

# the Nutritional Therapist



Winter 2010

## Homeopathy: A Misunderstood Science

By David J. Getoff, CCN, CTN, CNC, FAAIM

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Homeopathy may possibly be the single most misused and misunderstood word in the entire field of holistic health. It is commonly (but incorrectly) used to mean holistic, alternative health, nutritionally related, herbology, or to apply to vitamin and mineral supplements. Very often it is used to refer to those who treat illnesses with the use of diet changes and nutritional supplements. None of these uses of the word *homeopathy* or *homeopath* is even remotely correct, accurate, or appropriate. Homeopathy is a separate and distinct medical science and is not a part of the fields of allopathic medicine, nutrition, naturopathy, herbalism, aromatherapy or any other modality except its own. It is certainly possible for practitioners in these other fields to have studied homeopathy and even for some of them to have become practicing homeopaths, but there is no other connection.

What is homeopathy? How does homeopathy work? Does homeopathy work? What are homeopathic remedies? How are homeopathic remedies made? What is the difference between classical homeopathy and complex or combination homeopathy? What is a homeopathic proving? What is a repertory? What is a Materia Medica?

The preceding nine questions are the focus of this article and I hope that in the paragraphs to follow, I will be able to provide you with a much better understanding of homeopathy than you may currently possess. Please read on so that you will never again use the word *homeopathy* in place of the word *holistic*. Please give this article to your clients, patients, and friends so that they too can better understand homeopathy. Hopefully, with this new knowledge, they will reduce their incorrect use of the word, while at the same time increasing their actual usage of homeopathy medicine itself.

Let me begin by saying that teaching you homeopathy is NOT the purpose of this article. If you wish to learn homeopathy, you will need a great deal more time and effort than it will take you to read what I have written here. Thinking you can learn homeopathy from a short article would be as silly as reading an article in a medical journal in order to become a physician. Homeopathy is both simple and extremely complex. Most of the best homeopaths will generally admit that if they continue studying for the rest of their lives, they might learn to be as good a homeopath as they would like to

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# Homeopathy: A Misunderstood Science (cont)

Continued from page... 1

become. I myself enrolled in a three-year residential training program in classical homeopathy, but alas, at the end of three years, I felt as though I knew less than when I began. It was not because I did not learn a great deal during those three years, since indeed I did. It was simply that I discovered just how much more there was to know, and therefore what a tiny percentage of this new larger whole I had just succeeded in learning. This might make homeopathy sound so complicated that you do not ever want to start your training. Nothing could be further from the truth. You can quickly learn enough about homeopathic first aid that you will be able to help your family in ways you never imagined and without the use of toxic drugs. If you are a health practitioner, you can quickly learn ways to help many of your patients with remedies like arnica, hypericum, chamomilla, ledum, apis, staphysagria and others to greatly improve the results you get in certain conditions with your patients. So read on and begin your education. After all, you have to start somewhere.

The founder/discoverer of homeopathy was Dr. Samuel Hahnemann, a physician and chemist. He was born in Germany in 1755 and died in 1843. In those times, living to the age of 88 shows me that he knew a thing or two about health. Dr. Hahnemann received his medical degree at the age of 24, but soon realized that, similar to the medicine practiced today, doctors often created more problems than they helped, and rarely truly cured anyone of disease. (Note: only our bodies can actually cure a disease.)

Hahnemann discovered and expanded on the principle of *like cures like*, which is the main doctrine of homeopathy. In simplistic form this means that a substance which will cause a certain set of symptoms (often referred to as the symptom picture) in a healthy person, will help heal these same symptoms in the ill person, hence, like cures like. At first examination this may seem preposterous or at the very least, extremely difficult to accept. When examined more closely however, this principle begins to get extremely

interesting. Hahnemann first experimented with Cinchona bark, a malaria cure, and found that it produced in him, a healthy person, the chills, weakness, and sweats that are common to the actual illness of malaria. Hahnemann found that diluted and potentized concentrations of various substances could indeed cure the same symptoms in the ill person that they would cause in a healthy person. His major work on homeopathic philosophy and treatment was (and is) called the *Organon of Medicine* and was continually updated and republished throughout his life. The final 6th edition was actually published 75 years after his death and was based on his final notes and writings toward the end of his career.

What is homeopathy? Simply put, it is the science of treating any health-related problem or condition by making use of homeopathic remedies based on the like cures like principle. When I say any problem, I am not being over-expansive in my description. Homeopathy is being used to treat all manners of disease and un-health. Many homeopaths, for instance, specialize in the treatment of emotional disorders, so homeopathic treatment is not restricted to any particular form of health problem. On the contrary, a homeopath is generally looking for the remedy that is the *similimum*, or the exactly correct homeopathic remedy for each patient. The premise of homeopathic prescribing is that if the exact remedy or *similimum* is found and used correctly, the individual will slowly heal on all levels and in all ways. This philosophy is extremely difficult for most non-homeopaths to accept. It is almost impossible for physicians trained in drug-based therapies to accept. The idea that a patient's various and sometimes numerous emotional and physical ailments can all be addressed by little pellets of a certain homeopathic remedy is mind-boggling. Nonetheless, this is what has occurred with many thousands of patients around the world who have sought out and found a good homeopath. For some, the movement towards better health is rapid, while for others it may take many months or even years. Our bodies do not heal immediately from

problems that have plagued us or have been developing for a great many years. Often, during the homeopath's search for the correct remedy, many different remedies may be used over an extended period of time. This could cover many months or many years, during which time the patient is most often continuing to improve. No form of medicine is an exact science, but at least with homeopathy, symptoms do not get suppressed, they get addressed and slowly (or sometimes quickly) reduced or eliminated (healed).

There are so many thousands of remedies and numerous intricacies of each, that

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## The Nutritional Therapist

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# The Herbalist Part 12

## Thyme, *Thymus vulgaris*

By Tracy Bosnian, CH, NTP



As I write this, I am sitting in Austin, Texas. It is much colder than rainy Portland, Oregon, which I call home. As usual I am wondering what I am going to write about.

As I put fingers to my computer, I thought, *it's so nice to finally have the time to write my article.* And just like that I knew what I was going to write about—Thyme!

*Thymus Vulgaris*, or better known as Thyme, is a great herb to know this time of year. When there are stuffy noses, and coughs, Thyme can be there to help us.

**Botanical Name:** *Thymus Vulgaris*

**Family:** Mint (Labiatae)

**Common Name:** Common Thyme, French Thyme, and Garden Thyme

**Harvest/Part used:** While summertime (no pun intended) is better for harvesting this plant. It is an easy one to grow and dry yourself. Thyme can be direct sowed in late March or early April; it is best done after the fear of frost is over. This varies, so check your local last frost date. Thyme grows best with room to spread and move. Thyme dislikes excess water, which makes it great for my yard! I am famous for forgetting to water. It does well in rock walls, and there are some creeping varieties that make for wonderful path liners. The part used is the leaf. It is best to harvest before the plant flowers. Remove the leaves from the stem; they will dry quickly just laying them out on a cookie sheet, in a warm dry place away from drafts. Thyme then can be stored in a glass container, in a cool, dark place. You can also store it in the freezer. Just make sure you put it in a moisture-proof container. I like to use Mason Jars, first putting it into a zipper

bag before storing it in the freezer. You can also put the jar into a larger zipper bag.

