

NATURAL MEDICINE NEWS

BOULDER NATURAL MEDICINE CLINIC

ERIK FLATLAND, ND

Natural Medicine News

Prevent Heart Attack By Testing Your CRP (C-Reactive Protein)

Recently, Dr. Robert Banow, president of the American Heart Association, was quoted as saying, "We knew we were missing something, and this new concept of inflammation causing heart attacks opens up a whole new way of identifying other individuals who may be at risk."

Inflammation? Isn't that a swelling and redness that really hurts? Yes it is. And most people will take Ibuprofen or aspirin for it. But what does inflammation have to do with the heart?

We have long known that only about half of all heart attacks can be explained by traditional risk factors such as high cholesterol, high blood pressure, being overweight, having a relative that has had a heart attack or lack of exercise. In fact, for the last five years,

I have been using a **comprehensive cardiovascular blood panel** to properly evaluate my patients with heart problems in their family history.

The "new" marker for inflammation is called **C-Reactive Protein (CRP)**. CRP is associated with the production of inflammatory chemicals called cytokines. These cytokines cause damage to the blood vessels and increase blood coagulation. When inflammation develops in an artery, the fatty deposit of plaque residing there weakens and then ruptures. This triggers a blood clot which blocks the artery and causes a heart attack. The CRP test can measure the overall inflammatory burden in the body at any given time.

Because most heart attacks and strokes occur in people who have average cholesterol and not severely elevated blood pressure, a CRP test may help to save many lives. In addition to a CRP, other

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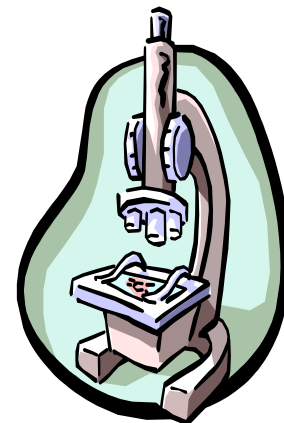
West Nile Virus-How Will It Affect You?

In just a few years, West Nile virus has gone from an obscure, isolated ailment to a growing threat in much of the United States.

First isolated in Uganda in 1937 and spread by mosquitos, the virus was discovered in New York City in 1999, when more than 60 people suffered from the disease and seven died. It has since moved quickly across the country. According to the Centers for Dis-

ease Control and Prevention, 41 states as well as the District of Columbia have confirmed animal cases of the disease as of Aug. 2. Already this year, 854 human cases have been reported to and confirmed by the CDC. As of today,

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Prevent Heart Attack

important blood tests include: homocysteine, lipid peroxides (free radical stress), vitamin E, magnesium (red blood cell membrane-*the* accurate way to measure magnesium stores), coenzyme Q 10, insulin, and testosterone.

This cardiac profile is unlike any test you have seen before. This blood test analyzes your risk factors for cardiovascular disease and measures your potential for prevention and reversal of heart disease. With the information you get from this test, you can make effective changes for your long-term cardiovascular health. We can identify exactly what supplements you need and we can make sure they are working for you!

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The Natural Medicine News is a private health letter based upon the practice and research of its Editor, who is a naturopathic doctor. This journal is not intended as an advisory on specific cases but as a forum of popular and professional inquiry on issues of health and healing. In all cases I urge readers to discuss the Editor's ideas on these issues with their own health-care practitioners. Copyright, 2002 by Boulder Natural Medicine Clinic. All rights reserved.

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West Nile Virus

43 deaths have been related to severe complications of West Nile infection.

West Nile is currently diagnosed in patients using an antibody blood test, which looks for signs in the blood that the body is fighting off the disease. People with West Nile don't always get sick. Just one in 150 people with the virus gets severely ill with a potentially fatal brain inflammation. An estimated one in five people will get minor symptoms. The young, elderly and immunocompromised are at greater risk of developing complications.

To prevent being infected by this virus, avoid getting bitten by mosquitos. There are many products available which keep mosquitos at bay. The key is to apply the product and reapply it as often as necessary to keep the mosquitos away. I have heard of many kinds of products from many sources. Citronella, garlic, lavender, smoke, etc. The trick is to use a lot of these natural agents and to reapply them often. Or use DEET or OFF to be extra cautious that you don't get bitten.

