

Stokes, Smith take first at kids wrestling state championships

Two Siletz Tribal member wrestlers finished as champions and another came in second at the Oregon Wrestling Association Kids Folkstyle State Championships held in late January at the Oregon State Fair and Exposition Center in Salem, Ore.

Rogue River Stokes finished as champion of the boys 8U 40-pound class. Amia Smith finished as champion of the girls 12U 59-pound class. Rylee Smith finished in second place in the girls 8U 50-pound class.



Courtesy photos from Wylie Stokes
Rogue River Stokes



Amia Smith



Rylee Smith

Facing basic root causes of health issues can lead to better health outcomes

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As part of my role as a consultant nutritionist to Siletz Tribal Head Start, I offer information for families and the community. This segment examines four different categories of root cause problems that lead to poor health if not addressed.

The goal for children is to protect health through prevention. Mysteriously, many of these issues do not become obvious problems for years. With attention to symptoms and environment, children can be supported to be healthy. Both children and adults recover best when the root cause is found and addressed vs. the model of treating symptoms only.

The framework below is how Laura Frontiero, NP, explains her functional medicine practice. She worked as a nurse with Dr. Vincent Faletti during the landmark study that identified the connection between adverse childhood experiences and physical illness.

At that time, despite seeing the connection, the referrals she made for other services were ineffective. Frequently, patients were told, “There is nothing wrong with you. It is all in your head.” What Laura eventually learned was that “the issues are in the tissues!” This laid the groundwork to reorient her approach.

The four main categories of root cause problems:

1. Trauma and Stress
2. Chronic Infections
3. Toxins
4. Nutrient Deficiencies

Root cause means the basic, foundational or core reason. It’s the cause-and-effect reaction that ultimately leads to the problem and cannot be stopped without eliminating the cause. Because symptoms can be similar, regardless of the cause, it is necessary to look deep for the actual root cause(s).

Trauma and stress: The emotional components of stress and trauma can

open the door for additional root cause problems.

Trauma and stress are not the same. Stress is a state of mental or emotional strain or tension resulting from difficult or demanding circumstances.

Trauma is a physical, biochemical process caused by overwhelming the body’s ability to respond. Trauma is not an event; it is what happens inside you from the experience of being overwhelmed. Trauma can lead to low energy, brain fog, a cluster of digestive symptoms, body pain and skin eruptions for which there seems to be no reason.

Trauma puts us in a hypervigilant state of alertness. This state is **not favorable for digestion and absorption** and therefore impacts our nutritional state. Unfortunately, if trauma is not addressed, we will likely have problems in the other categories as well (below) because we are more vulnerable.

Chronic infections: Chronic infection is characterized by lingering or recurrent diseases following a primary infection. Infections can be from virus, fungus, parasites or bacteria. They can be almost anywhere in the body.

Beyond the gut, infection is found in the sinuses, lungs, liver, blood and more. Infection reduces immunity and impacts our health.

It can be said that infection **steals nutrients** from our body by eating, or using, the nutrients from our food while it is in our digestive tract and before we can absorb the nutrients. This stealing of nutrients impacts our nutritional status and can complicate our health.

When we don’t heal fully after an infection, it may become chronic and cause further health problems. Sensitive children may show neurodivergent traits as their response to infection.

Toxins: Toxins are poisons created by plants and animals that may enter the body through any means – typically ingestion, inhalation or absorption across the skin.

Toxins can be produced by microorganisms such as fungus and bacteria.

Mycotoxins are poisons produced from mold. An example of a toxin produced from bacteria is botulinum, one of the most poisonous biological substances known. It is produced from clostridium botulinum and is referred to as a neurotoxin. Bees and snakes contain a poisonous toxin called venom.

Toxins can be found in many places, including the foods we eat, the fluids we drink, the personal care products we use on our bodies and the products we use in the home for cleaning. Toxins can **block our nutrient uptake**, thereby impacting our nutritional status and potentially complicating our health.

Be aware of what exposures may have preceded changes in our children’s health or behaviors. Their small bodies are sensitive and vulnerable.

Nutrient deficiencies are not only the result of poor food choices and soil depletion. There is no doubt that eating wholesome, clean food is essential. It is important to realize, however, that toxins can block nutrient uptake and infections can consume our nutrients. This reduces the nutritional benefits from our wholesome foods.

Trauma also impacts our body’s ability to digest and absorb nutrients. For these reasons, we may need extra nutrients to support our bodily functions. At the same time, we also need to address the root cause(s).

Common nutrient deficiencies associated with infection include magnesium and iron. Magnesium is fairly safe to supplement without testing.

Please consult a health professional before supplementing iron beyond what is found in a children’s basic multivitamin. Iron can be low for other reasons, such as celiac disease, drinking too much milk, lead exposure or internal bleeding. Furthermore, it is not safe to over-supplement iron.

What can we do? These four categories seem to be closely linked. Our body has an innate ability to heal. A healing approach supports the body to boost its adaptive functions and to heal.

If the immune system loses its full function, toxins and infections can continue to thrive under the radar. In order to heal, it is essential to monitor how well the body eliminates. Bowel movements are essential because all detox pathways funnel to the bowels for excretion.

A metaphor for blocked elimination pathways is constipation of emotions, microbes, toxins and more. With the right practitioners, we can open drainage pathways and support our cells to produce energy (mitochondrial function) to bring our immune system back online for healing. Sometimes functional lab work is done to identify the root causes.

While finding the root causes, there are some basic practical tips that can be supportive. Supplementing to assure adequate magnesium for the many bodily functions, as well as bowel movements, is generally a safe start.

Magnesium supplements can include ozonated magnesium (oxy powder) or frequent Epsom salts baths. A visual goal for elimination is to produce enough stool per day to measure the distance from your wrist to your elbow.

It is important to focus on clean sources of food, water, personal care and in-home products. Examples include organic foods and filtered or distilled water, as well as natural body care and home products.

Additional practices to support elimination of toxins and infection include lymph massage, dry skin brushing, tongue brushing and body movement such as rebounding on a mini-trampoline, as well as getting adequate sun exposure.

Please know that Siletz Tribal Head Start offers nutritional support at no cost to Head Start families. This usually occurs over the telephone. If you have nutrition concerns about your Head Start child or want to discuss family nutrition concerns, please contact your teacher or the director and ask to speak to the nutritionist. We want to support your children and families.