

Newsletter Fall 2010

Human Nature Natural Health



Greetings, and welcome to the first of what will be a quarterly newsletter from the doctors and staff of Human Nature Natural Health. Our goal is to inform and entertain with accurate information on healthy living and keep you up to date with news about what we're up to in our Portsmouth, NH home. We'll also help you sort through the blizzard of often misleading information, lies, hype and other nonsense proffered online and through other media outlets. We welcome your questions and commentary. You can contact us by phone or email, or you can ask one of us next time you stop by.

Welcome to HNNH

It's been an incredibly exciting spring and summer for us all as we've settled into our new facility. For those of you who've been with us from the beginning, you've seen the transformation from an empty space to home, as pictures have gone up, plants have come in, cups of tea have been brewed, and a real healing sense has permeated the clinic. It has been gratifying to hear so

many of you remark on how calm and peaceful it feels to be here.

Human Nature Natural Health is the product of our sincere dedication to providing the highest level of natural care available for any condition or state of health. Our guiding vision is simple:

"An Individualized Approach As Unique As You Are!"

That vision extends from our philosophy of medicine, through to our responsibility for patient care, and our service to you and the greater community.

Our medicine has always recognized the individual through the use of the *BioPhenotype*, the blood type markers present on every cell in the body. Now we've gone even deeper

...continued on page 6

Contents

Welcome to HNNH.....	1
Introducing Elemental Profiles.....	2
Gardasil – Balancing Risks	3
Elemental Profiles and Cleansing.....	4
Testing Vitamin D Levels.....	5
Reverse Osmosis Water.....	5
Massage Therapy Now Available.....	7
Public Lecture Series.....	7
Complimentary Office Visit.....	8
Recipes.....	8

Introducing Elemental Profiles

Dr. George Savastio

One of the things we enjoy most about our new practice is that we are free to explore and look to a great variety of sources for inspiration, knowledge, and ways to help you, our patients, get the most out of yourselves and your lives. While we use modern research and the “cutting edge” of the medicine, we also deeply respect the great natural medical traditions that have stood the test of thousands of years of continuous practice. Looking to ancient sources has led us to incorporate the fascinating concept of *Elemental Profiles* into our practice.

Most readers are at least somewhat familiar with Traditional Chinese Medicine (TCM), with its concepts of Yin and Yang, and its contribution of acupuncture to the world’s armamentarium of natural healing techniques. India’s Ayurvedic Medicine is also gaining ground in the consciousness of Western peoples. Many readers may be surprised to learn that the medicine of Hippocrates, the so-called “Father of Modern Medicine,” (he’s really much more the father of Western natural medicine, if anything, but that’s another article entirely) lives on to this day, especially in the Middle East, where it is called Unani (meaning Greek) medicine.

While all of these forms of medicine have their unique traits and methods, all in common make use of the concept of the individual constitution, or *Elemental Profile*, as a means of forming a deeper understanding of the patient and what is causing the imbalance that manifests as symptoms. We have drawn freely from

these systems, bridging the different languages and cultures to see what truths they all hold, to formulate a concept of the constitutions or *Elemental Profile* that is not only intuitively understandable, but also effective in bringing relief to patients whose cases heretofore have brought more consternation than success, or those that have done very well up to a point, and then felt they were stuck without achieving the level of health they desired.

There is a fairly comprehensive discussion entitled “About Your Elemental Profile” on this subject on our website. Briefly, the concept of *Elemental Profiles* rests on the ancient and timeless perception that the universe with all of its content, including you and me, is composed of elements that pervade everything from the tiniest sub-atomic particle to the biggest star. This is not much different than what modern physics teach. In the view of the *Elemental Profiles*, these elements are *Air, Fire, Water* and *Earth*.

Your *Elemental Profile* is considered to be an inborn balance of these elements. Any one or combination of them may predominate in your inherent makeup. Your particular balance can be seen in the shapes and dimensions of your body, the contours of your face, the way you experience life, and in the symptoms or diseases to which you are most prone. For example, if your *Elemental Profile* is predominately *Air*, you will likely have a thin frame and face with prominent joints and cheek bones, a tendency toward sensitivity, nervousness and anxiety, as well as gas, bloating, and constipation when stressed. If you are *Fire*, you may find it easy to put on and take off weight, have a medium

...continued on page 6

Gardasil – A Question of Balancing Risks

Dr. Beth Devlin

Many parents have recently asked me my thoughts regarding the Gardasil vaccine. Gardasil, as many of you know, is a relatively new vaccine that offers some protection against certain strains of the human papilloma virus (HPV), which causes genital warts and has been linked to cervical cancer. You may have seen the television and print ads suggesting that it is the duty of all responsible and loving parents to make sure their daughters receive immunity from this dreaded disease. They're pushing for sons, too, as boys and men are carriers of this sexually transmitted virus, and may get rare cancers from it as well. It is obviously in the interest of Merck, the corporate giant that produces Gardasil, to make the vaccination of all young girls mandatory, and they're trying to make it mandatory for school attendance. The question is; is it really a wise choice for parents and their young daughters?

