

OCTOBER 2008 NEWSLETTER

panacea
preventive medicine clinic & research centers



special issue breast health awareness month
Join the fight to target breast cancer.

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IMPORTANT DATES

panacea closed:

Thanksgiving **October 13, 2008**

observation

breast cancer awareness
eye health month
celiac awareness

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CRT 2000 EXAM

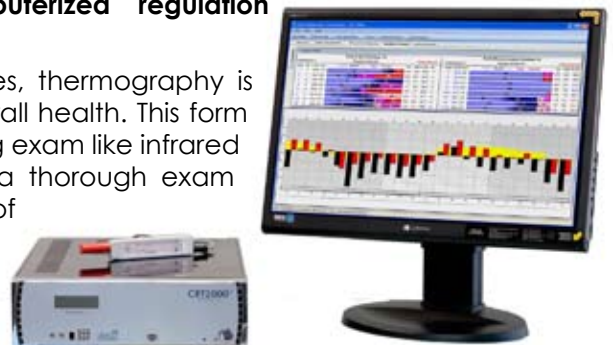
Monitor your breast and overall
health with a safe diagnostic
exam that is radiation-free,
painless and non-invasive and
can be used with protocols
and treatments.
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FEATURE ARTICLE • THERMOGRAPHY: A SAFE
EXAMINATION PROCEDURE FOR YOUR HEALTH
PANACEA CENTER

Keeping an eye on breast health is very important for women and for men as well. While we may be aware of regular self-examinations and other screening methods, there is an exam available that can complement other examination procedures without subjecting the individual to radiation or pain. This procedure is called Computerized Regulation Thermography, or CRT. The CRT exam takes only 30 minutes to complete and the report on your health is available immediately after the exam. This means you don't have to wait weeks to receive treatment.

**Why should I have a computerized regulation
thermography (CRT) exam?**

Unlike other screening procedures, thermography is 100% safe and helps monitor overall health. This form of thermography is not an imaging exam like infrared (IR) thermography but provides a thorough exam consisting of 2 readings, each of which over 100 points on the body are measured. After the exam, a comprehensive report of
[More on next page...](#)





HEALTHY RECIPE ▪ MAPLE-ROASTED SWEET POTATOES

SOURCE::EATING WELL

Choose a heart healthy, low sodium, low calorie alternative to the regular potato dish this Thanksgiving or for any occasion. Sweet potatoes are rich in complex carbohydrates, dietary fibre, beta carotene, vitamin C, and vitamin B6. Being high in nutritional value, the sweet potato outranks other vegetables with similar nutritional benefits.

2-1/2 lbs sweet potatoes, peeled and cut into 1-1/2 inch pieces (approx. 8 cups)
1/3 cup pure maple syrup
2 tbsp butter, melted
1 tbsp lemon juice
1/2 tsp salt
freshly ground pepper to taste

Directions: Preheat oven to 400°F (200°C). Arrange sweet potatoes in an even layer in a 9x13 inch glass baking dish. Combine maple syrup, butter, lemon juice, salt and pepper in a small bowl. Pour the mixture over the sweet potatoes and toss to coat. Cover and bake the sweet potatoes for 15 minutes. Uncover, stir and cook, stirring every 15 minutes until tender and starting to brown, 45 to 50 minutes more. If you decide to make this dish ahead of time, cover and refrigerate for up to one day. Just before serving, reheat at 350°F (175°C) until hot for approximately 15 minutes. Serves 12, about 1/2 cup each.



FEATURE ARTICLE ▪ THERMOGRAPHY: A SAFE EXAMINATION PROCEDURE FOR YOUR HEALTH cont. PANACEA CENTER

the measurements provide information on parts of the body that require specific attention. In less than one hour, your healthcare professional can offer you a thorough health exam, results of the exam, and recommended treatments that can address your very own health concerns. A CRT exam can also be used in conjunction with other diagnostic procedures and does not serve as a sole diagnostic screening procedure. The exam can be repeated as many times as necessary to monitor the progression of your treatments and your health.

How does computerized regulation thermography work?

There is no radiation involved with regulation thermography since it is based on the physiology of heat in humans. When disease processes are present in the human body, the body's organs will react differently to stress, or a cold stimulus. Studies have shown that there is a difference in the heat energy between normal cells and cancer cells. With the use of a very accurate thermal (heat) sensor attached to a probe (shown on right), it is possible to measure and detect changes in the skin's physiological response to stress. These changes may help indicate the presence of a disease even in its earliest stage before a patient shows symptoms.



Which conditions does the CRT exam help detect?

The CRT exam can help indicate abnormalities of the female breast, peripheral vascular (veins) disease, musculoskeletal disorders, diseases related to the head and facial muscles, thyroid gland abnormalities, and various neoplastic and inflammatory conditions.

Where can I have a CRT exam?

