

Ashland Springs Hotel

Staff Wellness 2011

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Goals

- ◆ Health Optimization
- ◆ Quality of Life Enhancement
- ◆ Personal Empowerment

Scope of Today's Topic

- ◆ Information found in this presentation is generalized, thus not intended as medical advice to treat any specific disease or condition
- ◆ All forms of medicine carry risks and individual sensitivities and allergies must be considered and carefully avoided
- ◆ Talk to your trusted healthcare professional for a customized treatment plan to minimize the risk of side effects or adverse reactions

Medical Approach

- ◆ Primary Care: natural & prescription medication
- ◆ Lab Test Analysis: blood, saliva, stool, urine
- ◆ Applied Kinesiology: the Triad of Health
- ◆ Functional Integration: Autogenics and Energy
- ◆ Treat the Spine, Treat the Gut, Oceans of Emotions

Conditions Treated

- ◆ Injuries: Personal, Auto, Work
- ◆ Chronic Pain & Fatigue
- ◆ Neurological Conditions
- ◆ Immune System Support

Conditions Treated

- ◆ Healthy Aging
- ◆ Weight & Stress Management
- ◆ Allergies & Toxicity
- ◆ Depression & Anxiety

Naturopathic Therapeutics

- ◆ Spinal Manipulation & Kinesiology
- ◆ Bioidentical Hormones
- ◆ Nutrition, Herbs, Homeopathy
- ◆ Stress Management
- ◆ IV and Injection Therapies
- ◆ Platelet Rich Plasma & Prolotherapy

Regenerative Injection Therapy



Naturopathic Medicine

- ◆ Naturopathic Medicine is a natural approach to health and healing that recognizes the integrity of the whole person.
- ◆ Naturopathic Medicine represents the "vitalistic" tradition of medicine in our Western world. That is, it treats disease through the stimulation, modulation, and support of the person's inherent healing capacity. These treatments are chosen to work with the patient's vital force, respecting the natural healing processes of nature.

Celebrate the Healing Power of Nature

- ◆ Naturopathic medicine is dedicated to the study and celebration of nature's healing powers. It is as old as healing itself and as new as today's medical breakthroughs. It is a dynamic philosophy as well as a profession that recognizes the interconnection and interdependence of all living things. It utilizes the most natural, least invasive and least toxic therapies to treat illness and to promote wellness by viewing the body as an integrated whole.
- ◆ Naturopathic medicine is defined by principles rather than by methods or modalities. Above all, it honors the body's innate wisdom to heal.

Naturopathic Principles

The Healing Power of Nature

Trust in the body's inherent wisdom to heal itself

Identify and Treat the Causes

Look beyond the symptoms to the underlying cause

Naturopathic Principles

First Do No Harm

Utilize the most natural, least invasive and least toxic therapies

Doctor as Teacher

Educate patients in the steps to achieving and maintaining health

Naturopathic Principles

Treat the Whole Person

View the body as an integrated whole in all its physical and spiritual dimensions

Prevention

Focus on overall health, wellness and disease prevention

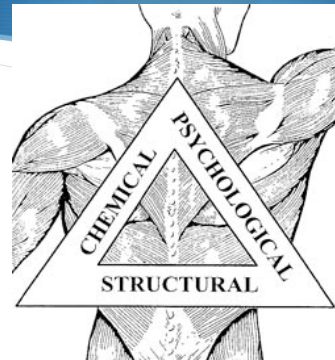
Applied Kinesiology

- Applied Kinesiology (“AK”) is a diagnostic technique based on Traditional Chinese Medicine in which every muscle in the body is related to an organ, gland or acupuncture meridian.
- Through testing specific muscles, the doctor can locate structural, biochemical and emotional dysfunction in the body and identify the proper method of correction.

Chinese Meridian Theory

Element	Organs	Emotion	Toxic	Behavior	Display
Water	Bladder, Kidney	Fear	Paranoia	Secrecy	Intimidating
Wood	Liver, Gallbladder	Anger	Resentment	Passive Aggressive	Seething
Fire	Heart, Sm Intestine, Pericardium,* Triple Warmer,**	Joy	Bitterness	Lying	Sarcastic/Teasing
Earth	Stomach, Spleen	Sympathy	Disgust	Ingratiation	Complaining
Metal	Lung, Lg Intestine	Grief	Disdain	Pontification	Snide

The Triad of Health



S.H.I.N.E. with Vitality!

