

**INSIDE
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**CHRONIC
FATIGUE
STUDY**

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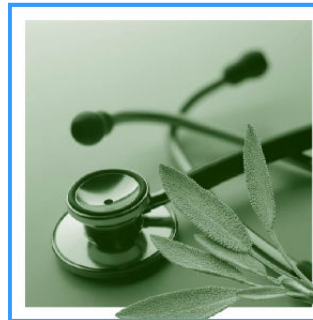
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Letter from the President

Important history was made this summer when the Governor of Minnesota signed a bill regulating the practice of naturopathic medicine. The bill passed with overwhelming support for the legislation, which allows naturopathic doctors educated at federally-accredited naturopathic medical schools, who have passed national board exams, to practice naturopathic medicine in the state of Minnesota. The dedicated efforts of the Minnesota Association of Naturopathic Physicians, their inspiring patients, grass roots support, a savvy lobbying team, and the holistic medical community launched their dream into law.

The purpose of the law is primarily to increase access and foster patient choice. Now that Minnesota naturopathic doctors are rec-

ognized by their state, they will be more readily accepted and thereby more integrated into the healthcare delivery system. This means more access to quality natural medicine. In addition, with full diagnostic scope of practice, they are free to use the tools inherent in practicing truly holistic, scientifically-based medicine.



Witnessing their success has invigorated our already motivated Wisconsin team. We are actively building our grass roots resources to launch our own successful licensing effort. So if

you'd like to see your naturopathic doctor licensed, please let us know. With your help we're poised for success!

Dr. Jill Evenson Janesville, Wisconsin

Learning to Let Go

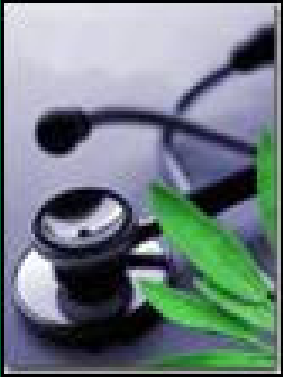
Autumn represents a transition of seasons between summer and winter. The manifestations of these transitions are all around us. The plants that have been flowering go to seed, completing their cycle. The trees begin to lose the chlorophyll in their leaves, allowing beautiful

colors to paint the landscape before they fall to the ground. Summer vacation ends and a new school year begins. Each of these changes reflects a letting go of what has been. A cycle is completed, allowing for the next one to begin manifesting. As you move through this

seasonal transition, take a few moments to reflect on what it is you are letting go of this year. Most likely, it is a part of yourself that is no longer serving you. In letting go, you make room for something new to enter your life, for the cycle to begin once again.

Dr. Robin DiPasquale
Madison, WI

It's Apple Picking Time!



According to Norse mythology the apple (*Malus pumila*) was believed to keep people young forever. Not surprising, apples are a great source of vitamin C, pectin, potassium and other fibers.

Research shows that eating the apple, or its juice raw with the peel, provides a great source of phytochemicals, the number one

being quercetin. These phyto-chemicals are lost if cooked. An apple a day does keep the doctor away.

This season try this apple sauce recipe. It does not require any cooking!

Ingredients

3 organic apples
1/3 teaspoon cardamom
1/3 teaspoon cinnamon
1/3 teaspoon nutmeg
1 tablespoon lemon juice

The spices and lemon provide warming elements to balance out the coolness of the raw apples.

Preparation

Core apples and slice. Put all ingredients into a food processor and blend until desired consistency. Enjoy!

Dr. Nancy Gutknecht
Madison, WI

NATUROPATHIC
DOCTORS

PHYSICIANS
WHO LISTEN

Put a Stop to Rheumatoid Arthritis Pain

Scientists estimate that about 2.1 million people suffer from arthritis pain in the U.S. It is found in all ethnic groups and often begins in middle age and progresses as we age. Two to three times as many women have the disease compared to men. Morning stiffness with pain and swelling in one or more joints is normally felt. Flare-ups can be seen in the spring and fall of the year due to the increased number of low pressure weather systems moving through with storms.

The goal of treatment is to reduce inflammations, stop pain and slow or stop joint damage. Naturopathic medicine has many treatments that can accomplish these goals. The treatment will be tailored to you as an individual, taking into the account your medications and other health challenges. See your Naturopathic doctor for a treatment tailored to your individual needs!

Dr. Crystal Urban, Eagle River, WI

Ginger Root ~ *Zingiber officinalis*



Ginger Root

Ginger is a warming, stimulating herb perfect for everyone's fall home remedy medicine chest. It is useful for sore throats, coughs, colds, flu, cuts and bruises, sore muscles, joint pain, cold hands and feet. It aides in the relief of indigestion, gas, bloating and nausea.

Ginger can be used fresh or dry. Dry ginger has a greater heat intensity than fresh. It is said that dry ginger warms the core of the body. Fresh ginger pushes the warmth out to the extremities.

