

Restorative Health Newsletter

Fall 2010



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As Fall and Winter Approach...



As the fall season approaches, the hours of sunlight diminish, the air cools and our bodies must change with the season. Unfortunately, given our daily stressors, and the unrelenting march of time, we sometimes have a tough time adjusting. Restorative Health has two suggestions for a smoother transition from summer to fall.

Dr. Safayan is offering Wei chi tonification to help with this process. Wei Chi is your defensive energy and immune competence, which declines with stress and aging. Wei Chi can help build up your body's innate healing capacity in an effort to avoid the colds and flus during this time of year. The sessions are scheduled for one hour once a week for a total of three treatments. Ideally, they should be scheduled now through December for best results. The cost is

\$399 for the series. Please call our front desk at 202-244-6661 ext. 5 to schedule a convenient time for your treatment.

Dr. Threlkel again offers the homeopathic flu remedy which is safe for all age groups and unlike the injectable version, can be used both to prevent and eliminate the flu. The remedy is in a liquid form that also contains other homeopathic forms of viruses commonly found this time of year for comprehensive protection. One bottle which costs \$20 can serve an entire family. If you wish to use this for children under 5 years old, please call for special instructions.

BIODIDENTICAL HORMONE REPLACEMENT THERAPY (BHRT)

RESTORATIVE HEALTH CASE STUDY

Karen Threlkel, ND

Bioidentical hormones are hormones that are literally exactly identical to our own hormones. Estrogen and testosterone are derived from soy; whereas progesterone is derived from the wild yam plant. These derivatives in and of themselves could be called natural hormones, which can be found in over-the-counter doses in creams or herbal combinations, but they are not bioidentical. They must go through a process to be chemically changed into bioidentical hormones to match our own natural hormones exactly. They are then concentrated into a pharmacologic dose which requires a prescription.

Recently a postmenopausal woman came into the office suffering from low mood with occasional anxiety, hot flashes, vaginal dryness, dry skin, fatigue, poor sex drive, and simply not feeling like herself anymore. She knew she was in menopause and expected these symptoms to some extent but they just weren't going away. She had read about the benefits of using Bioidentical Hormone Replacement Therapy (BHRT) and was interested in trying it for herself. She was also concerned about her declining bone mass as demonstrated by her



last DEXA scan. We had an in-depth naturopathic consultation to evaluate her health and the use of BHRT. Although BHRT is not right for everyone, it seemed a good fit for her. After laboratory tests, PAP, and mammogram evaluation, she started BHRT and within two months her hot flashes and vaginal dryness were completely resolved. After six months she was feeling like herself again.

Adequate hormones are necessary for the normal functioning of our bodies. If there are deficiencies due to stress, aging or poor nutrition, we can develop symptoms that can greatly interfere with our quality of life. Our naturally existing hormones and bioidentical hormone replacement therapy can provide the following benefits:

Estrogen: Maintains memory and may protect against Alzheimer's disease. It increases your metabolic rate to maintain or improve your weight, improves sleep, reduces the risk of cataracts and macular degeneration. Furthermore, it protects the heart, enhances magnesium uptake and utilization, maintains collagen in the skin and decreases wrinkles for a more youthful appearance. It enhances energy, improves mood, maintains bone density, increases sexual interest, reduces homocysteine, decreases risk of colon cancer, and helps prevent tooth loss.

Progesterone: Helps balance estrogen, improves sleep, has a natural calming effect, lowers high blood pressure, helps the body use and eliminate fats, lowers cholesterol, may protect against breast cancer, increases scalp hair, is a natural diuretic, increases metabolism, natural antidepressant, anti-inflammatory, stimulates the production of new bone, enhances the action of thyroid hormones, improves libido, protects the nervous system.

Testosterone: Increases sexual interest, increases sense of emotional well-being, increases muscle mass and strength, helps maintain memory, helps skin from sagging, decreases excess body fat, helps maintain bone strength, improves mood, improves hand-eye coordination.

Iodoral Reminder

Reminder: If you are currently using Iodoral, please remember to have your thyroid levels checked. Iodoral interacts directly with the thyroid and can, in rare instances, cause suppression of thyroid function, even with doses as small as 12.5mg (1 small tablet). If you have not had your thyroid levels checked within the last 6 months, please call the office for an appointment.

