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SUMMER 2008

WHAT'S HAPPENING

Recent news in the naturopathic field has centered around the introduction of Bill C-51, a bill that proposes changes to the Food and Drugs act. The main intent of this newsletter is to inform you of the current status of the bill and let you know what you can do if you are concerned.

CLINIC UPDATES

Since our last newsletter, a cedar rail fence has been constructed around the parking lot in addition to a sign placed on the yard light (pictured at right).

We have also finished painting the clinic rooms and there has been a modest start to the herb garden, which is pictured later in the newsletter.

UPCOMING EVENTS

The World According to Monsanto

When: Thursday, October 2, 7:00 pm

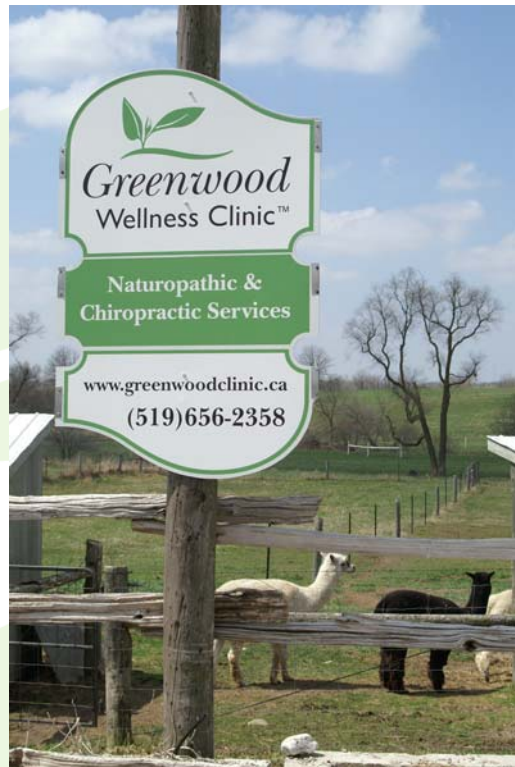
Where: Princess Twin Cinema, Waterloo (46 King Street N)

Admission: by cash donation to The FoodBank of Waterloo Region

Monsanto is notorious for its development of Agent Orange, PCBs and recombinant bovine growth hormone (rBGH). They are now also known for their monopoly on genetically modified (GM) seeds for crops such as corn, wheat and soybeans. If you care about your food supply you should watch this film.

Discover the Fresh Taste of Wellesley Township

For those of you who live close to the clinic, you may be interested in this event promoting the concept of buying locally. This is a simple way we can all make a big difference in the environment. The event will be held on Wednesday, October 15 from 4:30-7:00 p.m. at the Linwood Recreation Centre. It features many vendors of local goods as well as music and a speaker on the benefits of attempting to eat a 100-mile diet.



A holistic approach to health

BILL C-51

BACKGROUND

Bill C-51, tabled on April 8, 2008, is federal legislation that proposes significant changes to the Food and Drugs Act. Significant worry existed among producers distributors and purchasers of natural health products (NHPs) that access to many of these substances could be restricted .

The stated intent of Bill C-51 is to improve regulation and access to safe and effective therapeutic products. On the surface this is a noble goal. Certainly it can't be denied that there are products that make it to the market that are contaminated with heavy metals or other harmful substances. Also, at times it has been found that what is supposed to be in the bottle is not in the bottle. Most of us would agree that if these problems were eliminated everyone would benefit. Where much of the concern has arisen is over the use of the term 'therapeutic product' which was to include medical devices, cells, tissues, organs and drugs. This lumped NHPs and drugs in the same category raised concerns about the ability of both the public and naturopathic doctors to access these substances.

Concerns have also existed about the powers given to inspectors to enforce regulations pertaining to this bill. Proposed increased penalties, including the ability to enter business establishments without a warrant were also worrisome.

CURRENT STATUS

Natural Health Products have been regulated under the Natural Health Products Directorate (NHPD) for several years and it has been stated that the Bill will not change this nor access to NHPs. However, after much individual and industry pressure, Health Minister Tony Clement has proposed

amendments to Bill C-51 that include the creation of a separate category for natural health products and outlines the roles and responsibilities of inspectors.

This is a very positive step forward, definitively distinguishing NHPs from drugs. Currently the House of Commons is recessed for the summer. Debate following second reading of Bill C-51 was not completed so the Bill will be moved to the fall sitting of the House of Commons scheduled to begin September 15, 2008. However, not all concerns have been totally addressed. It is not completely understood under what circumstances a therapeutic product may be deemed prescription. Currently this would limit access by both consumers and naturopathic doctors who do not have prescribing rights in Ontario.

WHAT TO DO

The most important thing you can do is to be informed. The goal of this newsletter is to provide you with an outline of Bill C-51. To read the entire bill see:

http://www2.parl.gc.ca/HousePublications/Publication.aspx?Language=E&Parl=39&Ses=2&Mode=1&Pub=Bill&Doc=C-51_1

Much information, including the proposed amendments and government responses to concerns about NHPs can be found on the Healthy Canadians website (www.healthycanadians.ca)

Voice any concerns you may have to your local Member of Parliament. Letters sent to government officials do not require any postage. You can find your MP at: <http://www2.parl.gc.ca/Parlinfo/Compilations/HouseOfCommons/MemberByPostalCode.aspx?Menu=HOC>.

Another valuable resource is the Canadian Association of Naturopathic Doctors. As the national association for Naturopathic Doctors the CAND is very active in monitoring and advocating for NDs with respect to Bill C-51. Their website contains updates on the bill as well as letter templates you can use to write your MP (www.cand.ca).

