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FOR THE  
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FIRST AID

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LOCAL,  
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FOODS

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## Lyme Disease Prevalent in WI

The first reported case of Lyme disease was in Old Lyme, Connecticut in 1975. Today, just a few decades later, the Center of Disease Control states '**Lyme disease is the fastest growing vector-borne infectious disease in the country**'. This is with an estimated 1 out of 10 cases reported. Low reporting is due to CDC reporting criteria being different than doctors diagnosis criteria.

Lyme disease infects humans through bites from certain species of ticks. Ticks that carry Lyme disease have a spirochete (a cork-screw shaped bacteria) that is transmitted through the ticks saliva when biting a person.

To remove ticks use a fine-point tweezers to grasp the tick as close to the skin

as possible. Gently pull the tick straight out. Stick the tick to scotch tape in case identification is later needed. Clean the area with warm soapy water. Call your doctor if you develop symptoms.



Female Deer Tick

**Typical symptoms include fever, headache, fatigue, and a bulls-eye skin rash.** The characteristic bulls-eye rash is estimated to show up in less than half the cases. The standard blood test looks for antibodies which the immune system makes in response to the bacteria. Because the test is looking for an indirect measure of infection, false negatives are not uncommon.

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Early detection and treatment is important. Ticks are endemic in Wisconsin, so daily checks of people and pets are a must.

*Dr. Crystal Urban, Eagle River, WI*

## Vitamin D and Sun Exposure

Sun exposure can increase the risk of developing skin cancer; however, most of the body's Vitamin D supply (about 75%) is generated by the skin's exposure to the sun. Get your Vitamin D safely with these tips:

- ◆ As little as 15 minutes of exposure a day is

thought to be enough.

- ◆ Go outside early or late. Avoid the sun between 10 a.m. and 4 p.m., when the rays are strongest.
- ◆ Be sure to eat adequate amounts of Vitamin D containing foods such as salmon, eggs, sardines, and cod liver oil.

- ◆ Use a sunscreen without PABA. PABA absorbs UV rays thus increasing the risk of developing skin cancer.

- ◆ Antioxidants that specifically heal the skin's cells are Vitamins A, C and E.

*Dr. Allison Becker  
Janesville, WI*

## Is it Possible to Sunburn Your Eyes?



Ultraviolet rays from the sun can damage the cornea and retina of the eye, accelerate cataracts and lead to macular degeneration. We get exposure to UV rays directly from the sun and off reflected surfaces.

Our eyes automatically try to restrict the amount of UV radiation by the iris closing to limit

light. When the iris has closed as far as it can we begin to squint in an effort to further reduce the rays. Some sunglass UV coatings can eliminate 100% of UV rays.

“Polarized” sunglasses help your eyes by eliminating the reflective glare. “Photochromic” or “photochromatic” lenses rely on a chemical reaction to darken glass when exposed to UV rays.

These lenses may not darken in situations where visible light is bright but most of the UV rays are filtered out, such as inside your car.

Buying good sunglasses is a health wise investment. Cheap sunglasses will shade your eyes without UV protection, allowing the iris to remain wide open to the dangerous UV rays.

*Dr. Crystal Urban, Eagle River, WI*

NATUROPATHIC  
DOCTORS

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PHYSICIANS  
WHO LISTEN

## Are You a Homeopath??

As naturopathic doctors, we often get that question from interested patients seeking to understand who that granola-eating, deep-breathing, greenfood-drinking person sitting across from them really is. Homeopathy is a small, yet very powerful part of Naturopathic Medicine. **At its most basic core, Homeopathy is the art of finding a substance, such as a mineral, herb, or tissue, which can stimulate the body to heal itself.** This homeopathic substance has been diluted until only the “energetic” portion remains. The body “recognizes” this energy and stimulates its own healing abilities to help the patient regain their health.

Think of homeopathy as a hammer in the carpenter’s toolbox. It is a wonderful and useful tool, but there are also many other important “tools” that a Naturopath can utilize to help his or her patient on the road to optimal wellness.

Ask your Naturopathic Doctor how Homeopathy can work for you!

*Dr. Aaron Henkel, Janesville, WI*

## Roses: Medicine for the Heart



The Rose is the flower of the heart. Representing understanding, compassion and unconditional love, roses bring a sense of peacefulness to the heart. Growing roses is an effective way to bring their medicine into your daily life. Making rose petal syrup is an easy way to capture this essence.

### Rose Syrup Recipe

Harvest organically grown rose petals, any

color, and chop them into small pieces. Bring 2 ½ cups of water to a boil, turn off heat, stir in 3 -3 ½ cups of organic raw sugar, water will become supersaturated. Fill a one-pint jar with the chopped petals, then pour the warm sugar water over the rose petals to fill the jar. Shake daily for one week, strain, and store in the refrigerator. Make a rose tea daily by adding 1-2 Tbsp. rose syrup to 1 cup boiled water. Sip a cup of love and peace.

