

The Whole Health Check-up



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WELCOME TO WHNMC!

Welcome to the first newsletter of WHNMC- Whole Health Naturopathic Medical Center. We hope you enjoy the articles, recipes and columns. We always welcome your feedback, questions, and suggestions- simply contact us at info@WHNMC.com.

WHO ARE WE?

WHNMC is a naturopathic medical practice located in Manchester, New Hampshire. WHNMC offers naturopathic medical care for the whole family, from pediatrics to geriatrics. Our mission is to provide accessible, gentle natural healthcare and to create a strong community presence.

With 5 licensed doctors in our practice, we know we can meet your needs. We are open some evenings and weekends as well during the day, so that you may schedule an appointment at a time convenient for you.

WHAT IS NATUROPATHIC MEDICINE?

Naturopathic medicine is primary care medicine that utilizes natural therapeutics to prevent and treat disease. We are trained to treat both acute and chronic diseases, everything from the common cold and flu to diabetes and hepatitis. As you can read in the *Doctor's Bias* at our website, www.whnmc.com, we have a range of experience collectively, treating such conditions as arthritis, asthma, cancer, depression, eczema, fibromyalgia, IBS, and more. Examples of the natural modalities that we use include: nutrition, botanical medicine, homeopathy, Traditional Chinese Medicine, physical medicine, hydrotherapy, mind-body medicine, and counseling. Naturopathic doctors are also trained in the use of many pharmaceutical medications, and we are well-versed in the interactions between drugs, herbs, and nutrients.

Inside this issue:

What is Naturopathic Medicine? P.1

Eating with the Seasons P.1

Meet Our Docs P.2

Quarterly Recipe P.2

Arthritis: cold air got you down? P.3

What's the Hype about Fish Oil? P.3

Book Review: Kevin Trudeau P.3

Staying Healthy P.4

EATING WITH THE SEASONS

One of the many joys of spring is the anticipation of delicious and healthy fresh fruits and vegetables that will soon be making their way across our tables. Local seasonally grown foods arrive at your table fresher and tasting better. One question to keep in mind with the great variety of fresh food that will soon be available is if it is necessary to purchase organically grown versions. We've included a handy list of the most and

least contaminated fruit and vegetables to help you out with your shopping this spring. The money you save buying standard versions of the least contaminated foods can be used to make up the difference in price you may find in the organic varieties of the most contaminated foods.

Check out page 2 for a delicious recipe using early spring vegetables.

Highest in Pesticides

Apples	Bell Peppers	Celery
Cherries	Grapes (imported)	
Nectarines	Peaches	Pears
Potatoes	Red Raspberries	Spinach
Strawberries		

Lowest in Pesticides

Asparagus	Avocados	Bananas
Broccoli	Cauliflower	Corn (sweet)
Kiwi	Mango	Onion
Papaya	Pineapple	Peas

OUR DOCTORS



Eli Camp, N.D.



Sari Cohen, N.D.



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Laura Riley, N.D.

Naturopathic doctors are licensed, board-certified doctors who have attended 4-year accredited medical schools. Enrollment in naturopathic medical school requires a bachelor's degree and completion of pre-medical prerequisite classes, similar to conventional allopathic medical school. The naturopathic medical education consists of 2 years of basic science classes such as anatomy, physiology, and biochemistry, as well as intensive study of the medical "-ologies:" pathology, cardiology, oncology, gynecology, etc. We also receive 2 years of clinical education in naturopathic modalities at various clinical settings such as doctor's offices, hospitals, community health clinics, and more.

Aside from the therapeutics we utilize, the philosophy of naturopathic medicine differentiates it from conventional medicine and informs how we approach each patient. Our goal is to support the wisdom of the body and to facilitate the body's ability to heal itself, therefore we work in harmony with the body and with nature.

Naturopathy utilizes a holistic approach to healing, addressing the whole person: body, mind, and spirit. The core of naturopathic medicine is to treat each person as an individual and to consider his or her whole being. We do not treat one bodily system as separate from the rest of the person's body and psyche. It is equally important to care for the mind, the body, and the spirit, in whatever ways are the most appropriate for each patient.

Simple Spring Vegetables

Spring Vegetable

Recipe

4 Tablespoons oil or butter

3 onions, sliced into rings

6 outer leaves of new lettuce, chopped

2 cups peas

2 carrots, sliced

2 cups asparagus, cut into pieces

1 cup tiny, new potatoes

Heat oil in heavy pot. Add vegetables. Cook and cover over medium heat, stirring occasionally. When carrots are tender, take off heat and serve.

Home grown culinary herbs add a little pizzazz to an ordinary entrée or salad. Parsley, chives, dill and cilantro are some of our favorites. The time of year to plant the seeds is quickly approaching! These herbs may thrive in cooler temperatures, but some seeds such as those of parsley, can take up to a month to germinate, especially in cold spring soils. Soaking the seeds overnight and covering newly seeded beds with clear plastic help speed germination of direct-sown seeds. Here are some quick and easy tips to help you out this planting season.

Parsley There are two types of Parsley, the curly leaf and the flatter Italian version which is more flavorful.

Sow: Direct-sow seeds or set out six- to eight-week-old transplants about a week before the last spring frost, spacing seeds or seedlings 8 to 10 inches apart. Grow: Tolerates full sun or partial shade.

Cilantro

The emerald leaves have a flavor that combines parsley, sage, and citrus; and its seed (coriander), which is reminiscent of citrus and spice.

