



Healthwatch

by Steven Bailey, N.D. and Adam Ladd, N.D.

Last week in Healthwatch we presented a view of some of the inadequacies of our conventional medical system. That form of medical care is characterized by: highly centralized hospital systems, a scarcity of neighborhood doctors, increased health-care costs, impersonal doctor-patient encounters, and an increase in the acceptance and use of toxic medicines with unknown mechanisms of action and numerous side-effects.

Central to the failure of modern-day medicine is an attitude about health and disease which is nurtured by conventional physicians. It is an attitude that we grew up with, but it is by no means a universal one, nor is it the historical or traditional outlook. The conventional attitude is that we "catch" germs, that we are "victims" of cancer, that we "get sick." And the flip side of that very same idea is the one which says that we go to a doctor to "get cured," thereby fostering a system of dependence.

This attitude works against health rather than for it. Wholistic doctors and naturopathic physicians in particular, view the individual in a different light. We share with our patients a goal of positive wellness, not just the dulling of pain or the disappearance of symptoms. Positive wellness means healthy lives that are meaningful and harmonious (a step beyond just not being sick).

The biggest factor in staying healthy is being able to cope with the stresses of our lives. It is a well known fact that our most pervasive health problems are related to stress in one way or another. The body's immune system, which is suppressed by the presence of chronic stress, is unable to identify and ward off illness.

Illness is caused mostly by environment, lifestyle, and a complex array of emotional and psychological influences. We are not really at the mercy of a multitude of germ and bacterial forces who we have to constantly defend ourselves against. Rather we must focus our attention upon our susceptibility to disease, which means listening closely to our daily rhythms in work and relationships. We must increase our capacity to care for ourselves and those around us, so that we are less susceptible to the mental, emotional, and physical stresses that we face.

How important is lifestyle to health? There was a study done at UCLA recently, where 11,000 adults were measured up against seven "old fashioned" health habits: regular meals, breakfast each day, normal body weight, 7-8 hours' sleep at night, moderate drinking, regular exercise, and no smoking.

The study found (and it's no surprise) that the more habits like these you followed, the more healthy you were. A 45-year-old person with 3 of these habits has an average of 21.6 years left in their life. And, at the same age but with 7 of the good habits, you'd have 33 years of life remaining. Some simple lifestyle changes can promote health in a big way.

A wholistic outlook sees health as

Vitamin relieves body cramps

Preliminary studies show for the first time that vitamin B-6 relieves painful body cramps caused by sickle cell anemia, an ARS chemist says.

Sickle cell anemia is an inherited blood disease affecting approximately 50,000 Black Americans. Victims suffer debilitating attacks of cramps, especially when under day-to-day stress, and often require hospitalization.

Robert D. Reynolds, a co-researcher in the studies, cautions that vitamin B-6 is not a cure for the disease. Indiscriminate use of high doses of the vitamin may lead to serious nerve damage, he says.

After observing a vitamin B-6 deficiency in all sickle cell anemia patients they studied, Reynolds and Clayton L. Natta, of Columbia University, New York, carried out tests of the vitamin over the past year and a half at Columbia University affiliated hospitals in New York. Natta directed the vitamin dosages and blood sampling and Reynolds performed the laboratory analyses.

The researchers cited the case of one patient with a history of being hospitalized by sickle cell anemia attacks about once every two months. But, while taking daily B-6 supplements for a year, the patient needed no hospital care.

a process, that is, a continual movement along a path. We are always balancing ourselves along this path, leaning to one side at a time, always shifting and rebalancing ourselves. A wholistic doctor, by using natural substances that support your body's ability to regain balance (or health) is following the age-old methods that have been on this planet for thousands of years.

Traditional healing practices such

as the use of herbs, adjusting the daily diet, use of hot and cold, fasting, homeopathy — all are wholistic in outlook. Conventional medicine, on the other hand, is not wholistic. It focuses, rather, on areas of the body in a highly invasive and technological way, with little regard for the intricate interplay of lifestyle, nutritional status, emotional changes, or even spirituality. Prevention of major illness lies mostly in our ability to

transform our daily life. The most effective things we do have little or nothing to do with medical science as we know it.

Dr. Ladd and Dr. Bailey are Naturopathic physicians at the Cascade Clinic, 819 N. Killingsworth. Their family practice emphasizes natural therapeutics, physical medicine, homeopathy, and nutrition with a wholistic perspective.



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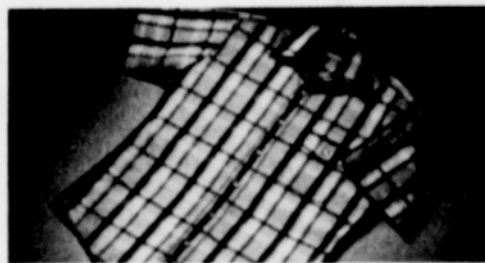
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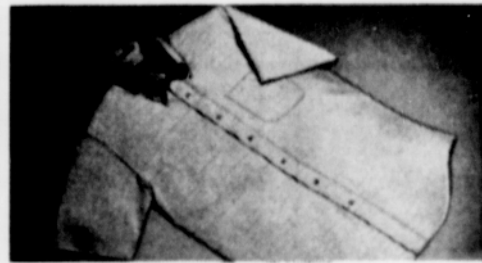
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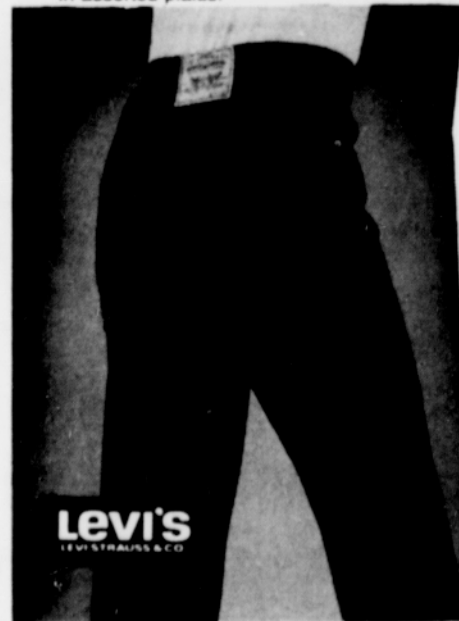
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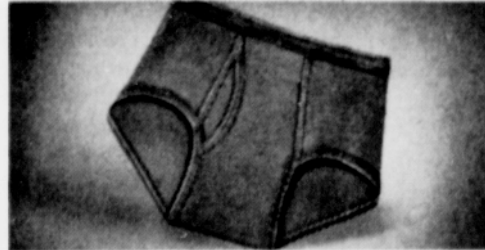
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