



Center for Traditional Medicine Newsletter

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PROLOTHERAPY AND THE UNSTABLE KNEE

Noel S. Peterson. ND

When Mark injured his knee last spring playing tennis, he expected it to heal on its own. His orthopedist ruled out the all too common torn meniscus or ACL tear, and recommended ibuprofen, which helped the pain but did not make his knee feel stronger. After six months, he still had pain which prevented him from being able to play his game. His injury was getting more painful and limiting and after six months, his knee felt vulnerable and painful with any deep bend or rotational exertion.

When I examined Mark, I found an unstable tibial-fibular ligament (the connective tissue that holds the head of the fibula to the lateral condyle of the tibia), a weakened fibular collateral ligament, and a torn, weak tendon of the biceps femoris muscle attachment at the head of the fibula. We scheduled a series of Prolotherapy injections, and three months later his pain was gone and he was back on the tennis court.

What is Prolotherapy? Prolotherapy is defined in Webster's New Collegiate Dictionary as "the rehabilitation of an incompetent structure such as a ligament or tendon, by the induced proliferation of new cells." It was developed over fifty years ago as a natural non-surgical method of assisting the body in healing injured tendons and ligaments. Prolotherapy helps your body make new cells, which strengthen lax or torn tendons and ligaments. (Ligaments are the tough tissues which connect bones to bones, and tendons are the tough tissue which connect muscles to bones)

How is Prolotherapy performed? Prolotherapy technique consists of using a fine needle to inject a proliferative solution into incompetent tendons, ligaments, and joints for the purpose of stimulating new growth and repair, thereby promoting joint stability and reduction of pain. The most common substance used is dextrose (a kind of sugar) diluted with procaine (a local anesthetic). When injected into the torn tendon or ligament, the dextrose and procaine solution induces a physiologic reaction that stimulates the healing processes to resume, and induces the migration of fibroblasts (the body's repair cells) to the site of injection. Fibroblasts lay down new connective tissue and in so doing, enlarge and strengthen the damaged tendons, ligaments, and cartilage.

Do Prolotherapy injections hurt? Prolotherapy injections are performed with a lot of care and a little local

anesthetic. The pain of treatment is minor and only temporary when compared to the chronic pain of tendon and ligament injuries.

What kinds of injuries respond to Prolotherapy?

Soft tissue injuries (sprains, strains and bruises of muscles, tendons, fascia, and ligaments) are the most common injuries encountered in sports, auto, household, and work accidents. These injuries produce chronic pain in the hands, elbows, shoulders, hips, knees, and feet, as well as neck, ribs, back, and sacrum. The majority of these injuries heal through the body's own internal mechanism of producing inflammation which triggers the proliferation of fibrous tissue that mends the damaged areas. The majority of these injuries heal, but many go on to chronic pain and dysfunction, and many common anti-inflammatory drugs used in these cases actually inhibit the repair of these damaged cells.

Why would you still have pain and weakness, even after a healing period of weeks or months? The answer lies in the fact that both ligaments and tendons have very poor circulation, and it is this lack of circulation which deprives them of the nutrients they need to heal properly. When ligaments become relaxed and weak, the nerves within and around the ligaments and tendons become stretched and irritated, and pain results.

What about conditions such as arthritis? There are many forms of arthritis, the most common being osteoarthritis. Osteoarthritis is the gradual degeneration of joint surfaces, caused by overuse and under repair. Over

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ROLFING®, MASSAGE AND MYOFASCIAL RELEASE FOR IMPROVED HEALTH: THE SPECIFICS

Ellyn Lindquist, LMT, Certified Rolfer

Many people wonder how massage and Rolfing can be the most helpful. They are two techniques that differ in their approach.

Massage is a technique using oils and/or lotions to milk and knead muscles for improved blood and lymphatic flow. This can be very useful in the maintenance of the body. Rolfing is a series of connective tissue manipulation sessions without oils or lotions. Each session builds upon the next with the goal of aligning the whole body in gravity. The technique used in Rolfing is known as myofascial release.

One session of myofascial release can be done, which may alleviate immediate pain and possibly the problem. However, Rolfing is really defined by a series, creating a holistic approach to realignment. Sometimes people will choose to do a few sessions of myofascial work to treat an area directly without going through a series of ten sessions. This works too, but keep in mind that compensations occur with chronic pain and that the ultimate way to alleviate pain and its compensations are to address the body as a whole, with the understanding that the connective tissue in the body is one continuous sheet and any injury in one area affects how you function in all areas.

