



# Rising Health

wellness center

Modern | Naturopathic | Chinese Medicine



## Rising Health Newsletter February 2012

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### The Farmer Mingle!

#### **Everyone Welcome.**

This will be an opportunity to "Meet the Farmers."

Several local farmers will be telling us about their farming/animal husbandry techniques, harvesting,

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### **Warm Winter Wishes**

While February acts as if spring were upon us, all of us at Rising Health want to wish you a Happy Valentine's Day! In light of the holiday, we are offering 15% off \*\*\*\*\*. Dr. Mackler has written an interesting article

butchering, cooking, or any other thing you would like to know. After presentations you will get a chance to talk directly with them. Wednesday, February 29th, 7PM at the home of one of our generous Weston Price chapter leaders (please call 360-696-3800 for the address).

P.S. It would be great if you could bring a sample of what is cooking in your kitchen or a recipe to share.

Bring your questions and we will bring answers!

## Product Corner

Moon Valley Organic Foaming Soap is here! It comes in three scents: Orange Spice,

about adrenal function and support. If you suffer from fatigue, or a general lack of energy, this article may be of benefit to you on your road to health. Don't miss our Nutrition Corner this month. Judith has written a wonderful piece on an all around office favorite, cocoa! And last, but never least, be sure to check out Dr. Newman's most recent informative collection of 'News Flashes'! What a read!



## Adrenal Balance: A Key to Energy

by Jaymie Mackler, N.D., L.Ac.

Are you **exhausted**, but still **cannot sleep** at night?

Do you need **sugar** or **caffeine** to get you through the afternoon?

Have you recently begun to get **allergy** symptoms that you never had before?

Do you frequently get **colds** or the **flu**?

Do you easily get **anxious** or **depressed**?

If you answered 'yes' to any of these questions, you may have an **adrenal imbalance**. In this article, I will discuss what the adrenal glands do, what happens when they have problems, how you can figure out if you have an adrenal issue, and what you can do about it.

The adrenals are two small glands that live on top of our kidneys. The inner portion of the gland, called the medulla, produces the hormones **adrenaline** (epinephrine) and **noradrenaline** (norepinephrine). The outer area, or the cortex, produces the hormones **cortisol** and **DHEA**, as well as some estrogen, progesterone, and testosterone.

**Healthy functioning adrenal glands allow us to get up and go.** Adrenaline increases heart rate, opens air passages and alters the caliber of blood vessels so you can be physically ready to run.

Mint Lavender,  
and  
Lemon  
Rosemary and is  
fabulous!  
\$8.40 each

ACZ Nano has a  
new 4oz size. Per  
patient request  
we have switched  
from the 2oz to  
the 4oz. You will  
save \$5.00 per  
bottle.

Toxguard  
.  
(AKA Heavy  
Metal Detox) has  
been switched to  
PectaSol  
Chelation  
Complex.  
Dosage is the  
same. Price  
\$119.50/180c  
bottle.

## Intro to Nutrition Class

Our next Intro to  
Nutrition Class,  
taught by Judith  
Calhoun, R.N.,  
N.T.P., will be  
held on

Cortisol raises your blood sugar and helps you break down your carbohydrates, fats, and protein, so you will have the energy to sustain that run.

This mechanism is a lifesaver when faced with a hungry predator running toward you. You get a burst of energy and speed that helps you in a "**fight or flight**" situation. Once the altercation is over, you can settle down into a more quiet "rest or digest" mode for a meal and a nap.

But what happens now that we are no longer hunter gatherers? **In modern society, we have more frequent bursts of adrenaline and cortisol as we deal with the stressors of everyday life.** Skipping breakfast, traffic on the way to work, a deadline that's creeping up, the carpool you are responsible for, your mom's new diagnosis you are trying to help her sort out, all can cause a similar "fight or flight" response in your adrenal glands.

**Frequent or chronic stress can lead to dysfunction of the adrenals.** There are also common diseases where adrenal dysfunction often occurs, such as chronic fatigue syndrome, fibromyalgia, hypoglycemia, arthritis, allergies, asthma, chronic bronchial infections, and chronic pain. Often adrenal fatigue precedes and may contribute to the development of these illnesses. In fact, if a mother has adrenal fatigue she may even pass this along to her baby in utero.