S =

- SLEEP:** Get adequate sleep, preferably eight to nine hours a night. Sleep replenishes the body's energy and heals its muscle.
- Inadequate sleep will leave you exhausted, may aggravate aches & pains, strain relationships and compromise work performance

S.H.I.N.E. with Vitality!

H =

- HORMONES:** Get tested for hormone deficiency and treated if needed
- Hormone deficiencies can contribute to fatigue and chronic pain syndromes
- Treatment options include bioidentical hormone replacement and herbal therapy

S.H.I.N.E. with Vitality!

I =

- ◆ **INFECTIONS:** Get treatment when symptoms of infections occur. Underlying viral, bacterial, bowel, sinus and yeast infections are common and can be a contributing cause of low energy conditions.
- ◆ Chronic infections are more common among the sleep deprived and stressed out, especially those who eat a diet poor in nutrients, high in allergens and sugar.

S.H.I.N.E. with Vitality!

N =

- ◆ **NUTRITON:** Supplements are often necessary for optimizing health
- ◆ B-12, zinc, magnesium, glutathione, as well as your basic A, B, C and D vitamins may need to be supplemented at a level that your average over the counter multivitamin cannot provide.
- ◆ Ideally, the majority of the nutrients you need to stay healthy will come from a *whole foods* diet. Supplements provide a bridge to get there.

S.H.I.N.E. with Vitality!

E =

- ◆ **EXERCISE:** for health and emotional balance
 - ◆ Yoga: relaxes the mind, strengthens and lengthens the body
 - ◆ Cardio: essential for weight loss, heart health and energy
 - ◆ Resistance Training: builds strong muscles & bones, regulates blood sugar & sleep/wake cycles
 - ◆ Expands the size of your battery, which builds stamina

Adrenal Health

- ◆ Vitamin C with bioflavonoids
- ◆ B-complex vitamins (especially B5)
- ◆ Glandular adrenal supplements
- ◆ Zinc: also improves immunity, stomach function & hormones
- ◆ Adequate Sleep (7-9 hours) and a consistent routine

Thyroid and Adrenals

- ◆ Thyroid is the partner gland of the adrenals
- ◆ The two glands rely on one another for proper function
- ◆ Together, they regulate energy, immunity and metabolism
- ◆ Low thyroid is extremely common, especially among women

Adaptogens

- ◆ Panax Ginseng root
- ◆ Ashwagandha root
- ◆ Eleutherococcus root
- ◆ Holy basil leaf
- ◆ Rhodiola root

Nutrition

- ◆ Eat from the rainbow!
- ◆ Focus on lean meats and vegetables
- ◆ 50% raw food to prevent immune distress
- ◆ Low sugar, wheat, dairy, soy; know your allergens
- ◆ Three square meals & high protein snacks; eat breakfast!

The 5 Flavors of Foods

- ◆ As Chinese Medicine explains, each flavor affects the body's organ systems differently
- ◆ Food flavors are also categorized for specific benefits in the Ayurvedic tradition of medicine

1) Pungent

- ◆ Includes green onion, garlic, grapefruit peel, green onion, red pepper, sweet basil, soybean oil, ginger, peppermint, chive, clove, parsley, and coriander
- ◆ These foods can induce perspiration and promote energy circulation
- ◆ Pungent flavor can act on the lungs and large intestine

2) Sweet

- ◆ Includes sugar, cherry, honey, watermelon, apple, barley, bean curd, beef, beetroots, brown sugar, cabbage, carp, carrot, celery, chicken, chicken eggs, coconut, sweet potato, wheat, wine, milk, chestnut, and banana
- ◆ Sweet flavors slow down acute symptoms and neutralize the toxic effects of other foods, buffer and harmonize sharper flavors
- ◆ Sweet flavors act on the stomach and spleen. They cause weight gain by improving the functions of the stomach and the spleen

3) Sour

- ◆ Includes lemon, plum, pear, sour plum, apple, apricot, crab apple, grape, grapefruit, hawthorne fruits, kumquat, mandarin orange, mango, olive, peach, pineapple plum, raspberry, small red or adzuki bean, star fruit, strawberry, tangerine, vinegar and tomato
- ◆ The sour flavor can obstruct movements, and are useful in checking diarrhea and excessive perspiration

