

InnerSource Natural Health News

www.InnerSourceHealth.com

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As 2007 is now a reality, we would like to wish our families, friends and patients great happiness in the New Year.

Thank you for being a part of our lives, and allowing us to be a part of your life as well. We are looking forward to working with you and your family in the New Year.

Health and happiness always,

Dr. Pina and Dr. Peter

Articles

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Pesticides in Children

dr. pina logiudice



We have known for many years that the toxic compounds found in pesticides are harmful to human health. Chemicals like organophosphorus pesticides are used for food growing – and are documented as toxin that can cause disease in children. According the Environmental Protection Agency: “children's internal organs are still developing and maturing and their enzymatic, metabolic, and immune systems may provide less natural protection than those of an adult.” Since children consume larger quantities of food per pound of body weight, and because of their closer proximity to the ground as well as placing their hands in their mouth, they are certainly more prone to pesticide exposure. The EPA has also stated that pesticide exposure can range from mild symptoms like dizziness and nausea to serious, long-term neurological, developmental and reproductive disorders. Since the EPA is a fairly conservative government agency, it is likely that this is a more widespread health issue than we know.

One group of researchers based in Atlanta decided to see if indeed the food a child eats really contributes to pesticide load in the body. To figure this out they devised a 15-day study: they gave 23 children conventional diets for the first 3 days, and for days 9 through 15. For days 4 through 8, they substituted a completely organic food diet. Urine was collected from the children and analyzed. What the researchers found was that immediately after the introduction of organic food to children’s diets, the levels of the organophosphates (malathion and chlorpyrifos) concentrations decreased to non-detectable levels, where they remained until conventional diets were reintroduced after 5 days of organic food consumption. These chemicals have been linked to children’s leukemia, kidney failure, birth defects, immune deficiency and neurological damage.

New research is showing that individuals have different abilities to detoxify compounds from our bodies, depending on how well our liver detoxification functions. This may explain why some children develop disease while others do not. Unfortunately, current diagnostic testing is not yet accurate enough to tell who is more susceptible. As a naturopathic doctor, it makes the most sense to keep children as free from these chemicals as possible until we can definitively tell which children are at the most risk.

References:

Lu, et al. Organic diets significantly lower children's dietary exposure to organophosphorus pesticides. Environ Health Perspect 2006 Feb;114(2):260-3
<http://www.chem-tox.com/malathion/research/>
www.EPA.gov



Financial Health

dr. peter bongiorno

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Although money does not necessarily directly create a healthier body, I have noticed a strong association between many of my patient's financial health and each person's realistic ability to take care of their physical health. It seems that most of us are now working more hours per week, as one American in three works more than fifty hours a week. And the more hours we spend working, the less time we have to take care our bodies and spend time with our loved ones.

So what can we do about it?

The first step may be to look for a financial counselor. Although many people think financial counselors are "for the wealthy" the truth is, people with modest incomes will be served well by having a professional oversee one's finances in order to create a short and long term plan about how to properly pay off debt, save for the future, and save for fun things too. A book I recently came across entitled "Smart Couples Finish Rich" by David Bach is an excellent resource regarding a plan to prioritize one's values in order to save money not only for the aforementioned needs, but also to enjoy life and achieve our true passions. I might add that when we consider our financial health, we may also want to consider where and how we invest our money. Since our investments our used by companies to further their objectives of growth, it is important to choose investments in companies that are consistent with your values – if we all invested in companies that acted in accordance with our values, we could have a powerfully positive impact on the world and the environment, while advancing our financial security too.

Patients Helping Patients

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Inspire a new patient: In order to help patients new to natural medicine, we are asking any current patients and friends who have a story to tell about how natural medicine has helped you to send us a small note about your experience. We would like to post these on the web and in our newsletter, so those who are thinking about using natural medicine for the first time may be inspired by your experience. If you like, feel free to send a photo (preferably a head shot), and let us know if we can use your first and/or last name, or if you prefer not to have your name published. Thank you, and our future patients thank you too. Please send your story to: drpeter@innersourcehealth.com

Also, the New York Association of Naturopathic Physicians (NYANP) is having a **Lobby Day on Tuesday, February 6th**. If you are interested in speaking with your legislators to help license New York State for naturopathic medicine, please talk to Dr. Peter or Dr. Pina - and we can set up a meeting for you. It is a fun way to learn about the legislative process, and change health care for millions of New Yorkers.

Practice News

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Newest Member of InnerSource Health:



InnerSource Health wants to proudly announce that there is a new member of the InnerSource Health family: Ann!