A tea can be made with fresh sliced ginger using 1-3 tsp. per cup of water, simmered for 20 minutes. Drink this tea for internal treatment or apply topically as a wash or compress.

Fresh ginger can be added to soups, stir fries, and smoothies. Ginger capsules and tincture of ginger are additional forms of this medicine. Check with your Naturopathic Doctor for recommendations.

Dr. Robin DiPasquale
Madison, WI

Food Allergies and Your Health

Many conditions, such as stomachaches, frequent colds, and earaches can be caused by food sensitivities. Oftentimes, the patients are keenly aware of “bothersome” foods, but their doctors have told them that foods are not the culprit. Most physicians, however, are not properly trained to look for the all-too-common food sensitivity.

Food sensitivities, which differ from the anaphylactic food allergies that we have all come to fear, are reactions that cause inflammation and immune system reactions when exposed to certain foods. This exposure often leads to sickness and pain.

Two of the best ways to determine food sensitivities or allergies include:

1. A blood test that looks for immediate and delayed reactions to foods.
2. An elimination diet, where a specific allergy-free diet is eaten for a set period of time, followed by reintroduction of the avoided foods to look for allergy reactions.

If someone is in pain, or suffers from chronic illnesses, finding out his food sensitivities can be a big step to helping the body heal itself.

Dr. Aaron Henkel , Janesville, WI



Healthy Back to School Tips

Green beans? Eat diet rich in fresh vegetables and fruits, packed with Vitamin C and Zinc. Dried fruit leather and nuts are easy to eat and travel with.

Food intolerances. More and more children are developing food intolerances. See Dr. Henkel’s article above for more information.

Catch it early. If other kids are sick at school, start on Echinacea glycerite, vitamin C, and Zinc chews.

Go to bed. Sound Sleep is an essential part of maintaining a healthy immune system.

Cut the sugar. Sugar compromises the immune system’s ability to fight. This includes soda, candy, cookies and pastries.

Get moving. Kids that physically play develop strong muscles and bones, grow socially and psychologically, decrease their risk of developing diabetes, and are overall healthier.

Address it. If your child has reoccurring infections of any kind, his immune system is fighting a constant stressor. The Naturopathic Medical way is to uncover that constant stressor and remove it.

Visit your nearest Naturopathic Doctor to get your child back on the healthy track for the long haul!

Dr. Allison Becker
Janesville, Wisconsin

School-aged children need between 9 and 12 hours of sleep.

Homemade Cough Syrup

Cough and sore throat season is upon us. Make your own natural remedy.

Homemade Cough Syrup

Ingredients:

- 1 lemon
- 1 Tbsp. honey
- 1-inch piece fresh ginger root

Wash the lemon with soap and water. Stab it once or twice with a knife. Place in a pot, cover with water, and

bring to a boil. Simmer for 10-15 minutes. Remove the lemon from the wa-



ter, cut the lemon in half, scoop out the insides, including the white area sur-

rounding the inner part of the lemon and the seeds and put into a blender. Add the honey and ginger, blend until smooth and fluffy. Take 1 tsp. as needed for cough or sore throat.

Caution: do not give honey to any child under 1 year old.

Dr. Robin DiPasquale
Madison, WI



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Chronic Fatigue Study: Participants Needed

Do you suffer from Chronic Fatigue Syndrome?

You now have a great opportunity to see *how naturopathic medicine can help you AND participate in an exciting study that will help further the integration of Naturopathic Medicine into our medical system.*

The Doctors of the WNPA are seeking new patients to participate in a study funded by the National Institute of Health. **This is a study on Alternative Treatment of Unexplained Chronic Fatigue.**

Starting in 2008, at least eight Naturopathic Doctors (N.D.s) in Wisconsin will join Medical Doctors (M.D.s) and Doctors of Osteopathy

(D.O.s) in collecting information regarding evaluation, diagnosis and treatment of patients with Unexplained Chronic Fatigue. The study aims to identify effective treatments used by both complementary and alternative medicine, and conventional medicine for Unexplained Chronic Fatigue.

Qualifications:

- 1) Age 21 to 65.
- 2) Incapacitated by fatigue for more than 6 months.
- 3) Not pregnant and don't plan to become pregnant within six months.
- 4) Have not previously been treated by the study physician for fatigue.
- 5) Can speak and read English.

Your Naturopathic Doctor will officially decide if you qualify to participate in this 6 month study.

Participants will be financially compensated upon completion of the medical surveys.

Go to www.wisconsin-nd.org, click on "Locate a Doctor" and choose a Chronic Fatigue study doctor to work with. Contact that doctor to set up your first appointment.

To receive the WNPA Quarterly by email, please contact Dr. Crystal Urban at dr.crystalurban@verizon.net