

Complementary Wellness Group

Complementary Wellness is a group of healthcare professionals and businesses whose mission is to facilitate wellness, by facilitating the full complement of healing modalities, in Denver Metro and beyond.

The group publishes:

◆ In print – *Complementary Healing Guides* in Metro Denver, Boulder County, New Orleans Metro/Northshore, as well as *Complementary Wellness* journals.

◆ Online – the monthly *21st Century Wellness eLetter*, the *Complementary Healing eGuide* to more than 100 Complementary Healthcare modalities, and the *Wellness eJournal*.

Its website also includes: links to high-quality sites, "How to Find a Practitioner or Business," and many other resources.

Qualifications

Member Practitioners and Businesses have met the following strict qualifications:

- ◆ Highly recommended by a practitioner member or three clients
- ◆ Properly educated in primary modality, with appropriate credentials

- ◆ Registered or licensed, as available
- ◆ Housed in suitable space, at home or in an office building

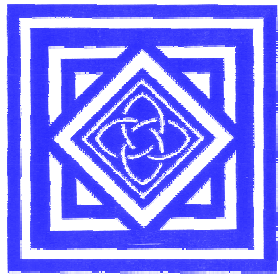
Members are listed at the website – CompWellness.com/members.htm – as well as in the *Wellness Practitioner and Business Directory* pullout section inside.

To learn more about Complementary Wellness, how to co-publish a book or journal in your city, join the group, ask a question or order home delivery (\$24 per calendar year): visit CompWellness.com, email Kenton@CompWellness.com or call (303)770-4022. Copyright © 2001, Complementary Wellness educational-professional group; Kenton Johnson, Director/Publisher, Josephine Hehnke, Editor; 7645 South Steele Street, Littleton CO 80122. (ISBN for entire volume.)

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Complementary Wellness™

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What about Fluoride?

Fluoride in drinking water has never been approved by the FDA. Western European countries ban its use in water. Interestingly, reduction in decay rates in Western Europe since WWII has paralleled that in the United States.

Fluoride added to water has little or no effect on rate of decay!

Those who advocate fluoride in drinking water are using 50-year-old research. ...

See full article, page A1

Complementary Healthcare Modality Regulation

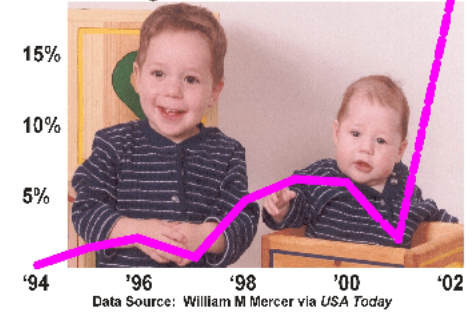
To protect the public without over-regulation, sunset laws require a review of state regulatory agencies periodically, including those overseeing many of the Complementary Healthcare modalities. ...

See full article, page A3

Solutions to Exploding Healthcare Costs

On August 27, *USA Today* reported "Health Insurances Prices to Soar." The next day, the *Denver Post* reported "Workers May Absorb More of Benefit Costs," confirming that the higher costs for employers may increase worker's

Annual Change in Healthcare Benefit Costs



Data Source: William M Mercer via *USA Today*

annual out-of-pocket expense. *USA Today* reported that this may be as much as **\$500 per employee and \$1,000 per family**. (Web links to these articles available by email – see box, page 4.)

What happens when people – workers and employers – pay substantially more for anything? They ask how to reduce costs and if they are getting the best value for their money. Using a full-spectrum of healthcare services – Complementary Healthcare – has been shown to accomplish both.

Implementation will be a major change for health insurance companies, healthcare practitioners and institutions as well as the consumer. However, as out-of-pocket expenses rise, the pressure will mount for solutions and the structures to implement them.

Many studies have already shown the effectiveness of Complementary Modalities. We've found some of the studies that show substantial cost savings.

