology and products all guaranteeing one thing; you will look and feel better if you buy this item. What could possibly be wrong here you ask? Who would have known that the very products we choose as our pillar of strength would in turn be inadvertently contributing to the breast cancer epidemic?

I was troubled to find that in the estimated 211,240 women diagnosed with breast cancer last year, less than 1 in 10 cases were from a genetic predisposition. Sure, there are unavoidable contributors far beyond our control such as exposure to ionizing radiation, environmental exposure to pesticides and the genetic manipulation of the food industry, but my eyeliner? My mandarin scented body wash? My fruit fusion conditioner?

Unbeknownst to the general public, there are very few regulations in the beauty industry. Approximately 89 percent of the more than 10,500 ingredients used in beauty products today have never been tested for safety, and one-third of all health and beauty aids contain one or more ingredients that are classified as possible human carcinogens.

So what can we do you ask? Well, it is time for us to bring the beauty industry into the 21st century. Cosmetics companies are innovative enough to make products that do not harm us and it is time we collectively supported those companies that have taken the initiative to get informed and make the necessary changes.

So this year as part of your “spring cleaning”, I want to encourage you to check out safecosmetics.org. They have an easy-to-use cross directory itemizing the most popular beauty items, with best to worst classifications, and breakdowns of what makes harmful products harmful and how to pick better ones.

Happy cleaning!

For more detailed information on what is currently being done to change the laws and the 10-point plan that is being implemented in this fight, visit breastcancerfund.org.



Avante Medical Center is a unique facility established to provide Alaskans with a broad range of integrative and progressive medical services. We provide care to clients with acute and chronic health challenges in a nurturing, warm and beautiful environment. Our goal is to educate, empower and enrich our clients' health through a caring, professional and personable experience.

“Spring is about transition; a perfect time to detoxify and renew the body.”

-Bethany Buchanan, ANP

DETOXIFYING THE MUSCLES

Judy Hartford, CMTPT

When we think about detoxing, we probably do not think of it in terms of our muscle health. What most people do not know is that over use and trauma to a muscle can cause the muscle to contract. These contractions in our muscles, or “knots”, not only hold tension, but also hold toxins.

Within each muscle, free calcium (which triggers the action) and ATP (which provides the energy) are released to activate the actin and myosin within the sarcoplasmic reticulum. This process causes the muscle to contract and expand. During trauma, an excessive amount of calcium is released, further contracting that portion of the muscle. This chokes off the local circulation, which not only constricts a fresh supply of nutrients to enter the cells of the muscle, but also keeps toxins within.

This toxin build-up creates trigger points. These are recognized by tenderness from digital pressure on either a latent or active triggerpoint (TrP) creating a referred pain. Trigger points are treated manually by applying pressure slowly to the taut muscle bands and TrP “knots”. They refer pain, let go and sometimes there is a “wheal” mark. This shows a release of histamines that have been trapped in the muscle. If a person has had their contracted muscles for a long period of time, they may have a queasy feeling in their stomach or even have an unpleasant taste in their mouth. This is the toxins being released. Stretching and drinking water are recommended to rid these toxins from the body.

Once this is done, strength, range of motion and agility will return.

ALL ABOUT COLON HYDROTHERAPY

Julie Tummonds, CCT/LMT

Spring is finally here and many of us are feeling the need to spring clean after the long winter months. This could be due to not getting enough exercise during the holiday season or perhaps stocking up on too many sweets.

Colon hydrotherapy, along with a modified diet and moderate exercise, is the perfect way to boost energy levels, enhance moods and shed a little extra weight. Colon hydrotherapy is a safe and gentle procedure that uses pressurized warm water to cleanse the colon of built up waste and toxins. When these toxins can no longer be effectively eliminated through the large intestine, they can cause “autointoxication” (the poisoning of one’s own system through uneliminated toxins). This results in a wide variety of symptoms which may include aching joints, headaches, poor concentration, mood swings, PMS, lethargy, fatigue, etc. While colon hydrotherapy, by itself, is not a cure for any condition, it can aid the body’s natural ability to heal itself by temporarily removing the overload on the system caused by the toxins.