Panacea Center is one of many clinics worldwide that offers computerized regulation thermography. Included in your CRT exam is a consultation with our naturopathic physician who can provide you with protocols and treatments specific for your individual needs. If you are going for your first CRT exam, you are eligible to receive 25% off your first appointment. Refer a friend to a CRT exam and get 10% off a service or treatment during your next appointment. For more information on computerized regulation thermography visit www.eidam.com, or to schedule an appointment at Panacea Center, call us at 604.304.6010.

SPECIAL EVENT ▪ THE HEART OF HEALING with Dr. Dietrich Klinghardt, MD, PhD.



November 29 & 30, 2008
9:00am - 6:00pm
Vancouver School of Theology, UBC, Room 627
6000 Iona Drive, Vancouver

In 1997, the Global Foundation for Integrative Medicine awarded Dr. Klinghardt "physician of the year" for his work. This year, Dr. Klinghardt returns to Vancouver to offer the Heart of Healing workshop. Learn about the five levels of healing, including the emotional and the physical, and how these connections and interactions influence your body and your energy. Panacea Center highly recommends this workshop. For more information, visit our website at www.panaceacenter.com or Dr. Klinghardt's website at www.klinghardtneurobiology.com.

Course Fee: \$450. Registration: Todd Brooks: 604.202.6333

HEALTH ▪ FOODS & SUPPLEMENTS THAT HELP FIGHT CANCER

PANACEA CENTER

In the battle to fight cancer, maintaining good nutrition is significant in maintaining health. Studies have shown that there are anti-cancer foods that can help the body fight diseases such as cancer.

1. Green tea

Green tea has been shown to inhibit the growth of breast cancer cells. In a study of 472 women with various stages of breast cancer, researchers found that women who consumed the most green tea were more likely to experience the least spread of cancer, especially with premenopausal women in the early stages of breast cancer. Women with early stages of the disease who drank at least five cups of tea a day were found to be less likely to suffer recurrences of the disease after completion of treatment. However, women with later stages of the disease experienced little to no improvement from drinking green tea. In terms of breast cancer prevention, the studies remain inconclusive. In a very large study from Japan, researchers found that drinking green tea was not associated with a reduced risk of breast cancer. **Source:** Green, oolong and black tea all originate from the leaves of the *Camellia sinensis* plant. Green tea is prepared from unfermented leaves and has the highest polyphenol content while black tea has two to three times the caffeine content of green tea. Depending on the brand, the recommended dosage of green tea is two to three cups per day.

2. Omega-3 Fatty Acids

While most experts may not agree, women who regularly consume foods rich in omega-3 fatty acids over the years may be less likely to develop breast cancer. Additionally, the risk of dying from breast cancer may be significantly less for those who eat large quantities of omega-3 from fish and brown kelp seaweed (common in Japan). This is especially true for women who substitute fish for meat. The balance between omega-3 and omega-6 fatty acids appears to play an important role in the development and growth of breast cancer. More research is necessary to understand what effects omega-3

fatty acids may have in the prevention and treatment of breast cancer. For instance, researchers have speculated that omega-3 fatty acids along with a combination of other nutrients (namely, vitamin C, vitamin E, beta-carotene, selenium, and coenzyme Q10) may prove to be of particular value for preventing and treating breast cancer. **Dietary Sources:** Fish, plant and nut oils are the primary dietary source of omega-3 fatty acids. Supplements are available as fish oil capsules and can also be found in flaxseed and flaxseed oil. Make sure to buy omega-3 fatty acid supplements made by established companies that certify their products are free of heavy metals such as mercury, lead and cadmium.

3. Quercetin

Quercetin and other flavonoids from fruits and vegetables have long been considered important substances to possibly help prevent cancer. New laboratory studies are suggesting that this belief may be accurate. Quercetin and other flavonoids have been shown in animal and test tube studies to inhibit the growth of cancer cells, including those from the breast, colon, prostate, and lung tumors. One study evaluated 11 people with various forms of cancer and found that quercetin reduced the actual tumor size in two people and inhibited the activity of a protein that plays a role in tumor growth in nine of the 11 people. **Sources:** Fruits and vegetables such as citrus fruits, apples, onions, parsley, tea and red wine are the primary dietary sources of quercetin. Olive oil, grapes, dark cherries, and dark berries such as blueberries, blackberries, and bilberries are also high in flavonoids including quercetin. Quercetin supplements are also available in several strengths in powder or capsule form. They are often packaged with bromelain as an anti-inflammatory agent.

If you have any specific dietary concerns about your health, consult with one of our specialists who can assist you or provide recommendations on nutritional supplements: 604.304.6010.

Source: University of Maryland Medical Center.