Acupuncture and Other Modalities
(compiled by ChicagoAcupuncture.com)

Avoidance of Surgery. "29 patients with severe Osteoarthritis of the knee, each awaiting arthroplasty surgery, were randomly selected to receive a course of Acupuncture treatment or be placed on a waiting list to receive similar Acupuncture

Add too large for PDF

Teresa Kappers-Wright, NCTMB

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treatment starting 9 weeks later. Of the 29 patients, 7 were able to cancel their scheduled surgeries. **Cost savings: \$9,000 per patient.**

From "Acupuncture Treatment of Severe Knee Osteoarthritis: A Long-Term Study," 1992, *Acta Anaesthesiol Scand* 36:519-525.

Decreased Days In Hospital or Nursing Home. "Half of 78 stroke patients receiving standard rehabilitative care were randomly chosen to receive adjunctive Acupuncture treatment. Patients given Acupuncture recovered faster and to a greater extent, spending 88 days per patient in hospital and nursing homes compared to 161 days per patient for standard care alone. **Cost savings: \$26,000 per patient.**"

From "Can Sensory Stimulation Improve the Functional Outcome in Stroke Patients?" 1994, *Neurology* 43:2189-2192.

Low-Back Pain Patients to Return to Physical Labor. "56 patients at a workers' compensation clinic [received] either **physical therapy/occupational therapy/ exercise** or the standard care plus Acupuncture. Of the 29 treated with

Acupuncture, **18 returned to their original or equivalent jobs** and 10 returned to lighter employment. Of the 27 who received only standard therapy, **4 returned to their jobs** and 14 to lighter employment." **(A 400% improvement.)**

From "Dry Needling of Muscle Motor Points for Chronic Low-Back Pain," 1980, *Spine* 5:279-291

Avoidance of Surgery, Fewer Hospital Visits and Greater Return to Employment. "69 patients with severe angina pectoris received 12 Acupuncture treatments in 4 weeks. Patients were also instructed to perform **Shiatsu** twice daily and received counseling in **stress reduction, exercise and diet.**

Of the 49 patients who were candidates for coronary bypass or balloon angioplasty surgery, 30 had surgery postponed by the two-year follow-up due to clinical improvement.

Decrease in number of in-hospital days for all 69 patients: 79% first-year post-treatment, 95% second-year post-treatment. Reduction in number of outpatient visits: 60% and 87% respectively. Estimated additional cost savings from increase in percent of patients able to work: 11% prior to treatment; 60% at two years post-treatment.

Estimated annual sick-pay savings: \$18,000 per patient.

From "Cost-Benefit of Combined Use of Acupuncture, Shiatsu and Lifestyle Adjustment for Treatment of Patients with Severe Angina Pectoris," 1996, *Acupunct Electro-Ther Res* 21:187-197.

Other Modalities and Practices

According to *Advance Physical Therapy and Holistic Health* (Forthrt.com/~chronic/prop4.htm), "Sufficient data to demonstrate that [Complementary Healthcare modalities] do work are beginning to become available as indicated by the following evidence:

- ◆ "Blue Cross and Blue Shield of Iowa retrospectively analyzed the health data of 693 staff, faculty [and their families at] the Maharishi University of Management from 1985-1995. BC/BS found that they were much healthier than most people statewide and those of similar education

Continued on page 3

and status. According to the news release, the findings specifically found that 'individuals following a health regimen of **diet, exercise, ... meditation program, and herbs cut their medical use and costs up to 92%** compared to statewide norms.'

From *American Journal of Managed Care*, May 1, 1996

- ◆ "Miron Stano, PhD, Oakland University, conducted a study comparing the healthcare costs for Chiropractic and medical patients. The database he used came from ... insurance claims for many of the country's largest corporations [395,641 patients] ... he concluded that patients who receive **Chiropractic** care, either solely or in conjunction with medical care, experienced '**significantly lower health-care costs ... on the order of \$1,000 each over the two-year period**' than those who received only medical care." **This works out to about an 87% savings.**

Additional Supporting Evidence:

- ◆ AARP Public Policy Institute article, "Cost Effectiveness of Alternative Medicine," very well documented at Research.AARP.org/health/fs67_alternative.html#cost

- ◆ "Alternative Therapies for Back Pain: A Randomized Trial," study extended into 2000 or so, report in progress, see AHCPR.gov/research/mgdnote2.htm

- ◆ See the national research organizations: National Institutes of Health (NCCAM.NIH.gov) and the White House Commission (WHCCAMP.HHS.gov).