Please call our office if you have developed any of the below

symptoms since starting Iodoral:

Fatigue, hyperactivity, nervousness, goiter, heat intolerance, high blood pressure, palpitations, menstrual disturbance, weakness, weight loss, sweating, tremor, skin rashes, swelling of salivary glands, metallic/brassy taste, burning mouth and throat, sore teeth and gums, increased salivation, sneezing, runny nose, frontal sinus headache, acne-like lesions, symptoms of head cold, stomach upset and diarrhea, and tightening or "locking" of the jaw.

VITAMIN D ASSESSMENT AND SUPPLEMENTATION



The advent of fall brings with it less sunlight and less time spent outdoors. Our body's need for Vitamin D changes with the seasons. At Restorative Health, we do a complete laboratory assessment of your Vitamin D intake and current levels (covered by your insurance

company) and then make recommendations for supplementation if necessary. Supplementation costs \$27 for a 4-month supply.

Vitamin D is actually a misnomer given that it is a hormone. It is fat soluble and is synthesized in the skin with the aid of ultraviolet light. It is estimated that the current RDI of 200 IU can be achieved with the exposure of 30% of a person's skin surface (face, arms, legs, back) without sunscreen for 20 minutes twice a week at moderate latitudes. Vitamin D can also be found in fish, mushrooms, and some animal products (see chart below). The highest concentration of vitamin D is found in fish liver.

Opinions vary as to how much supplemental Vitamin D is needed. Lack of exposure to UV light, darkness of skin, diet, sun block, cloud cover, smog, malabsorption, intestinal surgery, gastrointestinal disease, decreased consumption of Vitamin D, kidney or liver disease, vitamin D resistant rickets, Cushing's disease, hypothyroidism, and anticonvulsive drug therapy can interfere with Vitamin D absorption. A blood test measuring 25 hydroxycholecalciferol (stored form of Vitamin D) is the most accurate way to determine how much supplemental Vitamin D is needed.

Vitamin D Content in Unfortified Foods			
Food	IUs per 100g	Food	IUs per 100g
Halibut liver oil (1T)	16,800	Mushrooms, morel (1 cup)	87
Sardines	1150-1570	Mushrooms, shitake (1 cup)	70
Cod liver oil (1T)	1200	Mushrooms, chanterelle (1 cup)	60
Mackerel	820-1100	Pork	45
Herring	320-840	Halibut	44
Tuna	252	Egg yolk	25
Salmon	150-550	Lamb	20
Shrimp	150	Beef	9-42

Insufficient Vitamin D can result in:

- Fractures
- Osteoporosis
- Depression

Vitamin D deficiency may also be involved in:

- Cancer, especially colon and breast
- Multiple sclerosis
- Cardiac arrhythmias
- Migraines
- High blood pressure
- Immunodepression
- Hearing loss
- Kidney stones
- Myopia
- Osteoarthritis
- Fetal malformation
- Psoriasis
- Rheumatoid arthritis
- Scleroderma

Please call our office today to see if you are at risk for Vitamin D deficiency.

We Are Blogging!

We have added a blog feature to our web site, where we will be adding stories of interest on topics relevant to conventional and alternative medicine as we come across them. The blog can be accessed at the bottom of the web site page. Subscribe today by clicking below and filling in your email address on the right-hand side.

[Restorative Health Blog](#)

REORDERING YOUR SUPPLEMENTS

Call 202.244.6661, ext. #21 and leave a message

Provide full name, address, supplement name, dosage and how many units you wish. We will automatically charge the credit card on file and ship your order the next day by standard mail.

PLEASE NOTE: As with all medications and for your safety and health, there are some supplements which may require an office visit, tests or phone call before we can refill, but we will promptly let you know if this is the case with your order.



RESTORATIVE HEALTH
CENTER FOR INTEGRATIVE MEDICINE

Located in Washington, D.C., Restorative Health offers internal medicine, naturopathic medicine, integrative medicine, preventive medicine and assessments, medical acupuncture, massage therapy, clinical hypnotherapy, nutritional counseling and supplementation, herbal medicine and allergy elimination techniques, with practitioners coming together as a team to oversee patient care. Our goal is to develop a health plan unique to each individual patient while providing a supportive and nurturing environment that integrates the philosophies of Western, Eastern and naturopathic medicine.



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