



Center for Traditional Medicine, P.C. Newsletter

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

Fall 2005

Playing Pain Free: The Joys of Tennis and Golf

Noel Peterson, ND

Pamela had always loved playing 18 holes of golf with her friends on Wednesdays, and doubles tennis on Tuesdays and Saturdays, but now she was having constant elbow pain. Even raising her morning coffee mug caused sharp pains in her right arm and elbow. Her doctor had diagnosed tennis elbow, or *lateral epicondylitis*, and had advised high-dose ibuprofen before every game. But the pain had worsened and she eventually had to give up tennis. At least she still could play golf!

She increased her golf to 2 rounds a week, but after 4 months of golf (and no tennis!) she began having pain on the medial side of her elbow, and she was diagnosed with *medial epicondylitis*, or golfer's elbow. Her doctor prescribed physical therapy and she tried to continue to golf even though she could barely grip the club. Now her stomach was getting upset by months of high dose ibuprofen, and the physical therapy was expensive and not helping. She had read our newsletters about prolotherapy, also known as *regenerative injection therapy* and wondered if her elbow could be treated.

Epicondylitis is the term used to describe a painful inflammation of the bony projections on the medial and lateral sides of the elbow. The epicondyles serve as the attachment points for the muscles and ligaments of your arm. With the repetitive strains that happen with tennis and golf, these tendons and ligaments can be sprained and weakened, with fraying and thinning of the

Unlike muscle tissues, exercise cannot build, strengthen or repair ligaments or tendons

connective tissue. This connective tissue has a rich network of nerve endings, as anyone experiencing the pain of tennis elbow can attest. Unfortunately, these tissues have poor blood supply which makes them slow to heal. Unlike muscle tissue, exercise cannot build, strengthen or repair ligaments and tendons.

Experiments have shown prolotherapy increases the size of tendons and ligaments up to 40%, while increasing their tensile strength by as much as 200%.

How can prolotherapy strengthen tendons and ligaments?

Prolotherapy induces the growth of healthy new connective tissue that is strong and flexible. Once the ligament or tendon has been repaired, the nerves are no longer stretched or irritated, and normal function follows. Experiments have shown prolotherapy increases the size of tendons and ligaments up to 40%, while increasing their tensile strength by as much as 200%.

The elbow: a versatile joint.

The elbow is an amazing joint. The radius bone not only flexes and extends on the humerus, it also rotates within its ligamentous capsule, allowing you to rotate your hand and flex or extend it simultaneously. When I examined Pamela I found the attachment of the radius bone at the elbow was inflamed and unstable. These ligaments that stabilize and control this movement must be strong

continued on page 3

Weight Gain, Anxiety and Insomnia Linked to Neurotransmitter Imbalances

Dr. Lori Horan, ND, LAc

Many of my new patients suffer from some degree of weight gain, fatigue, mood disorders, impaired sleep, and/or decreased mental focus. What do they all have in common? Neurotransmitter imbalance.

Neurotransmitters are naturally occurring chemicals within the brain that relay signals between the nerve cells and are required for proper brain and body function. Optimal health is reflected in a proper balance of neurotransmitters. Whether people are dealing with hectic schedules, abrasive situations or simple challenges that everyday life presents, they all have a common need for stress hardiness, physical stamina, and restorative sleep. All of these needs rely on proper neurotransmission. Consider Terry, who was depressed about being in a stagnant life situation,

40 pounds overweight, a restless sleeper, and fatigued. She had been treated with anti-depressants for 9 years, mostly the selective-serotonin reuptake inhibitors (SSRIs) like Paxil to boost her serotonin levels.

She had also tried a number of natural remedies, but none of these approaches lifted her depression for long, or gave her the impetus to change her stressors. Why? Because both the SSRIs and natural remedies don't address the fact that low serotonin is not the only cause of depression.