ARTICLE ▪ BREAST CANCER IN MEN

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While there are many cases of women with breast cancer, we must not forget the men. Like women, men have breast tissue and can also develop breast cancer. Less than 1% of all breast cancers in Canada occur in men and is more commonly diagnosed in men over 60 but can happen to men of all ages. The annual incidence of breast cancer in men increases steadily after age 35. Risk factors, diagnosis, staging and treatment remain the same in men as for women. The breast cancer most frequently diagnosed in men is found in the breast ducts (ductal carcinoma). Common symptoms include a small, painless lump close in the breast, enlarged lymph nodes under the arm, a small discharge from the nipple (clear or bloody), nipple pain, inverted nipple, and sores or dry, patchy skin around the nipple. While these are symptoms of breast cancer, it is important to know that most breast problems are not breast cancer.

Early diagnosis can make a life-saving difference. A small study on male breast cancer found that the average time between first symptom and diagnosis was over a year and a half at 19 months. This may be because people don't expect breast cancer to happen to men so early detection doesn't occur. While self-examinations can help in breast health awareness, a safe, radiation-free diagnostic exam called contact regulation thermography (CRT) is now available for both men and women. It examines both breast health and overall health and provides immediate reports. For more information about the CRT exam, contact us: 604.304.6010.



HEALTHY HALLOWEEN HEALTH TIPS

For many children, Halloween is the best time to stack up on irresistible sweet treats. Why not replace some of the junk food this year and be more creative with other trick-or-treat surprises?

1. Granola bars, fruit cups, real fruit leathers are tasty treat ideas you can buy individually wrapped and in bulk.

2. Pencil toppers, pencils or erasers are a wonderful idea for school-aged children.

3. Juice boxes (with real juice) can provide healthy, low-calorie, low-fat alternatives.

4. Yo-yos are a fun toy kids can play with for hours.

5. Small bags of pretzels or popcorn provide great alternatives for kids allergic to some candies.

6. Individual hot chocolate packages. What better than a cup of hot cocoa after trick-or-treating on a cold.

7. Small bags of trail mix, nuts, corn nuts make fabulous, crunchy snacks kids will enjoy.

8. Stickers, whistles, crayons, or chalk can capture a child's attention for hours.

9. Sugarless gum. Sticky, sweet and low-calorie.

10. Plastic rings decorated with creepy crawlies, skulls, ghosts and pumpkins are available at most party supply stores and can fit little fingers.

LEARN MORE: ABOUT CELIAC DISEASE

SOURCE::CANADIAN DIABETES ASSOCIATION



Celiac disease is a disorder of the digestive system. It is an autoimmune condition where the body is unable to tolerate gluten, the protein found in wheat, rye and other foods. Celiac disease can be more common in individuals with type 1 diabetes. Often, the disease remains undiagnosed because many people with the disease do not have any symptoms. However, if left untreated, serious problems can arise.

When an individual with celiac disease eats foods with gluten, the immune system creates a response that damages the small intestine and prevents the body from absorbing nutrients in the food, including vitamins, calcium, protein and carbohydrates. Symptoms of the disease can range from obvious digestive problems like severe or chronic diarrhea as well as common symptoms such as gas, recurring stomach pain, skin rash, unexplained fatigue, irritability (especially in children), foul-smelling stool, poor growth in children, and unexplained low blood glucose (for those with type 1 diabetes).

Celiac disease is diagnosed using a blood test and tissue sample. Without treatment, it can lead to malnutrition, anemia, osteoporosis, infertility and recurrent episodes of low blood glucose (with type 1 diabetes). The treatment for celiac disease is a gluten-free diet. Certain nutritional supplements and blood tests are available to help address celiac disease. To learn more about how to adjust your diet if you have celiac disease (and diabetes), or to schedule an appointment for blood or allergy testing, consult with one of our health care practitioners who can assist you in improving your overall health.



DID YOU KNOW? ▪ CRANBERRIES

Cranberries are also known as "bounce berries" because they contain pockets of air that help them bounce when they are ripe. The freshness of the berry can be determined by the bounce. Bruised berries will not bounce as well.

ARTICLE: FRUITS & VEGGIES MAY PREVENT CATARACTS

SOURCE::HARVARD



Over and over again, you may have heard how carrots are good for the eyesight and it's true, the vitamin A in carrots helps with night vision. Two of the common aging-related eye diseases are cataracts (clouding of the eye's lens) and macular degeneration (cumulative damage to the center of the retina). Most of the damage is caused by free radicals from sunlight, cigarette smoke, air pollution, infection, and metabolism.

Recent research shows that vegetables and fruits are essential in reducing the chances of developing these diseases. Two pigments that help rid the free radicals from the eye's sensitive tissues are lutein and zeaxanthin, pigments that are found in dark green leafy vegetables such as spinach and kale, as well as in brightly coloured fruits and vegetables, such as kiwi, squash, grapes and corn. Eating a diet rich in fruits and vegetables appear to reduce the chances of developing cataracts or macular degeneration. Lutein and zeaxanthin, especially, seem to protect against cataracts. For an extra boost, nutritional supplements can help provide the daily requirements necessary to get essential nutrients. For more information, schedule an appointment with one of our specialists who can assist you: 604.304.6010.