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NATUROPATHIC WISDOM

THANK YOU for all your referrals!

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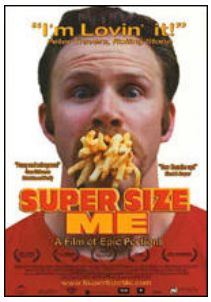
See this movie! "SUPER SIZE ME"

I beg everyone to see this movie. "Super Size Me", is an independent film about a man who ate all his meals at McDonalds for 30 days, so that he could prove how bad a fast food diet is for us. He made sure he rotated among all the menu options and he accepted a super size whenever it was offered to him. His comments are humorous and straight to the point. Three doctors and a nutritionist monitored him during the whole month. After two weeks, his doctors told him he had to stop because he was killing himself. After the 30 day McDonalds diet, it took 11 months for his body to return to pre-fast food condition. It took his liver 6 weeks to recover. Isn't that amazing! One month to damage his body on fast food, and 11 months to restore his body to health. Well, what does this tell us? This tells us how fast food can damage our bodies, and that it takes much longer to repair and make up for the poor dietary choices we make. This also tells us how we can be in perfect health, but if we choose to eat poorly for too long a time, we will loose our health very quickly. In "Super Size Me", most of the fast food meals he ate consisted of a meat sandwich, fries, and shakes or sodas. He was getting his protein, but with only starches and sugars. It was the starches (breads, potatoes) and sugars (sodas, shakes) that raised his cholesterol, did most of the damage to his liver, and caused him to gain weight very quickly. We need nutritious complex carbohydrates and vegetables, to receive proper nutrition and dietary fiber.



This man set out to prove fast food can do harm to your body.

There are those who have sued McDonalds for causing them to be obese. In the future, people will be suing fast food chains for causing them to have heart disease, diabetes, and stroke. It just doesn't make sense to me

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Prevention is the best cure

We have heard the saying, "An once of prevention is worth a pound of cure." In fact, "prevention is the best cure", is the last of the Naturopathic Principles, which are: 1) first do no harm, 2) the healing power of nature, 3) treat the cause, 4) treat the whole person, 5) doctor as teacher and 6) prevention is the best cure. Prevention may be last, but it is so very important. Without doing the things necessary to prevent illness from happening in the first place, we set ourselves up for disease in the future, as the above article and movie strongly suggests.

The ultimate goal of any health care practitioner should be prevention. Unfortunately, for the most part,

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"super size me" and obesity

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to sue someone else for my choices. We must learn to make our own healthy choices, take responsibility for our own health, and stop expecting others to take care of us. There are no right or wrong choices, only consequences. Sure, you can eat whatever you want, but you will pay the price for it later in your lack of health.

The CDC reports, (NIH pp.12-20; Stunkar4d p. 22), Health Consequences of Overweight and Obese Individuals (BMI of 25 and above) are at increased risk for physical ailments such as:
High blood pressure, High blood cholesterol, Type 2 (non-insulin dependent) diabetes, Coronary heart disease, Angina pectoris, Congestive heart failure, Stroke, Gallstones, Gout, Osteoarthritis, Obstructive sleep apnea and respiratory problems, types of cancer (such as endometrial, breast, prostate, and colon), Complications of pregnancy, Poor female reproductive health (such as menstrual irregularities, infertility, irregular ovulation), Bladder control problems (such as stress incontinence), Kidney stones, and Psychological disorders (such as depression, eating disorders, distorted body image, and low self esteem)., as well as decreased life span.

61% of Americans are either overweight or obese.

The moral of the story is to eat healthy, which sounds simple, but is not always easy. Sugars and starches taste great and make us feel good while we are eating them, but add to our health debt in the long term. If you need help avoiding sugars and starches or find yourself addicted to fast foods, sweets, and/or starches, there is help for you. I've helped many people change their lifestyle to a healthy one. Homeopathy and natural supplements can help you change to a healthier lifestyle by reducing the cravings you have for unhealthy foods. You'll be healthier and live a more joyful life.

Healthy fast food

It is possible to eat healthy while living a fast paced lifestyle. In the time it takes to drive through a fast food restaurant, you can go to the grocery store, buy some turkey and vegetables and be on your way. Choosing proper meals only requires learning what your body needs to feel good and maintain health. We need protein and vegetables that provide energy, vitamins, minerals, and fiber. Protein provides us long hours of sustained energy. Vitamins are needed by our body for proper metabolic reactions and as antioxidants for our bodies' protection. Minerals are needed as building blocks for our body, neutralizing acid from protein digestion. Fiber helps our intestines by giving them something to work against, feeding the friendly bacteria that live in our intestines, and slowing down the transport of carbohydrates into our blood stream.

It's possible to eat healthy while living a fast paced lifestyle.

