

## Natural Path to Health: Education

By Dr. Carol McIntyre

If you have ever been to my office, you know that I like to educate my patients on what I'm doing and why during your treatment. Usually, I opt for the most natural therapies that are applicable to any individual situation. Recently, both of my babies received their first round of antibiotics, against my Naturopathic wishes, but out of necessity! As a doctor, I recognize there is a time and place for everything. Sometimes, the best application is not always one you would expect or aspire to.

After meeting this small milestone in my career as Dr. Naturopathic Mommy, I realized that it was even more imperative to educate people about the application of therapeutics. Knowledge is key. For

quite some time now I have wanted to start giving educational lectures on different health topics and I am happy to say those will begin in March at our Vernonia Community Grange!

Free lectures will be given the first Monday of each month from 7:00-8:00 PM at the Grange building located at 375 North Street here in Vernonia (on the corner of North and Washington). There will be a suggested donation of \$7. Everyone is welcome and no one will be turned away. I would like this to be an inviting and fun atmosphere for learning. I won't just lecture... your input and questions are very much welcome. Please feel free to bring anyone you think may be interested. I would also ask that you suggest topics of interest for future lectures. First discussion will be on reading food labels and the proper application of balancing food groups.

Starting basic is key!

Also, I am in the process of putting together my Spring Cleanse. There was wonderful feedback from the group that participated last year and I look forward to having this become an annual event. This is a month long detoxification program designed to focus on diet and identify potential food allergies. There is a package price which includes supplements, as well as weekly acupuncture and manipulation which are all directed at supporting your body and mind during the detox process. I will organize an online group through my website so people doing the detox are able to connect, chat, question and share with one another throughout the process. Please contact the office for more details at 503-429-3928. If you are not yet an established patient, please call the office to schedule your initial appointment prior

to participating in the detox. Payment plans will be available. Get your family and friends involved! This is a great time to kick start your renewed health and lifestyle goals. Looking forward to working with you all~ (and YES, I'll be doing it right along with you... so you won't be alone!)

And before I go... I would like to honor the passing of Derl Roberts, a wonderful man I had the pleasure of working with over the last year or so. I will always have good memories of visiting with him. Also, I welcome the Vendura Family Medicine clinic who will be coming to Vernonia. I look forward to having a great working relationship with Dr. Miller and his staff.

Thank you for joining me. Be well~

## The Gun Doctor: Firearm Maintenance – Part 2

By Wolfgang Rotbart

In this article, I will discuss the tools, cleaning agents & lubricants used in firearm maintenance.

Firearms need periodic cleaning and lubrication even if you're not using them. In that case, once a year is probably sufficient if you keep them in a clean, dry environment. If you shoot a lot, use "unjacketed" bullets (these will have a dark gray (lead) color as opposed to the reddish-orange of jacketed ones), black powder or concealed carry, you will need to clean more often. Some firearms can be taken apart for cleaning purposes (also known as "field

stripping") without any additional tools. Otherwise, only a few simple tools, such as screwdrivers or Allen wrenches, are required.

The first tool I recommend acquiring is a good set of comfortable safety glasses. Parts can unexpectedly come flying out at astonishing speeds. Also, safety glasses provide some protection against splashing liquids into your eyes. However, if you're cleaning parts with some of the nastier stuff, a full-face shield should be used.

Cleaning rods are used to clean the bore. Most push a tip through the bore, however, a few are pulled through. The cleaning rod has various tips such as a

wire brush, a "jag" or a "slotted tip/loop". These come in different sizes for specific calibers or gauges.

Also needed are cleaning patches, which are generally available in two sizes and may be either round or square. A small flashlight comes in handy. An old toothbrush or something similar allows you to get into recesses and holds up to most solvents quite well. Compressed air is handy, but requires caution.

There are many firearm cleaning agents available. For decades the bore cleaner of choice has been Hoppe's #9 and it works quite well when used as directed. I must admit that I have a special fondness for the aroma of #9, but as stated in the last column, it does pose risks. Also, the bore must be cleaned thoroughly and lubed afterwards, as this product is mildly corrosive.

For general cleaning, many folks use a strong solvent such as acetone or MEK. If you use these, please heed the cautions from the previous article about VOC's. Personally, I use Simple Green in hot water. It is much safer than a solvent and requires no rubber gloves or safety gear. Most gun oils made especially for firearms should work well. They must do double duty as lubricant and rust preventive.

Personally, I use a product called Gunzilla and, in the interest of full disclosure, I am a dealer for this product. As you would expect, I do a lot more cleaning than the average firearm owner and was concerned about the long-term effects of

using the solvent-based cleaners. I did a fair amount of research and some testing before choosing Gunzilla.

I like it for several reasons: It is made from plants and is non-toxic, has a very mild odor, works very well as a bore cleaner, gun lube and rust preventive, does not dry out and become thick like grease and does not attract dust like petroleum-based products. Also, it cleans the bore and removes light rust in an entirely different manner than other products which work by dissolving the foreign material. Gunzilla works by penetrating under the foreign material and lifting it off the base metal. So, instead of two or three gun cleaning products, I only have one to keep up with.

Lastly, as an additional option, a good brand of high-quality molybdenum disulphide grease is the best lube for high-wear areas that rub together such as the slide/frame rail and trigger/sear system.

I welcome ideas for topics for these articles. Please email them to Wolfgang@WolfgangTheGunDoctor.com or call me at 503-429-7342 from 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.wolfgangthegundoctor.com/>


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