

International Health Providers

Last issue we promised more on the Denver-Mexico connection to innovative health clinics and practitioners. The PIP and FDA stories superceded this article, since they are very time-dependent. More in the next issue.

In the mean time, see our international Centers and Dentist in the *Wellness Directory Pullout*.

Calendar of Events

"CWPA Free Lecture & Gathering,"

4th Thursdays, Mar 27th & Apr 24th, 7-9 pm, for practitioners, business owners and the public. Englewood Library. See CompWellness.org/Comm/gather.htm.

"How Stress is Affecting your Life,"

last Tuesdays, 7pm, Lakewood. Bela Weiser, DC. Free. 303-984-9570.

"Cleansing for the New Year," Tues,

Apr 1 & continuing, 7-8:30pm, Denver Tech Center. Matthew Reddy, ND. Free. 303-850-0880.

"Minimally Invasive Surgery," Open

Houses, evening, Denver, Advanced Women's Health Institute. Michael Moore, MD. Free. 303-321-2255.

"Healing Principles & Tools Workshop,"

Fri, Mar 21st 7-9 pm, Sat-Sun, Mar 22-23 9-5pm, Dr Joseph Crane, DD, PhD author and lecturer, (58th & Garrison) Arvada. \$170. 303-635-0140.

"Living the Ancient Tao in a Modern World,"

"Ponder on This," "The Wonderful World of Essential Oils." Occasional classes. Tao Discussion Group, 3rd Monday evenings. Fees. Call 303-271-1649 or visit OptimumChoices.com.

"Less is More – Neuroenergetic Release®,"

continuing, 7pm, Lakewood. Lecture/Demo by NER developer Donald Kipp, NCTMB. Free. Call 303-237-1142 or visit Body-Awareness.com/intro.htm.

More Denver-Area classes at:

- ◆ SpiritFire.com
- ◆ HeartHealingCenter.com
- ◆ SabinahOla.com
- ◆ www.Alphacdc.com/justforhealth/

Complementary Wellness Professional Association (CWPA) and CW journal

CWPA is a Colorado non-profit association of healthcare professionals and businesses whose mission is to facilitate the use of mainstream, wide-spectrum – *Complementary* – healthcare.

CWPA's group **Objectives** are:

- ◆ Educate the public, employers, governments and associations on the full range of mainstream Complementary Healthcare options.
- ◆ Develop and publish information sources on Complementary Healthcare and Wellness
- ◆ Encourage every local organization offering a healthcare benefit to expand to embrace Complementary spectrum of healthcare.

Member Practitioners and Businesses have met the following strict **Qualifications**:

- ◆ Highly recommended by a practitioner member or at least three clients
- ◆ Properly educated in primary modality, with recognized credentials
- ◆ Registered or licensed, as required
- ◆ Housed in a suitable business location

Members are listed at [Members List](#) on the website, CompWellness.org, as well as in the *Wellness Practitioner and Business Directory* pullout section inside.

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To learn more about CWPA, how to co-publish a journal in your city, join or support the group, ask a question or order home delivery (\$36 per calendar year), contact us at (303)770-4022 or CWJournal@CompWellness.org.

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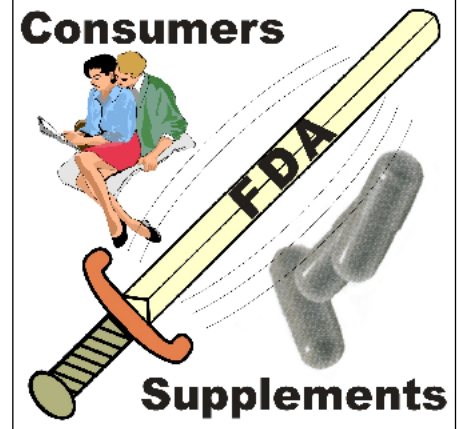
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Complementary Wellness Professional Association

March-April 2003

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Updated Name – New Features

Complementary Wellness journal's name has been updated to emphasize the *Wellness* part of our mission.

We've also added more columns – on the unsung hero and problematic Lymph System as well as Chiropractic Care – by the doctors leading us into healthcare and wellness for the 21st Century.

This and previous issues are online as PDFs – Portable Data Files. Go directly to the journal at CWDenver.org, then download the issues you want.

Your comments are always welcomed.