4) Bitter

- ◆ Includes apricot seed, asparagus, bitter gourd, wild cucumber, celery, cherry seed, coffee, grapefruit peel, hops, lettuce, radish leaf, sea grass, vinegar, wine, hops
- ◆ Foods that are slightly bitter include ginseng and pumpkin
- ◆ The bitter flavor can reduce body heat, dry body fluids, and improve diarrhea

5) Salty

- Includes kelp and seaweed and functions to soften hardenings, which explains their usefulness in the treatment of hardening of muscles or glands, especially the thyroid
- Gargle with salt water to soften hard glands of the neck and help a sore throat to heal

Taste	Primary Actions	Common Sources
Sweet	Builds tissues, calms nerves	Fruit, grains, natural sugars, milk
Sour	Cleanses tissues, increases absorption of minerals	Sour fruits, yogurt, fermented food
Salty	Improves taste of food, lubricates tissues, stimulates digestion	Natural salts, sea vegetables
Bitter	Detoxifies and lightens tissues	Dark leafy greens, herbs & spices
Pungent	Stimulates digestion & metabolism	Chili Peppers, garlic, herbs & spices
Astringent	Absorbs water, tightens tissues, dries fats	Legumes, raw fruits & vegetables, herbs

Ayurveda

- Each taste feeds our mind, body, senses, and spirit in its own unique way
- From a modern nutritional perspective, the 6 Tastes satisfy each of the major dietary building blocks
- Sweet foods, for example, are rich in fats, proteins, carbohydrates, and water, whereas Bitter and Astringent foods are high in vitamins and minerals

Ayurveda

	Most Balancing	Most Aggravating
Vata	Sweet, Sour, Salty	Bitter, Pungent, Astringent
Pitta	Sweet, bitter, Astringent	Sour, Salty, Pungent
Kapha	Pungent, Bitter, Astringent	Sweet, Sour, Salty



RVNM

What's your body type?

Take the Quiz!

roguevalleynaturalmedicine.com

Vitality Immunity & Prevention

- When it comes to most infections, like the viral flu, it is important to realize that the issue is NOT the virus, but your immune system's SUSCEPTIBILITY.
- Viruses will not multiply in a host with a healthy immune system. We all have the bacteria Streptococcus in our throats, yet we rarely develop Strep Throat. This is also true for the Swine Flu and other viruses.
- 70% of our immune system resides in the gut.

Vitamin D

- ◆ Take vitamin D3 and maintain your vitamin D levels between 60-80 ng/ml
- ◆ Vitamin D's effect on our immune system is one of the most important health discoveries of all time
- ◆ MOST Americans have low levels of vitamin D, which increases risks of contracting swine flu (and other viral conditions), heart disease, diabetes, osteoporosis and more
- ◆ Vitamin D influences over 1,000 genes; many of these genes control our immune system
- ◆ Most people need 2,000 to 5,000 IU/day to attain & maintain adequate vitamin D levels

Vitamin C with bioflavonoids

- ◆ Take 1,000 mg of vitamin C two, three or four times daily.
- ◆ Vitamin C at higher doses provides powerful antiviral activity in the body
- ◆ Many parts of the immune system require vitamin C to function
- ◆ Stress and illness dramatically increase the body's requirements for vitamin C

Vitamin A from carotenoids

- ◆ Leafy greens and bright orange fruits and vegetables are packed with carotenoids which are highly anti-viral and contain antioxidants
- ◆ Antioxidants protect the body from the damage caused by the immune system fighting germs

Omega-3 fish oils

- ◆ Ingest 2 to 4 grams of high quality omega-3 fish oils daily
- ◆ Omega-3 fish oils (EPA & DHA) are critical nutrients for the immune system
- ◆ One of the most critical nutrient deficiencies in the United States
- ◆ Critical for the function and activity of every cell in the body

Selenium

- ◆ Ingest a total of 400 micrograms (mcg) of selenium daily
- ◆ Selenium is a nutrient that provides critical antiviral protection in the body
- ◆ Low levels of selenium increase the risk of viral infections
- ◆ Powerful antioxidant and immune system nutrient
- ◆ Selenium deficiency allows mild viruses to become killer viruses

Zinc

- ◆ Women: daily dose of 15-20 mg
- ◆ Men: daily dose of 35-45 mg
- ◆ Zinc is required for the functioning of over 300 different enzymes in humans
- ◆ Controls and regulates many aspects of immune system activity
- ◆ Studies confirm a decline of zinc levels with age, which weakens the immune system & decreases testosterone