Here are a few facts. Cervical cancer is indeed a serious subject. The National Cancer Institute estimates that some 9,700 cases were diagnosed in the US in 2006, and 3,700 deaths from the disease occurred in the same year. HPV infection can only be described as rampant in today's population. Approximately 80% of the US female population tests positive for HPV by the time they reach 50. From this we can deduce that most women do not get cervical cancer or genital warts simply by carrying the virus. Science has no way of predicting which women will go on to be

diagnosed with cervical cancer and which will not. The vaccine prevents, at least for the short term, infection from HPV strains 6, 11, 16 and 18. A strain is a genetically slightly different subgroup, or family, within the larger group of all strains of the virus. Seventy percent of cases of cervical cancer are related to strains 16 and 18. The other 30% of potentially cancer-causing strains are not covered by Gardasil. Strains 6 and 11 account for 90% of genital warts, meaning that vaccinated girls are not protected against the other 10%. The vaccine reduces the risk, at least temporarily, but does not prevent the occurrence of cervical cancer and genital warts. Routine PAP smears, the method by which cervical cancer is detected, will still be recommended for the vaccinated group, and vaccinated girls will still go on to develop cervical cancer and genital warts, albeit possibly fewer cases.

Still, concerned parents may ask, isn't it better to just get the vaccine and reduce the risk? This might be an obvious conclusion if the vaccine did not itself carry an inherent risk. As is always the case in vaccine safety research, the science is murky. The vaccine is considered innocent until proven guilty, and the proof of damage is often a hard case to make. However, in cases of immediate reaction such as pain at the injection site, fainting and dizziness directly after the injection, etc, the case is clear, and the FDA and manufacturer admit that these things happen.

The federal Vaccine Events Reporting System data clearly indicate that as compared to Menactra, the vaccine used for the same age group to prevent meningitis, Gardasil

...continued on page 7

Elemental Profiles and Seasonal Cleansing

Dr. George Savastio

There is much that we abstract modern urbanites and suburbanites can learn from the old ways of doing medicine. Our forebearers had a keen sense of how the body reacts to the change of seasons, for example. I believe that we who live in artificially heated and cooled “temperature-controlled” spaces have forgotten that the eternal tides of the seasons seep through our walls and into our bodies nonetheless. No matter how much we seek to control her, we remain just a tiny inseparable part of Nature, who, one hopes, smiles down on our folly.

The goal of ancient forms of medicine was to harmonize the body with ever-changing nature. This would require a nimble, flowing adaptability on the part of the body that would be hampered by the presence of sticky, boggy toxins. Accordingly, many forms of natural medicine recommend the periodic removal of toxins through various cleansing therapies. The need for such cleansing increases during periods of seasonal change, which naturally places the greatest demand on the body to keep up with the times. Additionally, the thinking goes that the body is most efficient at ridding itself of toxins during these changeover periods from warm to cold and back to warm again.

The different *Elemental Profile* types require different cleansing regimes. Generally, the more energetic and active bodies of the *Air* and *Fire* types build up less toxicity than do their slower-moving counterparts of the *Water* and *Earth* realms. *Air* and

Fire types will often benefit from cleansing twice annually, ideally in the spring and fall. The denser *Water* and *Earth* types may require cleansing at the change of all four seasons to maintain their best health.

Many of our patients have become accustomed to doing a great variety of cleansing treatments when they start with us and their toxicity is highest, and then decreasing to a less frequent level for maintenance. It is in this maintenance phase that you want to use the seasons as a guide.

If you are presently coming in for an occasional colonic or other cleansing therapy to maintain your health, you may want to consider condensing your schedule to maximize the returns. Dedicating a month in the spring and fall to do weekly colonics, footbaths, and possibly saunas, constitutional hydrotherapies or fangoes, is an efficient way to cleanse that will yield greater results than the sporadic approach.

Call and ask your doctor if you're interested. If you are not currently a patient but would like to benefit from a seasonal cleanse, feel free to call and schedule a screening visit with one of our doctors to tailor a plan to your needs.