PIP PIP Old Chap

Last year, the Colorado Legislature began an *overhaul* of our 30-year-old no-fault auto insurance system. The major targets were Personal Injury Protection (PIP) healthcare benefits and how you can sue after an accident. **An overhaul is unnecessary**, and may reduce your benefits much more than your premiums.

Colorado's PIP benefits cover many

Continued on page 2

FDA's Two-Edged Sword

The US Food and Drug Administration's "Initiative to Provide Better Health Information for Consumers" will provide dietary supplement standards for the **accuracy** of the content on their labels and to eliminate **impurities**. It will also start to allow **qualified health claims**.

FDA Commissioner Mark B McClellan, MD, PhD, sounds upbeat and proactive, saying, "This proposed regulation is another major step in our efforts to help Americans take more **control over their own health** ... Consumers should have access to dietary supplements that are accurately labeled and are free from contaminants."

Obviously, knowing what you are really buying in a supplement is very important to your health and budget. Some consumer groups are pleased with the action, and on the surface it sounds good.

However, there are several considerations that you are invited to ponder:

- ◆ Complementary Healthcare **professionals** recommend products better than

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the FDA, and provide you with professional-grade products or excellent choices from supplement and healthfood stores. See article, page A2.

- ◆ The rules only control the content, not a supplement's safety or efficacy.
- ◆ Increased requirements may **eliminate** fraudulent and dishonest manufacturers, but they will probably **raise the costs** for those honest, dedicated small and large companies that are already creating and manufacturing fine products. This may force a few good ones out of business and will most likely raise your prices.

- ◆ The FDA has been working with drugs and restricting supplement manufacturers from making health claims. This is a **big change** for them, so the actual **interpretation** of the regulations will be a learning process for both the manufacturer, the consumer and the FDA.

- ◆ The FDA is already **executing** their embryonic regulations, proudly seizing manufacturers property, and will continue to do so while the regulations are being discussed.

As in life, this is an opportunity – for clarity and protection, but with some serious problems for the *bad* – and *good* – manufacturers and their distributors.

The full text of FDA's proposal is at www.FDA.gov – "Guidance for Industry: Qualified Health Claims in the Labeling of Conventional Foods and Dietary Supplements." Submit your comments as soon as you can – they may be open for comments for three months more or less – *no obvious deadline is published.*

PIP PIP Old Chap (cont'd from pg 1)

modalities including those in the *Wellness Directory Pullout*, which includes excellent practitioners. Proponents of overhaul claim that use of *alternative* practitioners is driving the costs up, when in fact *alternative* accounts for only 2.5% of PIP costs and Chiropractors for only 9.2%.

It is the **double-digit rising cost of conventional healthcare** that is driving

Warning – Scents and Pets

Any household products with *scents* of Clove, Thyme, Oregano, Cinnamon, Pennyroyal, Melaleuca, Wintergreen, Citrus or Pine should not be used around pets – *especially cats.*

See OptimumChoices.com – click on Products - Essential Oils - Animals

PIP costs. As we've shown, a wide spectrum of healthcare options keeps costs down, not continuing cost escalation.

Allowing Coloradoans to sue after PIP costs exceed \$2,500 also seems to be a rallying point for overhaulers. Though threshold may be outdated and could be raised a bit, Colorado now boasts being 2nd **lowest in the country** and the claims have been **decreasing.**

Changing the auto insurance system seems to violate the adage, "If it ain't broke, don't fix it." It looks as though some special interests seem to have a hand in driving the overhaul.

The first onslaught was House Bill (HB)1225 which seriously reduced consumer choices for PIP benefits. That bill was finally defeated after thousands of calls, emails and letters from consumers and practitioners. HB 1321 was a better bill, but died on a technicality.

What's next? Find out by signing up Legislative Alerts at CCMTB.org or the ColoAMTA at YahooGroups.com. Also, let your legislators know what you want. To get their latest contact info, call your county Clerk, or visit Vote-Smart.org and enter your ZIP code. Ask your representatives to keep the system in place, as well as protect your rights to:

- ◆ Choose your healthcare practitioner
- ◆ Sue for pain, suffering and other damages resulting from an auto accident.

A fair-minded and informative article will appear in an early March *Westword* – search Westword.com for PIP reform.

Search at CompWellness.org for **Solutions** to see how multiple healthcare options contain or lower costs – personally and corporately.



