

## HEALTH PURSUITS REPORT, APRIL 2010

It was a packed meeting Apr.12 when 22 people met at Isabel Turner Library. Welcome to new members.

For immediate notice:

**May 3<sup>rd</sup> 7PM** – The Health Pursuits Annual Speaker will be Dr. Robert Clinton and his wife Sue Clinton who will speak about the connections between nutrition, dentistry and overall health. **Please send me a quick email if you plan to attend since seating is always limited although we have the double room .** We also need a few volunteers to help take care of the donation box at the door and the information table. Thanks.

## COGNITIVE FUNCTION

It was an inspiring night when people reported wonderful improvements in the cognitive function (i.e. thinking and mood) of those they have been helping.

1. A member reported significant improvement in a 22-year-old young man with Autism/Downs Syndrome. This was achieved by having testing done for food sensitivities. – both IgG allergies with Meridian Valley Labs and Entero Testing for Celiac Disease with Dr. Fine. The young man's mind has cleared a lot and he is speaking in sentences and making progress with an excellent speech pathologist from Ongwanada. The member also reports less muscle pain with a gluten and dairy-free diet. She is hoping to be soon able to do the smell testing for nutrients with the young man and make progress again. Dr. Coombs has been instrumental in helping but the member deserves a huge pat on the back for persevering, learning and making the changes needed. A book she recommends for anyone dealing with chronic problems is *Children with Starving Brains* by J. McCandless, MD. This follows the help we found so many years ago in another book about children, *Is This Your Child?* By Dr. Doris Rapp. Dr. Abram Hoffer's *ABC of Natural Nutrition for Children* is another.
2. A member reported significant progress in a thirty-five-year-old young man with various brain chemistry disorder diagnoses. After three very difficult years of trying the gluten-free and dairy-free diet, environmental controls, detoxification, nutrients and Empower Plus in combination with some medications and vigorous exercise, a big leap forward in independence, ability to research, make decisions for himself. Again, Dr. Coombs as well as Dr. McCaldon, were part of the team but the member herself has done a huge thing in enduring the sometimes-nerve-wracking rollercoaster of trying things and fighting toward stability. Thanks also to T., another member who supported her through the process. Well done!
3. T. Also has helped another young man, in conjunction with Dr. Coombs and Dr. McCaldon, find stability from a bipolar condition, using Empower Plus again and the other strategies. He has now graduated to helping himself.
4. A fourth young man, who is currently homeless and biochemically unbalanced, is slowly being helped by T. using Empower Plus.

5. A member with pain and Chronic Fatigue has also made a remarkable improvement using Empower Plus. In fact, her results on the smell test have finally gone to neutral after trying so many things. She is feeling much more energetic and clear-headed. However, a caution, after the first 2 weeks on Empower Plus, she experienced a nasty detox which lasted 7-10 days.

6. Another member who had been using Empower Plus has found that stopping it has brought back symptoms and she is inspired to go back to it after hearing such encouraging stories.

For more information on Empower Plus, go to [www.truehope.com](http://www.truehope.com).

It is an all-in-one supplement containing vitamins, minerals, amino acids, essential fatty acids – in short all the nutrition a brain might need to improve. Of course, everyone is different so some tweaking is necessary and all the other strategies - diet, environment and movement/exercise - are very important too. No sense feeding the brain on one hand and poisoning it on the other.

## **NUTRITION**

### **The benefits of EFAs:**

A member reports improvements with an increase of Essential Fatty acids. She is using a product called Vivex.

Another member reports that her adult son started taking 6 EFA capsules a day and was amazed at the improvement in his memory which has helped him with his university courses.

### **Calcium/Vitamin D/etc.**

Calcium came in for a lot of discussion again in regards to leg pain. The vitamin D article we have been studying suggests that leg pain can happen when the bone matrix is deficient in calcium and becomes rubbery. Then it can absorb water and swell, pressing out against the periosteum, the bone covering, where there are lots of nerves, and so pain. Perhaps this is why leg wrappings of various sorts have often helped those with leg pain.

A member reports switching to a different calcium caused leg pain. She checked ingredients and found that it contained phosphorus and some other ingredients not in her old cal/mag preparation. She switched back and found relief.

A member has purchased the high-tech. sun lamp advertised on Dr. Mercola's web site. She is cautiously starting out with minimal time which is to increase to ten minutes twice a week. She is hoping this will replace or improve upon the 50 000 I.U. of vitamin D that she is presently taking. The latter strategy has kept her bone density from deteriorating in her 80th year.