The following are a list of common ailments and how Rolfing, myofascial release, or massage can treat them:

SCIATICA: Rolfing addresses the causes of sciatica and deeply manipulates tissue throughout the whole body to create alignment so that the sciatic nerve is not chronically pinched off. It also releases possible patterns contributing to the impingement.

Massage addresses the tight areas around the lower back, gluteal and piriformis (a gluteal muscle that can cut off the sciatic nerve) muscles by milking, kneading and working the tissues to relieve the tightness. It may address other areas as well.

Myofascial release sessions use deep connective tissue manipulation to address the area locally. It can be uncomfortable, but it is usually a “hurts so good” kind of sensation. It is similar to massage in its goal, however the technique is more about opening up blood and lymphatic flow via skin rolling rather than kneading with oil or lotion.

FIBROMYALGIA: Rolfing looks at patterns that may be creating areas of chronic tension (i.e. how does your right foot and its connection to the Earth affect your left knee and your right shoulder?). It uses deep connective tissue manipulation...intense, but freeing.

Massage can be very beneficial because the techniques improve blood and lymph flow, increase metabolism, decrease spasticity and work the trigger points that are commonly seen in this condition.

Myofascial release can address areas that are commonly tightened and need to be opened up more directly. It also has the same benefits of massage, but is not quite as relaxing!

CHRONIC MUSCLE TENSION/SPASMS/HEADACHES: Rolfing again looks for the cause. Why are the muscles chronically tight and spasmed? Using connective tissue manipulation through a series, Rolfing opens up these tight short areas and brings balance to the structure, alleviating the problem.

Massage milks, kneads and uses friction to the associated trigger points attempting to release the short tissues and bring more nutrients into the area.

Myofascial release does the same as massage only using more intense techniques of bulldozing through the tissue. No relaxation here, just straight forward relief from the opening!

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Center for Traditional Medicine Newsletter

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ARE YOU AT RISK FOR OSTEOPOROSIS?

Lori Horan, ND, L.Ac.

Alexa is a 45-year-old woman who came to my office to inquire about her risk for osteoporosis. She described herself as being in “good health,” but had heard that her bones could be at risk since her mother had osteoporosis and had recently died of complications from a hip fracture. Alexa’s question is a good one. Elderly women are not the only ones affected, and it is a good thing to explore before it’s too late.

Osteoporosis is a porous bone condition that mainly affects hips, ribs, and the spine, although the entire skeleton may be involved. As bones become increasingly porous, they become brittle, and subject to pain, deformity, and fractures. There is a normal decline in bone mass after age 40, but it is accelerated in people with osteoporosis. Our bones are important for sturdiness in mobility, as well as bone marrow. They are storehouses for calcium, phosphorus, magnesium, and trace minerals, which are necessary for body processes ranging from the beating of the heart, clotting of blood, and firing of nerve cells.

There is a strong link between family history and osteoporosis. Knowing this, Alexa was interested in practicing preventive medicine to keep from developing the same condition as her mother. Many people are under the impression that taking calcium is all that is necessary to halt bone loss, but osteoporosis is actually a complex condition involving hormonal, lifestyle, nutritional and environmental factors.

We started Alexa’s bone health assessment with a bone scan to determine her baseline bone density. This was followed by another scan six months later to determine her trend for bone loss (this also shows whether someone needs to make adjustments in their health routine). The effectiveness of osteoporosis treatment can also be monitored later with a urine test, which measures bone collagen fragments, or the rate at which bone is being lost.

Alexa’s anti-osteoporosis plan consisted of a basic commitment to practice bone-building techniques, and to avoid bone de-mineralizing activities. This meant she needed to exercise regularly, cut back on or eliminate alcohol and caffeine, eat five servings of low sugar fruits and veggies per day, add soy and ground flaxseed, and drink green tea. She also added the bone building nutrients vitamin D and Cal Apatite Plus, a formula containing calcium, magnesium, and ipriflavone, all of which support proper bone metabolism.

