



Center for Traditional Medicine Newsletter

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www.MyCTM.org

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HEAVY METALS: THE TOXIC TIME BOMB

Noel Peterson, ND

The Facts

Mercury is toxic to all life on our planet, and every year industries dig up, redistribute, and generally spread around over 400 tons of the stuff. It ends up in our water, our air, our crops, our food, our mouths, and our medicines. Every year US coal power plants send 40 or more tons of mercury into our air. The chlor-alkali industry (paper, etc.) uses 136 tons of mercury a year, and recovers only 35 tons a year. They “disappear” 101 tons of mercury yearly, while hundreds more tons of mercury from coal fired power plants in the rest of the world is made airborne, where it does not need a passport to get into the US. Humans and other animals bioaccumulate mercury from our environment 200,000 to 10,000,000 fold. If the EPA’s “safe” limit of 1 part per million (1ppm) in the blood was evenly distributed in the body, it would fill every cell with 20,000 molecules of mercury!

What harm does a little heavy metals do?

Mercury, lead, and other heavy metals are linked to abnormal behavior and mental development in children, including ADD, ADHD, autism, and mental retardation. Immune dysfunction from mercury causes asthma, IBS, MS, Lupus, rheumatoid arthritis, CFIDS, fibromyalgia, ALS, and cancer. Depression, muscle pain, chronic renal disease, hypertension, accelerated aging, and coronary artery disease all are associated with mercury exposure. And this is just the partial list. The National Center for Biotechnology Information reported in the Archives of Internal Medicine (2002 Nov 25; 162(21);2443-9) that “Despite declines in lead levels during the past 20 years, lead exposure continues to be a public health concern” and have found that lead levels over 20 mcg/dl causes a 68% increase in cancer mortality, a 39% increase in heart disease mortality, and an all cause mortality increase of 46%. This means that for all diseases, lead alone causes a 46% increase in mortality!

How do mercury and lead cause all these problems?

Trace minerals like Zn, Mg, Mn, and Cu are all are essential for enzyme catalytic processes. Mercury binds in place of these essential minerals, effectively shutting down the enzymes’ activity. Without the enzyme, your cells cannot respond to your DNA’s instructions to make the proteins necessary for cell functions. Until mercury is removed, your cells make abnormal proteins, causing the expression of a wide range of disease states. Some individuals bioaccumulate mercury at a faster rate, and still others eliminate mercury more efficiently. Nutritional status is largely responsible for these differences.

How can I find out what my mercury level is?

We perform mercury and heavy metal testing with a safe protocol using intravenous DMPS. For children, we can perform oral challenges and collect either urine or fecal samples for heavy metals detection. The lab we use is the industry leader in heavy metal testing.

What can you do to clear the mercury out of your cells?

After years of helping patients remove mercury out of their bodies, I have reviewed the latest literature and attended recent scientific symposiums on mercury and heavy metal detoxification and now have developed a 3 tier protocol for mercury chelation. Based on the degree of mercury load, patients are directed into either a low (Level 1), moderate (Level 2), or high (Level 3) mercury treatment protocol.

Our Level 1 detox protocol recognizes that we all have a toxic burden of mercury, and that there is no “safe” level of mercury. Therefore, I recommend avoidance of mercury in foods, medicines, and vaccines (thimersol preservative), along with the regular intake of nutrients that help our cells detoxify mercury. This requires the regular use of garlic in the diet and in supplement form to gradually bind to and remove low levels of mercury. Our Multigenics multiple vitamin, along with additional selenium and Super Garlic extract, will provide support for mercury detoxification.

Level 2 mercury detox protocol is for children with a moderate to high mercury level; children with behavioral or learning disabilities (ADD/ADHD, autism, etc.). This program incorporates all the steps of Level 1, and takes mercury detoxification further with the use of

IS INTRAVENOUS THERAPY FOR YOU?

Lori Horan, ND, L.Ac.

The media is at a fever pitch reporting the number of flu cases to hit Oregon. One of the most effective treatments for a speedy recovery from this shifty virus is intravenous nutrient therapy.

Based on the work of the late John Myers, MD, who pioneered the use of IV vitamins and minerals as part of the overall treatment of various medical problems, the modified “Myers’ cocktail” we’re using at CTM is an intravenous vitamin and mineral formula for the treatment of many acute conditions as well as a wide range of clinical conditions.

The modified “Myers’ cocktail” consists of a unique and powerful combination of magnesium, calcium, B vitamins, vitamin C, and trace minerals like selenium. Because the nutrients are delivered directly into the blood stream, there is much higher absorption and utilization than with orally ingested supplements. This allows for a heightened immune response and improved functional capacity of many bodily systems. Various nutrients, such as vitamin C, have been shown to have pharmacological effects when the concentration of the nutrient is high enough.

