



# Center for Traditional Medicine Newsletter

560 First Street, Suite 204, Lake Oswego, Oregon 97034, (503) 636-2734  
www.MyCTM.org

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## WHAT IS WRONG WITH THE ATKINS DIET?

Noel Peterson, N.D.

When people ask me if the Atkins diet is a good way to lose weight, my answer is "Yes, and No". You will lose weight following the Atkins plan, but the cost to your health will be dear. Why? The high saturated fat levels in the Atkins plan are the very fats that cause heart disease, the number one killer of Americans. And to make matters worse, the diet is drastically low in carbohydrates, the only sources of the very phytonutrients that protect your body from heart disease and cancer.

So if losing weight and causing heart disease in the process is your idea of a good diet plan, then Atkins is for you. If not, then read on.

First, all carbohydrates, fats, and proteins are not created equal. Some do cause weight gain at a higher rate than others, and some contain substantially higher beneficial phytonutrients and beneficial fatty acids. Which carbohydrates, fats, and proteins you eat can determine your health outcome.

According to Atkins, carbohydrates are the enemy, while fat and protein are your friends. But the truth is that most carbohydrates are good, and essential for health, while the most common fats and proteins consumed in America can cause heart disease. To understand this, we need to look at how the extreme low carbohydrate diet works, and what you can do to modify it so that your health improves rather than deteriorates.

With carbohydrates, the difference lies within the glycemic index. The glycemic index is a relative measurement of the amount of insulin released in response to different foods. All foods cause insulin to be secreted by your pancreas, but high glycemic index foods like flour, potatoes and sugar cause large amounts of insulin to be produced. In a susceptible individual, this can turn on the fat storing alpha-receptors on fat cells, and turn off the fat burning beta-receptors. The result is increased fat storage.

Susceptible people include those who have yo-yo dieted or have a genetic predisposition to diabetes, and as a result have insulin resistance (a condition that is thought to be an early occult stage of diabetes). In

these people, eating high glycemic index foods leads to increasing insulin production, increasing fat stores, and increasing resistance to weight loss.

In contrast, low glycemic index carbohydrate foods like whole fruits and vegetables, beans, nuts, and seeds are rich sources of phytonutrients. They stimulate small amounts of insulin to be secreted, and can gradually turn down fat storing receptors, turn up the fat burning receptors, and reverse insulin resistance.

Atkins recommends eggs and bacon for breakfast. Just one look at the hardened grease left in your frying pan should tell you what your blood vessels think of his diet. In contrast, choosing fats from cold water fish, walnuts, fresh ground flax seeds, and sardines that contain high amounts of omega-3 fatty acids like EPA and DHA will build your health. These fats are essential for healthy blood vessels, heart and brain function. Monosaturated fats from extra virgin olive oil and avocados actually lower your blood fats and are rich in blood vessel cleaning antioxidants. Chickens fed diets high in omega-3 containing foods like chlorella and blue green algae produce eggs rich in omega-3 fats and are now available in all supermarkets. If you want healthy cells, then eat healthy foods.

What is a healthy, balanced weight loss diet? Certainly not the Atkins diet. What I recommend is a modified Zone diet, as outlined by Barry Sears, Ph.D., in his book *Mastering the Zone*. It is 30% protein, 30% fat, and 40% carbohydrate. I recommend you modify his diet by choosing a minimum of 5 servings of fruit and vegetables daily with unlimited low glycemic index vegetables like greens and cabbage family vegetables, tomato, kale, and lots of herb spices.

Choose healthy fats and protein sources, including fish, free range chicken, raw nuts and seeds, olive oil, ground flax seeds, and goat or sheep feta cheeses. I also suggest that you choose the darkly pigmented fruits, including blueberries, cranberries, raspberries, watermelon, grapes, and cherries. After all, you are what you eat.

## THE BEAUTY OF CHANGE

Ellyn Lindquist, L.M.T., Certified Rolfer

In September 2003, I will be moving to Bend, Oregon. My husband and I have accepted wonderful new jobs over there working for a very high quality acoustic guitar manufacturing company.

I truly enjoyed working with all of you. I have made so many wonderful connections. It has been a true blessing to work with all of you, and to have a practice in such a supportive place. If you have any questions for me, please call the Center. The front office staff will always know how to get a hold of me.

Thank you all for your referrals and your repeated business. It has been greatly appreciated.

## HOPE FOR CHRONIC PAIN PATIENTS

Lori Horan, N.D., L.Ac.

"I would eat snake eyes if someone told me it would help my pain," one woman told me. Whether chronic pain originates from a traumatic external injury or from a slow-onset internal cause, most people want to eliminate pain as quickly as possible. What do you do when you think you have already tried everything and you are still hurting?

What I practice is Five Element acupuncture because it is extremely effective for chronic pain. Over time, many people with chronic pain observe that the intensity of pain they feel is greater when mental and emotional stressors grow. It is well known that the mental and emotional state of a person will influence his or her reaction to pain. If people are in good spirits, their pain thresholds are different than if they are nervous, agitated, depressed, or angry.

Five Element acupuncture recognizes a correlation between the origin of chronic pain and the individual's patterns of reaction to conflict situations. These patterns are often very important clues to blocks in the energetic system of the body. Acupuncture points are chosen both for pain reduction and for balancing and stabilizing reactions to all of life's stressors. Five Element acupuncture takes into consideration internal and external factors involved in chronic pain and seeks to treat people in the full context of their lives at the emotional, mental and spiritual levels as well as the physical. It helps people gain a greater awareness of their patterns of reactions and a deeper physical awareness of their ways of being in and reacting to the world.