Most people who become infected with West Nile virus will have either no symptoms or only mild ones. However, on rare occasions, West Nile virus infection can result in severe and sometimes fatal illnesses. There is no evidence to suggest that West Nile virus can be spread from person to person or from animal to person.

If you are bitten by a mosquito you should carefully observe yourself for any unusual signs and contact your doctor. If you contract West Nile Virus, you may consider getting treated with high dose intravenous vitamin C, and other anti-viral agents such as intravenous hydrochloric acid and glycyrrhizic acid, a component found in licorice root. We have available a terrific Liquid Echinacea-Vitamine C-Elderberry combination in our dispensary.

PRESS RELEASE FROM HEALTH FREEDOM INSTITUTE Individuals Lose, Government and Corporations Gain Control Over Personal Health & Genetic Information

Individuals Lose, Government and Corporations Gain Control over Personal Health & Genetic Information

****Bush Administration Grants Data-Processing Companies and Other Health Care Industries New Federal Regulatory Authority to Collect and Share Individuals' Personal Health Information--Including Genetic Information--Without Individuals' Consent****

Washington, D.C.--On August 9, 2002, the U.S. Department of Health and Human Services (HHS) announced it has revised the federal medical privacy rule initially proposed by the Clinton Administration. HHS's "Fact Sheet" admits that the revised rule eliminates the existing standard whereby doctors must get patients' consent before releasing patients' personal health information--including genetic information--for treatment, payment or health care operations (a broad definition encompassing many uses).

Rather than allowing individuals to decide who can see their medical records, HHS is granting federal regulatory authority for data-processing companies, insurers, some researchers, government officials and others to access individuals' personal health information without individuals' permission.

Additionally, when the rule takes effect in April 2003, individuals' personal health information can be transferred electronically over the Internet without patients' consent. But most Americans won't know this is happening because under the federal medical privacy rule, citizens will not get an ac-

counting of disclosures for routine uses of their personal health information (for which the number of routine uses is unlimited).

"HHS's Fact Sheet about the federal medical privacy rule is very misleading," says Sue Blevins, president of the Institute for Health Freedom. "That's because while claiming to be committed to 'maintaining protections for the privacy of individually identifiable health information, HHS's privacy rule does not prevent government or the medical industry from compiling and sharing individuals' personal health information--including genetic information--without individuals' permission. How can HHS say patients' privacy is being enhanced when, in fact, HHS is actually granting legal access to patients' records without their consent?" She adds, "If Enron or WorldCom executives had distorted the truth the way HHS officials have about the federal medical privacy rule, they probably would be charged with false advertising."

"For the first time in our nation's history, the federal government has taken the patient out of the driver's seat and given the medical industry full access to individuals' personal health information without individuals' permission," Blevins notes.

For information about health privacy issues and the Institute for Health Freedom, visit:

www.ForHealthFreedom.org.

"...the federal government has... given the medical industry full access to individuals' personal health information..."

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*Where you always find
natural answers to your
health problems.*

Health Benefits of Reiki Amy Mak, RP, IARP

Life can be challenging, especially when we have to deal with work, finances, relationships, and our health, all of which can generate large amounts of stress when any one of these things fall out of balance. While there are numerous ways of coping and dealing with stress-inducing issues in our lives, I would like to introduce a unique form of energy healing that is highly effective in bringing one back to balance.

Reiki is a form of spiritual healing which can be applied through light physical touch. Its applications as well as health benefits are numerous. More than anything, Reiki provides stress relief, as it can be deeply relaxing and soothing. As we all know, the less stress we have in our system, the healthier we become.

Results from recent academic and clinical studies support the healing effect of Reiki for various chronic and acute ill-

nesses. Reiki is also currently being practiced in hospitals and clinics across the country. From pain relief, to accelerated healing, to immune system strengthening, Reiki has been found to be an invaluable therapy to anyone seeking and maintaining wellness.

Reiki enhances and complements traditional and alternative therapies and works best as a part of an integrative wellness program, but is not meant to replace the advice and treatment of your doctor.

Amy Mak is a Reiki Practitioner in Boulder, CO. To schedule an appointment or for more information about her practice, you may call, write or visit:

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