All of these are needed to give us proper brain chemicals to keep our mood balanced, our energy at good levels, to insure proper sleep, and to maintain our health.

Our bodies will adapt to its given environment and it will survive the best it can, but at the cost of our health. We can help give our body an optimum environment by feeding it healthy foods.

Prevention is the best cure

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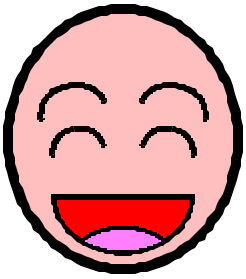
we live in a medical system that waits until we are ill before any action is taken on the part of the doctor. The people I know who have seen Naturopathic Doctors, not only recovered from their disease, but also are living much healthier lives because they were taught to make different and healthier choices. "The healthcare system of the future will value preventative measures as much as today's system values disease treatment." -Joe Pizzorno, N.D.

I believe it is possible to not only live a long time, but to live it in health. I plan on still being very active when I'm 100! The only way I'm going to get there is to take care of myself by staying fit and active, eating healthy, and thinking healthy.


Thinking healthy is also good preventative medicine.

So, by making healthy choices, you too can live an energetic, happy, fruitful life. You and your body will not only appreciate it, but your family will also because you will be with them for a longer time.

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You deserve your health, naturally!

I provide an eclectic holistic approach to disease and wellness employing homeopathy, b.e.s.t., botanical, mind-body, and nutritional medicine.

—David Hogg, ND

Naturopathy is not fast food

No, Naturopathy is not like fast food. For the most part, Naturopathic medicine is a medicine that takes time. It's a medicine that requires the cooperation and self-responsibility of the patient. It's also a medicine that requires the doctor to teach the patient how they developed the disease they have, and what the patient can do to help themselves to recover.

NDs can help relieve current symptoms, but their primary job is to remove the obstacles to cure.

There are things a Naturopathic doctor (ND) knows that can help relieve present symptoms, but the primary job of a ND is to help the patient remove the obstacles to their cure. Obstacles to health might be a toxic diet, lifestyle, habit, work or home environment, or body.

NDs believing that disease can only exist in a toxic environment help each individual to detoxify their body to achieve health. They will stimulate the vital force by using homeopathy, acupuncture, and hydrotherapy. They help patients to transition to a healthier way of eating. Most importantly, they engage each patient in their own healing process.

Besides taking a thorough symptoms history, the ND will get as much information about diet, snacks, sleep average, water intake, activity level, lifestyle, and things most stressful to the patient, and their perspective on their particular symptoms.

NDs do their very best to meet patients where they are in their life and belief system, working with each individual to find out what modalities they are open to trying, and what they are willing to do to help themselves recover.

NDs are called to their profession to heal, to make a difference, and are called by the universe to follow our nature. And, following our nature leads to health.

Sodas linked to GERD and cancer

A recent epidemiological study showed that the incidence of esophageal cancer rose more than the sales of soda drinks in the US.

Sodas are primarily sugar

It's known by doctors that carbonated beverages such as sodas can make GERD (gastro esophageal reflux disease) worse. Dentists know that soft drinks laden with sugar contribute to the growth of cavities. "Nutritionists have blamed sodas in part for the obesity problem in America, saying they are full of empty calories" - MSN article. Sodas contain the equivalent of several teaspoons of sugar per can in the form of high fructose corn syrup and corn syrup. The gas from carbonation rises high up in the stomach causing esophageal sphincter to open, belching to occur, and some acid to leak into the esophagus and burn the esophageal wall. If this process happens enough, it can lead to Barretts Esophagitis, and for some people, lead to esophageal cancer.

Let's think about the chemistry of what happens in the stomach for a minute. You eat a cheeseburger, which contains primarily beef and white bread, add to that French fried potatoes, and a 32 oz. soda. The stomach needs to be acidic to digest everything, especially the meat. The potatoes will be digested in the small intestines. Protein digestion requires a very low pH and acidic environment to break apart the large protein molecules into smaller ones that are digested further and absorbed in the small intestines. The potatoes are primarily starch, which is a two -molecule carbohydrate that only needs one enzyme to break it up becoming two sugar molecules. This process takes little time. So, with adding the soda, you basically have the stomach drowning in a soup of sugar, trying to digest the beef protein source. Doesn't sound so appetizing now does it? Do you really think the stomach can function properly with this going on? No, I don't think so. Indigestion usually results for some people, who then develop heartburn and later GERD.

Replace the soda and potatoes with a vegetable or a salad and you have a healthy meal combination for you stomach to digest. The vegetable will wait its turn in the stomach to be completely digested in the small intestines. The fiber will give the stomach and small intestines something to work against to facilitate the digestion of the beef protein.

So, I hope all of you have learned something from this newsletter. We cannot live by sugar alone. We need vegetables as well.