Astragalus

- ◆ Take a standardized astragalus product (250 to 500 mg) 3 or 4 times daily during the flu season
- ◆ Astragalus is an herb with immune system enhancing effects
- ◆ Especially effective at fighting respiratory and viral infections
- ◆ Increases the production of interferons, which have antiviral activity in the body

Echinacea

- ◆ Take standardized Echinacea 250 mg 2 to 4 times daily
- ◆ Increases resistance to infectious disease, especially influenza and other viruses
- ◆ Do not take continually; rotate 3 weeks on & 1 week off) throughout the flu season
- ◆ Increases the body's production of interferons, which have antiviral activity in the body

ADMIT IT... YOU'VE
BEEN SECRETLY
TAKING HERBAL
REMEDIES AGAIN!



JOHN BYRNE

Glycyrrhiza (Licorice)

- ◆ Classic Chinese herb used in many formulas for its anti-viral and adaptogenic effects
- ◆ Commonly used as a tea, and can be found in combination with Astragalus, Echinacea and Green Tea (also high in antioxidants)
- ◆ Pleasant taste makes the other herbs more palatable

Elderberry

- ◆ Has been touted as an equally effective treatment for H1N1 as Tamiflu, a common prescription drug used to treat severe cases of the flu
- ◆ Known for both antibacterial and antiviral effects

Probiotics (acidophilus & bifidobacteria)

- ◆ Ingest a high quality probiotic product
- ◆ Probiotics: products containing strains of beneficial bacteria that reside in the GI tract
- ◆ "Friendly" bacteria in the GI tract are a critical component of a healthy immune system
- ◆ Over 60% of the cells in immune system are located in the gastrointestinal tract
- ◆ A healthy GI tract contains 85-90% good bacteria & only small amount of "bad" bacteria

Diet & Lifestyle Factors

- ◆ Thoroughly wash hands throughout the day!
- ◆ Getting plenty of rest is critical for a healthy immune system
- ◆ Drinking lots of water is important for good health
- ◆ Eat healthy food as often as possible; avoid fast foods, processed foods, etc.
- ◆ Exercising regularly improves health and strengthens the immune system

Immune Compromise

- ◆ AVOID SUGAR! Ingesting 100 grams of sugar depresses immune system activity for up to 5 hours.
- ◆ AVOID DAIRY to promote proper digestion, a cornerstone of good health

Nature Cure

- ◆ Dry Skin Brushing
- ◆ Hydrotherapy
- ◆ Warming Socks

Nature Cure

- ◆ Set aside time to commune with nature. Breathe in the fresh air deeply, notice the smells and sounds of the ocean, a stream or a forest
- ◆ Fresh air and exercise is a powerful combination for health, happiness and peace of mind

Stress Management

- ◆ Applied Kinesiology
- ◆ Energy Training: Yoga, Autogenics
- ◆ Acupuncture
- ◆ Deep Breathing
- ◆ Cardiovascular Exercise
- ◆ Resistance Training (weight lifting)

More Good Vibes

- ◆ Spiritual practice (prayer, meditation)
- ◆ Massage, Reiki, Polarity therapy
- ◆ Emotional Freedom Technique
- ◆ Do what you love with people you love
- ◆ Laughter Heals!

Start your day off right

- ◆ Morning routine sets the tone for the whole day
- ◆ Meditate or exercise a few minutes just after waking up. It will relax you and will give you the necessary vitality to start the day putting your best foot forward
- ◆ Have a shower with no haste
- ◆ Prepare a good breakfast and eat it calmly
- ◆ Avoid the discomfort caused by eating too fast and your body will have enough time to digest the meal properly

Relaxation & Creativity

- ◆ Organize and manage your time better and avoid last minute hurry
- ◆ Find a personal oasis for daydreaming and deep breathing
- ◆ Reversing the day exercise at night

Unplug

- ◆ Switch off technology for painting, drawing, reading, writing and creative contemplation
- ◆ Limit screen time, especially when you get home at night and on Sunday morning

The Path to Heaven...



...is lined with Good Intestines

Thank You!



A man sooner or later discovers that he is the master-gardener of his soul, the director of his life.

Please contact Dr. Allen for more information about Natural Medicine or to make an appointment.