Modified Myers’ cocktails have also been found to be effective against acute asthma attacks, migraines, fatigue (including chronic fatigue syndrome), fibromyalgia, acute muscle spasm and pain, upper respiratory tract infections, chronic sinusitis, seasonal allergic rhinitis, cardiovascular disease, and other disorders. Many other conditions show marked improvement with this IV therapy as well. As cells are flooded with nutrients, the improvement tends to be cumulative. In many instances this treatment is more effective and better tolerated than conventional medical therapies.

If you’re sick, tired, chronically ill, or in pain, you stand to benefit from a modified Myers’ cocktail. Call CTM today to inquire whether IV nutrient therapy is right for you.

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WHO HAS KNEE PAIN?

Noel Peterson, ND

What do Nathan, a 12 yr. old gymnast with a torn ligament in his left knee; Jewell, a retired PR executive with degenerative arthritis of both knees; Jayme, a 46 yr. old dancer with debilitating pain and swelling in both knees; and Joel, a heavy set contractor with degeneration of both knees and a history of 2 unsuccessful surgeries have in common? All of these patients' knee problems were helped by a series of Prolotherapy injections.

What is Prolotherapy?

Prolotherapy is defined in Webster's New Collegiate Dictionary as "The rehabilitation of an incompetent structure such as a ligament or tendon, by the induced proliferation of new cells." It was developed over fifty years ago as a natural non-surgical method of assisting the body in healing injured tendons and ligaments. Prolotherapy helps your body make new cells, which strengthen lax or torn tendons and ligaments (Ligaments are the tough tissues which connect bones to bones, and tendons are the tough tissues which connect muscles to bones). Prolotherapy can also stimulate your body to regenerate worn cartilage surfaces, such as in osteoarthritis and degenerative arthritis.

What injuries are knees susceptible too?

Our knees are amazing. They carry us through our days, walking to work, dancing in the kitchen, running our favorite trails, or gliding through our bike rides. They are functionally superb-flexible, mobile, and strong. They can provide us trouble free service for 70 years and more, but the very qualities we take for granted also make the knees vulnerable to wear-and-tear arthritis and athletic injury.

We call the wear-and-tear arthritis osteoarthritis. For many people, it's a natural consequence of daily living. Most people over 30 have signs of osteoarthritis in their knees, some more than others. Activities and habits that cause arthritis include underactivity or overactivity without adequate nutritional support for repair, anti-inflammatory pain medications, steroids, mineral deficiency, and trauma. These all contribute to wearing away of the smooth cartilage that covers the surface of the knees, causing achiness and swelling after heavy, or in many cases, even mild weight bearing activities. Some cases lead to the eventual development of bone-on-bone arthritis, and can progress to the need for knee replacement surgery.

Athletic injuries to the knee happen in the young and old. The most common injuries involve the ligaments and articular pads of the knee. Ligaments can be over-stretched by an injury so that they become lax. Lax ligaments and weak leg muscles cause the surfaces of the knee to track unevenly, causing trauma and wear-and tear arthritis to the cartilage. The knee becomes unstable, hurts, and swells. Instability stresses the ligaments, which can eventually become frayed and torn. Once complete tearing occurs, surgery provides some relief.

How can I prevent knee surgery?

Ligaments, and especially knees, have very specific requirements for healing. We can provide a complete menu of what your knee needs to heal. The basics include glucosamine for the cartilage, calcium for the bone under the cartilage, Magnesium, Zinc, Copper, Manganese, and vitamin C for collagen repair, and Fish oils for balancing inflammation.

For athletic injuries and other trauma, treat the joint early: Don't wait until the pain and laxity causes instability in the joint, weakness in the muscles, and more laxity and instability.

Prolotherapy can strengthen these ligaments. Strengthening the ligaments will stabilize the knee so the joint and muscles can do their job. The pain will clear up when the knee functions better. If you want your knees to get better, avoid anti-inflammatories: These drugs inhibit collagen synthesis and stop the migration of fibroblasts sent to repair the injured tissue.

What if I already had surgery? Can Prolotherapy help me now?

Yes. Surgery can re-attach torn ligaments and remove loose pieces of bone or cartilage. The repair and regeneration of lost cartilage and strengthening of weak and lax ligaments is best accomplished with prolotherapy injections. Prolotherapy and exercise can work together to stabilize the joint and restore normal function.

How is Prolotherapy performed?

Prolotherapy technique consists of using a fine needle to inject a proliferative solution into incompetent tendons, ligaments and joints for the purpose of stimulating new growth and repair, thereby promoting joint stability and reduction of pain. Prolotherapy injections are also used to thicken joint cartilage by injecting proliferative substances directly into joint spaces. The most common substance used is dextrose (a kind of sugar) diluted with procaine (a local anesthetic). When injected into the torn tendon or ligament, the dextrose and procaine solution induces a physiologic reaction that stimulates the healing processes to resume, which then induces the migration of fibroblasts (the body's repair cells) to the site of injection. Fibroblasts lay down new connective tissue and in so doing, enlarging and strengthening the damaged tendons, ligaments and cartilage. Glucosamine sulfate, hyaluronic acid and a plant enzyme called Sarapin are also commonly used in proliferative solutions.