Symptoms like hers can be the result of inadequate levels of one or more neurotransmitters, not just serotonin. While deficient levels of neurotransmitters can lead to many clinical conditions, excessive levels of neurotransmitters can be equally problematic.

continued on page 2

Weight Gain, Anxiety and Insomnia

continued from page 1

High levels of the excitatory neurotransmitters such as epinephrine, norepinephrine, glutamate or phenylethylamine increase a neuron's signal. Inhibitory neurotransmitters including serotonin, GABA, taurine, and glycine prevent excessive firing of neurons. Inadequate levels of inhibitory neurotransmitters, as well as excessive levels of one or more excitatory neurotransmitters, can lead to insomnia, and increased feelings of agitation, restlessness, and anxiety. Insomnia leads to fatigue, and fatigue can lead to lifestyle choices that support obesity.

In Terry's case, we ran a urine test to measure her neurotransmitters and found out that she was low in norepinephrine as well as serotonin. Based on clinical symptoms alone, it would have been impossible to tell whether a patient would benefit most from an SSRI, a selective norepinephrine reuptake inhibitor or some other form of treatment. The neurotransmitter assessment was the missing link for Terry and we determined her treatment would require a specific amino acid to support her norepinephrine levels.

After Terry started her treatment, her mood began to stabilize. She was finally able to start making decisions that led her to much better physical and emotional health. And best of all, she was able to lose those 20 pounds that had been hanging on for years.

Neurotransmitter testing can provide vital information when searching for the underlying cause of various symptoms and disorders, help customize the treatment regimen, and monitor its effectiveness. Call CTM today if you feel you could benefit from a neurotransmitter assessment.

Dr. Peterson's Cancer Research Published

American Journal of Surgery, Volume 189, Number 5; 627-631.

American Journal of Surgery has published "Combination glutathione and anthocyanins as an alternative for skin care during external beam radiation," in its May, 2005 edition. This paper reports on the outcome of double-blind placebo controlled trial of RayGel™, a product developed by Dr. Noel Peterson for the prevention of radiation burn. The study, funded by a grant from the Legacy Foundation and conducted at Legacy Good Samaritan Hospital in Portland, OR.

Investigators T. Miko Enomoto, Thomas Johnson MD, Noel Peterson ND, Louis Homer MD, Deb Walts RN, and Nathalie Johnson MD compared 15 patients using RayGel to 15 patients using a placebo. They found that RayGel™ was effective in preventing radiation burn in patients undergoing therapy for breast cancer. Based on these results, a larger 150 patient phase 2 trial is being conducted at 4 Portland area hospitals. For information on enrollment, contact the research nurses at Legacy Good Samaritan Hospital: (503) 413-8199.

Lifestyle Changes Can Prevent or Even Reverse Prostate Cancer

Noel Peterson, ND

One fall day 15 years ago my father called me from his island home in the Florida Keys: "The weather's been great down here. We had a lucky day fishing off the reef. Caught a Dorado, and we'll filet and put it on the barbeque later." My dad had an understated way of describing things, and between the two of us, there was enough silence left in our conversation that I could picture a low sun in a transparent blue sky, taste the salt in the wind and feel the warm clear current as I imagined diving off the bow. It had been two years since I'd felt tropical water on my skin, and just the thought was soothing and refreshing. "By the way, that PSA test you ran on me when I was out last summer. I had them recheck it like you said, and turns out I have prostate cancer." Instantly I felt like a hand had grabbed me by my lungs and pulled me from the water. I was back home in the cool Oregon rain. "They ran a few more tests, and they tell me we caught it early."

Four years later my father was dead. His doctor's optimism was no match for the cancer that metastasized to his bones and invaded his liver. He had been the dutiful patient, endured mutilating surgeries, a painful recovery, and hormone blockade. He had chosen to go the conventional route, and I always wondered that perhaps if I had insisted on alternative care he would still be here, watching my two sons grow into men.

Since then I've heard similar stories of early optimism, marginally beneficial treatments, and painful side effects. I've helped patients navigate the confusing tangle of therapies to find



Center for Traditional Medicine, P.C. Newsletter

Executive Editor
Noel Peterson, ND

Staff Writers
Noel Peterson, ND
Lori Horan, ND, LAc

Staff Support
Teresa Shelley
Marci Kilmartin
Kristy Leander
Amy Rose

Publisher
Center for Traditional
Medicine, P.C.