In the process of treatment we discovered her hormones were out of balance, which can also demineralize bones. Acupuncture was a significant part of Alexa’s osteoporosis treatment. Through acupuncture we addressed her depression, her resistance to exercise, and her fatigue. We worked on balancing her body’s organ systems in relationship to each other, which in turn balances mood, enthusiasm, and energy levels.

Alexa’s bone mass actually improved six months after she started her anti-osteoporosis plan. After working with her hormones, depression, diet, and resistance to exercise, she felt better than ever. She thought she was in relatively good health before we started her plan. Now she knows what being in good health really feels like. Not only has she reached her goal of stronger bones, but she has achieved a pleasant side effect as well; she is feeling more balanced and healthy all over.

Are you at risk for osteoporosis? There are several known risk factors for this condition. If you identify with any of the following, you may need to take bone-protective steps soon. You may be at risk if:

- * Your mother was fair-skinned, blue eyed, and thin.
- * You have a history of smoking or drinking more than one alcoholic drink per day, or more than 2 cups of coffee per day.
- * You are indoors frequently or sedentary (less than 4 hours/day on your feet).
- * You have a history of amenorrhea, anorexia, hyperthyroid, depression or premature menopause.
- * You have a nutrient-poor diet.
- * You have a history of steroid use, anticonvulsant medications, etc.

If you have reason to be concerned about your risk for osteoporosis, make an appointment with Dr. Lori Horan for a bone health assessment. But be prepared to possibly experience better health in general as a pleasant side effect. (See page 6 for Dr. Horan's peri-menopause workshop.)

Rolfing, Massage and Myofascial Release

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CARPAL TUNNEL SYNDROME: Rolfing using connective tissue manipulation, looks at the sheets of connective tissue from the head to the toes, opens up the connective tissue not only in the forearms, but the neck, shoulders, pectorals and into the back, hips, legs and feet. Many times people who have Carpal Tunnel Syndrome need a lot more opened up than just the forearms.

Massage, using the Swedish techniques of milking, kneading, etc. opens up the forearms and neck to release the tension.

Myofascial release...you guessed it, local, more intense, deeper and that “ahhhh” feeling (once I stop).

There are many more conditions that could be listed, but this gives a good description of how Rolfing, massage and myofascial release can be helpful. If you have something happening in your body and you aren’t sure what can be done for you, feel free to call me at (503) 636-2734 with any questions, or log on to my web site at www.tryrolfing.com. (See page 6 for Ellyn's free presentation about Rolfing.)

TO DETOX OR NOT TO DETOX... THAT IS THE QUESTION

Daniel Chong, ND

The most fundamental theory in naturopathic medicine is the theory of "toxemia". Toxemia is a term meaning toxins in the blood. In classical naturopathic medicine, toxemia is looked at as the root cause of all chronic illness. Put simply the theory is: To prevent illness from occurring, keep toxins out of your body. To treat illness, remove toxins from your body.... If only things were that easy!

The theory of toxemia may seem like an oversimplified way of looking at disease. However, when one looks more closely and understands exactly what a toxin is, and realizes all of the different things in our world that fall under the category of toxins, it really is that simple. The hard part is following the theory. It is impossible to keep all toxins out, and for most people it may seem impossible to try and remove what has already accumulated. To keep chronic disease at bay, you need to know what toxins to look out for and how to avoid those things as much as possible. If you do get sick, detoxification should always be part of your treatment plan. If you are unable to address these factors in your life, you are much more likely to become chronically ill. If you are already sick, your chances for a full recovery are much greater if detoxification is part of your treatment plan.

What to Look For

A toxin is defined as "any compound that has a detrimental effect on cell function or structure". Michael Murray and Joseph Pizzorno, in their book *Encyclopedia of Natural Medicine*, list four main types of toxins: 1) Heavy Metals 2) Liver Toxicants 3) Microbial Compounds 4) Normal Body Metabolites. These toxins are seemingly everywhere. They come from sources such as pesticides, industrial waste, cigarette smoke, medications, foods, and even from within our own bodies. Aside from these types of toxins, any type of stress on our body, be it physical or mental, can also lead to the formation of toxic compounds in our bodies. For example, mental stress can cause an over-production of cortisol from our adrenal glands. Normal levels of cortisol secretion are crucial to our health, but in excess can damage our tissues. We will never be able to completely avoid stress, especially mental stress, so we must focus on learning and using methods to decrease the effects that this stress has on our bodies.

