



The NCNM Connection *for Patients*

What Does a Naturopathic Doctor Do Exactly?

As a patient of a naturopathic doctor (ND), you probably get a lot of questions about what exactly naturopathic doctors do. Are they doctors who use herbs or nutrition instead of drugs? In a way, yes. NDs do use natural medicines. But it is not the tools they use that make them naturopathic doctors, it is the way they use them.

Naturopathic doctors begin with the belief that the body is able to heal itself if given the necessary things such as nutrition, water, circulation, waste elimination and stress management. NDs use their naturopathic medical training to diagnose disease while considering the whole person and their environment. Once the cause of the problem is determined, the naturopathic doctor will use natural tools to bring the patient back to optimal health and make sure the patient is not susceptible to similar ailments in the future. This often involves listening to the patient about what happened since they were last well, their environment, their daily health practices and their satisfaction with life.

To illustrate this, consider the following example: A patient has chosen to take ginkgo biloba (a natural medicine) for memory loss, but does not get any relief of his symptoms. His ND does a full evaluation and considers his other symptoms, medications he recently started, and his dietary choices. In his particular case, a vitamin B12 deficiency is the reason for his memory loss. When treated, the symptoms improve and the patient feels better than he has in years. Both times, the patient was treated with natural medicines, but it took a naturopathic evaluation to help him regain health.

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Your Personalized Treatment Plan

Patient Name: _____ Date: _____

Recommendation		Times per day	Times per week/month
Nutrition			
Water			
Exercise			
Emotional			
Supplement			
Topical			
Hydrotherapy			
Other			

Notes: _____

Your follow-up appointment is scheduled for:

Mon Tues Wed Thurs Fri Sat Sun

Date: _____ Time: _____

Please give 24 hours notice to change your appointment time.

If you have any questions about your treatment, please contact your provider, a proud member of the NCNM Alumni Association:

Want to learn about natural medicine & help change lives?

Yes! Please send me information about the following programs (check all that apply):

- Naturopathic Medical Doctorate Program (ND degree)
- Classical Chinese Medicine Masters Program (MSOM degree)
- Professional Continuing Education
- Public Health Education

Name _____

Address _____ City _____

State _____ Zip _____ Phone _____

E-mail _____

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Where ancient healing techniques meet modern medicine.*

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The Science Behind “Side Effects”

Many people choose to go to naturopathic doctors or Chinese medicine practitioners because they find that prescription medications either don't work at all or cause severe side effects. Some feel like they experience every side effect possible, and often the negative effects are worse than any benefit the drug may have. For many of these people, their friends, families or doctors have accused them of exaggerating the side effects of medication. Some have even had it suggested that their symptoms are “all in their head.”

For a large part of the population, this is not all in their heads —it is a very real physical problem. A new field of science called pharmacogenomics has shown that over half the population has at least some detectable genetic variation in the 8 to 10 enzymes in the liver that are responsible for breaking down most drugs. For those who break down drugs too quickly, it will feel as if they hadn't taken the drug at all. For those who break down the drug too slowly, it builds up in the body and can have very serious health effects. The most common medications that are affected by these changes are antidepressants and antipsychotics, as well as painkillers and anti-inflammatory drugs, and even some heart, seizure and diabetes drugs.

DNA testing is available if you'd like to know how your body breaks down drugs. Ask your provider for these testing resources. In the meantime, enjoy the options available. Naturopathic doctors and classical Chinese medicine providers can offer most patients viable options to pharmacological treatment. They will listen to your needs and take your concerns seriously. Ask your ND or CCM provider how he or she can help you achieve health in a way that works for your body.

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Zucchini Hills

From the *What's For Breakfast?* cookbook by Joan Haynes, ND, NMD & Lori Horan, ND, LAc. Available at the NCNM Bookstore at <http://ncnm.edu/bookstore/>.

- 1 medium zucchini, grated
- 2 Tbsp grated parmesan cheese (optional)
- 2 Tbsp fresh or 1 tsp dried dill
- 1 Tbsp olive oil
- 1/8 tsp red-pepper flakes

Heat olive oil in pan, add all ingredients except the cheese and sauté zucchini until tender. Serve in a mound and top with eggs done your favorite style.

Optional:
sprinkle with parmesan cheese.

A Quick & Healthy Meal

Serve eggs on top of:

- Brown rice
- Steamed, sautéed or roasted vegetables
- Beans
- A bed of salad greens
- Ezekiel break – toasted, buttered, cubed
- Organic chicken hot dogs, chopped (for kids)
- Last night's leftovers

Green Veggies and Hormone Levels: Is There a Link?

Can green vegetables affect women's hormone levels? With a grant from Standard Process, Inc, Helfgott investigators Pat Elmer, PhD, and Sandy Szabat, ND, are leading a clinical trial to see if a cruciferous vegetable supplement can alter how women's bodies break down estrogen.

Estrogen breakdown results in the formation of two important compounds. One of these has been associated with an increased risk of estrogen-linked illnesses like cervical or breast cancer, while the other has not. This suggests that a shift from production of one compound to the other may be beneficial in decreasing the risk of developing these estrogen-influenced diseases.

The goal of this study is to determine if dried cruciferous vegetable supplements alter estrogen breakdown favoring the production of the “healthier” compound. This is important because estrogen sensitive cancers are progressively more common and have a negative impact on the long-term health of women. The investigators will also measure thyroid hormone level to rule out possible effects on the thyroid gland.

Recruitment for this study will begin in March and will continue until late spring. The investigators are looking for healthy, menstruating women between the ages of 20-45. For more information about this study, or if you are interested in participating, please call 503-552-1750.



Polycystic Ovarian Syndrome (PCOS)

Polycystic Ovarian Syndrome (PCOS) is one of the most common endocrine disorders in women of reproductive age and is the leading cause of anovulatory infertility. Women with PCOS often present with some combination of infrequent or light menstruation, hirsutism, obesity, acne, clinically demonstrated enlarged, polycystic ovaries, anovulation, insulin-resistance, elevated levels of male hormones and elevated lipids. Women with PCOS are at a higher risk for developing non-insulin dependant diabetes (NIDDM) than women without PCOS and are at a higher risk for developing heart disease.

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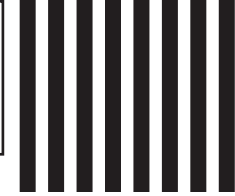
Even though it is prevalent, PCOS is still a misunderstood syndrome because the exact mechanism that causes it is not known. Consequently, PCOS can be difficult to treat. Helfgott Postdoctoral Fellow Ashley Haywood, ND, LAc, is developing studies to investigate different naturopathic modalities and their effectiveness in treating PCOS. Her goal is to shed some light on this much misunderstood but very real syndrome.

This informational pamphlet is brought to you by the NCNM Alumni Association
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