



Center for Traditional Medicine Newsletter

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

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Osteoarthritis, Injuries and Prolotherapy: Joint pain that can be cured

Noel Peterson, N.D.

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).

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. However, 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.

What about arthritis?

Osteoarthritis is the gradual degeneration of joint surfaces, caused by overuse and under repair. Over 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. These forms of joint disease can in some cases be helped with 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 disease 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.

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

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What's for Breakfast?: Protein-Based Meals for Food-Sensitive, Time-Challenged People

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

What happens after you have a food allergy test run and you find out you are allergic to wheat and/or dairy? You want to optimize and promote your health and avoid your food allergens, but then you begin to panic and ask, "What can I eat for breakfast?"

We are proud to announce the arrival of a new booklet called **What's for Breakfast?: Protein-Based Meals for Food-Sensitive, Time-Challenged People**. Dr. Lori Horan, N.D., L.Ac., and her colleague, Dr. Joan Haynes, N.D., have recently completed a publication to answer one of the most frequently asked questions by patients with wheat or dairy allergies. Allergies to wheat or dairy disqualify the most common breakfast foods. New breakfast options just take creativity, a little planning, and some great recipes with healthy ingredients.

Many people are wise to the fact that protein is valuable in our diets. At breakfast, our bodies do best with some kind of protein to regulate our blood sugar and to stop our intake of carbohydrates from causing an overproduction of

insulin. How can we get our protein needs met without the standard tag-along allergens, and still get out the door on time in the morning?

What's for Breakfast? is full of recipes that have quick, easy-to-prepare options that will meet your hypoallergenic requirements. Some of the recipes that take a little more time to prepare are easily made in advance and refrigerated or frozen for a quick re-heat in the morning.

Also included are recipes for toast alternatives, wheat-free grainless bread, simple high-protein smoothies, fun egg preparations, delicious wheat-free high protein muffins, on-the-run trail mixes, and power-packed protein balls. There is even a section for Sunday breakfasts, for when you have more time to cook your breakfast favorites like quiche, pancakes and waffles, but with wheat-free ingredients. The booklet does contain some recipes with dairy for those who are not dairy sensitive.

Contact CTM to order your copy of the booklet with the ideas you've been waiting for! Price is only \$8.99.

Good Luck Amy! Welcome Chloe!

After five years of dedicated service to the Center, Amy will be returning to Portland State University to pursue her masters degree in public health administration. To Amy we express our gratitude for her 5 years of devoted service to the Center and to our patients. Please join us in wishing Amy success in the pursuit of her career. We will miss her humor and smile as much as her tenacity and dedication.

Chloe Knight has joined our team and is in training to become our new office patient liaison. Chloe comes to us with a lifelong personal commitment to naturopathic medicine. Chloe is the first person we have met who can match Amy's incredible energy and commitment. She was raised in Scottsdale Arizona and grew up with a naturopath as her primary care doctor. My dear friend and colleague Dr. Michael Cronin was the president and founder of the Southwest College of Naturopathic Medicine has told me of the countless hours that Chloe volunteered in helping the college get established. The college now is a regional leader in naturopathic medical education and operates the Southwest Naturopathic Medical Center in Scottsdale.

She, her fiancé and two dogs are new to Oregon. Chloe managed a private psychiatrist's office for over 3 years prior to her move to Oregon. She loves fashion (admits to owning too many pairs of shoes) and home decorating. We welcome her wholeheartedly.

Marci Learns New Tricks!

Marci has always wanted to provide more hands-on care at the Center, and so has studied and been certified in phlebotomy and is in ongoing training as our new clinical assistant. Her three guys, husband Matt and young Josh and Justin are proud of her, but don't much care for her wanting to practice on them! Because of Josh's very unique dietary needs, Marci has

become a resource for other parents who need to provide highly nutritious allergen free diets to their children. As a working mom, Marci has learned through experience how to make these diets work in a busy household and can share her insights with you.

Ellyn is Back!

Ellyn Lindquist has resumed her Roling practice part-time here at the Center. After almost a year in Bend, Ellyn has come back to Roling at the Center. She brings new insight and skills that serve the needs of our clients in her unique profession. She has begun seeing clients part time on weekends. You can call Ellyn directly at (541) 280-5045 for appointments or for answers to your questions.