**Toxicity:** Thyme is on the FDA "generally regarded as safe" list, but large doses may cause intestinal problems such as diarrhea and bloating. Thyme is safe to use as a seasoning during pregnancy, but strong medicinal doses should be avoided if there is any possibility that you are pregnant.

**Herb/Drug Interactions:** None known

**Constituents:** Volatile oils: thymol, methylchavicol, cineole, borneo. Flavenoids and Tannins.

**Actions and Therapeutic uses:** The first thing I think of using thyme for is when I am working with someone with congestion. The volatile oils from the thyme are great for helping open up a stuffy nose or relieve lung gunk.

You can do this one of two ways. I like to use a VERY strong tea of the fresh plant. This means using somewhere around ½ cup to 1 full cup of the fresh herb. You do not have to remove it from the stem for this use. I take a large soup pot with a tight-fitting lid. Add 4 to 6 cups of water to the pot and bring this to a boil. When the water comes to a boil, remove from the heat, add the fresh thyme, cover the pot, and let steep for 5 minutes. While the thyme is steeping, go and find a big soft bath towel, and a smaller tea towel to set on the kitchen table, in front of a chair.

Remove the pot from the stove; set it on the tea towel. Wrap the bath towel around your shoulders; sit down in front of the pot. Remove the lid from the pan; bring the towel up over your head, making a tent over the pot. Start to take deep breaths, through your nose if your nose is stuffy, through your mouth if it is for your lungs. Make sure that you DO

NOT do this while the pot is on the stove; there is a chance you could get burned. If the vapors are too strong, put the lid back on and take your head out from under the towel. Wait a minute or so and try again. If you can, it is best to spend about five minutes under the towel with the steam.

The second way you can do this is using thyme essential oil. If doing it this way, use the same method with the following changes. Bring the same amount of water to a boil. Set up the table, chair, and towels the same way. Bring the pan to the table, remove the lid, and add about four drops of the thyme essential oil. Quickly cover the pan with the lid. Place the towel over your head and continue as above. I have found that the essential oil is so much stronger and can feel much more harsh. Guess you can tell which way I like best.

Other uses of thyme are antifungal, antiseptic, bronchitis, carminative, cough, cold, digestive cramps, expectorant, flatulence, mouthwash, urinary disinfectant, vermifuge, and whooping cough.

### Recipe:

#### HOMEMADE HERBAL BOUILLON

- ☐ 1 bay leaf
- ☐ 1 teaspoon dried thyme
- ☐ 2 stalks celery with leaves
- ☐ 1 sprig fresh parsley (or 1 teaspoon dried) Fresh is best
- ☐ 6 whole black peppercorns
- ☐ 1 small carrot
- ☐ 1 medium onion with skin on, and stuck with 2 cloves
- ☐ ½ - 1 Tablespoon chunky (non-milled) salt

Tie all the ingredients into a cheesecloth bag. Add to water when cooking chicken, fish, beef, or add to soups or stews. This amount will flavor 2 quarts of cooking water. I have also found a VERY large

stainless tea ball, which will hold up to 1 full cup of ingredients. This also works well and is easy to remove from the pot.

**Sources:**

James Duke; The Green Pharmacy (1997)  
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[www.herbs2000.com](http://www.herbs2000.com)  
class notes by Tracy Bosnian 1996

Tracy graduated as a Nutritional Therapy Practitioner in 2005, is a member of the Nutritional Therapy Association's Board of Directors and assists with the Nutritional Therapist Training Program in Portland, OR.

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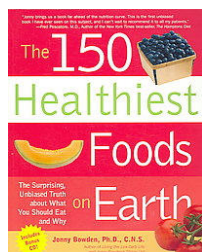
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# Book Review: The 150 Healthiest Foods on Earth

By Yaakov Levine, NTP

As nutritional therapists we have a goal of fully supporting our clients toward optimal health on their journey away from it. An additional goal I have is to be walking my talk, and modeling a lifestyle that others will want to emulate. Dr. Jonny Bowden, nutritionist and author of *The 150 Healthiest Foods on Earth*, does just this as a teacher for me. He fearlessly takes on those Sally Fallon describes as the Diet Dictocrats in a clear, concise, and crisp manner.

Jonny Bowden, PhD, C.N.S. is a nationally known expert on weight loss and nutrition. He has a Master's Degree in psychology and counseling and a PhD in nutrition, is board certified by the American College of Nutrition, and has earned six national certifications in personal training. Along with *The 150 Healthiest Foods on Earth*, Dr. Bowden is the author of additional books including the best-seller *The Most Effective Natural Cures on Earth: What Treatments Work and Why* and *The Healthiest Meals on Earth*.

A popular speaker, his inspiring advice on weight, health and nutrition has been read by millions on iVillage.com and on America Online, and he has contributed material to over 50 national magazines and newspapers, including The New York Times, Chicago Sun Times, Chicago Tribune, Time Magazine, GQ, Muscle and Fitness, Men's Health, Cosmopolitan, Oxygen, Seventeen, Self, Fitness, Family Circle, Marie Claire, Allure, Men's Health, Ladies' Home Journal, Prevention, Personal Trainer Magazine, In Style, and Shape. He is also a frequent guest on radio and television and has appeared on CNN, Fox News, MSNBC, ABC-TV, NBC-TV and CBS-TV. Dr. Bowden has an informative website, and conducts a highly successful Diet Boot Camp each year.

A passionate debunker of traditional and conventional information on health, weight loss and nutrition, he is a popular

keynote speaker and is particularly interested in the politics of health and nutrition. There are a number of best-foods books, but Dr. Bowden's unorthodox approach makes his book stand out. This book does not include any recipes, but focuses on healthy food descriptions. (His companion book *The Healthiest Meals on Earth* is a great source for meal and recipe ideas.) This book also differs from the rest as he includes many comments as to which foods are not appropriate to include in our diets. Page after page, you get to see the spectrum of choices available to you, starting with the best in each food category. You get the good, better, and best for each food group!

An exciting part of this book is that Bowden includes coffee, wine, butter, eggs, and chocolate in the *good for you* category with coherent explanations as to their benefits, and cautions about improper use. In his introduction he suggests that the reader will be surprised to note that soy foods did not make the cut as healthy. As he says, "See, for example, the entry on soy foods. That is, if you can find it. It's pretty short." He does suggest that moderate inclusion of fermented soy foods such as miso and tempeh is approved.