What kinds of injuries respond to Prolotherapy?

Soft tissue injuries (sprains, strains and bruises of muscles, tendons, fascia and ligaments) are the most common injuries encountered in sports, auto, household and work accidents. These injuries produce chronic pain in the hands, elbows, shoulders, hips, knees and feet, as well as neck, ribs, back and sacrum. The majority of these injuries heal through the body's own internal mechanism of producing inflammation which triggers the proliferation of fibrous tissue that mends the damaged areas. More serious injuries can go on to chronic pain and dysfunction and the chronic use of common anti-inflammatory drugs. Over time, the anti-inflammatory drugs used in these cases will actually inhibit the repair of these damaged cells and contribute to the worsening of the injury.

How did these patients respond?

Nathan, our young gymnast, was able to stabilize his knee and get rid of his brace. He now performs gymnastics and his other sports without pain.

Jewell was able to just about throw away her cane and is only using it for stairs now. She is increasing her exercise without knee pain.

Jayme can perform deep knee bends, get back to a standing position without having to use her hands to help her up and has no more knee pain. Her knees no longer swell when stair climbing and she performs her leg strengthening routine almost daily.

Joel can get in and out of his truck without his knees popping out, can work without discomfort and recently returned from a painless 3 day elk hunting trip with his son.

It is amazing what the right therapy can accomplish. For more on prolotherapy and the nutritional management of osteoarthritis, visit our website www.MyCTM.org

JUST HOW TIRED ARE YOU?

Lori Horan, ND, L.Ac.

One of the most common conditions I hear from new patients is “I’m soooo exhausted. I’m struggling with my weight. I can’t sleep. I have no enthusiasm for fun or friends. I’m too tired to exercise. My moods swing wildly, I have no sex drive, and I get frequent colds.” This symptom complex can be the result of many causes, but by far one of the biggest causes is over-stressed adrenal glands. If you suspect you could be on the track to adrenal burnout, it may be time to have your adrenals tested. The Adrenal Stress Index test can measure your response to stress and determine your adrenal fitness or adrenal fatigue.

Our adrenal glands are two triangle-shaped organs (about the size of an almond) that rest on each of our kidneys. These glands produce adrenaline and other stress hormones (DHEA and cortisol) that have significant impacts on all of our body systems. Healthy levels of stress hormones maintain blood sugar balance and energy, reduce inflammation and regulate the immune system. When stress hormones stay elevated, however, they have erosive effects on all the body systems, such as shutting down metabolism, digestion, elimination, absorption of nutrients and reproduction, reducing the ability to think clearly, and making the body store fat.

Adrenaline and our stress hormones are designed to help us respond to the classic “Fight or Flight” situation, when a person’s life is literally endangered. This is very appropriate if a saber-toothed tiger is chasing you. But the relentless stress of modern life can cause this system to backfire as the effect of continually elevated stress hormones becomes evident. The release of stress hormones is roughly proportionate to the intensity of a situation. Once the danger has passed, stress hormones should resume to normal levels.

The way we live, we’re under stress all the time. We don’t have run-ins with saber-toothed tigers, but stress for many of us is outright pervasive. Stress can take the form of any feeling or behavior that brings us away from feeling well. A few of the behaviors that can lead to adrenal burnout would be: skipping meals, dieting, not exercising, avoiding or neglecting relaxation, not getting enough sleep, ignoring fatigue to continue working, using sugar, caffeine, nicotine, or any stimulant to function at a higher rate when you are already tired, worrying, etc. Any of these feelings or behaviors can keep the adrenals pumping out their eventually limited supply of stress hormones. Eating, sleeping and living habits are the problem. We don’t feel we have time and therefore don’t take the time to rest and repair. Rest allows for time to repair and rejuvenate the functional abilities of all of our vital organs, especially the adrenals.

Behaviors that result in adrenal stress:

- * Skipping meals/dieting
- * Eating processed, junk foods
- * Not exercising or exercising too much
- * Avoiding or neglecting relaxation
- * Ignoring fatigue to finish working
- * Not getting enough sleep
- * Using sugar, caffeine or nicotine to function beyond when you are already tired
- * Shallow breathing
- * Exposure to toxins (environmental or food)
- * Worrying
- * Putting yourself last

Adrenals cannot tolerate stress indefinitely. Think of the adrenals as a reservoir: if the reservoir is depleted, it must be replenished or it will eventually run dry. Over time, if under constant demand, they tire and reduce their output of hormones. Adrenal reserves can be measurably depleted.