Dr. Farin Goes Carnivorous!

Dr. Jacob Farin has been very busy developing and growing a carnivorous plant business. He and his business partner report that sales have been growing at an astounding 25% every month, and they are now one of the top carnivorous plant nurseries in the country. It's a wonder that he still has time to produce our newsletter and provide ongoing consulting for the Center. Jacob remains a trusted and valued member of our team. Now if we can just get him untangled from that overgrown Venus Flytrap...

Kara Keeps Connected

Kara has continued to pursue her nursing degree in her home town of Boise. Although she misses all of our clients here in Oregon, she loves living close to her parents and sisters and her beautiful twin nephews. When she is not busy studying, she manages the office of Dr. Joan Haynes, the co-author with Dr. Horan on their new booklet **What's for Breakfast?**

Do You Have Expensive Urine?

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

"How could I possibly be calcium deficient?" asked my hypertensive patient Debbie. "I eat calcium-rich foods all the time, I have calcium in my multi-vitamin, and I take additional calcium before bed. How is that possible?" Together we looked at her labwork that in fact, showed she was well below normal in her cellular calcium levels, as well as other minerals. Clearly she wasn't assimilating the minerals she was taking. In other words, she had expensive urine.

Debbie is by no means unique. I often hear clients say that they suspect they aren't absorbing the nutrients they are eating or taking in the way of supplements. Another very tired patient, Virginia, was deficient in iron and vitamin B12 in spite of eating red meat frequently and taking supplemental iron and B vitamins. We ruled out the serious reasons for what might cause iron and B12 deficiency, and were left with poor assimilation as the strongest possibility for her anemia.

Why do some of us have trouble assimilating the nutrients we are taking in? There are many possibilities for this. The body is a sophisticated and elaborate biochemical factory. If we're lucky, it transforms the food we eat into numerous products necessary for energy, growth, maintenance, repair and protection. This whole process is known as metabolic function.

Similar to the way a manufacturing plant combines and assembles various parts into a finished product, your body converts the components of food in an assembly-line process, where each station modifies the product before sending it along. Many health problems are caused by malfunctions or inefficiencies in this process. Just as patching up errors in the finished product does not correct problems in the production line, treating the symptoms often does not correct the underlying metabolic error. In many cases, these errors can be easily corrected with appropriate

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make great gifts
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ones.

Prolotherapy

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and repair, thereby promoting joint stability and reduction of pain. The most common substances used are dextrose (a kind of sugar) and glucosamine 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. Glucosamine injections stimulate the growth and repair of cartilage. Injections of glucosamine are considered to be over a thousand times more effective than oral glucosamine.

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. Some patients experience pain and swelling at the injection sites for 1-3 days following the procedure. To counteract this, we recommend patients apply moist heat as needed, and perform moderate exercise such as walking. 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.

Case history

When Mark injured his knee 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 his knee continued to be weak and unstable. After six months he still had pain which prevented him from being able to do much more than walking. 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.

Who is good candidate for regenerative prolotherapy?

A good prolotherapy case is one in which the patient has suffered either accidental trauma or chronic degeneration to the connective tissue of a joint or the ligaments and/or tendons that stabilize the joint. Patients with any of the following conditions can respond to prolotherapy:

- Lateral and medial epicondylitis (tennis elbow or golfer's elbow)
- Shoulder pain, including supraspinatus tendinosis, rotator cuff impingement syndromes, adhesive capsulitis, and calcific tendinosis
- Knee pain, including arthritis, lax or partially torn cruciate ligaments, lateral and medial collateral ligament sprains and instability, enthesopathies (origin and insertion injuries to tendons and ligaments), injuries to the tibia-fibular ligaments, ACL and PCL instability, Grade 1/2 meniscus tears, and knee cap pain
- Osteoarthritis of the knees, including chondromalacia patellae and degenerative osteoarthritis of the cartilage and meniscus
- Sacroiliac pain syndromes, including hypermobility syndromes, sciatica, and osteoarthritis
- Cervical, thoracic and lumbar vertebrae arthritis, causing chronic pain, instability and dyskinesia
- TMJ syndrome, including referred pain patterns, grinding, and clenching of the teeth
- Foot pain, including plantar fasciitis and tarsal tunnel syndrome

- Hand, wrist, finger and toe pain and arthritis
- Rib pain, costochondritis, costovertebral ligament laxity and hypermobile rib.