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Where do you **pick up** *Complementary Wellness* journal? (Please circle all that apply)

Practitioner Office Health Food Store Library University/College/School
Hospital Bookstore Church/Spiritual Center Bus Station Restaurant Rec-
reation Center Car Wash Laundromat General Store Other

Have you **visited** any of the Members listed in the *Complementary Wellness* journal?

Yes No If Yes, Members: _____

How do you like the **articles** in the *journal*? Fair Good Excellent

How long have you been using Complementary Healthcare modalities? _____ years

How do you **like them** compared to conventional medicine? Better Same

Comments/Suggestions: _____

Please complete: For use ONLY for this survey and drawing.

Gender _____ Age _____ Occupation _____

Name _____

Address _____

OR Phone _____ OR Email _____

Please mail to: CWPA Survey, 7645 South Steele Street, Centennial CO 80122

Thank you, CWPA

**Lymph: The Missing Factor
(Part I of VI)**

by Cory Carter CND, NMT, MT and
Randy McCormick, NPA

For most of us, our lymphatic system is recognized as important but is so ill-defined that it goes unnoticed until a major problem arises. It is often relegated to a mere garbage dump that mediates between the body and the kidneys and large intestine.

While it does help clean up, it is much more complex than that. Many times, we are finding that lymphatic issues are the missing factor. For all practical purposes, your lymphatic system *is* your immune system. We ignore it at our peril.

Lymph is a vital portion of the fluid medium giving life to our cells. When blockages occur in the lymphatic vessels, needed circulation is reduced in that area and beyond.

When your body suffers injury or disease, there is *always* an immune, or lymphatic, response that can include heat, swelling and sometimes pain. This is a focal point of attack, a front line for your immune system. Your body is trying to limit the damage in that area.

Many times excessive lymph build-up, with its characteristic swelling, is a temporary situation that resolves itself. When it does not, we call it *edema*. Edema then becomes a contributor to the problem.

Lymphatic congestion reduces the body's ability to heal, since there is reduced circulation in that area. When does Lymphatic Drainage become necessary? *We discuss this in Part II.*

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Dr Cory Carter has been in private practice for 20 years, specializing in Lymphatic Drainage. Randy McCormick is a Certified Instructor in the Carter Technique of Lymphatic Drainage. Contact either at Alt Med Ltd: 1-605-343-2682 or LymphInfo.com. See ad: pg B1

Next: To Drain or Not To Drain?



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One Size Doesn't Fit All

by Herbert L Jacobs, MD, FACOG, FACS

In the US, 70% are health conscious, and are taking nutritional supplements. Unfortunately, the **wrong combinations** may be encountered, missing out on the actual healing benefits of that nutrition, encountering disbenefits, such as reduced absorption of quality foods.

The scientific combination, the bio-availability, and, the digestive blends are critical to a supplements' effectiveness.

Consider the following:

- ◆ **Simplify.** Don't waste your time re-searching supplement combinations.
- ◆ Your daily routine must be **easy**, simple and non-frustrating. For example: 2x/day with AM and PM meals.
- ◆ One size can't fit all, especially as we get older – **everyone is different.**
- ◆ Only a few companies have the **science** to validate their claims.
- ◆ Vitamins & herbs lose **potency** over time – buy those with expiration dates.
- ◆ For best **absorption**, take capsules, soft gels or loose powder.
- ◆ Drink 8-10 glasses of **water** daily.
- ◆ Get supplement information from a knowledgeable **Healthcare Practitioner.**
- ◆ Digestive **enzymes** help absorption. Take supplements with meals.
- ◆ Start with a balanced **multi-vitamin** – add supplements as needed.
- ◆ There should be a common name on the **label** followed by a Botanical name, as example: St John's Wort – Hypericum
- ◆ **Standardization.** For herbs, look for a standard **footprint** or marker that is consistently tested and validated. The results must be certified and validated upon request.

The scientific community is providing us with a wealth of real information, if we pay attention to standardization, reliability and common sense.

