

Natural Path to Health: Motivation

Dr. Carol McIntyre

Hello again! I hope you are all having a wonderful holiday season, focusing on the many things you are thankful for. There are many things I am thankful for including my family and the wonderful support I have received from this community. My practice continues to grow and thrive.

Many of you have been patiently awaiting my In-network status with your insurance company and I am happy to tell you that I am awaiting approval from OHP, ODS, BCBS and ASH. I will also be applying for Pacific, United and CHP. Please call the office at 503-429-3928 if there are other companies you would like to see me with as an In-network provider and I will do my best to make that happen.

As I move forward in my career as a Naturopathic doctor and your community physician, I am humbly reminded of past Naturopathic doctors who fought to uphold the principles of our profession and those who currently work to continue to shape it. I attended a wonderful conference this past weekend presented by the Oregon Association

of Naturopathic Physicians. There were many wonderful speakers there including NDs, MDs, Pharmacists and beyond.

Reconnecting with colleagues I haven't seen in years was wonderful. Discussing new and old treatments with other doctors was stimulating. There were a few moments that really stood out for me...

First, I spoke with one of our longest practicing Naturopathic physicians of this generation and when I told him where I was practicing, he asked me if I had seen any of Turska's patients. Turska was a Naturopathic doctor who developed a famous herbal formula to alleviate cystic pain and dissolve masses. The formula is still used today. Imagine my surprise when I was told he practiced in Mist! Maybe some of our senior residents knew him or were a patient of his! I would love to know. It truly is a small world.

Secondly, a lecture by Mitch and Lori Stargrove was truly inspiring. Both are NDs, and they discussed the importance of working with our therapeutics (herbs, vitamins, minerals, extracts, homeopathy etc...) and the

importance of educating people about these therapeutic agents. Often termed "supplements", these agents are not used to supplement the diet, but rather given to treat a specific condition in a therapeutic manner. This is very true and extremely important that it be understood.

For example, when I prescribe CoQ10 to help lower your blood pressure and support your overall cardiovascular health, I am not recommending a supplement; I am prescribing a therapeutic agent to address a specific medical condition that needs treatment. On the same thought, when I prescribe an antibiotic to a patient with a urinary tract infection that is progressing into a kidney infection, I am not recommending it as a supplement to the diet; I am prescribing it to treat a specific condition. And if you think treating a possible kidney infection with antibiotics is more important than treating high blood pressure, in the short term you may be correct, but think about that CoQ10 prescription after you have a quadruple bypass.

Lastly, I was inspired by one MD particularly, Dr. Julien, who lectured on pharmaceutical drugs to treat anxiety and depression. His first line of

therapy for treatment of these very real and debilitating diseases were light therapy, Omega 3 fatty acids, exercise and counseling! This truly made me smile. Here is a man that has researched and consulted for decades, and rather than reach for his prescription pad, he employs more natural Therapeutic agents before using synthetic drugs. He also made it clear that many of these synthetic man-made drugs were effective therapeutically for some people and should be used as needed.

My philosophy was supported this weekend through the multitude of speakers that presented, and it felt good to know that our collective professions are beginning to work together. Naturopathic doctors are being respected and recognized for their education, clinical presence and traditional therapies that through the test of time have proven to be effective against treating and preventing disease. I am more inspired than ever to continue to build my practice and provide this community with well-balanced health care. Feel free to join me on this journey.

Thank you ~ Be Well ~

The Gun Doctor: Additional Firearm Safety Considerations

By Wolfgang Rotbart

In the first article of this series, I discussed the Four Basic Rules of Firearm Safety. In this one, I will go over a few more points.

There are 3 types of cartridge malfunction: Misfire, Hangfire and Squib Load and each present unique hazards.

A Misfire occurs when you pull the trigger and all you get is a "click" instead of a "bang". This is only a hazard if you are in a self-defense situation. A faulty cartridge can cause it, or, if it happens often and with different ammunition, is due to some fault in the firearm and should be repaired.