Dr. Bowden does not rate the 150 healthiest foods in numerical order, which is one of the reasons this book is a favorite of mine. As he states in his introduction, "No food supplies everything. Rating them would involve making a decision about which essential vitamins, minerals, and macronutrients are more important, and that's impossible." He takes into account biochemical individuality, and the concept that our nutritional needs are ever changing.

The introductory chapter also includes a helpful, if not comprehensive, primer

about fats, fiber, antioxidants, and the glycemic index. He includes the important distinction between the glycemic *index* and the glycemic *load* that takes into account the actual glycemic *load* of a portion of a specific food.

The 150 selected foods are organized into chapters by types of foods: vegetables, grains, beans and legumes, fruits, nuts, seeds, and nut butters, soy foods, dairy, meat, poultry, and eggs, fish and seafood, specialty foods, beverages, herbs, spices, and condiments, oils, and sweeteners. Each food listing carries an explanation of which nutrients makes it a winner, why these nutrients are so good for us, who in particular would benefit, and who is at risk and should avoid that particular food.

Dr. Bowden also includes tips on selection and preparation. He strongly stresses the importance of the source of each food. As an example he describes the benefits of wild salmon, which has its natural color from the astaxanthin-rich krill and shrimp the salmon feast on. Bowden explains how farmed salmon is artificially colored to look more appetizing, and includes pro-inflammatory fats. He describes how the salmon farmers use a color wheel like those found at the paint stores to determine what color they want for their salmon product.

This is a beautifully presented book, a pleasure to look at with its crisp photos and clean layout. This book also includes the following highlights, adding to the reader's education and enjoyment:

- Ask the Experts: top 10 foods lists from various authorities who are either health writers or health care practitioners. He includes people like Drs. Michael and Mary Dan Eades, who wrote *Protein Power*, Dr. Fred Pescatore, writer of *The Hamptons Diet*,



low-carb researcher Dr. Jeff Volek from the University of Connecticut, Dr. Oz Garcia, Dr. Barry Sears, and many more, which are sprinkled throughout this book. It's a literal who's who in the health and nutrition world, so you won't want to miss their recommendations.

- Starred entries within the list of 150 foods, designating the cream of the crop.
- An educational glossary that defines various nutrients, hormones, diseases, etc.
- Mini-lessons on such hot topics as the glycemic index/load, differentiation of fats, and eating organically
- Interpretation of foods from homeopathic, yoga, and Ayurvedic nutritional therapy perspectives

The information is fascinating, and in an entertaining format. Discover that cashews are a member of the poison ivy family, while eggplant is actually a berry and falls into the nightshade grouping.

You'll learn that raspberries are, calorie-for-calorie, one of the most high-fiber foods on the planet, and that spinach and tomatoes are great for your eyes, thanks to the lutein they contain. Find out how to convert unsalted butter to ghee, which the author describes as one of the finest cooking oils available, providing an important rejuvenating tonic for the mind, brain, and nervous system. You'll come to realize that the country of origin of cheese affects its cancer-fighting and fat-reducing properties.

Although very entertaining, this book is still solidly backed by science. The research presented is impressive, but the author is adept at making complex things simple. As a result, the book is an easy and engaging read—so much so that it feels a little like enjoying a conversation with Dr. Bowden over a cup of coffee or tea.

Attached to the inside cover of this colorful book is a bonus CD disk. At first glance this looks like a clever marketing tool to entice the reader to purchase his three-CD set titled: *23 Ways to Improve Your Life*. While this is marketing pure

and simple, he does make some useful points, one of which I'll share here: He talks about mindful eating, in a relaxed manner, and describes as an example how one should enjoy a piece of chocolate. He suggests finding the best quality dark chocolate, sitting quietly, experiencing the flavors, the textures as the chocolate melts and is swallowed. This reminds me of how we teach our clients about the importance of eating while in a parasympathetic state so their digestion will be functioning, and they will benefit from the nutrient-dense foods chosen.

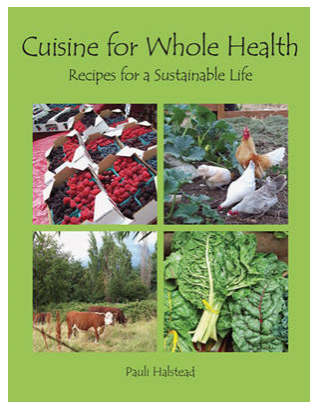
If you want to understand the properties of what you're eating, how foods affect your body, this well-considered book is a must-have. As a nutritional therapist and lifestyle coach, I'm enthusiastically recommending this book to my clients as support in their quest to achieve fat loss, optimum health, and performance goals through informed dietary choices.

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# Book Review: Cuisine for Whole Health

Reviewed by Nora T. Gedgaudas, CNS, CNT

Nonetheless, recipe for recipe this cookbook is the best I've found so far for promoting both health and sustainability....including sustainability of budget. The recipes are also easy to follow and are accessible by those having even the most basic of kitchen skills.

Pauli is an experienced gourmet chef, having owned a successful restaurant in San Francisco and an acclaimed catering company in Napa Valley. There is nothing amateurish about her knowledge of food or her creative culinary prowess. Pauli is an undisputed master of natural and sustainable, healthy cuisine.

If you happen to be looking for the perfect complement to my book for someone you know who happens to be embarking on a new "primal" change of diet this holiday season you could hardly do better

than *Cuisine For Whole Health* by Pauli Halstead. "Caveman cuisine" never tasted so imaginative or inspired. Mark my words, there is something for everyone in its pages, and this beautifully written and illustrated book is sure to be a treasured part of your kitchen library for many years to come. See Pauli's web site for more, including ordering information!

[http://www.cuisineforwholehealth.com/Home\\_Page.html](http://www.cuisineforwholehealth.com/Home_Page.html)

Bon Appétit!

Pauli will be speaking at the 2010 NTP Conference Restoring Balance: Nutrition, Hormones, Fertility and Your Health in Vancouver, Washington March 19th, 20th & 21st, 2010. Call 800-918-9798 to register for the conference or visit [www.nutritionaltherapy.com/2010 NTP Conference.htm](http://www.nutritionaltherapy.com/2010NTPConference.htm) for more information

At long last, someone wonderful has come along and written the closest thing to a culinary companion guide to my own book, *Primal Body – Primal Mind*. Chef Pauli Halstead has created a compendium of culinary masterpieces here that are sure to please even the most discriminating of "primal palates" with *Cuisine For Whole Health: Recipes For A Sustainable Life*.

There is nothing dull about the ways in which Pauli crafts even something as seemingly pedestrian as a salad. Having sampled some of Pauli's creations, I have been struck by how awe-inspiringly memorable they are, even in their relative simplicity. I still will never forget her "Thai Salad with Spicy Dressing" made with tender chicken...or "Salmon with Haricots Verts, Eggs and Nicoise Olives" ...the stuff that dreams are made of. – Mmmmmmm.....

