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Offering a 25% discount to Siletz Tribal members

Tipi Drawing

Name: _____

Address: _____

Phone: _____ Roll#: _____

For Siletz Tribal members to use during the Nesika Illahee Pow-Wow on Aug 7-9, 2020. One entry per household. Must be a Siletz Tribal member to enter.

Deadline for entries is June 1, 2020. Name will be drawn soon after the deadline. Return the form to Siletz Pow-Wow, Attn: Tipi Drawing, P.O. Box 549, Siletz, OR 97380-0549.

Note: You do not win the tipi. The drawing is only for a stay in the tipi during pow-wow weekend.

2020-2021 Siletz Royalty Applications

Applications are being accepted for 2020-2021 Miss Siletz, Junior Miss Siletz and Little Miss Siletz. Applications must be turned in by 4:30 p.m. no later than June 1, 2020. Applications should be sent to: Siletz Pow-Wow Committee, P.O. Box 549, Siletz, OR 97380-0549.

Applications can be downloaded from the Tribal website located under the Pow-Wow tab.

If you have any questions, contact Buddy Lane at 800-922-1399, ext. 1230; 541-444-8230; or buddyl@ctsi.nsn.us.

Tribal employment information is available at ctsi.nsn.us.

Most Often Requested Numbers	Confederated Tribes of Siletz Indians – 800-922-1399	Contract Health Services (CHS) – 800-628-5720	Chemawa Health Clinic – 800-452-7823
	Salem Area Office – 503-390-9494	Siletz Clinic – 800-648-0449	Bureau of Indian Affairs – 800-323-8517
	Portland Area Office – 503-238-1512	Siletz Behavioral Health – 800-600-5599	Website – www.ctsi.nsn.us
	Eugene Area Office – 541-484-4234	Chinook Winds – 888-244-6665	

How zinc, copper imbalances affect behavior; potential ways to restore balance

By Nancy Ludwig, MS, RDN, LD, Head Start Consulting Nutritionist

As part of my role as a consultant nutritionist to Siletz Tribal Head Start, I offer information for families. Today’s topic is about how zinc and copper imbalance in the body can change behavior and mood. Oftentimes, there is a physical root cause that needs to be addressed. Imbalances can result in serious brain chemistry problems and targeted nutrient supplements can be powerful therapy.

Dr. William Walsh has identified major biochemical differences between people with symptoms of mental illness and all others. He sees that the differences are abnormalities in the synthesis and regulation of neurotransmitters, which regulate our behavior and our moods.

Zinc deficiency interferes with neurotransmitter function. Zinc deficiency and copper overload are at the root of many behavior and mood disorders. When these nutrient levels are normalized, many troubling symptoms can be successfully addressed without medication.

Populations that are helped by nutrient therapy include behavior disorders, ADHD, autism, postpartum depression, bipolar disorder, schizophrenia and Alzheimer’s Disorder. In my work, I see that there is usually a deeper root cause behind the symptoms of mental illness and I focus on symptoms rather than on specific diagnoses.

My personal concern is that sometimes health care practitioners fail to look deeper into root cause(s) when there are

existing mental health diagnoses. This can create a barrier to care.

Symptoms of copper overload include hyperactivity, high anxiety; sleep problems, underachievement (not always), emotional meltdowns, intolerance to estrogen, postpartum depression, high incidence of ADHD and skin sensitivity to rough fabric.

Zinc deficiency symptoms include irritability and temper, violent behavior, anxiety, delayed growth, affinity for spicy foods, inability to tan, white spots on fingernails, delayed puberty, poor wound healing, frequent infections and premature graying of hair.

When both are present, there is double disaster! Copper overload and zinc deficiency can increase anxiety (by reducing GABA, the calming neurotransmitter, and increasing norepinephrine levels) and when zinc is low it is more difficult for the body to eliminate excess copper.

Elevated ratios of copper to zinc have been associated with violent behavior, anxiety attacks, autism, post-partum depression and schizophrenia.

Most ADHD kids are high in copper. Attention deficit is associated with low dopamine, a neurotransmitter. Interestingly the ADHD medicines, such as Ritalin and Adderal, increase dopamine activity.

High copper is also associated with increases in the neurotransmitters norepinephrine and adrenalin, which are associated with hyperactivity. If zinc and copper were in normal balance, perhaps the medications would not be needed.

Anger and violent behavior are associated with zinc deficiency and copper

overload (either or both). Dr. Walsh recommends behavior disordered children should have zinc and copper normalized before use of psychiatric medication.

Postpartum depression (or anxiety and thoughts of harm and/or suicide) can occur with very high copper levels in new mothers. After delivery, copper should drop, but sometimes this does not occur.

Dr. Walsh’s research supports that postpartum depression is often linked with high copper. This suffering can continue for many decades if not treated.

Dr. Walsh has found that 80% of ADHD, depression and behavior patients report that medication is no longer needed after normalizing zinc and copper.

Nutrient therapy is quite powerful and can change the life of a child, a postpartum woman, adults, entire families and communities. Siletz Tribal Head Start offers nutritional support at no cost to Head Start families. This usually occurs over the telephone. If you have questions or nutrition concerns about your Head Start child, please contact your teacher or the director and ask to speak to the nutritionist.

Extra details and resources for curious minds

Check out the work of Dr. William Walsh, PhD, FACN, Walsh Research Institute (USA), walshinstitute.org.

Standards are set for plasma zinc, serum copper and the ratio. Zinc insufficiency is noted below 75 mcg/ml with presence of symptoms. Serum copper

overload is present above 120 mcg/dL with presence of overload symptoms.

The ratio can be more significant than individual levels of copper or zinc and is a problem when the ratio is above 1.2. A normal copper to zinc ratio is .8 to 1.0. Ideal plasma zinc is 90-120 mcg/dL. Ideal serum copper is 70-175 mcg/dL. Sometimes free copper (ceruloplasmin) is also checked to assess oxidative stress.

For therapy, it is best to work with an informed practitioner, especially when behavior problems are being treated. Generally Dr. Walsh trains other doctors to start with zinc normalization, without changing other medications or even diet (until after 2-3 months and then, of course, with the prescribing doctor).

Chelated zinc is recommended (i.e., picolinate or other). Don’t use zinc sulfate, which can cause nausea and stomach pain.

Zinc also eliminates excess copper or other metals. Go slow and gradual because side effects can be unpleasant from excess copper loss or heavy metals such as mercury, cadmium, lead or others that can be released faster than the body can manage.

Augmenting nutrients can also be very important. These include B6, P-5-P (activated B6), selenium, biotin and vitamins C and E. This process of normalization generally requires 6-8 weeks, with a recheck after three months.

In addition to zinc and copper, common chemical imbalances in mental disorders include methylation disorders, folate deficiency, pyrrole disorder, Vitamin B-6 deficiency, toxic metal overload (such as lead, mercury, cadmium, etc.), and oxidative stress.