A recently published book by well known health journalist Helke Ferrie addresses Bill C-51 (and another Bill, C-52) in detail and brings up other issues not addressed here. This

book is available at the office for those interested.

The website www.stopc51.com details more closely some of the other theoretical consequences of the Bill. While some of these have been addressed with recently proposed amendments, it may be useful for those wanting more information.

If you do not have internet access, contact the office and we can let you know the MP in your area and provide you with letter templates.

HERB GARDEN

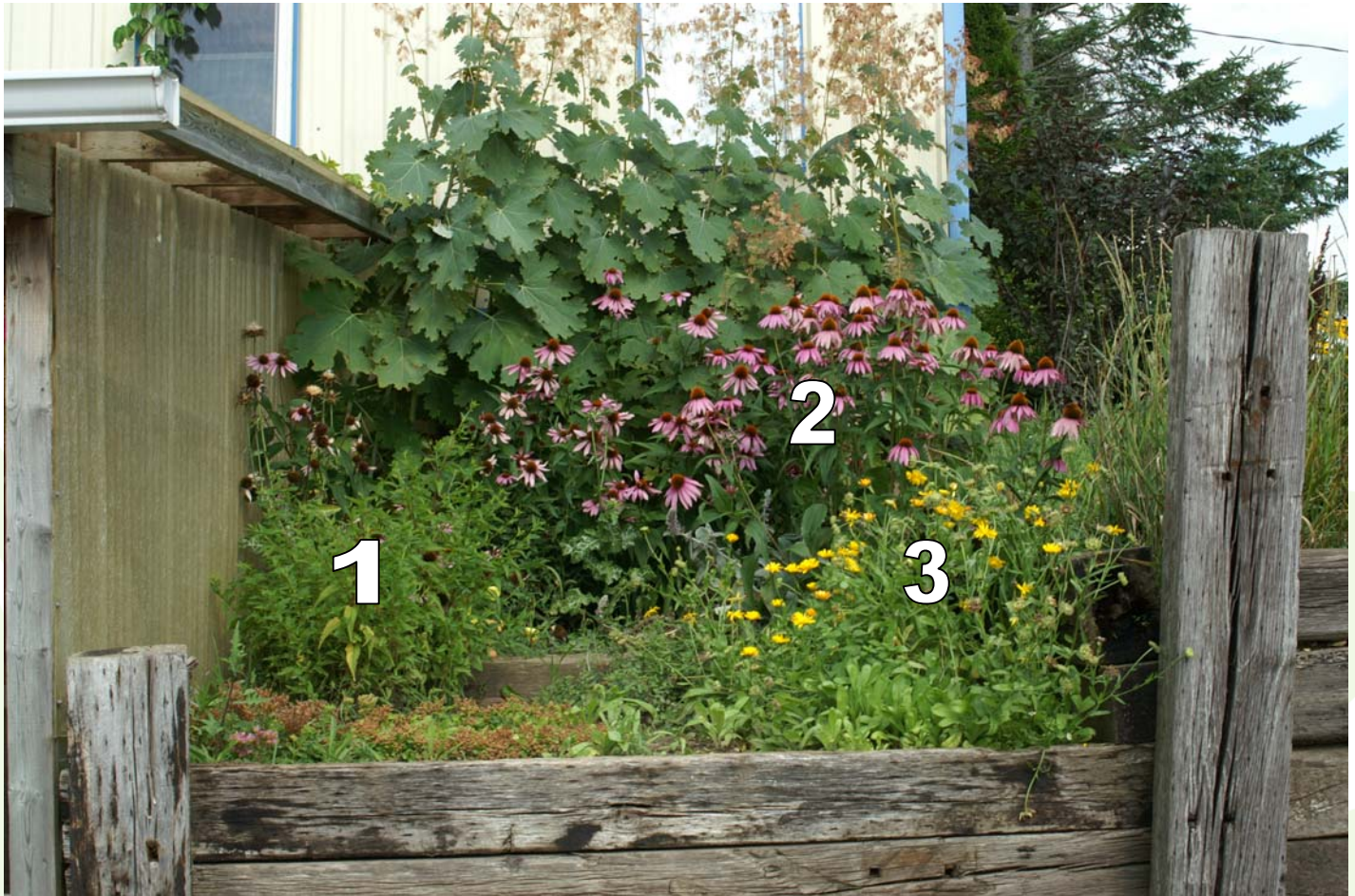
Pictured below is our herb garden, to the left of the clinic entrance, which is about half completed. Although featuring only a handful of herbs, we thought this garden might be interesting to many of you to see the source of some of the natural medicines you may be using. Look for a small booklet in the clinic soon outlining some basic uses of each of these herbs. You can still see a lot of the

Virginia creeper is present in the back, front and side of the garden, however is somewhat under control. The first 5 herbs listed have been planted from seed. The sixth, motherwort, is a fairly common wild plant that has come up in front of the garden. The list below first states the plants common name followed by the scientific name in italics.



1. yellow dock (*Rumex crispus*)
2. marshmallow (*Althea officinalis*)
3. milk thistle (*Silybum marianum*)
4. lemon balm (*Melissa officianalis*)
5. (german) chamomile (*Matricaria recutita*)
6. motherwort (*Leonurus cardiaca*)

Not pictured is calendula, which has been planted to the left of the yellow dock. On the right of the clinic entrance there are a variety of perennials, of which the calendula, Echinacea, skullcap and oregano (not readily visible) are medicinal. These are pictured below.



1. skullcap (*Scutellaria lateriflora*)
2. purple coneflower (*Echinacea angustifolia/purpurea* - specific species unknown)
3. calendula (*Calendula officinalis*)

Note: The information provided in this newsletter is not intended to treat or diagnose any condition. Please see your health care provider before beginning any new treatment