The book itself is a feast for the eyes—gorgeously illustrated—as much as it promises to be a feast for your palate and is well designed with practical usage in mind.

The book does have one or two recipes listing ingredients I would tend to not personally be inclined to include, such as rice and natural sweeteners, as well as a few dessert offerings—there is even a snack named for Yours Truly—ironically containing potentially sweetened ingredients...but is admittedly a worthy rival to my own acclaimed Nut Ball Snackers.

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# Another Health Paradox: With Oxygen, Less is More

By Judith Ames, NTP

Teachings about breathing are central to ancient arts of Yoga, Qigong, Ayurveda, and meditation. Coaches say that to find that sweet spot with your breath will improve your performance whether of rugby, swimming, football, singing, or public speaking. Those of us who have come through the NTA training program have learned that of the abundant nutrients around us, surprisingly, water is the single nutrient that people are most likely to be deficient in. This article looks at oxygen, another ubiquitous substance: can it, too, be crucially deficient?

While seeking to help a client with asthma recently, I borrowed a book about a therapeutic breathing technique developed in the 1930s by a Ukrainian doctor named Konstantin Pavlovich Buteyko. It was one of those moments where all roads lead to Rome. The same week my MD mentioned that asthma clients she had referred to a Buteyko practitioner had seen positive results. Not much later, a voice teacher mentioned a recent New York Times article about this same Buteyko technique while offering me a breathing exercise which was remarkably helpful for finding a comfortable singing voice. Thus began a new fascination. In this article I will look at breathing from the perspective of the Buteyko technique (as described in *The Carbon Dioxide Syndrome*). Another perspective comes from interviews with a local practitioner, Pippa Kiraly). The third perspective is that of Donna Farhi, a yoga teacher who has made an extensive study of breathing in her teachings and practice. She shares it with us in her wonderful *The Breathing Book*. I also puzzle briefly about the nutritional use of oxygen.

The stress of modern living, a stress without exertion, is getting us into trouble. The racing heart rate, the tense muscles, the release of sugar into the blood to provide energy, the suppression of the immune and digestive systems are a few of the processes of the stress response designed to focus energy for exertion. In

days long gone that focus served us well. In the scenario of our modern, more sedentary stresses, these bodily responses can backfire for us. Breathing practitioners, not surprisingly, see the world through the lens of breathing. Rapid, shallow breathing is a symptom of stress, an indication that a person is in a sympathetic rather than parasympathetic state. This rapid breathing, which we adopt in stressful times, can become a longstanding habitual way of breathing which then triggers other, equally longstanding symptoms of stress. Hyperventilation, a key concept in the Buteyko Method, is defined as any time a person is breathing more than is metabolically necessary at a given time. Modern respiration rates are reported to be 12-20 breaths per minute in contrast to a breath rate of 6-8 breaths per minute in the 1890s. Signs of hyperventilation or over-breathing include breathing at a pace faster than normal, using the upper chest muscles, mouth breathing, not pausing at the end of the breath, the occasional yawn or sigh. While these troubled breath patterns can cause health issues, studying the breath and modifying breathing patterns appears to be a remarkably effective tool for reducing stress levels and improving health and performance.

Dr. Buteyko developed his methodology while observing patients during his training in the 1940s and '50s. He noted that the severity of their illnesses correlated with their rate of breathing. He surmised that controlling the breathing might have a positive effect on health outcome. He had studied yogic breath restriction and applied some of these techniques to his own and his patients' healing routines. He found them to be effective and developed them over the years. It took several decades for his method to be adopted, but by the early 1980s the "Buteyko Method" had been approved by the Russian State Medical System for widespread use. Its most prominent early use was for providing relief from asthma. In the late 1980s the Buteyko Method began to be taught in

Australia. The first blind trials of the Buteyko method were carried out in 1994. Since then, the method has been spreading around the world and the number of people teaching the technique grows every year.

There is a surprising paradox at the core of Buteyko's method. *When more air is breathed than is required, the cells are actually deprived of oxygen.* With more rapid breathing, the partial pressure of oxygen does not significantly increase, but the levels of carbon dioxide become substantially lower. In 1903, Danish scientist Christian Bohr observed that the partial pressure of carbon dioxide in the blood affects the ability of hemoglobin to carry and release oxygen. A low partial pressure of carbon dioxide in the blood causes hemoglobin cells to hold more tightly to the oxygen they are carrying. A high pressure of carbon dioxide allows the hemoglobin to release the oxygen into the tissues of the body. This is, of course, the exact opposite of how a person who is short of breath feels. A person who is hyperventilating feels that they cannot get enough air. In reality they have about the same oxygenation in their arterial blood but too little carbon dioxide. This leads to Buteyko's counterintuitive advice that to slow one's breathing will actually improve oxygenation.

That it is easy to obtain sufficient oxygen is confirmed by the commonly known fact that it is possible to perform mouth-to-mouth resuscitation. We receive more than enough oxygen per breath. The pressure of oxygen in the body has to drop by over one third before breathing is stimulated to restore normal pressure. The body is, however, much more responsive to changes in carbon dioxide levels. Small changes from a healthy carbon dioxide level of 40 mm Hg pressure stimulate an increase or decrease in breathing. During exercise the cells require more oxygen and carbon dioxide is produced in large quantities.

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# Homeopathy: A Misunderstood Science (cont)

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finding the correct remedy for major health problems takes a great deal of experience and training. Please do not get discouraged by what I have just said. The use of homeopathy for first aid around the house is a great deal simpler to learn. Treating your family and patients for things such as insect bites/stings, nausea, fevers, bruises, headaches, recovery from surgery, improved healing, broken bones and much, much more, may be learned from some of the books I reference at the end of this article. More importantly, the knowledge you will gain from reading these books and utilizing homeopathy can be both rewarding, time-saving, money saving, pain saving, and possibly even lifesaving. Just remember not to consider yourself a homeopath simply because you have read a book on homeopathy and have helped a number of patients or family members with various injuries or health problems.

A proving is what is carried out in order to determine the symptom picture for a particular homeopathic preparation. A number of people are given a particular remedy, and then for a number of days, weeks, or months, they must record every symptom that they experience which is not normal for them. This is complicated and would include things such as what types of dreams they had, any itches or twitches, vision problems, emotional changes, fevers, temperature abnormalities, headaches and a great deal more. They must be in contact with a supervisor, often daily, since it is generally easier and more accurate if a professional is asking them questions, to be sure to extract every little difference and nuance in their life that shows up during the proving.

All of these symptoms from the group of "provers" are recorded and carefully cross-referenced to form the symptom picture for that remedy. Please do not think it is as simple as I have just described; it is not. In fact, almost every part of this article is in a simplified and condensed form. There will be a number of books and other references listed at the end of this article for those readers interested in gaining more information

about the fascinating field of homeopathy.

