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## WINTER 2009

### WHAT'S HAPPENING

In this issue we will touch on a couple of different topics. John examines the relationship between digestion and joint pain. Lindsay touches on the topic of new year's resolutions, specifically related to weight loss.

Also, a reminder to phone the office and talk to Mary Lou if you no longer wish to receive this newsletter, or if you would like to receive it by email.

### UPDATES

In the last newsletter we told you about Bill C-51 which proposed changes to the Food and Drugs act. This bill had the potential to change access to natural health products by consumers and practitioners. For those who did not receive the update, as we were finishing production of the newsletter a

federal election was called. This effectively ended Bill C-51, as all bills die on the order paper. It is widely speculated that a similar bill will be introduced in the future and we will keep you updated with any developments.

### UPCOMING EVENTS

#### Bio-Ag Annual Seminar – January 21, 2009

Please see the last page of the newsletter for information regarding this year's Bio-Ag seminar. Note the deadline for registration is January 12.

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## LINDSAY'S MESSAGE LINDSAY BAST, B.Sc., N.D.

### NEW YEAR'S RESOLUTIONS – WEIGHT LOSS

#### *Resolutions and Setting Goals*

With the New Year upon us, many people have made a New Year's resolution. Simple surveys suggest up to 85% of people make a resolution. The same surveys say that only 8% of people consistently implement and maintain their desired resolutions. However, those who specifically make a resolution may

be up to 10 times more likely to make a lifestyle change than those who did not make a resolution. Several factors can influence how effective a resolution becomes, and you certainly don't have to set goals at New Year's to achieve them.

A simple tool used to set achievable and sustainable goals is to use the SMART acronym. Goals you set should be **S**pecific, **M**easurable, **A**ttainable, **R**ealistic and **T**ime Oriented.

### ***Weight Loss and Body Composition***

The most common resolutions continue to be weight loss (relating to diet and exercise changes) and smoking cessation. These are also common goals seen at a naturopathic office and consulting a health care professional can increase success in achieving your goals.

A common downfall in weight loss programs is a focus on the bathroom scale. It is easy to become frustrated when your weight isn't changing but this does not always mean that some positive changes have not taken place. A useful tool during attempted weight loss is *bioimpedance analysis* (BIA) which tracks body composition changes. This is a simple machine that measures something called resistance and reactance in your body and uses these numbers to calculate a variety of body composition markers. From water balance to fat mass to lean body mass, changes in body composition may precede or accompany weight loss. Many weight loss programs can be successful in the short term with people losing many pounds very quickly, however this does not guarantee people are losing weight from the right areas.

I feel a good program will focus on body composition and other markers of health that may include blood tests, simple waist and hip measurements and avoid rigorous calorie counting and focusing only on weight. It will focus on what to eat and reasonable portion sizes. While there need to be limitations placed on food amounts if weight loss is a desired goal, a successful long term program will provide guidance to healthy, nutritious food and maintaining weight loss over a longer period. The goal in naturopathic medicine is optimizing health which is not simply losing weight. Your naturopathic

doctor can also monitor several factors that can be related to being overweight and that contribute to increased risk for disease. Such things include elevated blood pressure, elevated blood sugar, high cholesterol and other measurable markers. Again, monitoring some of these markers can show changes in health that accompany changes in body composition and weight.

In the absence of underlying disease, weight loss can be boiled down to expending more energy than we consume. Many of us are able to lose weight over a short term period, however this does not necessarily make us healthier. Utilizing body composition measurements along with some other simple tests can show how certain risk factors are changing. Your naturopathic doctor can help you set specific, individualized goals and action steps to achieve your goals. Using our SMART acronym applied to weight loss may look something like the following:

*Specific* – e.g. loose 10 pounds of body fat by changing my diet and increasing exercise

*Measurable* – BIA testing to monitor, blood tests to track metabolic markers, scale to track overall weight

*Attainable* – this must be a goal I want to achieve and am motivated to reach

*Realistic* – 1-2 lbs of weight loss/week is a realistic goal for most

*Time Oriented* – To make this a realistic goal, this amount of weight loss can be achieved in 3 months.

There are an infinite number of ways to modify this goal to make it attainable and realistic for you. If you did not make a new year's resolution you do not have to wait until next year to try and achieve your goals, whatever they may be. I will end with a quote by author Napoleon Hill:

"Do not wait: the time will never be just right. Start where you stand and work with whatever tools you may have at your command and better tools will be found as you go along."

## JOHN'S MESSAGE JOHN PRONK, B.Sc., N.D.

### JOINT PAIN AND DIGESTION - CLOSE CONNECTIONS

Is it human nature or is it just me? Do we tend to take a lot of things for granted until we no longer have them? With the Ontario winter weather we've been having lately, I start to appreciate some of the little things a little more. For example, just getting from home to work and back again amidst snow storms and road closures. In this day and age, modern technology has allowed us to go where we want when we want, *most* of the time. But modern science has its limits when it comes to ensuring our mobility. And this applies not only to how we travel, but to our physical health and how we move as well. For those with arthritis and other joint pains, just getting around the home is a challenge where modern medicine has not always provided the solution.

