

NATUROPATHIC WISDOM

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Mind body medicine

Mind-Body medicine is probably the most overlooked form of medicine, because most people don't believe their feelings could have anything to do with their healing. For example, mental and emotional stress is not necessarily the cause of disease and pain, but it is a factor, and, using those same emotions can help to heal you. It is important to realize that you did not cause your illness. It's also important to realize that dealing with how you handle stress in your life greatly

affects 1) whether or not you contract a disease, 2) your experience of pain, and 3) your recovery.

Mind-Body medicine serves the purpose of searching for and finding an emotional component to disease and pain, and then healing or changing those emotions to more positive feelings.

In an office visit, I will take a person through a process of discovering the emotional connection of their pain or disease.

Oriental Medicine

According to Oriental Medicine, worry affects the stomach and spleen meridians. Fear affects the bladder and kidney meridians. Anger affects the liver and gall bladder



Calming yourself helps your health

meridians. Grief affects the lung and large intestine me-

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Heartburn and GERD

Conventional medicine knows that stress is the number one cause of heartburn and GERD (Gastroesophageal reflux disease). This has been known in Oriental medicine for centuries. In Oriental medicine, the stomach meridian is affected by worry and anxiety. Chronic worry increases the level of acid in the stomach, thereby creating the excess acid irritation. So the first cause to look at and change is to reduce your stress, or better yet,

improve the way you handle the stress you are experiencing. If you are unable to change your lifestyle, then seek out exercise and other stress reducing activities. When your body is able to relax, the parasympathetic nervous system can take over and restore your stomach acid to healthy levels.

Conventional Treatment

Antacids are the common treatment for GERD and heartburn. They raise the acid pH of the stomach to or

towards alkaline thereby relieving any acid caused symptoms.

Naturopathic approach

The stomach should be very acidic at rest or a pH of 1-2. With a meal the pH should only rise to a pH of approximately 3. When heartburn is occurring, Naturopaths believe the pH is about 4-6, which means there is not enough acid in the stomach to perform digestion properly. By giving antacids, the

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Antibiotic use linked to breast cancer

The possibility of antibiotics associated with breast cancer began in 1981, which caused a new study to be conducted. This study was performed in Seattle on 10,000 women. Women who had been on antibiotics over 25 times had twice the risk of developing breast cancer, and women who had been on antibiotics between 1 and 25 times had a 50% increase in risk. The study suggests the association is real.

Naturopathic medicine understands how antibiotics affect the body. Antibiotics destroy the healthy bacteria occupying the intestinal tract and other areas of the body, which play an important role in our immune system. The healthy bacteria communicate with our immune system and let

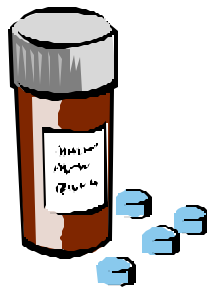
our bodies know what should be attacked, and what is helpful and friendly to our bodies. Because antibiotics kill the healthy bacteria, they remove a vital link of our immune protection.

Taking probiotics (healthy flora/bacteria) is a vital part of everyday prevention, and also when taking antibiotics. Taking probiotics helps to re-establish the healthy beneficial connection with our immune system. If you are having any sort of immune challenge, taking probiotics are a valuable part of your preventative health. Antibiotics also leave us open for local and systemic yeast infections which can

cause a myriad of symptoms. I've seen studies where 1/3 of cancer patients had some kind of harmful levels of yeast in their body. Not all cancer patients have too much yeast, however.

If you need to take antibiotics, then taking beneficial yeast, *Saccharomyces boulardii*, acts to protect our normal healthy flora from being destroyed.

Naturopathic medicine teaches to first do no harm. My own choice with antibiotics is I will only take them if my life is being threatened and they are the only, best option. If you are not already taking some form of probiotics, I suggest you begin now. Naturopathic doctors have known for decades the healthy benefit of using "pro"-biotics instead of "anti"-biotics.



Antibiotics are anti instead of pro

Mind-Body medicine

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and pretense affects the heart and small intestine meridians. With this knowledge, you can use these associations to increase self-awareness and stop the cycle of damage these emotions can have on the body. It may be necessary for you to seek help in resolving those issues related to your health challenge.

Naturopathic Mind-Body Medicine

There are some exercises you can do to begin the process of healing and clearing emotions so they don't build up in your body. A few of these methods are journaling your thoughts and emotions, meditation, walking, exercising, and talking to close friends. Your health professional also has many techniques to

guide you through the process of emotional healing. I've personally guided many people in clearing the emotional component of their illness. I believe you'll find that you will feel better both emotionally and physically.

Heart burn and GERD

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pH most likely rises above 7 becoming alkaline. When the stomach is alkaline, it is unable to digest protein or absorb vitamins and minerals from food. Instead of antacids, Naturopaths will give herbal bitters or homeopathic remedies to correct the imbalance.

Supplements

Betaine HCl is the best remedy for low stomach acid. We tend to lose the ability to produce stomach acid as we age. Taking Betaine HCl is the quickest way to increase the amount of acid in your stomach and increase your ability to digest protein and absorb vitamins

and minerals. If you have a burning sensation when taking it, it's possible you may not need it. Come in for a visit to know for sure or to see if you may have other stomach difficulties.

Herbal remedies

The first and best remedy for low stomach acid and heart-burn is drinking tea or taking an herbal extract of ginger with meals. This herb balances the production of acid in the stomach and allows the stomach to heal itself, which improves peristalsis-the action of the stomach and intestines to move food along. Another herb that not only is a bitter herb, but is also a nerve tonic is



Worry affects your health

hops. Hops not only helps you digest your food, but help you digest life since it helps to calm your nerves.

Other bitter herbs that are well known are gentian, dill, chamomile, and cayenne. If pain for burning results from taking bitter herbs, consult your doctor and/or a Naturopath.

Homeopathic

The most common homeopathic remedy for ailments from overeating or eating food that disagreed with you is *Nux vomica*. If it's the right remedy for you, it will work.

You can find these supplements in the office, or your local health food store.