Dr Jacobs speaks to practitioners and the public on herbs. Contact him at 303-399-0022 or HLJacobs@Qwest.net

See listing: **Speaking**

Dealing with Cravings

by Anne Mitchell, Give It Up™

If you have an addiction, you are familiar with the phenomenon of craving. Remember, when you have a craving, it will go away soon. Eventually, cravings will stop bothering you altogether. But they will never stop coming back if you keep feeding them by giving in. Try these helpful tricks to deal with cravings:

- ◆ Add lemon, lime or cucumber slices to a big drink of water to help cleanse your system and refresh yourself
 - ◆ Take a brisk walk and count your steps as you go, to help take your mind off the craving
 - ◆ Suck on a lollipop or cinnamon stick
 - ◆ Rub mint on your wrist and breathe
 - ◆ Roll your shoulders, loosen up and stretch out your muscles
 - ◆ Breathe in slowly through your nose; exhale slowly through your mouth.
 - ◆ Brush your teeth. Floss. Rinse out your mouth. Chew on a toothpick
 - ◆ Think about how you'll feel tomorrow if you give in versus if you stay clean
- If you feel a really intense craving, it may just be thirst. Your body might be trying to tell you it needs to be replenished, giving you that *empty, in need* feeling. You are learning to listen more closely to your body. This may take some time, since you have ignored its needs for so long. Take a big drink of water, and see if that doesn't make you feel better.

You are powerless over your cravings. You are not powerless over what you do about them. Do whatever you can to get through the moment. It always passes. Your cravings will leave you for good if you are patient and don't give in.

Continuing column on Addictions. Copyright © 2003, Anne Mitchell, Evergreen CO. Reprinted with permission.

Anne authored the book and audio CD, Give It Up™ Stop Smoking For Life. Visit LovetoGiveItUp.com or call 1-866-GiveItUp. See listing: Health Coaching

Next: **Smoke-Free Communities**Application of Essential Oils
(Part I of II)

by Russell Louie, Optimum Choices

Like Massage Therapy, there are many protocols and applications of Essential Oils depending on your body's needs. Determine which technique fits you best.

Different Protocols:

- ◆ English – dilute Essential Oils with vegetable carrier oil, then use with Massage Therapy
- ◆ French – use *neat* topically on the skin; take Essential Oils internally
- ◆ German – inhalation of scent; traditional Aromatherapy
- ◆ US protocol – use whatever works

Different Applications:

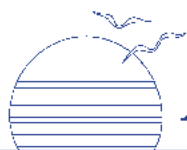
- ◆ Inhale – use air pump diffuser or put oils on cotton balls and stuff into vents or pillows; sniff from bottle
 - ◆ Neat – apply topically to area of concern – always start gradually with a new oil or if you have sensitive skin
 - ◆ Bath – add to gel and put in bath water; add to bath salts
 - ◆ Massage – apply topically during massage treatment
 - ◆ Reflexology – apply to hand and foot energy points
 - ◆ Auricular – apply oil drops to ear lobes on emotional release points
 - ◆ Raindrop Technique™ – drop Essential Oils on back and combine with Vita Flex massage, great detoxifier
- Diluting Essential Oils is very important for non-therapeutic grade oils, since you don't want traces of solvents or other impurities to concentrate in your bloodstream.

Reference: *Essential Oils Desk Reference*, Essential Science Publishing, 2002, ESPublishing.com.

Continuing column on Essential Oils – the powerful blood of plants. Copyright © 2002, Optimum Choices, LLC, Golden CO.

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Russell practices Aromatherapy in Golden. Visit OptimumChoices.com, or call 303-271-1649. See ad: pg A2



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Antioxidant Super Foods

Or, why we need to eat five or more servings of fruits and vegetables and day, and supplement with a multivitamin.

by Susan C Gongos

We are all under attack. Each day we are exposed to a dangerous and common group of molecules called free radicals. Free radicals are unstable molecules that steal or *scavenge* electrons from other molecules.

Fortunately, nature has provided a solution to the threat of free-radical damage – *antioxidants*. Antioxidants are stable molecules that have electrons to spare. When antioxidants encounter free-radical molecules, they freely share their electrons and stop the degenerative chain reaction of free-radical oxidation.

Unfortunately, the free radicals exponentially out number the antioxidants, So, we are losing the battle with premature aging, which can lead to chronic disease.

What can we do about it?

One thing we can do is eat five or more servings of fruits and vegetables rich in antioxidants. What are those foods?

Carotenoids are a family of antioxidant phytonutrients which include: **Beta-Carotene, Alpha-Carotene, Lutein and Lycopene**. Foods high in Carotenoids are leafy green vegetables and foods with red, yellow and orange colored pigments. A list for of each type and a **Summary List** follows:

◆ Some dietary sources of **Beta-Carotene** include mango, cantaloupe, carrots, pumpkin, papaya, peaches, prunes, squash, sweet potato, apricots, cabbage, lima beans, green beans, broccoli, brussel sprouts, kale, kiwi, lettuce, peas, spinach, tomatoes, pink grapefruit, honeydew melon and oranges.