The Importance of Testing Vitamin D Levels

Dr. Ian D. Bier

Balancing your vitamin D levels is one of the simplest things you can do to lower your risk of many diseases. Deficiency of Vitamin D has been linked to all-cause mortality, meaning someone with low levels of vitamin D is more likely to die no matter what the cause. Many diseases have been shown to be related to Vitamin D levels include Alzheimer's, asthma, autoimmune disorders, chronic pain, diabetes, heart disease, and numerous cancers.

What's a good level of vitamin D? While the normal range on testing at most labs is considered 30-100, most authorities recommend that you want to keep you levels above 50, and probably closer to 90 if there is a history of any of the disorders associated with vitamin D.

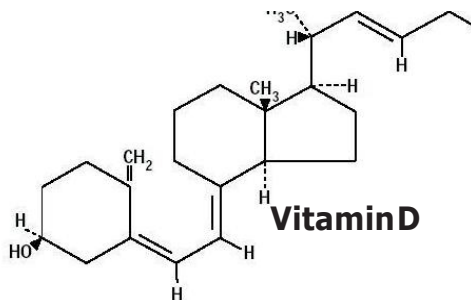
However, there is a large genetic polymorphism, a range of different receptors that people have that significantly affects how much vitamin D they need to maintain the proper level in their body. What the latest research is showing is that the only way to really know if you're getting the proper level of vitamin D is to test your blood, and then if your levels are low, supplement with the proper dosage and test again to see how close to the optimum level you are. The best resource for information about Vitamin D is the Vitamin D Council, a link to their site is available under patient resources on our website.

If you've had your vitamin D levels tested, please send a copy to us. If you haven't you should ask your regular

doctor to test it on your next lab work.

For those who prefer, HNNH has managed to get two very reasonably priced test kits for Vitamin D, one that we have to draw blood for at our clinic, the other a kit that you can do a blood spot and send it in from home. Just give us a call to discuss which would be best for you.

Resources about Vitamin D can be found on our website, under Patient Resources.



Reverse Osmosis Water

You may have noticed that our office is stocked with three tea stations. Many patients ask us about the delicious, fresh water that comes out of those dispensers and why we chose a Reverse Osmosis water system. Essentially, RO it is the best water filtration system available – so we insisted on incorporating it into our offices.

RO systems work with a series of membranes and carbon filter traps that remove salts, microbes, chemicals, heavy metals, and other contaminants out of the water, leaving nothing but clean, fresh – meaning odorless AND tasteless - water behind.

Resources about RO systems can be found on our website, under Patient Resources.

...continued from Welcome to HNNH, page 1

to more fully recognize each person's full *Constitutional Type*, a combination of their *BioPhenotype* and their *Elemental Profile*.

Dietary guidelines, nutritional supplements and therapies can now all be more fine-tuned allowing more flexibility for you with even better results.

Patient care needs to be individualized. We've always offered the most comprehensive natural care for optimum health, but not every patient wants that level of care for either themselves or all members of their family. We now provide different types of examinations to flexibly offer you the care you want; comprehensive, family practice, women's medicine, or focused care for specific conditions.

Our service to you needs to be just as individualized. How can we make the process easier for you? Do you need more resources like recipes or in-depth articles? Keep in closer touch with us or ask question through phone or email? How about more help understanding which parts of your guidelines are truly crucial, and which you can be more flexible with so you can realistically integrate it into your real life?

Whatever we can do to help you and your family, please let us know.

...continued from Elemental Profiles, page 2

frame with a heart-shaped face, and tend toward anger and irritability. *Fire* types are prone to heartburn and inflammatory skin conditions such as acne rosacea and eczema. *Water Elemental Profile* types are dominated by emotions and feelings, and have roundish bodies and faces, put on weight extremely easily and retain water as edema. The eyes are usually large, moist and expressive. *Earth* types are recognized by their strong, massive, almost square frames with thick ankles and wrists. The temperament is often steady and reliable, with a willful, stubborn determination. *Earth* types are predisposed toward diabetes and heart disease in our culture.

In the *Elemental Profile* approach, health is achieved when your particular elements are in a dynamic state of balance. I use the word dynamic because everything to which we are exposed – what we eat, what we think, changes in the weather, even the time of day - can potentially shift our innate balance. In simplest terms, *Fire* types would be more unbalanced in hot, dry weather, whereas the *Water* types will feel better, but be thrown off by cold and damp weather.

Understanding your inherent *Elemental Profile*, what affects it and how to shift it toward the desired state is very useful in achieving and maintaining optimum health.