So what happens when you continue to work your adrenal glands so hard? First, your **cortisol** stays **high** for a while. You may as a result experience **insomnia** and **anxiety**. Then, as your **cortisol** level **drops** you may develop additional symptoms of '**adrenal fatigue**,' such as **depression, lethargy,** and feelings of **never having enough sleep**. Other common signs and symptoms of adrenal fatigue include: **decreased ability to handle stress, decreased sex drive, increased PMS, increased lethargy upon waking, an afternoon slump, and feeling more awake after 6 PM.**

**Evidence for adrenal fatigue is not easily found on general blood panels,** and is not typically looked at by a conventional medical doctor. It can be **diagnosed** by **checking adrenal hormone levels,** either by blood, urine, or salivary testing. I often do a **saliva test** that checks levels at 4 different times of the day to get a sense of your overall levels of cortisol and how it changes throughout the day. **There are different treatments for different levels of adrenal imbalance, so it is best to know what level of dysfunction you have prior to initiating treatment.**

**Diet, exercise, and lifestyle changes are the foundations for preventing and treating adrenal dysfunction.** One of the best things you can do is to **maintain a regular schedule.** This means

**Tuesday  
February 21st, at  
6:30 PM.** The  
class will be held  
here at Rising  
Health.

Please call  
(360) 696-3800  
to register.

**The Portland  
Women's  
Expo 2012**

**Saturday,  
February 25th,  
10AM-6PM**

Rising Health is  
proud to host a  
booth at The  
Portland Women's  
Expo, located at  
**The Oregon  
Convention  
Center.**

We look forward  
to seeing you  
there!

eating meals at regular times throughout the day, and getting enough rest and sleep on a regular schedule as well.

Other dietary recommendations are to make sure you **eat breakfast**, preferably **before 10AM**. You should also be sure to **eat a regular lunch**, a **small snack between 2- 3PM**, and **dinner by about 6PM**. Some people need a **small snack before bed** as well.

**Make sure all of your meals and snacks are well balanced with adequate protein and fat along with carbohydrates.** Try to incorporate 5 servings of vegetables per day into your diet. See if you can get up to 5 colors of food in your daily diet.

**Avoid sugary snacks and refined grains.** Even natural sugars can spike your blood sugar and adversely affect your cortisol. **Low sugar fruits such as berries are alright, but are best eaten with some fat to slow sugar absorption.**

**Be sure to eat enough healthy fats**, since cholesterol is needed to produce the adrenal hormones cortisol and DHEA. Healthy fats include those from **meat and dairy from organically grown pasture raised animals, egg yolks, wild cold water fish, nuts and nut butters, avocados**, and oils such as **coconut oil, red palm oil, olive oil, butter, and ghee**. [See the December 2009 Rising Health Newsletter article '**Living Off the Fat of the Land**' for more detail about healthy fats: [http://www.rising-health.com/repository/129287816718\\_rhnewsltr\\_v2n12.htm](http://www.rising-health.com/repository/129287816718_rhnewsltr_v2n12.htm)].

Eat in a way that helps you "**rest and digest**." That means sit down, breathe and/or say thanks, eat slowly, and chew carefully. These simple, or not so simple, steps will give our bodies a chance to produce the enzymes needed for digestion.

**Rest and sleep are also critical to proper adrenal function. Go to bed by 10PM and get at least 8 hours of sleep.** The lowest levels of cortisol should occur in the early hours of the night and the highest in the early morning to prepare for waking. Changes in this cycle may affect your morning energy.

**Exercise for your adrenals should be enjoyable and invigorating.** If you have not been exercising regularly for a while, slowly build your routine. For some this may be as little as a five minute walk per day. If you are not at that level of exhaustion, it is best to include a **combination of exercises to build stamina, strength, and range of motion**. Examples of these include walking (outside or on a treadmill), swimming, weight lifting, calisthenics, stretching, yoga, and tai chi.

**If you feel overly fatigued after a workout, do less the next day.** Your stamina should build over time. For all of you type A personalities, if your cortisol is already high, **pushing yourself may**

**lead to greater fatigue**, so check with your doctor and your trainer about what exercise routine is best for you.

If your adrenal testing shows that you have dysfunction, then in addition to proper diet, rest, and exercise, **supplements and herbs can be very helpful in supporting adrenal function**. **Vitamin C**, **B vitamins** (especially **vitamin B5** and **vitamin B6**), **zinc**, and **magnesium** are some of the **most critical** in supporting adrenal health. These can be taken individually, or in high quality combinations, such as the **Rising Health Vital Detox Nutrients®** or **Vital Multi 1&2®**.