Printer
PDQ Litho

Copyright 2005 CTM
All rights reserved.
No part of this newsletter may
be reprinted without expressed
permission from the Center for
Traditional Medicine, P.C.

This newsletter is printed on
recycled paper.

**For more
information on
prolotherapy, and for
links to prolotherapy
articles, visit the
following web sites:**

www.myctm.org
www.getprolo.com

**To schedule a
consultation with
Dr. Peterson to see if
prolotherapy is right
for you, please call
CTM at:**

503-636-2734

the combination of treatments that fit them and their disease. I've promoted diet as a complement to conventional oncology treatments. Now two recent studies have proved that a vegetable-based diet and exercise can slow or even reverse the progression of prostate cancer.

Dean Ornish, MD, clinical professor of medicine at the University of California, San Francisco, conducted the first randomized controlled clinical trial on the subject.

Dr. Ornish and colleagues randomized 87 men with biopsy-documented prostate cancer to an experimental group or a nonintervention control group. Subjects all had prostate-specific antigen (PSA) levels of 4 to 10 ng/mL and Gleason scores of less than 7.

None of the participants in the intensive diet group required treatment due to prostate cancer progression.

The Program

The first group underwent intensive changes in diet and lifestyle including the following:

- Vegan diet of predominantly fruits, vegetables, whole grains, legumes, and soy products.
- Soy supplements (one daily serving of tofu plus 58 grams of a fortified soy protein powdered beverage).
- Fish oil (3 grams daily), vitamin E (400 IU daily), selenium (200 micrograms daily), and vitamin C (2 grams daily).
- Moderate aerobic exercise (walking 30 minutes six days weekly).
- Stress management techniques (gentle yoga-based stretching, breathing, meditation, imagery, and progressive relaxation for 60 minutes daily).
- Participation in a one-hour support group once weekly to help stick to the program.

Three men in this group dropped out of the study because they said it was too difficult to follow.

The second group was asked to "follow their doctors' advice" regarding lifestyle changes.

After one year, mean PSA levels decreased by 3% in the experimental group but increased by 7% in the control group (P = .034).

Blood samples from the intensive diet group slowed prostate cancer cell growth by 70% in the lab.

They found that changes in PSA at both three months (P = .047) and one year (P = .007) were directly correlated with adherence to the diet and lifestyle intervention.

"The control group was following the diet 75% as well as the experimental group, yet their PSA rose," the authors noted.

The researchers also evaluated the growth of the prostate cancer cell line LNCaP and found that the blood of the experimental group inhibited cancer cells by 67% compared with 12% inhibition in the control group (who followed the diet 75%).

In a second study, Dr. Ornish and colleagues followed 93 men whose biopsies had shown they had early prostate cancer. The participants were divided into two groups just like the first study, and all agreed to forgo any conventional prostate cancer treatment.

The researchers then followed PSA blood levels, a marker

for prostate cancer progression. A rise in PSA indicates prostate cancer progression that may require treatment. Imaging studies were also done to look for any progression.

No Treatment Required

After one year in the program, average PSA levels decreased by 4% in the intensive diet group but increased by 6% in the second group.

None of the participants in the intensive diet group required treatment due to prostate cancer progression. However, six men in the second group required conventional prostate cancer treatment: surgery, radiation, and/or hormone therapy within the first year.

The researchers took it a step further and found that blood samples from the intensive diet group slowed prostate cancer cell growth by 70% in the lab but only by 9% in the second group.

"Changes in diet and lifestyle that we found in earlier research could reverse the progression of coronary heart disease may also affect the progression of prostate cancer. It is possible that lifestyle changes may have affected the production of PSA without affecting the underlying prostate cancer," Dr. Ornish said, "but the direct inhibition of LNCaP cells argues against that."

Playing Pain Free

continued from page 1

enough to support the great forces exerted on the arm, and elastic enough to allow the flexibility and full range of motion we enjoy. Pamela had exquisite tenderness over these attachments and a painful, weakened grip.

When you swing a golf club or a tennis racquet, it places extra strain on the flexor muscles of the forearm, and the weak link is where these muscles and ligaments anchor into epicondyles. Injury at this attachment is common, and occurs from repetitive strain in many activities. Hairdressers, gardeners, kayakers and windsurfers are all susceptible to repetitive strain of these tissues.