There are cases where this approach has been particularly helpful. For example, in our former practice, we were guided exclusively by the blood type approach to

...continued on page 8

...continued from Gardasil, page 3

vaccination is related to a twofold increase in ER visits, a fourfold increase in heart attacks, a sevenfold increase in disability, a 15 fold increase in strokes and a six fold increase in fainting after injection.

Cases of mysterious autoimmune illnesses and myelitis have also appeared after vaccination with Gardasil. There have been over 30 deaths of young women that occurred after vaccination with Gardasil that are currently under investigation. Furthermore, the Gardasil safety and efficacy trials did not include girls 11-16 years old, the recommended age group for receiving the vaccine, so its safety record will be written by experimenting on our daughters. Moreover, no-one has any idea how long the vaccination will confer protection. It may well fade away after 5 years, meaning that no long-term benefit will occur from the vaccination, leaving only the risk. Additionally, Gardasil contains aluminum, a known carcinogen.

There is more to this issue, which speaks to self-responsibility versus abdication of responsibility. What message are sending to our teens and pre-teens by having them vaccinated against a sexually transmitted disease? It seems a good long talk might be a better alternative for inclusion in the good parent club.

An informed discussion should include telling your daughter that she might suffer serious consequences from the vaccine, and will still not be wholly protected by it under the most optimistic projections from the manufacturer. If she chooses

to become sexually active, she needs to know that condoms offer limited protection against transmission of HPV, that annual PAP smears will usually detect the presence of the virus well before cancer sets in, and that the pre-cancerous condition (cervical dysplasia) is highly treatable with safe, natural therapy. Most (60%) women diagnosed with cervical cancer haven't been screened with an annual PAP smear.

Massage Therapy Now Available

We are incredibly happy to announce that Francesca Ciani has now joined us full-time to offer therapeutic massage. The requests for massage were far higher than we could accommodate in her previous schedule.

Our vision at HNNH has always been to provide the widest range of natural treatments available for health on all levels – mental, emotional and physical. Francesca is a gifted therapist who allows us to now offer a greater range of injury rehabilitation, physical medicine treatments, and just plain wonderfully relaxing and rejuvenating massage to spoil yourself.

Public Lecture Series

As part of our mission to make our medicine more accessible to the greater community, we have begun giving public lectures on a variety of subjects including women's health, pediatrics, cancer care, diabetes care and any topic of interest related to natural medicine.

If you know of a civic or community group that would be interested in having one of the doctors lecture, or even if you have a group you'd like to host yourself, please let us know.

**...continued from
Elemental Profiles, page 6**

prescribing diet. For people of the O blood type, this invariably meant recommending copious amounts of animal protein. This often serves quite well, and we've seen many an O patient benefit from the carnivore regime. An illustrative exception has been cases of O patients with *Fire Elemental Profiles* who also had inflammatory skin conditions. The *Elemental Profile* approach recognizes that animal protein heats the body – that is, meat also has *Fire* in its make-up. When taken into the body, it shifts the internal balance toward *Fire*. If there is a *Fire* imbalance to begin with, as in inflammatory conditions, it becomes very difficult to quell the flames when new fuel is constantly being added. These patients simply could not improve following the traditional O diet. Sharply reducing meat intake in these cases has been extremely helpful in reducing the internal fire, which in turn has led to a reduction in skin inflammation. Similarly, blood type A were prescribed lots of tofu and soy, which works well for them. However for a *Water Elemental Profile*, the soy was too cooling, and over time led to water and weight holding on in the body, which was very frustrating for people adhering to their diet but stabilizing, or even gaining weight. When the amount of tofu and other cooling foods was reduced, they were able to begin to lose the weight again.

The *Elemental Profile* does not take precedence over the *BioPhenotype*, or blood type. Each case has to be understood and balanced for that individual.

Human Nature Natural Health



**155 Borthwick Ave, West Suite 102
Portsmouth, NH 03801**

**603-610-7778 fax: 603-610-7787
www.humannaturenaturalhealth.com
info@humannaturenaturalhealth.com**

Complimentary Office Visit

If you are a current patient and interested in learning more about your constitution and how to live in better harmony with the body you have, we'll be happy to see you for a free office visit to discuss your *Elemental Profile*, how it works with your *BioPhenotype* to define your complete *Constitutional Type* and fine-tune your lifestyle recommendations.

Recipes

People are always asking us for resources for recipes. We also know that we have many creative cooks among our patients. We are excited to announce our recipe share, located on our website under Patient Resources.

If you have recipes that you've found or developed that suit your current food plan, chances are there's someone out there that would love to try them. The staff at HNNH will be contributing our favorite recipes as well. Just bring them in or send them via email: info@humannaturenaturalhealth.com