- ◆ Search the web for "cost effectiveness" AND "Complementary Medicine"

What Can You Do?

This is the time to demand the same things you do from any service that **you** pay for, directly or indirectly: *price, quality and service.* (Normally you have to pick two, but with Complementary Healthcare you get all three.)

Actions you can take:

- ◆ Talk to your insurance provider or your organization's coordinator.

- ◆ Forward educational articles and study results to influence people.

- ◆ Demand the cost studies from government research organizations (currently not their top priority).

- ◆ Contact your legislators – see VoteSmart.org for current listings.

- ◆ Actively participate in the implementation process in your organization.

Calendar

"Module 1: Transforming Your Breathing for Health and Joy," Sept 8-9, Longmont. Tom Goode, ND, leads you on the first step to accelerating and expanding your life. \$400, 888-657-3432, TransformBreathing.com.

"It Doesn't Have to Hurt" Free Lecture/Demo, Sept 11th, Denver, 7pm. No charge. Call 303-237-1142 or visit BodyAwareness.com/intro.htm.

Combining Energy and Myofascial Therapies, Sept 20th, Boulder by Design, 1711 Pearl St. Robert McOwen, APP, NCMT. No charge. RSVP and other classes: 303-443-2084.

"Vaccines: Risks, Benefits and Choices," Sept 28th, 9am-4pm, Rocky Mtn Community Church, 7562 S University (downstairs), Littleton. Sherry Tenpenny, DO, radio host. \$35/\$50 per couple. RSVP: 303-794-4477.

"Natural Nutrition for your Dogs and Cats," Sept 29th, 9am-2pm, Hotel Monaco, 17th & Champa, Denver. Kymthy Schultze, CCN, AHI, author. \$55/\$95 per couple, including lunch. Pre-Reg Required: WCGSD.com/natnutrition.htm.

"Group Breath," Sept 29th & Oct 12th, 10am-12:30pm, Solstice Institute, Boulder. Sandra Coutts, MSN, RN, CTB, leads stress-resolving and energizing Full Wave Breathing workshops. \$20. RSVP: 303-494-0130.

Other Classes, Denver Metro area:

- ◆ Alphacdc.com/justforhealth – Classes
- ◆ CCA.CCCOES.edu – click choices
- ◆ ThePilatesCenter.com – What's New
- ◆ VitaminCottage.com – click Lectures
- ◆ Wild Oats Lectures – see stores
- ◆ Whole Foods Lectures – see stores

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General Assembly Conducts Public Reviews of the Regulatory Functions

In conducting a sunset review, a legislative committee will review recommendations from DORA concerning continuation and the function of the boards. This review by the committee will be conducted at a public hearing which will likely occur in November or December, 2003. The committee will take testimony from interested members of the public and any involved program administrators.

The recommendations of the committee will be reviewed again when the General Assembly convenes in January, 2004.

Assuming that the committee makes a recommendation to the General Assembly, this recommendation is done through the format of a regular bill that will be officially introduced sometime after the first week of January in the 2004 session of the General Assembly. During this time consumers will again have the opportunity of making public testimony before the legislative committee(s) assigned to hear the bill or bills. The legislative session will last until the first week in May of that year.

While the past history of the laws governing Psychotherapy practice in Colorado is strewn with various political battles, the bottom line still is "what the public wants."

Clients of Psychotherapists, Counselors and Social Workers who want to express their views of the current system or ways that it may be improved may always contact the Department of Regulatory Agencies at (303)894-7766. Visit DORA at www.DORA.state.co.us.

Mr McHugh is a Psychotherapist and Hypnotherapist, specializing Inner Child Work and Gestalt Therapies, and has more than eleven years of cumulative experience in this field. Visit his site_ GregMcHugh.com, or call him at (303)995-4276.

Mr McHugh is also the Legislative advisor to the Colorado Association of Psychotherapists (CAP). See CAP's website at CAP-Psychotherapists.com.