What are homeopathic remedies? Any substance whether it is of animal, vegetable, insect, or mineral origin can be made into a homeopathic remedy. There must generally be a proving done so that homeopaths understand what to use the remedy for, but the list of possible substances is endless. Bee venom, tarantulas, pus, Echinacea, lead, mercury, arsenic, table salt, dogs' milk, etc, ad infinitum. These are but a tiny few of the remedies listed in the homeopaths' master reference book called the *Materia Medica*.

How are homeopathic remedies made? This is actually done in a very regimented but simple manner. First a mother tincture is made by mixing the substance being used with a diluent such as water, grain alcohol, or a mixture of the two. For example the herb arnica is often used as a remedy in homeopathy. If the flowering heads of an arnica plant were ground up and soaked for a number of days in a water and alcohol solution so as to extract the active ingredients of arnica, this mixture would now be called a mother tincture or herbal concentrate. This concentrate would then be filtered or strained to remove the plant parts. In order to sequentially dilute this herbal tincture into a homeopathic remedy, the following procedure might be followed. One ounce of this arnica tincture would be added to nine ounces of a solution made up of 50% grain alcohol and 50% distilled water. This diluted solution would then be succussed (rapped firmly against a surface such as a book) 100 times in order to imprint the energetic force of the arnica into the molecular structure of the liquid. This solution is now referred to as being a 1X potency. One, because it is the first dilution from the mother tincture and X to represent the decimal or 10th or one part in nine of the dilution for the Roman numeral X. The same procedure continues in order to get higher potencies. For example one ounce of the 1X solution is then added to nine ounces of the diluent (the 50% alcohol and water mixture). This second dilution is succussed 100 times and is labeled Arnica 2X and so on continually till the

6X, 12X, 30X or greater is reached depending on what homeopathic potency is desired. If, instead, you began by diluting one ounce of mother tincture in ninety nine ounces of diluent then the first dilution would be a one hundredth or centesimal dilution and would be labeled 1C for first centesimal dilution. This in turn would be continued to get higher centesimal dilutions.

You can see that although the procedure is both straightforward and simple, it gets extremely time-consuming. The fact that we can purchase the necessary remedies pre-made is essential, considering how many remedies are in general use today. After a remedy is made, it may be absorbed into small pellets or sugar pills so as to be sold and used in that form or may be kept and used in its liquid form. Storage and shipping is easier in pills or pellets and leakage or evaporation is no longer a problem. Both liquid and pellet forms of remedies are used throughout the world. Some homeopathic remedies are referred to as the polychrest remedies. These are the ones which are used the most frequently, have been well proven, and whose effects are the most well documented and understood by homeopaths around the world.

Does homeopathy really work? This is a question that has been discussed, argued, researched and written about for a very long time. In my view, to ask if homeopathy really works is no longer a valid question. It is as silly a question as to ask whether Acupuncture or Ayurvedic medicine really work. The answer to all three questions would have to be a resounding yes. They have all been used on numerous thousands, or more accurately, hundreds of thousands (actually millions) of patients around the world. They have all been thoroughly studied and have been instrumental in the healing of large percentages of the populations of various towns, cities, and in some cases entire societies. Like the extremely new field which we today call allopathic or drug-based medicine, none of these other fields of medicine is able to cure every disease or alleviate every symptom. The difference is that of these four, only modern allopathic or drug-

based medicine is well documented to be killing well over 100,000 U.S. citizens every year between dangerous and/or unnecessary surgeries and deadly prescription and nonprescription drugs and drug interactions. The Hippocratic oath of "First do no harm" appears to be being violated by the vast majority of medical doctors in practice today. Homeopaths, Naturopaths, Nutritionists, etc., appear to be the real health professionals who are actually working within the boundaries of the Hippocratic oath.

My own personal opinion, and that of many thousands of other health professionals, is that homeopathy works extremely well when used correctly. In addition, homeopathy does not have the deadly side effects of the numerous drugs currently being prescribed by many physicians and which are taken by the handful by many millions of their patients.

You will never hear a news report that some properly prepared homeopathic remedy has been taken off the market because it caused too many deaths from heart attacks, liver or kidney failures, strokes, or any other deadly reaction.

How does homeopathy work? This question is a great deal more difficult to answer. Even in modern times, there is a vast amount of information that we do not yet know. In many cases, we teach things as facts in our schools and universities as well as in medical schools, that are later proven false. It is universally accepted, for example, that we do not understand all of the ways in which aspirin works. There are still many different premises on how and why we age. Our knowledge of endocrinology is far from complete and the current cutting-edge research on the role of RNA (not DNA) in healing is fascinating. Many things about the human body and its plethora of complex biochemical, electrical and frequency-based interactions are still well beyond our grasp. Should people stop living just because we do not yet understand all there is to know? Should we stop using aspirin just because we do not fully understand it? The best rule will always be first do no harm. If we actually stick to this rule, then we would continually

investigate all possible methods of healing even if we cannot fully elaborate on exactly what is taking place. United States Government studies have shown that over 50% of drugs and surgical procedures have never been proven to do what is claimed for them, but they continue to be used every day. Many drugs and surgical procedures, if medicine were to do only honest, ethical non-political and nonprofit based research, would cease immediately.

It is believed by many scientists that all life is energy. Ki, Chi, Qi, Prana, and other words in other languages are used to designate the esoteric term of life force energy. If we temporarily accept that we are in fact electrical beings, run and affected by energies, then homeopathy becomes a bit easier to fathom. The body, human or otherwise (animal, bird, fish, reptile, etc.), has millions of electrical energetic forces which continually act within it and upon it, helping it to live, or in essence actually are its life. Since energies react with one another, then every food, herb, water, sound, poison, emotion, etc., will in some way affect any living thing in its proximity, since they are all forms of energy. Homeopathic remedies are made by sequential dilution and succussion as previously explained. The energy of the remedy has been imprinted into the molecular structure of the liquid solution and will then be released and begin to act upon the living animal or human which takes or is given the remedy. This is a vibrational energy, and it may act in a more subtle manner than magnetism, infrared heat, or gamma radiation. In fact, many low dose (6 or 12X and 6 or 12C) remedies do not generally have any noticeable effect unless there is an appropriate problem in the organism for their energy to act upon. In other words, if you take a low dose homeopathic remedy to treat a problem, and you have chosen an incorrect remedy, there will generally be no corresponding set of symptoms and there will be no detrimental (or beneficial) effect noticed. It is for this reason that homeopathy is so safe to use and to learn. The remedies sold in drugstores and health food stores are generally low potencies and therefore not harmful if you prescribe them for yourself or your family incorrectly. When you choose the correct remedy, however, the results can

seem miraculous.

Two of the most important books for the professional, or even the serious amateur homeopath, are the *Materia Medica* and the *Repertory*. There are many different versions of each written by various authorities in the field, both past and present.