Symptoms of adrenal reserve depletion:

- * Fatigue
- * Chronic fatigue
- * Escalating allergies
- * Esophageal reflux
- * Gastrointestinal dysfunction
- * Weight gain or weight loss
- * Stiff neck
- * Palpitations
- * Metabolic problems
- * Low sex drive
- * Irregular menses
- * Insomnia
- * Anxiety, irrational fears
- * Arthritis
- * Sciatica
- * TMJ
- * Mood disorders
- * Recurrent infections (e.g., yeast, respiratory)

There is a path, or several distinct stages, that healthy adrenals go through before they reach the burnout stage. The following stages describe symptoms of someone in various stages of adrenal stress depletion:*

Stage 1: This person is ambitious, edgy, alert, stays up late at night, sometimes pulls all-nighters, always on the go, lots of energy, extremely productive. Caffeine and sugar are used for energy. Life is a blur of activity.

Stage 2: Less energetic than before. Caffeine, junk food, stimulants are used regularly. Some aches and pains, some insomnia, gaining weight or losing too much weight. Still no rest.

Stage 3: Dark circles under the eyes, insomnia is normal, exercise is remote, lots of coffee, sugar and stimulants, chest pains, anxiety, environmental sensitivities, everything turns to fat.

Stage 4: Very exhausted, overweight, foggy memory, emotionally unstable, worries, insomnia, nightmares, GI problems, allergies, asthma headaches, migraines, musculo-skeletal pains, back pain, stiff neck, taking sleeping pills, antacids, anti-inflammatories, blood pressure meds, 5-10 cups coffee is common, increasing urination at night.

Stage 5: Burnt out, crisis mode. Can’t get out of bed. Everything is major effort. Feverish, weak, achy, chronic fatigue, autoimmune diseases, heart disease, diabetes, etc.

These 5 stages describe what may be all too familiar, and may hit too close to home. If you suspect that you are on your way to adrenal burnout, the Adrenal Stress Index Test can identify the stage of your physiologic response to stress by measuring your cortisol and DHEA levels. Call CTM to see if an Adrenal Stress Index Test is right for you.

*Adapted from Tired of Being Tired by Jesse Lynn Hanley, MD



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HEAVY METALS

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oral chelating agents found in powdered oral CaEDTA, Alpha Lipoic Acid, Super Garlic Extract, and our powdered green vegetable juice concentrate.

The Level 3 protocol is for those with high heavy metal burdens and symptoms of mercury toxicity, and conditions associated with mercury and heavy metal toxicity, including hypertension, cardiovascular disease, memory deficits, foggy brain, autoimmune syndromes, etc. This protocol incorporates all of the steps in levels 1 and 2, and adds oral DMSA, and one or more series of intravenous CaEDTA treatments. These intravenous treatments use a new, short IV protocol (10-30) minutes developed by Gary Gordon M.D., a prominent chelation pioneer who wrote the original protocols for I.V. chelation more than 20 years ago. Our I.V. includes high doses of B vitamins, vitamin C, Magnesium, and CaEDTA, a safe and powerful chelating agent.

By following these protocols, we are confident that heavy metals can and will be safely and effectively removed from your cells. For a link to a web site containing scientific papers and articles on heavy metal toxicity, visit www.MyCTM.org.

What are the politics of mercury?

I'm glad you asked! No matter how much we remove mercury from our cells, industry finds new and unique ways of putting it back in our bodies. There is no mercury free environment left on earth. Under the agenda of president Bush, the EPA has just scuttled the regulation of mercury emissions from power plants. They did this by "downgrading" mercury emissions by taking them out of the "hazardous pollutant" category, saving power plant operators millions, and endangering millions of children with increased emissions. Just by implementing the laws already on the books, annual mercury emissions would have been reduced to 5 tons annually by 2007. But under president Bush's "Clean Air Initiative", his EPA has implemented a rollback in those rules, and will cap mercury emissions at 34 tons by the year 2010, and 15 tons by 2018, effectively exposing growing children to hundreds of more tons of mercury over the next 15 years. Our children will pay with arrested mental development, while the power industry saves hundreds of millions of dollars - worth every retarded child, don't you think?

Regenerative Therapies at the Center for Traditional Medicine

Regenerative Therapies are non-drug, cutting-edge therapies that promote the regeneration of healthy joints, muscle, hormone balance, and energy. When you restore healthy tissues, you slow down the aging process and improve vitality.

- * Restore joint cartilage and ligaments.
- * Restore healthy muscles and mobility.
- * Restore circulation and heart function.
- * Restore hormone balance.
- * Restore healthy blood cholesterol.
- * Restore digestion.
- * Restore sleep and energy.

Restore your health with Regenerative Therapies at the Center for Traditional Medicine. Our doctors on staff are here to help you. For more information, visit:

www.MyCTM.org