

## DC FLI: Update on Federal Legislation

Wisconsin-based naturopathic doctors, Dr. Allison Becker and Dr. Ruddy, as well as patient advocate, John Bohman joined 170 other doctors, students, and supporters of naturopathic medicine nation-wide in Washington, D.C., May 2- 4 to lobby for the inclusion of naturopathic doctors in federal health care initiatives. The event, organized by the American Association of Naturopathic Physicians (AANP), included two days of legislative training followed by a day of lobbying on Capitol Hill. The Wisconsin delegation visited the offices of Senators Feingold and Kohn, as well as those of Congress members Baldwin and Kind. The day culminated with a whole foods reception with over 500 Capitol Hill staff members and representatives in attendance.

Naturopathic doctors are licensed as primary care physicians in many states in the Northeast and Western regions of the country. However, the federal government neglects to include NDs in programs providing care to underserved populations. "Our graduates are ready and willing to serve in these areas to help fill the growing shortage of primary care practitioners, estimated to reach 45,000 by 2020," said Karen How-

ard, executive director of the AANP. In addition, ND graduates are not eligible for most federal loan repayment programs, though their training, by Department of Education standards, is on par with MDs and DOs.

Not only are NDs underutilized, but they are also unrecognized for their expertise in disease prevention. Such an emphasis in health care would help curtail the epidemic of diabetes, heart disease, and obesity sweeping our nation. NDs use a multi-dimensional approach to encourage patients to improve and maintain their health through lifestyle changes and the use of natural therapies that support the body's self-healing processes. Currently, NDs are not licensed in Wisconsin, which means that natural health practitioners, who do not have doctorate-level education, including supervised clinical training, may be using this title. The Wisconsin Naturopathic Physicians Association (WNPA) is working diligently to obtain state licensure so that Wisconsin-based NDs may practice to the fullest scope of their training. For more information, visit [www.naturopathic.org](http://www.naturopathic.org).

-Dr. Allison Becker, Janesville, WI



### SAVE A TREE

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## Treating the Whole Person: A Patient Testimonial

In the spring of 2009, I was diagnosed with stage II breast cancer and had a bilateral mastectomy. I started taking tamoxifen in July and began having multiple hot flashes every night. I felt tired all the time, due to the stress of the prior 6 months, and relied on caffeine every morning for energy. I also

had chronic hip pain, which interfered with my sleep at night.

Today, after only 3 months of seeing Dr. Jill for naturopathic care, I no longer have hot flashes (unless I forget to take my supplements!). I sleep soundly and feel much more relaxed throughout the day. I eat healthier, have more energy to exercise, and

have reduced hip pain. It's amazing how great I feel! I'm looking forward to expanding my exercise routine and discovering healthier menus.

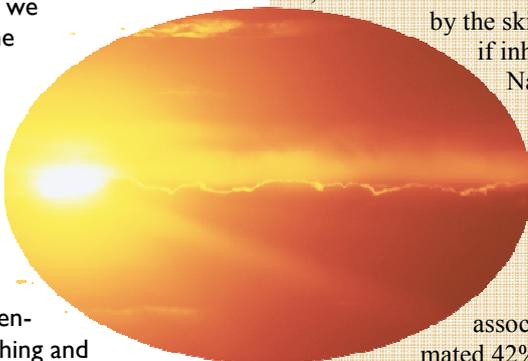
-Patient of Dr. Jill Evenson,  
Janesville, WI

## Summer: The Element of Fire

This article is part of a series in discussing the connectedness of our well-being with the cycling of the seasons. Summer is the time of the fire element; the time when the sun is most present and has the strongest influence in our northern hemisphere home of Wisconsin. Summer Solstice, June 21, is the peak of summer when the days are longest and the nights are shortest. During this time of extended light and warmth, everything is dynamic and moving, things are created and directed. When in balance, we are able to harvest this expansive energy, like the plants, and bring to fruition what has been planted during the spring. Fire represents the passion in our lives.

### Fire energy is connected to the heart and small intestines.

The heart is the overseer of all functions of the body, linking what we do physically to what we think and feel. The emotions of the heart are joy and happiness when we feel full; and the polar opposite, sadness and grief, when we feel empty. The small intestines identify what is nourishing and useful in our lives, and what is to be discarded as waste. We do this sorting every day in our bodies with what we eat, and in our emotions with what we feel.



When out of balance, too much fire can bring heartburn, hot, painful joints, fever, or hyperactivity. Too little fire can surface as poor circulation, decreased sexual desires, poor digestion, or lethargy. These imbalances can be corrected through the foods we eat, physical activity, sleep patterns, and daily contemplative practices.

**Cayenne pepper**, *Capsicum frutescens*, is an herb that represents the element of fire. The fruit of this plant has been used

traditionally to increase circulation, strengthen the heart, increase perspiration, and act as an overall stimulant.

Applying small amounts of cayenne pepper to your food will enhance sluggish digestion. Caution with existing symptoms of GERD or heartburn. Topically, cayenne will bring blood flow to muscles and joints and will block pain transmission. Beyond self-care, your naturopathic physician can assist you in abating symptoms of excess or insufficient fire element.

### Safe Sunscreens: More protection, fewer chemicals

Ultraviolet A (UVA) and B (UVB) rays are known to penetrate the earth's atmosphere, leading to skin damage. UVB light is the type that causes sunburn, and it was once thought that only UVB was of concern. The SPF on sunscreen labels denotes protection from UVB only. New research has found that UVA radiation is actually more dangerous than UVB in promoting skin cancer. For the summer swim season, choose a sunscreen that blocks both UVA and UVB.

FDA approved ingredients that block UVA are avobenzone, Mexoryl, titanium dioxide, and zinc. The safest choices are **titanium dioxide** or **zinc**, since neither is absorbed by the skin, even as nanoparticles. However, nanoparticles can be absorbed if inhaled while applying aerosolized "spray" or powdered sunscreens. Nanoparticles are increasingly being used in sunscreens because, aesthetically, they do not leave a white coating on the skin.

Sunscreens with both UVA and UVB filters without hazardous ingredients include Loving Naturals Sunscreen, Heiko Kids, California Baby Sunblock Stick, Badger Sunscreen, SanRe Organic Skinfood with SPF, UV Natural Sunscreen, and Soleo Organics All Natural Sunscreen.

Avoid sunscreens that contain **oxybenzone**, a hormone disruptor associated with uterine damage in animal studies, and found in an estimated 42% of sunscreens. Products with poor UVA protection that contain oxybenzone include CVS Sunscreen Lotion, Banana Boat Protective Tanning Oil, Coppertone Dry Oil Spray, and Walgreens Sunscreen Lotion. Other hazardous ingredients to avoid are octisalate, homosalate, padimate and sulisobenzene. For more information visit [www.ewg.org](http://www.ewg.org).

-Shelly Smekens, ND Student