In addition to critical vitamins and minerals, I commonly recommend herbs called '**adaptogens**.' Adaptogenic herbs are those that **help you adapt to stress**. Adaptogens that I commonly use to treat adrenal dysfunction are **Siberian ginseng** (*Eleuthrococcus senticosus*), **Ashwaganda** (*Withania somnifera*), **Rhodiola** (*Rhodiola rosea*), **Licorice\*** (*Glycyrrhiza glabra*), and **Cordyceps sinensis**. These can be taken individually, though I frequently prescribe them in combinations, such as the **Rising Health R.E.A.L. Tincture® liquid** or **Adrenal Harmony® capsules**.

**Acupuncture can be extremely helpful in supporting adrenal function**. Most patients come out of their acupuncture appointments with an overall better sense of **well being**. Acupuncture can help **neutralize the adverse effects of stress**, as demonstrated in new study in the *Journal of Experimental Biology and Medicine*.§

If adrenal dysfunction is severe enough, oftentimes the above measures are not enough to restore healthy adrenal function. In that case, actually supplying some of the missing adrenal hormones as **adrenal glandular extracts**, or even the **individual hormones themselves**, may be indicated. **This level of treatment should only be undertaken by a physician knowledgeable in the subject, and with appropriate testing.**

In conclusion, adrenal imbalance is common in today's high stress world. Fortunately, skilled treatment can help you get back on track. **If you think you may have issues with adrenal function come in for an appointment to discuss this!**

In the meantime, remember some **basic tips**:

1. **Get on a regular schedule.**
2. **Eat properly.**
3. **Get adequate sleep and rest.**
4. **Exercise regularly.**
5. **Take a high quality basic multivitamin mineral supplement.**

...And try not to stress about it!

J.M.

**\* If you have high blood pressure, please check with your doctor before taking licorice.**

§ L. Eshkevari, R. Egan, D. Phillips, J. Tilan, E. Carney, N. Azzam, H. Amri, S. E. Mulrone. Acupuncture at ST36 prevents chronic stress-induced increases in neuropeptide Y in rat. *Experimental Biology and Medicine*, 2012 Jan 1; 237(1):18-23.



## News Flashes

- Technology recently

implemented in Bristol, England is a **non-invasive, comfortable, X-ray free alternative to mammography for breast cancer detection**. Termed **MARIA** (Multistatic Array Processing for Radiowave Image Acquisition), it uses **radio waves** to detect lesions. Women lay prone on a table with their breasts comfortably cradled in pouches...*With the billions invested in mammography equipment, how long will it be before this is available in the U.S.?!*

- Researchers from the Institute of Cancer Research in Cambridge have reported that a **urine protein** called **MSMB** (microseminoprotein-beta) may be a **better way of detecting prostate cancer** than the commonly used PSA (prostate specific antigen)...*The PSA is an imperfect test; the research is preliminary, but perhaps MSMB will be better. The PCA-3 test (prostate cancer antigen 3), a genetic test, may also turn out to be a better test than the PSA, but requires prostate massage prior to urine specimen collection!*
- A study presented at the American Urologic Association involving 166,000 men with **prostate cancer** found that **external beam**

**radiation therapy increased subsequent risk of hip fracture...***Recent research suggests that we over treat many cases of prostate cancer, particularly the less virulent variety found in older men; primum no nocere - first do no harm!*

- An Australian study published in the journal *PLoS ONE* found that an extract of the **turkey tail mushroom** (*Coriolus versicolor*) called **PSP** (polysaccharopeptide) strongly **suppresses the growth of prostate cancer cells...***Mushroom extracts are powerful tools in the prevention and treatment of cancer. The more specific information we can get about which are most potent in which cancers, the better!*
- Researchers at the University of California at Riverside have discovered compounds in **pomegranate juice** that **inhibit** a chemical signal for **prostate cancer cells** to **metastasize to bone...***I generally recommend pomegranate juice, about 4oz. twice daily, to all my prostate cancer patients!*
- A study involving over 150,000 women, recently published in the *Archives of Internal Medicine*, found that **statin use in post-menopausal women increased the risk for type 2 diabetes...***I am not ready to jump on the bandwagon that recommends statins for practically everyone from cradle to grave!*
- Another study, published in the *Journal of the American Medical Association* found that **high dose statins increased the risk of type 2 diabetes by 12%...***Like I said!*
- An article published in the *British Medical Journal* found that compared to those who ate very little **chocolate**, **those who ate the most** had a **37% decreased risk of stroke**, and a **29% decreased risk of cardiovascular events...***High dose statin or high dose chocolate - you choose!*
- A study published in the journal *Cephalalgia* found that wearing **special tinted lenses**, called **POTs (precision optical tints)**, could reduce brain disturbances and **decrease the**