Since 1999 I have used prolotherapy to successfully treat every case of epicondylitis I have seen. I have even treated my own elbow with great results, so I knew that Pamela would respond to treatment. But first she had to be taken off all anti-inflammatory drugs, as they can inhibit the healing response induced by prolo injections.

At her first treatment on June 25, 2004, I injected a proliferative solution of dextrose and a local anesthetic into her incompetent ligaments, followed by physical therapy consisting of sine wave, deep massage and ultrasound to enhance circulation and help dissolve the chalky calcium deposits that accompany the chronic inflammation of tendonitis. We followed up with these physical therapies twice a week, and then repeated the prolo injections once more on July 8, and followed up with 2 more physical therapy sessions. Pamela played her first pain-free 9 holes of golf on August 5, 2004, and resumed playing tennis on September 2, 2004. Now, one year later, Pamela continues to play golf and tennis without pain.

Total cost of her treatment: less than \$1200.

Joy of playing tennis and golf with her friends: priceless.



Center for Traditional Medicine, P.C.

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

PRSR-STD
U.S. POSTAGE
PAID
PORTLAND, OR
PERMIT NO. 3300

RETURN SERVICE REQUESTED

Prefer to receive this newsletter electronically?

Simply send us an e-mail to: info@myctm.org
Include your name and home mailing address. We will
send future newsletters to your e-mail box instead!

How 5-Element Acupuncture Can Benefit Neurotransmitters

By Dr. Lori Horan, ND, LAc

When a person is exposed to prolonged stress, neurotransmitters are often adversely affected, initiating some common symptoms such as weight gain, fatigue, sleep disorders, and anxiety. So why are some neurotransmitter imbalances unimproved by well-chosen medications? Most likely the lifestyle cause of the problem has not been addressed. This is where 5 Element acupuncture excels in holistic treatment.

Jan was an office manager and mother of 2. She was suffering from migraines, obesity, and anxiety. She hadn't slept well since the kids were born. Because she was so fatigued, she ate junk food to give her energy. She was taking Paxil and 3 different headache medications, but still had several migraines per month. She also obsessed during the night about starting her own photography business that she planned for years ago and hadn't ever developed. She worried she could never get out of her current situation. No doubt, Jan had a neurotransmitter imbalance.

Most people in America don't know that there are different styles of acupuncture. Most of what is practiced in the US is a modern style of Chinese Medicine, which developed after the influx of Western medicine into China. Consequently, much of the historical diagnostic and therapeutic principles of the older Classical Chinese Medicine were lost to the newer form of acupuncture. Classical Five Element Acupuncture retained the old ways of diagnosing and treating the origin of illness. Its goal is returning people to a balanced state of functioning.

The ancient Chinese were keen observers of nature and based their understanding of the body, health and disease upon natural rhythms. Underlying all of nature, they say, are five basic energetic "elements" (wood, fire, earth, metal and water). Because human beings are a part of nature, they contain all of these elements within them. Ideally, all of the elements are balanced within us, but with illness, characteristics of one element are more excessive or deficient than others. The out-of-balance element predisposes a person to specific illnesses, behavior, mental-emotional weaknesses, and neurotransmitter disorders.

Jan had an earth imbalance, which meant her pancreas and stomach were her weakest organs. The pancreas is associated with over-thinking and over-worrying, which tends to bring out anxiety felt in the pit of the stomach (which is also associated with high levels of excitatory neurotransmitters, and low levels of inhibitory neurotransmitters). When the earth element is imbalanced, it tends to bring on cravings for sweet foods and hypersensitivity to the needs of others while ignoring ones own self-care needs.

After having her stomach and pancreas energies rebalanced, she found the ability to let her children take on more responsibility around the house, to carve out time for hot baths, yoga, good foods, and pursued her own photography business. Her migraines became infrequent, and her anxiety was transformed into excitement. Eventually she was able to give up her office job and now enjoys working as a photographer full time.

**Call CTM today for an appointment with Dr. Lori Horan
to experience the transformational quality of
Five Element Acupuncture.**