A Hangfire is similar in that you only get a "click", but the round eventually fires from a fraction of a second up to 30 seconds or longer. This was a relatively common occurrence a hundred years ago, but is relatively rare with quality modern ammunition. However, if you experience a misfire, assume it is a hangfire since there is no way to tell the difference between the two at first. This is why it's vitally important to remember the Second Basic Rule: keep the firearm pointed in a safe direction at all times. The NRA Basic Pistol Course recommends waiting at least 30 seconds before opening the action and removing the cartridge. However, in a self-defense situation, clear the cartridge immediately since there is only a remote chance of an

actual hangfire. I have shot tens of thousands of rounds and have never had a hangfire, nor know of anyone who has. For those of you with Internet access, go to: <http://www.youtube.com/watch?v=RHdg3yeU2iY> for an example of an apparent hangfire with very nearly fatal results (the shooter breaks Rule 2). Stupidity and firearms don't mix.

A Squib Load is by far the most dangerous of the three malfunctions and occurs when the bullet lodges in the barrel. However, this is not particularly dangerous in itself. It is only when the subsequent round is fired that things get ugly. Shooting another round after a squib load will generally result in a catastrophic failure of the firearm, usually in the form of a burst barrel. Serious, even fatal, injuries can occur to both the shooter and bystanders. For a good example of what can result from a squib load, go to: <http://www.smithandwessonforums.com/forum/reloading-bench/1226-ouch.html>. This malfunction is again very uncommon in quality modern ammunition. Usually it is from an individual who reloaded a cartridge and did not put in a full charge of gunpowder. The signs of a squib load are:

- REDUCED NOISE ("POP" INSTEAD OF A "BANG")
- REDUCED OR NO MUZZLE FLASH
- REDUCED RECOIL

If this happens, STOP FIRING IMMEDIATELY! Safely open the action, check for any obstruction in the bore, and remove it before continuing firing.

I welcome ideas for topics for these articles. Please email them to: Wolfgang@WolfgangTheGunDoctor.com, or call me at 503-429-7342 10:00 – 5:00 M – F

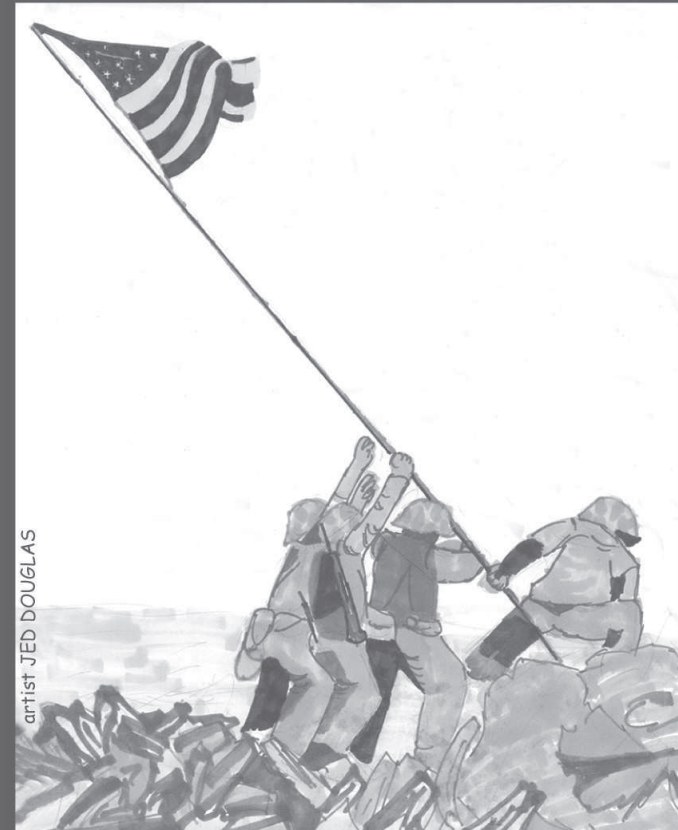
Wolfgang Rotbart is an AGI-certified Master Gunsmith and a NRA-certified Basic Pistol Course Instructor. He works as a gunsmith and as an Oregon Concealed Handgun Safety Course Instructor. You may visit The Gun Doctor website for more information at: <http://www.wolfgangthegundocor.com/>



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711 Bridge Street, Vernonia
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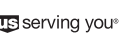

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