**incidence of migraine with visual aura by over 40%...This technology is still being refined, but looks promising as a drug free preventive for some migraine sufferers!**

- A study published in *Environmental Health Perspectives* found that '**persistent environmental pollutants**' (POPs), especially PCB's (polychlorinated biphenyls), are associated with an **increased risk of carotid atherosclerosis**...*Prior studies have shown that POP's are associated with an increased risk of heart attack. I strongly believe that a well thought out detoxification program is an essential component of preventive health. For more information on the subject, see my 3 part series in the Rising Health Newsletter: 'Detoxification - Parts I, II, & III,' available at [rising-health.com](http://rising-health.com) --> Newsletter Archives --> April, May and June 2011!*

DN



## Nutrition Corner: The Wonders of Cocoa

by Judith Calhoun, R.N., N.T.P.

A hot cup of cocoa can be very satisfying in this cold, wet weather. Cocoa powder comes from beans, which are from cocoa trees that are typically farmed in tropical countries. The beans are dried and roasted and then crushed into a slurry called chocolate liquor. Fat or cocoa butter is removed, from the slurry and the remaining solids are processed into unsweetened natural cocoa powder. Dutch-processed cocoa has had its natural acidity neutralized with alkali resulting in a flavor that is more mellow than natural cocoa. It is reddish-brown to rich dark brown, with a PH ranging from neutral 7 to an alkaline 8.

Natural unsweetened cocoa's flavor is more intense and sharper than Dutch processed cocoa, with a complex chocolate flavor and an acidic PH of about 5.5.

Cocoa powder is very high in dietary fiber, with some brands of cocoa powder containing 100% of the recommended daily value of fiber. Also, some varieties of cocoa can contain high levels of magnesium, potassium, iron, zinc, as well as small amounts of vitamins and amino acids.

Both natural and Dutch-processed cocoa contain 12 calories per tablespoon, with one gram of fat, 3 grams of carbohydrates, 2 grams of fiber and 1 gram of protein.

Cocoa powder is a milder stimulant than coffee, possibly due to theobromine, a phytochemical which is found in cocoa and tea. One tablespoon of cocoa powder contains 12 milligrams of caffeine while a cup of brewed coffee contains 95 milligrams or so of caffeine.

Cocoa is a powerful anti-oxidant, with phytochemicals that have many medicinal properties. Cocoa has been shown to be beneficial in a variety of health conditions, including cancer, diabetes, heart disease, and strokes.

When shopping for cocoa powder look for organic cocoa powder that is preferably raw, and don't make the mistake of choosing cocoa mix, as cocoa powder mix contains sugar, powdered milk, and other additives. Natural unsweetened cocoa is typically referred to as cocoa in recipes and in stores.

## Creamy Hot Cocoa Recipe

I have been experimenting with different ingredients for this recipe for a very long time, and finally, this winter, I came up with this low

carbohydrate, sugar free and VERY tasty hot cocoa recipe:

- 2 tablespoons organic raw cocoa powder
- Cinnamon (organic) 1/4 teaspoon or to taste
- Stevia pinch or to taste
- Heavy cream (organic) 2 tablespoons or to taste
- 3/4 mug of boiling water to taste

Mix dry ingredients in a mug, add 3/4 mug of boiling water, stir and then add cream...YUM

J.C.

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orders

## **Save 15% on Coconut Products**

For the month of February we are offering 15% off the following:  
Coconut Flour, Coconut Oil, Coconut Immune Bars, Coconut Water  
Vinegar, and Cooking with Coconut Flour cookbook.

One coupon per customer, please. Not combinable with any other offers.

**Offer Expires: 02/29/2012**