Conditions involving painful joints go by various names and titles. The word 'arthritis' just means inflammation in a joint; inflammation caused by a number of different factors. Osteoarthritis pains are due to ongoing wear and tear in the joints while rheumatoid arthritis pain is the result of joint damage caused by the body's own immune system destroying joint cartilage. Based on these theories, modern medicine has come up with specific treatments for each type of arthritis pain. Anti-inflammatory drugs are prescribed as the typical first line of treatment for these conditions. Non-steroidal anti-inflammatory medications (NSAIDS) such as aspirin, ibuprofen, naproxen may relieve pain temporarily but don't really address the cause of the pain. On the contrary, these drugs have side-effects such as stomach upset, dizziness, or headache. Ongoing use of these medications can actually lead to more damage to the joints than if nothing were done at all. In the case of rheumatoid arthritis, stronger steroids such as prednisone, or chemotherapy

drugs are used to shut down the immune system's degradation of joint tissue. Side-effects of these drugs are more serious and often require additional drugs for treatment to continue.

To many, such a short-sighted approach to fixing just symptoms doesn't sound like a feasible solution. A more long-term approach would have us look into what is actually causing the joint inflammation in the first place and correct that first. In the case of arthritis, the root of the problem is seated in our gut. The gut-joint connection may not always seem so evident; "My stomach doesn't hurt. It's my knees that hurt!" is a common response. If we look closer at all the processes that occur in our digestive tract we will see how a healthy gut leads to healthy joints. Our digestive tract is home to more white blood cells (our immune system) than any other area of our body. If we were able to unravel and unfold our intestinal lining to see how much surface area it covers we would find it to be larger than a tennis court. It is across this large surface area of the intestine that we absorb nutrients necessary to rebuild, among other things, our joints. It is at this surface area where our white blood cells first come into contact with what ever we ate and digested with stomach acid and pancreatic enzymes.

Vegetable fibers, starches and sugars, digested or undigested meat proteins, fats, bacteria, molds, chemicals, preservatives, etc. are all screened by the white blood cells before they are allowed to cross the gut lining and officially enter the body. When too much foreign material is encountered here (i.e. half digested foods, artificial foods and food additives/contaminants) the immune system goes into high alert mode and sends signals to

all the body something is about to invade. The result: Inflammation.

Half digested foods that do find their way into the bloodstream then need to be mopped up by white blood cells positioned in different areas of the body. Joints are a common area where the 'mopping up' takes place. The joints become the body's battleground. When this becomes a regular event and the rate of destruction is greater than the rate of repair, arthritis develops. To fix the problem of arthritis we need to improve digestion. How to do so is often very simple. It involves the way we eat. Chewing is probably the most important first step in digestion. When we chew more we tend to eat less because our body is actually able to make use of the food we consume. A relaxed environment is essential for the stomach to make stomach acid and the pancreas to make enzymes

needed for digestion. Another cause of poor digestion is drinking fluids with meals. This dilutes the stomach acids and prevents complete digestion. When these eating habits go on too long, they deplete the body of nutrients needed to make the acids and enzymes themselves. A vicious cycle begins which is hard to break without some added digestive aids. In this way poor digestion leads to inflammation not only in the joints, but in other areas as well.

When we better understand how our body works and how fearfully and wonderfully we are made, we can then see how troubles arise when we get too far off the natural track. Joint health is intimately linked to digestive health. Improving our digestion by improving what we eat and how we eat it will go a long way towards keeping us mobile and moving ahead in life.

# BIO-AG ANNUAL SEMINAR

**Date:** January 21, 2009  
**Time:** 9:00am (registration) to 3:00pm  
**Location:** Perth East Recreation Complex, Milverton  
**Cost:** \$50 +GST/person (includes lunch)

**PREPAID ONLY**  
 Registration Deadline: Jan 12



**One-Day Seminar**  
**Designed to Educate Farmers & Their Management Teams**

**Speakers Include:**

**Arpad Pusztai, Ph.D. – Safety of Genetically Modified Organisms**

Dr. Pusztai was dismissed from the Rowett Research Institute in Aberdeen Scotland after he went public with research on Genetically Modified (GM) potatoes in 1998. During his research he found that rats that were fed GM potatoes had problems with their immunity and growth. His conclusion was that the GM process had somehow made the potatoes less nutritious. This research was largely responsible for sparking the intense debate in the UK over the safety of GM foods. Dr. Pusztai's research was finally published in *The Lancet* in 1999.

In 2005 Arpad Pusztai was honoured with a whistleblower award from the Federation of German Scientists. Since his research has gone public he has given close to 200 lectures across the world. Dr. Pusztai's work has been featured in many books on GM food e.g. *Seeds of Deception* by Jeffrey Smith and an interview was featured in the film *The World According to Monsanto*. We are fortunate to have such a world-renowned speaker at our seminar this year.

**Susan Bardócz, Ph.D.**

Dr. Bardócz is a Professor of Nutrition at the Agricultural Faculty of University of Debrecen, Hungary. She is an internationally well-known scientist who was part of the research team at the Rowett Institute on GM potato work. Currently, Dr. Bardócz is setting up a collaborative research programme in Debrecen to investigate the effects on the reproductive performance of rats fed on GM soybean diets.

**David Colling, Electrical Consultant, Bio-Ag**

There have been many concerns raised about the effects of wind turbines being erected across the rural landscape. Dave will discuss electrical pollution problems associated with wind turbines in order to make you aware of these issues and possible effects on your farm and family.

**Call Head Office today to reserve your spot!**

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