Our focus on regenerative therapies encompasses the range of treatments which cause or encourage the growth and repair of weakened and damaged connective tissues, and restoration of optimum cell function. Our goal is to encourage optimum biological function regardless of chronological age. Prolotherapy injections, trigger point injections, hormonal support, detoxification, chelation, and nutritional support all contribute to and encourage the growth and repair of connective tissue and cell vitality.

Like all medical practices, regenerative therapy is as much an art as it is a science, and to this end Dr. Peterson and Dr. Horan take every possible opportunity to sharpen their skills and mind in the practice of prolotherapy, trigger point therapy, and other regenerative procedures.

For more information on the benefits of prolotherapy, contact the Center for Traditional Medicine.

Expensive Urine?

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nutritional therapies. We ran an Organic Acid Analysis on both women and discovered some very valuable information.

Organic acids are a group of biochemicals that come from the metabolic breakdown of protein, carbohydrates and fats. Organic acids are used by the body to generate cellular energy and provide the building blocks necessary for cell function. Elevations of these compounds in urine can yield great insight into metabolic blocks that can cause or complicate health problems.

In an automobile assembly line, problems can be identified by a pileup of unfinished automobiles at a particular station. Similarly, in your biochemical factory, problems can be identified by an increase of certain compounds accumulated in your urine. The organic acid test measures your metabolic efficiency for processing carbohydrates, B-vitamins, amino acids, and fatty acids. It also measures neurotransmitters affecting brain function, mental/emotional status, and learning. When any metabolites are elevated or deficient, we can target a therapy to normalize these crucial components of energy metabolism, and improve neurotransmitter levels.

For example, Debbie was high in homocysteine, which is a breakdown product of an amino acid that is toxic to arterial walls. Elevated homocysteine is highly treatable once we know it is present. On the other hand, Virginia had high levels of methylmalonic acid in her urine, which told us she was deficient in vitamin B12.

Microbial imbalances resulting from antibiotic use can also cause the buildup of metabolic toxins that can also be identified in urine. Toxins generated inside your body can cause health problems as severe as those from environmental toxic exposure. These can also be treated nutritionally.

Your urine specimen contains key indicators of your metabolic function. By measuring key components in your biochemical factory, metabolic function testing provides indicators of how efficiently your metabolism is functioning, how well it is converting your food into usable products for health and where problems may be occurring. This information can be used to pinpoint certain nutrients or other therapies that can improve your biochemical functioning and your health.

If you are eating a healthy diet and taking nutritional supplements and still don't feel as well as you should, an organic acid test could give us valuable information about where the problem is. Make sure you are getting the most from your health regime. Contact Dr. Horan for more information on this comprehensive and insightful test.



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Master Your Sugar Addiction Class

Do you have a history of being “on” and “off” sugar? Do you feel that out-of-control sugar eating runs your life? To stop this roller coaster we need both a balanced blood sugar and an awareness of our need for nourishment that does not come from food.

Certain foods can promote biochemical reactions that result in sugar cravings. Many people successfully diet and feel better when they do. However, diets usually end because food isn’t the whole problem.

Sugar can provide comfort, ease emotional distress, reduce pain, and subdue anxiety. Sugar can also be a distraction from the real reasons that people use food when they are not physically hungry. If we examine closely the times when we are “out of control” with sugar, we might find a deep current of powerful feelings we are not conscious of. If we were more aware of our feelings, we might make better choices that could affect our lives profoundly.

Join Dr. Lori Horan for her upcoming Master Your Sugar Addiction class. The class is designed to stop the roller coaster of bingeing and dieting and stop the “all or nothing” approach to sugar and obsession with food.

In this class, you will learn to:

- Explore the appropriate diet to balance your blood sugar and body chemistry.
- Listen to your hunger
- Find out why you use food when you aren’t hungry
- Break your obsession with sugar
- Practice nourishing yourself in ways other than eating
- Recognize the difference between physical and emotional hungers

Master Your Sugar Addiction Class

Date: Tuesday, November 9

Time: 7:00 - 9:00 PM

Cost: \$25

To register, call Center for Traditional Medicine at (503) 636-2734. Class size is limited.