◆ **Alpha-Carotene** is another important antioxidant. Some sources of Alpha-Carotene are: sweet potatoes, apricots, pumpkin, cantaloupe, green beans, lima beans, broccoli, brussel sprouts, cabbage, kale, kiwi, lettuce, peas, spinach, prunes, peaches, mango, papaya, squash and carrots.

◆ **Lutein** is found in fruits and vegetables such as: mango, papaya, oranges, kiwi, peaches, squash, peas, lima beans, green beans, broccoli, brussel sprouts, cabbage, kale, lettuce, prunes, pumpkin, sweet potatoes and honeydew melon.

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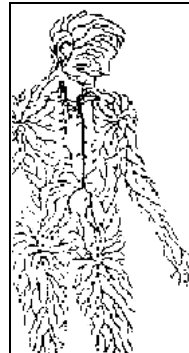
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♦ The red color in fruits and vegetables comes primarily from the **Carotenoid Lycopene**, which include tomatoes, pink grapefruit, apricots, watermelon, red guavas, papaya and skin of red grapes.

Summary List

The following foods contain Carotenoid antioxidants:

- | | |
|--------------|-------------------|
| ♦ Apricots | ♦ Broccoli |
| ♦ Cabbage | ♦ Brussel sprouts |
| ♦ Cantaloupe | ♦ Carrots |
| ♦ Chard | ♦ Green beans |
| ♦ Kale | ♦ Honeydew melon |
| ♦ Kiwi | ♦ Lettuce |
| ♦ Lima beans | ♦ Mango |
| ♦ Oranges | ♦ Papaya |
| ♦ Peaches | ♦ Peas |
| ♦ Peppers | ♦ Pink grapefruit |
| ♦ Prunes | ♦ Pumpkin |
| ♦ Red grapes | ♦ Red guavas |
| ♦ Spinach | ♦ Sweet potatoes |
| ♦ Squash | ♦ Tomatoes |
| | ♦ Watermelon |

But do you eat five or more fruits and vegetable servings a day? Have you stopped smoking? Do you exercise 30 minutes a day?

Do you take a multivitamin? In other words, are you stopping the free radicals from winning in your body producing premature aging and chronic diseases?

On June 19, 2002, the American Medical Association reversed its long-standing opinion of supplements. It now says **every adult** should be taking a multivitamin.

What are **you** doing to ward off premature aging?

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Ms Gongos is the President of Gongos International Marketing, applying pharmaceutical science to dietary supplements, and to bring out the best in natural products of proven safety and efficacy. Contact her at (303)627-1020 or visit SusanGongos.MyPharmanexUSA.com.

See listing: Products

Chiropractic Care

by Bela T Weiser, DC

Chiropractic Care is a phrase most are familiar with, but don't truly understand.

Chiropractic as a profession was started by DD Palmer in 1895, when he examined a partially deaf janitor named Harvey Lillard. Dr Palmer found a "lump" on Harvey's spine and asked if he could adjust it. Just days after this adjustment, Harvey regained his hearing.

As the popularity of Chiropractic grew, the American Medical Association (AMA) felt threatened and began accusing Doctors of Chiropractic (DCs) of practicing medicine without a license. In fact, in the 1920s many DCs were imprisoned.

In the 1950s, DD Palmer and his son BJ began to do further research into Chiropractic and how it works. They focused on how the upper cervical area affects the entire body and spine.

Meanwhile, Dr Hugh B Logan was approaching Chiropractic from the other end. He treated the spine like a house with the sacrum – the large triangular bone at the base of the spine – as the foundation.

In the 1960s, the AMA encouraged a slander campaign against all Chiropractors, calling them "quacks." After 20 years in court, Chiropractors were finally vindicated as the courts ruled that MDs had no justification for their slander.

Although Chiropractic has had a troubled past, fortunately common sense has prevailed. Today, more than ever, people are turning to drug-free alternatives such as Chiropractic care to restore their health and assist them in leading a pain free life.

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Dr Weiser has a Doctorate in Chiropractic and has been in private practice in Lakewood for six years. He specializes a precise gentle upper cervical technique. Contact him in at 303-984-9570 or email WeiserChiro@attbi.com. See Ad, pg B3

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