A *Materia Medica* is a book made up of a compilation of the reported symptoms from the provings of thousands of homeopathic remedies. It is arranged by organ system and is used by every homeopath in order to help find the correct remedy for a particular symptom picture. There are quite a few *materia medicas*, and various homeopaths prefer one or more over others. Page through one in a homeopathic pharmacy or bookstore to get a better understanding of just how complex and thorough they are and the kind of information they contain. The first time you try to use a *materia medica*, it will seem overwhelming, but without one, it is impossible to truly practice homeopathy other than basic first aid. Most good homeopathic first-aid books or other beginner books on the subject will have a useable but extremely abbreviated *materia medica*.

A *Repertory* is the other important book for the practicing homeopath. While the *materia medica* lists a homeopathic remedy and then gives every single symptom associated with its use, the *repertory* is quite different. This equally voluminous work first lists the symptom you are looking to treat and then gives you all the possible remedies which may be associated with the treatment of this symptom. As with the *materia medica*, there are quite a few different *repertories* for which homeopaths show their various preferences. You will be just as overwhelmed the first time you try to use a *repertory* as you are with your first experience using a *materia medica*. Many good beginner books and first-aid books on homeopathy will contain a very useable but extremely abbreviated *repertory*.

If you decide to expand your knowledge past what you gain from reading a few beginners' books on homeopathy, you will most definitely need to purchase at

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# Homeopathy: A Misunderstood Science (cont)

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least one repertory and materia medica. If you truly get into the field, you will end up owning a number of each for their variations, as well as possibly \$500 to \$5000 dollars' worth of homeopathic computer programs. As I emphasized before however, neither of these two special books, nor the expensive computer software, is required in order to begin your instruction and make good use of homeopathic first aid for your patients or family members.

The LAST thing I want to do is to discourage any of you reading this article from getting your feet wet. This is a fascinating field and can be used in your office or your home to great benefit. Actually, I encourage you to indeed get your feet wet soon. Just pick up a couple of the beginners' books I recommend at the end of this article. To me, one of the important aspects of using homeopathy is that it seems to be generally accepted as not being harmful during pregnancy. There are a number of books specifically on this topic, and besides, treating a woman during pregnancy with pharmaceutical drugs should rightly scare any reasonable physician or the expectant mother due to all the possible unknown effects of the drugs on the developing fetus.

This last part of my article will be a discussion of the difference between classical homeopathy and what is often referred to as complex homeopathy. I will try to be as open-minded and accurate as possible, since I am in the business of education as well as in the practice of helping people get well. This topic is often one which promotes heated discussions, since most professional homeopaths feel that complex homeopathy is either bogus, incorrect use of homeopathy, misuse of homeopathic principles, or not homeopathy at all. I will attempt to stay somewhat clear of this argument as I explain the differences. I will, however, give some of my observations as well as the observations made and expressed to me by some of my mentors and teachers.

In general, the professional practice of

homeopathy is that of classical homeopathy. This is to say that if you see a professional homeopath, he or she will be practicing what is referred to as classical homeopathy. You will generally have a one to three hour intake or first consultation, during which you will give the homeopath a tremendous amount of information about yourself. With this information, the homeopath will develop a symptom picture, and either at that time or a day or two later, the homeopath will determine what remedy he or she believes is correct for you. Most often, you will be instructed to take a single dose of this remedy in a particular potency, and wait to see how it affects both you and the symptoms for which you sought help (as well as many additional symptoms which came up during the initial consultation but which may not have been part of your reasons for seeking help). The amount of time which may pass during this waiting and reporting period may be as short as a few days, but is more often a number of weeks and could easily be many months. Homeopathic remedies can continue working and balancing the body energies for a very long time before they cease to be effective (unless they get antidoted). During this time, the homeopath will generally not want to switch you to another remedy or re-dose the one you were given, so long as they believe it is still pushing you in the direction of cure.

When working with a classical homeopath, you will probably be instructed not to consume any foods or participate in any activity which it is felt might antidote the effects of the remedy they have prescribed for you. There is some disagreement as to what can, may, or may not antidote (stop or interfere with) the curative effects of homeopathic remedies. A few of the items on this list include coffee, menthol, strong mint-flavored foods, radiation or chemotherapy, acupuncture treatments, steroids, and certain other drugs.

Complex homeopathy is the use of remedies that contain more than just one single homeopathic substance or potency. Often they may contain a combination (and are also called combination

remedies) of as many as 3-15 or more different single remedies together in one bottle. There may even be a number of different potencies of some of these remedies. (Note: a product containing a number of different potencies of the same homeopathic substances is called a *homaccord*.) Complex or combination homeopathic remedies have been formulated for many different uses. Health food stores and pharmacies generally carry remedies labeled for colds, headaches, nausea, constipation, teething, et cetera. If you looked up any of these symptoms in a repertory you would find numerous different remedies listed as possible treatments for the problem. Since a person's headache, for example, might be different in many ways from the headache that another person has (different type, area of head, quality of pain, time headache is felt, etc.) a different remedy might be correct for each headache. The combination remedies try to include many of the possible substances for a wide variety of possible headaches. The premise is that the correct substance will help effect a cure or alleviation of symptoms. The incorrect substances, when used in low potencies, are thought to simply not do anything since there is no similar vibratory problem for them to act upon. In many cases these combination remedies may work very well, while in others they will not work at all. The classical homeopath might say that the correct remedy simply was not there or that the other remedies got in the way or altered the effects.

Another common use for complex (combination) remedies is for drainage and detoxification. I have been to numerous seminars regarding the use of homeopathic drainage formulas and they have all been complex or combination remedies. An example might be the use of potentized (homeopathically diluted and energized) dilutions of pesticides or possibly cleaning chemicals which are then used to slowly help prompt the cells of the body to release these same toxins which have built up from prior environmental exposure.

It has been my own experience that this is

one of the best ways to help slowly reduce the toxic load for those who are environmentally sensitive. Being able to aid the body in prompting the slow and controlled release and elimination of these toxins gets me the best results when working with this particular condition in my practice.

A number of medical doctors who are practicing homeopaths have all made similar observations regarding complex drainage remedies. I have personally attended many professional seminars where professional homeopaths lectured in regard to following information. Their observations were that when seemingly properly prescribed homeopathic remedies did not seem to be working, it was often due to some form of toxic energetic blockage in the patient. After using homeopathic drainage products first, a number of their remedies would then have the desired effects and healing would begin. Each of these physicians related to us (the seminar participants) that as classical homeopaths, they had been warned against the use of combination remedies. They all admitted that when they finally opened their minds and became willing to at least try the complex drainage remedies, their beneficial treatment results increased exponentially with many patients.

Always remember, the mark of a great practitioner is the willingness to admit they do not know everything and that in fact they may even be wrong regarding one of their main principles or beliefs. After making this admission, they must then be willing to stretch their beliefs and try new ideas or products. While keeping the "first do no harm" requirement in the forefront, many new products and procedures can be investigated. I myself strive to keep my open mind seated firmly beside my scientific and skeptical mind. I must also be careful not to allow my ego or assumed knowledge to prevent me from experimenting with new products that I do not believe will work, or I can no longer find those few that actually do work.