*Dr. Robin DiPasquale, Madison, WI*

# Natural Summer First Aid Remedies

As the summer sun sends us scampering outdoors, be prepared for any mishaps with these natural first aid remedies.

**Anti-microbial herbal wound salve:**

Look for a salve with herbs such as calendula, St. John’s Wort, yarrow, and plantain. These herbs will help to prevent infection and speed the healing process.

**Arnica montana:** For bumps and bruises use a homeopathic Arnica ointment provided the skin is not broken.



**Fresh aloe vera gel:** For sunburn apply liberally to soothe damaged skin and promote healing. Be sure to use fresh gel directly from the plant or purchase the kind that requires refrigeration.

**Lavender essential oil:** Dab on insect bites or stings for quick relief. For sunburn, make a soothing spritzer with several drops of essential oil per ounce of water. Use a spray bottle to apply to skin.

*Dr. Sara Fleming, Madison, WI*

## Medicinal Flowers

Flowers begin to give their gifts through their many shapes, sizes, colors, and beauty. Using flowers in food and medicinal preparations allows the plants to give their gifts of healing even further into our lives. With larger flowers, only the petals are used and the center is composted.

Adding flowers into salads supports various organs. **Chicory** and **dandelion** flowers help the liver. **Violets** are medicine for the heart. **Nasturtiums** aid in digestion, as do the flowers of **fennel, basil, peppermint and spearmint**.

The flowers of **chives, cilantro, parsley and dill** can all be added to soups at the last minute to bring flavor and beauty. **Lavender** flowers or **rose** petals can be added to lemonade to soothe the nervous system and quiet the mind.

Flowers added to ice cubes add astounding beauty to your summer drinks, and bring their magical medicines. **Borage** supports the body during stress, violets the heart, and **California poppy** brings about relaxation and sleep.

**Dandelions** can be harvested and their petals infused into olive oil to massage achy and inflamed muscles.

So this summer, begin to add more flowers and their medicines into you and your family’s lives.

*Dr. Robin DiPasquale, Madison,*



# Cooking with Community Supported Agriculture

This summer consider joining a CSA, which offers weekly deliveries of farm produce to its members throughout the Wisconsin growing season. To inspire and help you use fresh, seasonal produce, I recommend the cookbook *From Asparagus to Zucchini: A Guide to Cooking Farm-Fresh Seasonal Produce* by the Madison Area CSA. Here’s a sample recipe for you to enjoy:

**Spinach Salad with Orange Honey Vinaigrette**

- 1 Tbls honey
- 2 Tbls frozen orange juice concentrate
- 1 tsp minced shallot
- 1 Tbls red wine vinegar
- 1 Tbls balsamic vinegar
- ½ cup olive oil
- Salt and pepper
- 1 bunch spinach

- 1 small red onion, thinly sliced
- 2 oranges, sectioned
- 1/3 cup slivered almonds

Whisk honey, orange juice concentrate, shallots, and vinegars in a bowl. Gradually whisk in oil. Season to taste with salt and pepper. Toss spinach with onions, oranges, almonds, and just enough dressing to lightly coat.

*Dr. Holly Krook Madison, WI*

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## Forgiveness Keeps the Doctor Away

***"The weak can never forgive. Forgiveness is the attribute of the strong."***

*Gandhi*

True forgiveness holds a tremendous amount of healing power. We hear a lot about exercising, and eating healthy foods to support our health, but not enough about how our emotions influence our health. It turns out there are over 100 studies on the health benefits of forgiveness. Research suggests that the ability to forgive yourself and others will strengthen your immune system.

**People who practice forgiveness have lower levels of physical pain, anger, anxiety, and depression.**

When you hold onto a grudge, your body perceives this as a traumatic event. As a fight or flight experi-

ence, your blood pressure rises, your muscles tense, and you begin to sweat. When a grudge is forgiven, your body responds by releasing the tension. In addition to the physical benefits, letting go of anger can strengthen your relationships, and ultimately help you to be a happier person.

***"We must develop and maintain the capacity to forgive."***



***"He who is devoid of the power to forgive is devoid of the power to love."***

*Martin Luther King, Jr.*

Sometimes forgiving seems impossible. Children and animals seem to have no problems with this! One minute they are angry, the next they have forgotten the whole thing. We have much to learn from them. For those of us who need practice, meditation and visualization are effective tools when relearning this art.

Often you hear that offering forgiveness is altruistic. It is this, but the reality is that you free yourself.

*Dr. Nancy Gutknecht, Madison, WI*

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