After a 15-year career as a legal secretary in Manhattan, Ann is now a full-time Mom to 3 boys ages 3, 10 and 14 years. She lives in Staten Island at home with her husband Steve. Working with naturopathic medicine herself (with Dr. Pina) Ann has created a healthier body and lifestyle and has been able to discontinue medications for her past chronic sinusitis. Ann enjoys yoga, hiking, biking, skiing and recently started to roller blade. She is has re-affirmed her enjoyment for cooking and now focuses on fresh and organic foods. Ann is also studying herbal medicines

We are thrilled to have Ann working with us and we appreciate her positive energy and support of natural medicine. Welcome Ann! – we are honored to have you with us and we are inspired by your healthful enthusiasm for life. Ann’s office phone number is 718.354.7339 if you need to make an appointment.

New Products:

Based on patient requests, InnerSource Natural Health is now an official distributor for some healthful products. These are the products Drs. Peter and Pina use themselves:

-  **IQ Air filters** – the highest quality air filters made. These are the same filters used for pristine air quality in hospital environments, and are the highest rated for controlling allergies to air pollution and environmental allergens, and is one of the only filters made to protect the lungs from toxic air borne gaseous compounds
-  **Multi-Pure Water Filters** – above and below-the-sink water filtration systems for your house. Excellent to remove chlorine, fluoride, and harmful pesticides and chemicals from your water supply
-  **Spa Technologies Body Lotions, Baths, and anti-oxidant creams** – seaweed - based products used and available only through the most exclusive health spas in New York City and Europe. These are the highest-grade dermatologic products available, and have been created with total health in mind.

Talk to your doctor about these highest quality health-related products. As practitioners and distributors, InnerSource Health is able to offer these at a great discount. We will have more information about these in the next newsletter issue.

Vice President Dr. Pina

Our very own Dr. Pina LoGiudice has been elected Vice-President of the New York Association of Naturopathic Physicians (NYANP) for the year 2007. After acting as secretary and an executive board member for the

last few years, the NYANP membership of over 70 doctors around the state voted her as vice-president. When asked about her political aspirations, Dr. Pina said: "I was never very interested in politics, but when I learned that New York is in a position to change how health care is practiced in our state and in the country, I wanted to be a part of the effort. Now I realize it is impossible not to be political if you care about the health of people." Please visit www.NYANP.org to learn more about the NYANP, and how support of naturopathic medicine licensure in New York State by email faxes, letter writing, or donation.

Lectures

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Natural Medicine for Kids

January 11, 2007: 7 to 9:30pm

Long Island – rsvp to Danielle 631-839-0757 or

daniellemjoseph916@yahoo.com

Pina LoGiudice ND, LAc will be discussing the reasons natural medicine is needed for pediatric care (the rising incidence of obesity, ADD, diabetes, neurodevelopmental disorders, etc...) and what parents should know about how to safely use natural therapies in kids. She will explain the various underlying factors involved in childhood illness including lifestyle, dietary, environmental, social issues and others. Dr. LoGiudice will be discussing how to figure out the unique health care needs of each child, as well as how to use natural medicines when a child gets sick. Appropriate uses of acupuncture and Chinese medicine techniques will also be reviewed. Scientific validation of using CAM therapies will also be provided.

Making Sense of Supplements

Thursday, January 18, 2007: 6:30 - 9:30 pm

Natural Gourmet School in New York City. Call: 212.645.5170 or visit

www.naturalgourmetschool.com for details

Because body type and state of health vary from person to person, so too do nutritional needs. And while whole, nutrient-dense foods are ultimately and ideally our best source of nutrition, the truth is that hectic lifestyles, poor eating habits, improper digestion and absorption, and the low nutrient composition of many modern processed foods make proper nutrition even more difficult to obtain. Given differing needs and the absence of good nutrition, what role can supplements play in your diet? In the mammoth, growing maze of nutritional supplements and their supposed health claims, how do you know which supplements are best suited for you? Are there certain supplements that can harm you? These questions and more will be answered by Dr. Peter Bongiorno as he discusses diagnostic techniques from both Western and Eastern medical traditions which will help determine your body type, specific risk factors for disease, which natural food-based supplements like green tea, garlic, and fish oils, are helpful to those who are chronically as well as acutely out of balance.

Heart Disease and Holistic Thinking

Saturday, February 3, 2007: 9:30am-3:30pm

New York University. Call 212.998.7171 or visit

<http://www.scps.nyu.edu/departments/course.jsp?courseid=70540>

The number-one killer in the U.S. is heart disease. In this class, learn the basics that every person should know about their own heart, including the basic physiological function of the heart, its spiritual associations from a traditional Chinese medicine standpoint, and ways that heart disease can manifest differently for women. Dr. Peter Bongiorno shows you the foods, supplements, lifestyle changes, and exercises that can safely and effectively help you prevent disease. The course also examines laboratory tests and diagnostic imaging used by cardiologists, enabling students to speak comfortably and confidently with their doctor about heart health. No grades are given for this course.