Having taken a three-year program in classical homeopathy, I have a much greater respect for its abilities than I had previously. Although I continue to

practice mostly traditional naturopathy and all its variations, I sometimes refer patients to a classical homeopath if I feel it may be helpful. Possibly, one day I will begin to use more classical homeopathy in my own practice. Currently I recommend it mostly during pregnancy.

Please learn about, and begin to practice, homeopathic first aid for your clients and your family. It is a fascinating science that may change your life.

Reading List with brief descriptions

*Impossible Cure* by Amy Lansky  
An excellent book explaining homeopathy.

*Family Guide to Homeopathy* by Lockie  
Easy to understand. One of my favorites for general family information.

*Homeopathic Medicine at Home* by Maesimund Panos M.D. & Jane Heimlich  
This is an excellent beginners' book. It is well indexed so you can immediately find the symptoms and the descriptions of possible remedies. A very good first book, especially for someone who is not interested in learning about homeopathy, but would like to try using it with their family.

*Homeopathic Remedies* by Asa Hershof, ND  
This is another favorite beginners' book. Very easy to use and to locate remedies, with good descriptions of the variations and excellent charts.

*The People's Repertory* by Luc De Schepper M.D., PhD, Lac  
This is one of my favorite beginners' books, but only if you want to learn a bit more about homeopathy. There is no index and the table of contents is brief and inadequate. With that said, it is a great book. Luc is a well-respected though sometimes controversial homeopath. He is also a teacher and seems to have laid out the book with that in mind. In order to get the great benefits this book has to offer, you need to put in a little time. You should take a pen and a colored highlighting marker and read through the book. Highlight anything you want to be able to see quickly, and make your own index at the beginning of the book with the important page

numbers and the information to be found on those pages. This may sound like a nuisance, but it will teach you a great deal and this book will then become a treasured reference.

*Everybody's Guide to Homeopathic Medicine* by Stephen Cummings & Dana Ullman.  
Another good beginners' book with a great deal to offer

*Homeopathy for the Modern Pregnant Woman and Her Infant* by Sandra Perko.  
An expensive professional book, the best I have found on the subject.

*Homeopathic Medicine for Children and Infants* by Ullman. An excellent parents' guide to using homeopathy.

*Homeopathy for Pregnancy, Birth, and your Baby's First Year* by Miranda Castro.  
Because this is one of the few excellent books on this particular area of homeopathy, I felt I needed to list it for those readers for whom it is currently appropriate.

*David Getoff is a Board Certified Traditional Naturopath, a Board Certified Clinical Nutritionist, a Fellow of the American Association of Integrative medicine, an elected member of the American College of Nutrition and the International College of Integrative Medicine and the vice president of the Price-Pottenger Nutrition Foundation. David is board certified in integrative medicine, has developed and produced over a dozen educational holistic health DVD's on topics including cancer, heart disease, diabetes and detoxification and is the co-author of Reduce Blood Pressure Naturally.*

*David is licensed or certified in either traditional naturopathy or nutrition in three states and has a waiting list private practice in El Cajon California. He has also developed the 9 week course entitled Attaining Optimal Health in the 21st Century which he has been teaching to packed classrooms through the Grossmont/Cuyamaca College extended studies program, every semester for the past 15+ years.*

*David will be speaking at the 2010 NTP Conference Restoring Balance: Nutrition, Hormones, Fertility and Your Health March 19th, 20th & 21st in Vancouver, Washington. For more information visit [www.nutritionaltherapy.com/2010NTPConference.htm](http://www.nutritionaltherapy.com/2010NTPConference.htm).*

## Another Health Paradox: With Oxygen, Less is More (cont)

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In the days where stress came wrapped up with physical exertion, quicker breathing would provide oxygen and the exertion created the appropriate balance of carbon dioxide.

A sustained low-grade hyperventilation perpetuates a low level of stress. Some symptoms of hyperventilation are directly related to the stress response: panic attacks, an erratic or pounding heart rate, compromised digestion and immune response. Restriction in peripheral vasculature can cause numbness, cold or tingling in the extremities, headaches or unclear thinking. Muscles can become tense and sore. As carbon dioxide is lost the smooth muscles wrapped around the airways constrict. These responses, along with congestion and allergies, are understood by the Buteyko practitioners as ways for the body to limit the loss of carbon dioxide. This is their explanation of the cause of asthma. The specific response to long-term hyperventilation can vary for each person, where their particular manifestation of ailments has to do with their genetically determined weak link, be it cardiovascular, digestive, emotional or otherwise.

Although the Buteyko method was first recognized and is best known for its success with treating asthma, Pippa Kiraly described asthma as the poster child of Buteyko, indicating that it helps with many other ailments as well. Many of the clients who come to her for asthma find they experience other positive effects as they retrain their breathing. The list of other symptoms which can be helped parallels the list of chronic hyperventilation symptoms.

Buteyko practitioners see insomnia as a symptom of over-breathing. When relaxing before sleep, the pH decreases marginally, anesthetizing the nervous system and allowing sleep. High carbon dioxide pressure causes a sleepy, relaxed feeling. Someone who is over-breathing may not find it as easy to settle at night and might wake during the night with a dry mouth, rapid breath and the need to urinate. One function of healthy breathing is to maintain an acid balance in the blood.

A low carbon dioxide level causes respiratory alkalosis, where the body breaks down carbonic acid to make more CO<sub>2</sub> and in so doing makes the blood more alkaline. The kidneys play a part in acid balance by the adjustment of bicarbonates or the excretion of lactic or keto acids.

Pippa teaches her Buteyko in a course of five classes providing educational information about physiology and diet with daily exercises and homework. Specific exercises include slowing and extending the exhale, a mini pause at the end of the breath, observation of the breath and training in abdominal breathing.

In our next book, *The Breathing Book*, Donna Farhi, a yoga instructor, is comfortable talking the language of science. She, too, describes the Bohr effect and the carbon dioxide syndrome. The symptoms of hyperventilation which she sites from a Journal of the American Medical Association article match those described in the Buteyko literature. The book provides a description of healthy breathing, various examples of unhealthy breathing, and offers breathing exercises and yoga poses to restore healthy breathing. The various forms of improper breathing, such as breathing with one's chest muscles, take much more effort and can lead to sore muscles in chest, neck and upper back. Farhi works with opening up and retraining both muscles and breathing.

A simple exercise Danna Farhi offers is "straw breathing," where one inhales normally and exhales through a straw for three minutes while concentrating on letting the next breath arise naturally. The inhalation comes as a natural result of a full exhalation. Upon counting their breaths per minute, before and after three minutes of straw breathing, Donna reports that her students typically reduce their breath rate by half after this exercise and notice continued relaxation well into the day.