Today's world presents us with a staggering number of toxins that our bodies must deal with every day. For the most part, we are well equipped to handle a majority of these toxins, but even the healthiest of bodies can only handle so much on its own. Because of this, we must take steps to reduce the amount of toxins we are exposed to as best we can. To deal with the inevitable "left-overs" we can do specific things that

help to decrease the excess toxin load. If worse comes to worse, and we get sick, we must seek out the most effective treatments available, and be sure that those treatments address this issue of toxicity in some way or another.

Lifestyle Choices to Decrease Toxin Exposure

A healthy lifestyle is one of the best ways to help decrease the total load of toxins our bodies are exposed to. As stated earlier, it is impossible to completely avoid all toxins, but we can make changes in our lives that are extremely helpful. For example, most people know that it is best to consume organic foods whenever possible. Not only does organic food contain greater amounts of nutrients, it contains much fewer, if any, pesticides, herbicides, hormones and antibiotics.

Additionally, we should identify and avoid foods that we are sensitive and/or allergic to, as well as foods that are simply hard to digest. If we regularly consume these foods, inflammation may occur in the lining of our digestive tracts. This inflammation can lead to a condition called "leaky gut syndrome" in which we are more likely to absorb larger food particles, and toxins than normal. This process can lead to an increased toxic load in our body. Some authorities even state there are certain "normal" foods which can actually act like toxins in the body, regardless of whether or not the person is allergic to that food. Examples of this include gluten, a protein found in wheat, rye, oats, and barley, and casein, the main protein in cow's milk.

Optimal digestion, a crucial part of toxin control, involves much more than eating organic foods, and avoiding food sensitivities. Another extremely important factor in digestion is bacterial flora balance. Having a sufficient amount of beneficial bacterial flora in our digestive tracts is very helpful to our digestive function, as well as our immune systems. Antibiotic treatments, which many of us have had, destroy beneficial bacteria, and lead to imbalanced levels in our intestines. Since most of us no longer eat fermented foods, a good source of beneficial bacteria, this imbalance continues. Many of us compound the problem further by consuming too much sugar and refined carbohydrates. These foods promote the overgrowth of organisms such as candida which can, in turn, contribute to the toxin load in our bodies. Anyone who has had antibiotics in the past and/or consumes too much refined carbohydrates and sugar would do well to start taking an acidophilus supplement.

Regular exercise and stress reduction techniques are two other general lifestyle practices we can use to help decrease the toxic load on our bodies. Exercise is perhaps the best way to do this because it works from two different angles. It increases blood flow and respiration, and usually results in sweating, which is a form of detoxification. Exercise is also well known as an excellent way to relieve mental stress, which can create actual, physical toxins in the body. Exercising will help decrease the formation of these toxins and clear out any toxins that have already accumulated.

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Prolotherapy and the Unstable Knee

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time, this wear-and-tear of cartilage progresses to the point that the cartilage is worn thin and pain results. Degenerative joint disease can progress to the point where the patient needs a total hip or knee replacement. Prolotherapy has been proven to reverse the degeneration of joints when the condition is treated early enough.

Other forms of arthritis are autoimmune mediated, such as Rheumatoid Arthritis, Lupus, and Ankylosing Spondylitis. Unfortunately, these forms of joint disease do not respond to Prolotherapy.

How can you strengthen tendons and ligaments?

Unlike muscle tissue, exercise cannot build, strengthen, or repair ligaments or tendons. Prolotherapy has been shown to increase the size of tendons and ligaments up to 40%. It has also been shown to increase their tensile strength by as much as 200%. Prolotherapy thickens knee cartilage and relieves the pain of degenerative joint diseases, and no scar tissue is formed (as would be the case in surgical procedures). The tissue formed from Prolotherapy is healthy, strong, flexible ligament or tendon tissue. Once the ligament or tendon has been repaired by Prolotherapy, the nerves are no longer stretched or irritated, the pain goes away, and normal function follows.

What are the side effects of Prolotherapy? Some patients experience pain and swelling at the injection sites for 1-3 days following the procedure. To counteract this, we recommend that patients take acetaminophen or hydrocodone with acetaminophen for pain, but not aspirin or anti-inflammatory medications like Advil which can inhibit the healing response. Patients can also apply moist heat and ice alternately to the area 3-5 times a day for 10 to 20 minutes as needed, and perform moderate exercise such as walking, but should avoid strenuous exercise or work with heavy lifting. Often specific exercises are prescribed to follow-up the injections. The natural proteolytic enzyme Bromelain can also be taken for swelling if needed. Reports of more serious complications have been extremely rare, and are associated with the inadvertent injection into the spinal canal or the lining of the lung rather than into the affected ligament or tendon, causing spinal fluid leak, nerve damage, or pneumothorax.