Another member is beginning supplementation with boron and vitamin K, both of which smelled sweet to her, to improve bone density. The book we originally read, *Preventing and Reversing Osteoporosis* by Dr. Alan Gaby, has a great list of nutrients that may be involved. That book should be available from the library.

A new member, who had heart surgery, is looking for a solution to subsequent leg pain. We suggested the vitamin D/calcium/magnesium solution. We suggested the wrapping. We suggested that there might be a biomechanical issue after lying on a steel table for the surgery. We suggested that a food sensitivity may have arisen because of the stress of surgery. Finally, the anesthetic or medications may be causing trouble. That's why we look at such a wide range of possibilities. It could be any or all of the above.

A member reports that there is a machine to produce vitamin C at home. No information on that yet.

## **DIET**

### **The on-going challenge of gluten or other problem foods:**

As usual we have success stories from people eliminating gluten or other food allergens from their diets. Reduced pain, better cognitive function, better sleep, better digestion, and so on.

One member has eliminated gluten and dairy and, despite not changing the amount she eats, she has lost 24 pounds in the past year.

Another member looked significantly better –hair and skin and eyes and energy - after removing gluten.

Another member has not been able to completely remove gluten and is still experiencing low iron which would, of course, reduce energy. She is going for some testing so will have back-up for her diet soon.

Liana will be teaching a gluten-free pasta-making course at St. Lawrence. Go to her web site for more info. [www.foodchallenges.ca](http://www.foodchallenges.ca)

### **A book to help with diet:**

G. brought in a book, *Intuitive Eating* by Evelyn Tribole.

We have always used the rotation to reduce the number of foods in a day that a person has to monitor for side effects. That doesn't change but this book give you strategies for checking your body for the side effects.

As well, the strategies are useful for managing eating habits – knowing when you are full, knowing when you're thirsty instead, knowing when eating is an emotional reaction. Watch for reactions to foods you think may be bad for you.

An aspect not covered is that hunger can be an allergic response to chemicals, for instance. Allergic responses throw off our PH and so it may be useful to try the electrolyte solutions such as Alka Seltzer Gold or baking soda to see if that reduces the hunger reaction.

## **BIOMECHANICS**

A member has severe joint deterioration and there was discussion of the various injections to replace synovial fluid. These provide relief for 3-6 months and then can be redone.

I was wanting to jump in with questions, but the time did not allow for that, so here they are now. No mention was made of what caused the severe deterioration in the first place. We know that inflammation is a problem and that food, nutrient deficiencies, hormonal imbalances, infection, environment and basic movement patterns can all be factors.

We know that many people have avoided ankle, knee and hip surgery by changing diet, by improving biochemical balance via supplements, by improving environment, by addressing infections, and, very importantly, improving movement patterns. If you have an inflamed joint, it is well worth your while to work at all the beneficial strategies and use surgery as a last resort. You may very well end up healing the problem. Surgery will have consequences, no question about that.

Better movement patterns equal easier daily activity, easier breathing, better digestion, better circulation, and less pain and fatigue. Each of us needs to become aware of where our movement patterns need work so that we can learn better patterns and practice making these our positive habits. These subtle frequently-repeated daily movements have far more effect on our health and body than occasional higher intensity workouts.

## **ENVIRONMENT**

**ENDING DENIAL: The Lyme Disease Epidemic: A Canadian Public Health Disaster**, ed. Helke Ferrie, KOS Books, 1-519-927-1049 \$30. plus shipping and tax.

This is a very large, up-to-the minute work on Lyme disease including much information on symptoms, testing and treatment, as well as the medical and political controversies surrounding the testing and treatment. If you have a dog, work outdoors, go for walks in the country, have ever been bitten by a tick, or if you are still looking for a resolution to stubborn problems, you might find this an important book. Thanks to Helke et al, for their hard work.

You can order directly. In Kingston, Green Door Vitamins will have a few copies in stock shortly.

## **DETOXIFICATION**

A member reports significant help with anxiety and other poor mood problems by the use of an ionizing footbath. You can contact Grace for more information and an economical source of the

machines at 613-549-6324.

That's about all I can remember from such a packed meeting. Remind me if I've missed something. Remember to come on May 3 and to Hear Dr. Robert and Sue Clinton.

Cheers,  
Diane Dawber  
Facilitator