Cleaning up our diet is another step in the cleansing process. Cutting out processed foods and eliminating alcohol and caffeine gives our bodies a rest from the overburden of trying to process these products. When these types of foods are part of our diets, they accumulate in our guts because our bodies are unable to fully digest them. This accumulation of toxins in the small intestine inhibits assimilation which makes it hard to get the proper vitamins and nutrients from our food.

By integrating colon hydrotherapy as part of a healthy lifestyle, you will not only feel better by getting the toxins out of your system, but you will also see faster results as you help assist your body with the cleansing process.

DETOXIFICATION (CONT. FROM PAGE 3)

Castor oil cont.

As castor oil is absorbed through the skin, it moves through the lymphatic channels stimulating the natural healing ability of the body to break up any inflammation present. Since the pain and swelling from injury is due mainly to the interruption of lymph drainage in the affected area (resulting in an accumulation of fluid), the action of castor oil on the lymphatics is what makes it a valuable therapeutic tool.

Constitutional Hydrotherapy (now available at Avante Medical Center)

This title refers to a combination of techniques originally designed and practiced in Washington State by Dr. O.G. Carroll several decades ago. Constitutional hydrotherapy has long been observed to foster general rejuvenation and stimulation of the systems of the body toward healing. Recently, physicians have documented the results of immune system enhancement and also the reduction of tumor growth.

The technique involves alternating hot and cold applications to the body coupled with mild electrical stimulation. Constitutional hydrotherapy helps facilitate the elimination of toxins through most of the body's excretory systems (i.e., the skin, urine, feces, and lungs). This therapy can be helpful with the following conditions: fibromyalgia, chronic fatigue syndrome, myofascial pain syndrome, upper and lower respiratory infections, mononucleosis, cancer, anxiety, depression, and toxicity. The experience is generally pleasant and restful and takes about an hour. Depending on situation and medical necessity, it is usually best to have this treatment one to four times each week for a prescribed period of time.

Ask your doctor or nurse practitioner for specific instructions regarding these detoxifications strategies. When combined with diet and the proper supplements, physical medicine can greatly enhance your cleansing experience.



WHO'S WHO AT AVANTE MEDICAL CENTER

Jason Harmon, ND—Co-owner of Avante, Dr. Harmon is a Naturopathic Doctor specializing in cancer care. Dr. Harmon currently sits on the national board of the Oncology Association of Naturopathic Physicians. He continues to provide Alaska with primary as well as cancer care, committed to advancing education and world class medical care in the state of Alaska.

Bethany Buchanan, FNP—Co-owner of Avante, Bethany is a Family Nurse Practitioner practicing family medicine and women's health.

Lori Zitzmann, ANP—Lori is an Adult Nurse Practitioner who sees men and women for hormone balancing and nutritional counseling.

Liane Erickson, ND—Dr. Erickson is a Naturopathic Doctor, specializing in pediatrics and family medicine. She is also a Doula, qualified to assist in births and practices Bowen therapy, a gentle form of body work.

Jennifer Lush, ND—Dr. Lush is a Naturopathic Doctor joining us from her successful clinic in Seattle. Dr. Lush provides comprehensive primary care, specializing in women's health, detoxification and weight management programs.

Chris Kallander, ANP—Chris is an Adult Nurse Practitioner focusing on urgent care, primary care, women's health and hormonal issues. She evaluates the healthcare needs of men, women and adolescence.

Judy Hartford, CMTPT—Judy is a board certified Myofascial Triggerpoint Therapist, in practice for 21 years. She treats all musculoskeletal and neuromuscular issues, including pain and injuries.

Julie Tummonds, CCT, LMT—Julie is a massage therapist, specializing in full body relaxation massage. She is also a certified colon hydrotherapist, focusing on detoxification.

Cathy Floyd—Cathy is working in our allergy department using provocation and neutralization for comprehensive allergy treatment elimination.

Pat Ketz—Pat specializes in allergy elimination using a technique known as NAETs.

Jennifer Bersch—Jen is a holistic spa therapist, bringing to Avante spa services such as waxing, facials, hot stone massage and body wraps.

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a center for progressive medicine