Who performs Prolotherapy? The injection technique involved in prolotherapy requires skill and care. Dr. Peterson is certified in Prolotherapy techniques, and has been treating people for the past 4 years. Dr. Chong has recently completed his training and is now accepting new Prolotherapy cases as well.

To Detox or Not To Detox

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Detoxification Techniques

There are a huge number of choices out there when it comes to methods of detoxification. Most naturopaths are familiar with a wide variety of these treatments, and many employ them on a regular basis when treating their patients. Some forms of detoxification include fasting, hydrotherapy, sauna therapy, colon cleansing, liver cleansing, dry skin brushing, oral and intravenous chelation, acupuncture, homeopathy, and deep breathing exercises. Although very different from each other in method, these forms of detoxification can be similar in their overall effects on the body. Some of the above methods are reported to be more powerful than others in their effects, but they can all be useful. Also, some treatments may be more suited to one patient than they are to another. The decision to use one method, or a combination of methods must be made on an individual basis, depending on the situation.

In my practice I will often employ one or more of the aforementioned detoxification techniques when treating a patient, as I am a firm believer in the theory of toxemia. I find hydrotherapy and homeopathic drainage remedies to be especially effective in chronic as well as acute cases.

If you are interested in detoxification, and think it could be helpful for you or someone you know, please call to set up an appointment. I'd love to help!

Attention Patients:

We are joining a new insurance company, Providence Preferred, starting April 1, 2003. Please bring your insurance card to your next appointment so we can inform you of your billing options. Thank you!

Be sure to sign up for Dr. Horan's workshop on peri-menopause and Ellyn's free presentation and demonstration on Roling! See page 6 for more details.

Interested in consulting with one of our doctors on staff? Call 503-636-2734 to schedule your appointment.



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PERI-MENOPAUSE AND BEYOND:

A Woman's Rite-of-Passage Into Wisdom and Power

Peri-menopause can be experienced as a sacred passageway into the most powerful cycle of a woman's lifetime. Reconnecting with ancient feminine archetypes, teachings, and modern holistic health information can help us to reclaim this rite-of-passage. Join Georgette Star, M.A., and Dr. Lori Horan and for a newly formatted workshop which covers:

- * Exercises to assist the psychological and spiritual changes of peri-menopause.
- * Natural options for hormone replacement therapy.
- * Natural solutions to prevent and sometimes reverse menopausal symptoms.
- * The optimum menopause diet and exercise.
- * Experiential exercises to aid in setting intentions, cultivating creativity, and weaving wisdom gained from life experience into seeds for future generations.

When: April 27, 1:00-6:00 PM

Where: Opening to Life Healing Center, 532 SE Ankeny.

Fee: \$55. Please pre-register at CTM (503-636-2734) by April 23. This updated workshop is appropriate for previous workshop participants.

FREE INFORMATIONAL TALK AND DEMONSTRATION ON ROLFING®

Mark your calendars for Monday, May 19th from 7:30 - 9:30 PM. Ellyn Lindquist, LMT, Certified Rolfer, will be giving a free informational talk and demonstration about Rolfing at Nature's in Lake Oswego, 17711 Jean Way (503-635-8950). Get the answers to any questions you may have and learn all about Rolfing and whether or not it is right for you.

TALES OF ROLFING STRUCTURAL INTEGRATION

Ellyn Lindquist, LMT, Certified Rolfer

"You have shown me more than I could have ever imagined and I feel like a different person everyday. My body continues to transform daily. When I am resorting back to my old ways and habits (like rolling out on my feet) I immediately correct it. I feel more connected to my inner strengths and actually feel more accomplished in the other areas of my life. I give Rolfing a lot of credit because I believe it has more to do with centering than the physical changes. It has also helped me to continue to release old issues within my cells. I am more in touch with my calves, my shoulder muscles and my feet. That was my biggest goal and I am continuing this process even after my series has ended."

-Tricia P.