For example, Sam had a bad back with crippling stiffness and pain from a traumatic car accident 20 years earlier. His injury sometimes responded positively to spinal manipulation and physical therapy, but the pain always returned. He also reported quickness to despair and a rigid frame of mind. Throughout his treatment, we tracked the parallels of the rigidity of the body to his mental rigidity and how the chronic tension in the muscles of the back reflected how he coped with the pressures and responsibilities of life. After he saw how his rigid attitude towards life's pressures directly related to his chronic muscular tension, it

*continued on page 3*



## Center for Traditional Medicine Newsletter

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# NATUROPATHIC HYDROTHERAPY

Daniel Chong, N.D.

## A Brief History

Hydrotherapy, in one form or another, has been around for as long as animals have roamed the earth. There have been numerous accounts of sick or injured animals observed in the wild, soaking themselves or their injured parts in a cool stream everyday until they were well again.

English physician John Floyer wrote one of the first textbooks on hydrotherapy in 1697. Since then, there have been numerous physicians and others who have become famous using various types of hydrotherapy treatments to cure the sick. Many people have heard of John Harvey Kellogg, who ran the famous Battle Creek Sanatorium in Michigan, and used many different hydrotherapy treatments, as well as massage, electrotherapy, and diet to help cure hundreds of previously "incurable" cases.

By the early 1900s, hydrotherapy was a common treatment employed by naturopathic physicians. Benedict Lust, Henry Lindlahr, and O.G. Carroll are three of the most famous naturopathic physicians who have ever lived. They combined hydrotherapy with other treatments such as herbal medicine, homeopathy, and diet therapy to help heal literally thousands of people whose conditions were originally considered "incurable." Hydrotherapy was the center point of their practices and many of the treatments that they used are still being used today.

Since the time of these great physicians, hydrotherapy has experienced a slow but steady decline in popularity as a common treatment in naturopathic offices. The reasons for this are many. Some doctors lack the proper training and experience, as school curriculums no longer focus on hydrotherapy. Some doctors choose not to use these treatments because they can be time consuming, and not very cost-efficient. However, there are still some out there who continue to carry on with these wonderful treatments, myself included. These people are aware of the power of hydrotherapy, and will continue using them well into the future.

## Practice and Philosophy

Naturopathic hydrotherapy differs slightly from standard hydrotherapy commonly used by medical doctors and physical therapists.

In general, MDs and physical therapists simply recognize the mechanical effects of hot and

cold applied to the body, e.g., that hot will relax muscles, and cold will decrease inflammation. The naturopathic hydrotherapist also believes that hydrotherapy can affect the quality of blood in circulation. This is done primarily through treatments that tonify the digestive organs and thereby improve the nutrition received by the blood.

The naturopathic hydrotherapist views blood as the conveyer of life. Naturopathic hydrotherapy works because it optimizes the quality of blood while improving the efficiency of its circulation.

*continued on page 4*

## Chronic Pain

*continued from page 2*

became possible for him to begin changing his attitudes. This ultimately freed up a vast amount of energy blocked in his muscles.

Five Element acupuncture helps to decipher the source of psychological and physical blocks by reading the effects they have had on the body. It is similar to becoming aware of the effects of rain on the erosion of soil, or the effects of wind on the growth pattern of trees. Five Element acupuncture can lead a person to straighten up and face life more healthfully. As soon as one realizes how specific events, pressures, stresses and emotional states have led to bodily changes, the reality of the interconnectedness between mind and body is experienced, and the chronic pain is often mended.

In addition to treating chronic pain, Five Element acupuncture is a comprehensive approach that helps people regain contact with their potential for change. The goal is to break down unhealthy coping mechanisms that consume and inhibit energy in the body and mind. The blocked energy can then be put to more creative uses, such as developing your unused potential, and being in the world in a more complete fashion.

If you sense that the discomfort you feel is a reflection of your body out of balance, then consider a Five Element consultation with Dr. Lori Horan.



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## NATUROPATHIC HYDROTHERAPY

*continued from page 3*

### **Some Classic Treatments**

**Nasal Lavage** - The nasal lavage is a wonderful treatment used in cases of chronic infections and/or irritations in the nose and sinuses. These conditions include sinusitis, hay fever, or seasonal allergies. The goal of the nasal lavage is to reduce or eliminate the recurrent irritant, so that the body can have a chance to heal itself. Often times antihistamines, antibiotics and/or surgery are used to treat these conditions, but do little to affect them, especially their recurrence. Long-term use of nasal lavage in these cases can be extremely helpful.

**Warming Socks** - This is probably the most frequently prescribed hydrotherapy treatment in naturopathic offices. It is easy to do, takes very little time, and is extremely effective. Used to treat colds, headaches, sore throats, ear infections, and basically any problem involving congestion or infection in the upper body and head, this treatment is one that every household should know about. It is also helpful in some cases of insomnia, and can be used on a regular basis to encourage general immune stimulation.

**Constitutional Hydrotherapy** - Perhaps the most powerful and useful of all hydrotherapy treatments, "the constitutional" is a special technique that can greatly improve recovery from a wide variety of acute and

chronic illnesses. It has been used countless time by many naturopaths as part of a treatment plan for such conditions as cancer, AIDS, arthritis, fibromyalgia, heart disease, migraines, environmental toxicity, and many others. This treatment is helpful in any case where detoxification, immune stimulation, and digestion enhancement are needed.

Hydrotherapy treatments are a wonderful complement to almost any naturopathic treatment plan. They should certainly be included in your home treatment regimens. If you have questions or think that hydrotherapy might be helpful for you or someone you know, call CTM to schedule an appointment with Dr. Chong.

Want to learn more about natural therapies to improve your health? Visit our web site at

**[www.MyCTM.org](http://www.MyCTM.org)**

Or call the clinic at 503-636-2734 to schedule an appointment with one of our doctors on staff.