Donna's skills as a teacher shine through her soothing, poetic language in a style quite different from the more technical

*Carbon Dioxide Syndrome*. Although she offers specific and practical advice, she calls it not a how-to book, but a how-to-undo book and draws on poetry, drawings, images and queries to teach: "Free breathing is a result of deep relaxation, not of effort." While both books provide useful tools which could well compliment any health care approach, it takes concerted effort to change a breathing pattern. Buteyko's focused in-depth breath training is helpful in providing the sustained focus needed for reversing a problematical breathing pattern. Donna's use of physical poses and exploration of many different breath exercises offer the insight and tools for a self-motivated and disciplined student or teacher to take on the challenge of changing breathing patterns.

There is some controversy in the medical world about the use of what is termed bio-oxidative therapies, which entails the use of both ozone gas and hydrogen peroxide to increase oxygen levels in the cells. I claim no understanding of these therapies, but cannot help but wonder if the Buteyko explanation and remedy for a lack of oxygen might provide another, perhaps more natural approach to addressing an oxygen deficit.

Most of us have forgotten what it means to breathe deeply and peacefully. There is an infectious nature of healthy breathing. Finding our own calm breath might well provide support to both practitioner and client during our clinical practice. Could it be that western medicine is discovering what eastern medicine has long understood: to breathe well provides a foundation for health and vitality; to not do so provides a foundation for illnesses?

*A relative newcomer to the field of nutrition, Judith Ames practices in Seattle, Washington and finds education and communication key to her work as a nutritional therapist. Having studied yogic breath work for years, this new approach to breathing has opened doors for her and she hopes it will do so for others as well.*



# From the Kitchen of...

## Heidi Chase, NTP

*Growing up in Marin, California, my passion for cooking and good nutrition started in childhood, learning old-world recipes handed down by my grandparents. I also draw on my experience in cooking in professional settings and caring for people with long-term health challenges. I'm able to design individual programs that aid your own body's innate wisdom and enjoy the bountiful food experiences that surround us.*

### Grilled Lamb Chops with Herb Garlic Paste

For the best flavor and nutritional value look for lamb that has been grass-fed, preferably for its entire life. Develop a relationship with your local butcher; they

will be able to give you information you need. You will be helping to support sustainable agriculture while giving yourself the best nutrients available. Preheat grill or broiler.

- ☐ 6 thick T-bone style lamb chops
- ☐ 6 cloves garlic
- ☐ 2 teaspoons ground rosemary
- ☐ 2 teaspoons oregano
- ☐ 2-3 tablespoons olive oil
- ☐ 2-3 tablespoons red wine
- ☐ Juice of half a lemon
- ☐ Salt and Pepper to taste

In a glass dish that will fit the chops, add the olive oil, lemon juice and wine. Place chops in the dish and bathe them, turning over once. Using a garlic press, spread

one clove pressed garlic on each chop. Sprinkle with herbs, salt and pepper. Marinate, covered, at room temperature until ready to cook (20-45 minutes). Grill or broil over medium heat until cooked to your liking—approx 5 minutes on first side and 4 minutes on the second side. Add additional time for thicker cuts. Remove from the heat and season with salt and pepper to taste.

Serve with Rustic Olive Relish. Serves 4-6

**Remember:** If you're interested in submitting your recipe request or would like to request a recipe submission form (which includes a copyright release) please email [l.paki@comcast.net](mailto:l.paki@comcast.net).

## Alumni Corner

Early in her life **Rachel Olivas** (Seattle, 2007) had an emotional eating disorder and was overweight as a result. Diets did not achieve the weight loss she desired. A wake-up call came when three people in her life died of cancer. Her focus shifted from losing weight to finding a lifestyle and diet to promote optimal health. This resulted in a journey she believes saved her life.

Her first career position was as a company representative offering durable medical equipment to orthopedic surgeons and neurologists. A natural progression could have been to pharmaceutical sales, but when she left the company, her career took a turn toward nutritional health and away from the medical paradigm. A chance meeting brought her into contact with Gray Graham of Biotics Research Northwest and led to a position as a representative for nutraceutical products. In order to serve her clients better she enrolled in the Nutritional Therapist Training Program where she enhanced her knowledge of nutrition.

Rachel's primary position is with Biotics Research NW but she also has a private practice where she sees clients one day a week. Not everyone knows what they

## Presented by: Dawn Hamilton, BS, NTP

want to do when they grow up. Rachel has long had a passion for nutrition and counts herself fortunate that this passion/hobby led to her current career. The NTT Program gave her a vision for the possibilities of using nutrition to change lives.

Rachel encourages new graduates not to get lost in the minutiae. The program is rich in content and gives enough to be successful in helping others. There will always be more to learn. Remember to go back to the foundations for outstanding results. Rachel can be contacted at [rachel@bioticsnw.com](mailto:rachel@bioticsnw.com) (253) 225-1028

As a teenager **Ashley Kunesh** (Portland, 2008) was hired by J. R. Schoenfeld, owner of Chives Restaurant, to train as a pastry chef. She spent eight years working in well-established restaurants across the northern tier of states, from Wisconsin to Vermont. Her desire to receive more education in the healing arts brought her to the West Coast and eventually to the Nutritional Therapy Training Program.

The fall after graduation she attended the Certified Healing Foods Specialist course in Los Angeles. There she conceived a business plan which continues to

evolve. Last January she started her company, CultureBiota, which focuses on marketing a line of cultured foods to the community. The featured product is the coconut water kefir which is available at Food Front Northwest, Peoples Co-op, Mothers Market Place, Gorge Farm Stand, Whole Foods, and online at [www.CultureBiota.com](http://www.CultureBiota.com). Product is shipped across the United States.

Ashley has begun a series of Well-Being classes in addition to the demonstrations at local co-ops. However, nutritional consultations are still her favorite tool to reach others with her message. Since CultureBiota focuses on cultured foods, many of her clients come with digestive complaints or immune disorders. She has also had an opportunity to successfully work with the parents of autistic children.

Ashley feels the NTA program has shaped her life immensely. Through the program she discovered her passion. Working the knowledge into her personal life has been rewarding in itself, but the opportunity to help others has been extremely empowering. New doors are continually being opened as she accepts new opportunities to share. Ashley can be contacted at [wholefood.summit@gmail.com](mailto:wholefood.summit@gmail.com)

# Time to Register!

## NTP 3rd Annual Conference

### Restoring Balance: Nutrition, Hormones, Fertility & Your Health

Dates: March 19, 20 & 21, 2010

Location: Red Lion at the Quay - Vancouver, WA

#### Presentations by:

- Janet Lang, BA, DC
- Jeffrey Smith
- Carrie Jones, ND
- Rachel Olivas, NTP
- David Getoff, CCN, CTN, FAAIM
- Kenneth Welker, MD
- Pauli Halstead
- Screening of *Food Fight* on Friday night

Please visit our website [www.nutritionaltherapy.com](http://www.nutritionaltherapy.com) for more information.

Space is limited! Call 800-918-9798 to register.

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