Talking to Parents About Using Complementary Therapies with Children

Friday, February 9, 2007 – 3:30 to 4:30pm CAM EXPO EAST – New York City.

Visit www.CAMExpoEast.com for more information.

Pina LoGiudice ND, LAc will be discussing the reasons natural medicine is needed for pediatric care (the rising incidence of obesity, ADD, diabetes, neurodevelopmental disorders, etc...) and what parents should know about how to safely use natural therapies in kids. She will explain the various underlying factors involved in childhood illness including lifestyle, dietary, environmental, social issues and others. Dr. LoGiudice will be discussing how to figure out the unique health care needs of each child, as well as how to use natural medicines when a child gets sick. Appropriate uses of acupuncture and Chinese medicine techniques will also be reviewed. Scientific validation of using CAM therapies will also be provided.

Cancer: Natural Methods for Prevention and Treatment

Saturday, February 24, 1:00 - 4:00 pm

Natural Gourmet School in New York City. Call: 212.645.5170 or visit

www.naturalgourmetschool.com for details.

Cancer is an emotionally-charged condition with enormous physical and psychological power. Because it claims more lives each year in the U.S. than any other disease, it is critical that we understand what it is, how it starts and how it grows. Only then can we take the appropriate action to prevent it or treat it. This class will clearly outline the basics that every person should know about cancer. Dr. Bongiorno will cover risk factors for the disease, ways to prevent it, and what to do if diagnosed with cancer. He'll discuss how to safely use natural therapies such as Chinese Medicine and acupuncture as an adjunct to conventional cancer care. Experimental therapies will also be explored. You'll leave with a list of specific foods, lifestyle recommendations and supplemental regimens proven to reduce cancer rates and recurrence.

Supplements: Choosing What's Right for You

Monday April 9 and April 16th, 2007 6:20pm-8:10pm (2 sessions)

New York University. Call 212.998.7171 or visit

<http://www.scps.nyu.edu/departments/course.jsp;jsessionid=E1JG2OEEFHR5DA00SM5SFEQ?courseid=71017>

Everyone's body makeup is different, and so are each person's nutritional needs. Food remains the best source for good nutrition, but hectic lifestyles, poor digestion, and low nutrient composition can make it difficult to get enough of the right vitamins and minerals. Products in health food stores can be confusing. So how do you know which product is right for you? Find out about your body constitution, what your specific risk factors are for diseases, and which supplements may be most useful. You also learn which supplements may be unnecessary or even harmful.

New Research



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Melatonin Reduces Nighttime High Blood Pressure - A natural hormone known as a treatment for insomnia, cancer, and sleep disorders may have a new use of lowering high blood pressure. Melatonin, which regulates sleep cycles, has been shown in a new study to lower blood pressure in people with nighttime high blood pressure (nocturnal hypertension). Melatonin is a hormone, and should be used under a doctor's supervision only (*Am J Med* 2006;119:898-902)

Cats May Cause Your Allergies, Even if You Do Not Have One In Your Home – a recent study 3000 mattresses across Europe showed that dust levels of cat allergen were highest in those homes where cats were present. An interesting finding however, was that cat allergen was also detected in the mattresses of homes without cats. This study showed that individuals who do not own cats may still be exposed to significant levels of cat allergen in their own homes, particularly if they live in communities with high levels of cat ownership. (*J Allergy Clin Immunol.* 2006;118:674-681)

Surgery Unnecessary for Back Pain - People with ruptured disks in their lower backs usually recover whether or not they have surgery, researchers have recently reported. The study, of over 2000 patients found that surgery appeared to relieve pain more quickly but that most people recovered eventually whether they had surgery or not. (*JAMA.* 2006;296:2441-2450)

Hawthorne Lowers Blood Pressure in Type II Diabetics – A double blinded placebo controlled study of 80 diabetics with high blood pressure found that diastolic blood pressure was lowered using this botanical medicine. Also of note is the fact that hawthorne does not appear to have any drug interactions with either hypotensive or hypoglycemic drugs and does not impair glycemic control. (*British J General Practice* 2006;56:437-43)

Recipe

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Winter Salad:

romaine lettuce
arugula leaves
fennel (finely sliced)
1 asian pear



Salad Dressing:

champagne vinegar 2TB
pear juice 2TB
olive oil 1/4 cup or less
poppy seeds 1 tsp
salt and pepper to taste

Enjoy!

Some health information:

fennel – is excellent to calm the digestive tract

olive oil – has omega 9 fatty acids, which can help lower inflammation and is protective against breast cancer

asian pears – can support healthy lung function in Chinese medicine theory

Cartoon

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