Sow: Direct-sow seeds a week or two before the last spring frost and again in late summer. Grow: Best in full sun, with some afternoon shade in hotter regions.

Dill

Dill combines well with mild cheeses, vegetable dishes and fish.

Sow: Best sown directly into the ground four to five weeks before the last spring frost; thin seedlings to 6 to 18 inches apart. Grow: Thrives in full sun.

Chives

Regular chives have a mild onion flavor; garlic chives are even milder.

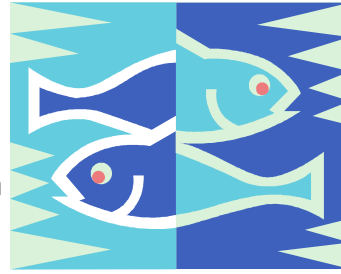
Sow: Grow by seeds, transplants, or divisions, with plants spaced 8 to 12 inches apart. Sow seeds in clumps or set out six-week-old transplants about four weeks before the last spring frost; divide existing clumps every two to four years. Grow: Likes full sun to part shade.

Reference: www.OrganicGardening.com

Supplement Corner: What's The Hype about Fish Oil ?

It sounds too slimy and smelly to be good for you. However, fish oil has more to offer than most people realize. Fish oil is rich in omega-3 fatty acids. Omega-3s are essential fatty acids (EFAs) that our bodies cannot create on their own. Therefore, we must obtain EFAs from food. Most people do not get enough of these polyunsaturated fats from their diet. This is why supplementation with fish oils can be so important to our health. EPA and DHA play a key role in brain development, nervous system function, and eyesight. They also play a protective role in the body, reducing the risk

of developing high blood pressure, arthritis, cancers, and heart disease. In fact, a large amount of research on omega-3s has focused on their effects on heart disease. EPA and DHA are linked to lower triglyceride levels, decreasing one's risk for atherosclerosis. These two fatty acids can also decrease inflammation in the body, improve immune function and promote skin, hair and nail health. Your naturopathic



Fish oil : A rich source of omega-3 fatty acids

doctor will be able to direct you to a good quality fish oil. If purchasing fish oil on your own, make sure it is from a reliable source, free of environmental contaminants (pesticides and heavy metals), and contains vitamin E to protect and preserve the oil. It is important to store your oil in a cool location, away from direct light.

Arthritis: Cold Air got you Down?

The symptoms of arthritis can be bothersome even after the cold winter air moves out. Warmer weather motivates many of us to get outside and start moving again. The increase in exercise is good for our bodies and minds but can exacerbate an arthritic condition. Arthritis affects over 43 million Americans and accounts for over \$15 billion in physician visits and hospitalizations each year. Depending on what type of arthritis you have, many doctors recommend diet and lifestyle changes along with pharmaceutical pain management. The most common treatments by conventional doctors focus on pain control as this is their area of expertise. A natural approach, also called a holistic approach, involves determining why arthritis developed in your body in the first place. A Na-

turopathic Doctor (ND) excels in uncovering what caused the arthritis and in defining a strategy to treat this cause. At the same time an ND can help you manage your pain with safer and more natural substances and treatments that have fewer side effects than pharmaceutical options. NDs are specialists in tailoring nutrition and lifestyle plans so that you can live healthier, drug-free and most importantly free from the discomfort of arthritis.

"A Naturopathic Doctor (ND) excels in uncovering what caused the arthritis and defining a strategy to treat the cause."

Book Review:

Natural Cures They Don't Want You To Know About

Kevin Trudeau's book, *Natural Cures They Don't Want You to Know About*, has been getting a lot of attention and some it is well deserved. He has done a good job of bringing to light some well-known but not well-publicized facts about the food and pharmaceutical industries. Many of the home-based cures and tips for better health included in the book are sound advice. However, despite his in-depth knowledge of these "alternative" treatments, Kevin's approach to medicine is very conventional. From the Naturopathic perspective, he does not embrace a holistic approach to healthcare. Like the healthcare system he finds so much fault with, he remains focused on treating individual symptoms and not on understanding and treating the underlying causes of disease.

Score: B-



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4-7pm at 222 River Rd.

Avoiding illness during the change of seasons

Temperatures rise and fall frequently as Mother Nature decides if it is time for spring. Many of us still find it necessary to keep our heat on and spend the majority of time inside. Indoor heating and low humidity provide the perfect environment for viruses to multiply. How can we protect ourselves from catching those viruses that have hung around to close down cold and flu season?

Minimize exposure

One of the most important behaviors for cold and flu prevention is good hand washing. Wash with plenty of soap and water, and rub hands together vigorously to eliminate the most germs. Also, try to avoid touching your hands to your face. The viruses that cause colds and flus are most likely to enter through the nose, eyes, and mouth.

Maintain your immune system

What if a virus does happen to cross your path? With a

strong immune system, the virus is less likely to multiply and result in a cold or flu. There are many ways to ensure that your immune system stays in peak form. Get adequate sleep, especially if you are feeling "under the weather". Maintain a healthy diet, with a lot of vegetables, lean protein, good fats, and whole grains. Avoid sugar, which depresses the immune system. Try to manage your stress with relaxation, yoga, or meditation. Get regular exercise.

Many foods can help enhance the action of your immune system when eaten regularly, especially those like garlic, mushrooms, and brightly or deeply colored vegetables. Vitamin C, Echinacea, and zinc can also support your immune system.

And if you do get sick...

If you do get sick, honor the message your body is giving you. Rest, sleep, and don't push yourself. Taking a sick day will benefit both you and your co-workers.