Pullout Section

Professional Healthcare



This issue of CW continues exploration of this fourth component of Wellness – Professional Healthcare – with the *overuse of fluoride* as well as *professional regulation*.

For more information and articles, search for "Professional Healthcare" at CompWellness.com.

What about Fluoride?

by Robert McFerran, DDS

Fluoride in drinking water has never been approved by the FDA. Western European countries ban its use in water. Interestingly, reduction in decay rates in Western Europe since WWII has paralleled that in the United States.

Fluoride added to water has little or no effect on rate of decay!

Those who advocate fluoride in drinking water are using 50-year-old research. Recent research shows that fluoride has some very serious potential and definite side effects.

Consider children up to age six. They swallow 25-50% of the toothpaste they use. More than a tiny, pea-sized drop of fluoridated toothpaste is too much! That is ½ mg of fluoride. Read the label on the toothpaste tube or box. If more than this amount is swallowed you are to contact the poison control center or seek other immediate medical advice. How many times a day do they brush?

About 30% of fluoride comes from our diet through our water. One glass of fluoridated water at one part per million (1 ppm) fluoride contains ½ mg of fluoride, a maximum daily dose for a child.



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Untold numbers of food and beverage products are manufactured with fluoridated water, including:

- ◆ Fruit juices
- ◆ Soda pop
- ◆ Baby food (one brand contains 8 ppm fluoride)
- ◆ Canned foods

The dosage for adults is 1 mg daily. This was a guesstimate made 50 years ago. One liter of water contains 1 mg of fluoride. See how easy it is to get too much fluoride? One of the swirls of toothpaste on your toothbrush as seen in the advertisements contains 2 mg of fluoride.

Don't even consider taking fluoride supplements by mouth.

Real and Potential Risks:

- ◆ Enamel Fluorosis – we see it in our office regularly
- ◆ Teeth are more brittle
- ◆ Delayed tooth eruption
- ◆ Bone fragility in the aging – fluoride accumulates in bone
- ◆ Possible thyroid depression
- ◆ Possible linkage to bladder, bone and thyroid cancer

Important Facts: More than 90% of US fluoridated water is treated with either sodium silicofluoride or fluosilicic acid. These are by-products of the fertilizer industry! Less than ten percent is treated with sodium fluoride. No human health studies have been done on chronic low-level exposure to the silicofluorides. Data suggest they may enhance the uptake of lead from other environmental sources and are possibly carcinogenic.

Positive Notes

The Hawaiian State Legislature recently became the first to ban fluoridated water.

One effective use of fluoride in dentistry is to use it topically under professional supervision to treat root surface decay and certain cases of rampant decay.

Search the [web](#) for more on [fluoride](#) or [silicofluorides](#).

Continued on page A3

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Dr McFerran has been in private practice since 1962, and is keeping well ahead of "usual" dentistry by being a continuing student. He specializes in mercury-free, holistic dentistry in Lakewood. Visit his website, [MileHiSmiles.com](#) or call him at (303)237-3306.

Something Every Consumer Should Know about Regulation

by Greg McHugh, CHT

To protect the public without over-regulation, sunset laws require a review of state regulatory agencies periodically, including those overseeing many of the Complementary Healthcare modalities. Also, the Sunset Law is the law that automatically allows the termination of a state regulatory agency, board or function of government on a certain date.

If, upon review, the state legislature chooses, they may act to continue the entity or function by passing a bill that extends or amends the entity.

The Sunset Law, by default, also allows that the legislature may do nothing, thus causing the entity to cease to exist after the previously determined deadline, called a repeal date.

Department of Regulatory Agencies Will Conduct Initial Review of Entities and Functions – Summer of 2003

Pursuant to other requirements of the Sunset Law, the Colorado Department of Regulatory Agencies (DORA) will produce a "sunset report" by October 15, 2003, for the Grievance Board for Unlicensed Psychotherapists, and the various licensing boards for Social Workers, Psychologists, Marriage and Family Counselors and Professional Counselors. These boards are scheduled to terminate in July, 2004.

This sunset report describes the history of each board, examines the laws which created each board, and makes recommendations regarding changes to the law and continuation of each individual board.

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