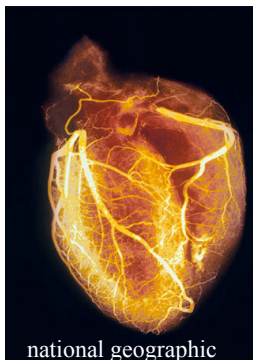




[www.youngnaturopath.com](http://www.youngnaturopath.com)

Dr Karrin Fairman-Young, ND 604.736.3800

**Fall is here, and with it the return to school, schedules, and routines.** Now is the perfect opportunity for you to integrate positive changes for your family's health into those new routines.



**Harmful bacteria from Your Mouth may be damaging your heart.**

Cardiovascular disease is currently the number 1 killer in the western world according to the WHO. There are a number of studies that indicate the strong relationship between oral health, and heart disease. In other words, you're adding to your chances of getting heart disease

by having bad teeth. In fact, research suggests that gum disease may be as serious a risk factor for heart disease as hypertension, smoking, cholesterol, gender and age.

Poor oral health can also lead to other serious health problems, such as stroke, increased incidence of premature and low-weight babies, ear infections in children and also contributes to bronchitis, pneumonia, and emphysema.

People with poor dental hygiene, especially those with bleeding gums, are prey to more than 700 different types of oral bacteria. Recent findings at the University of Buffalo, suggest periodontal disease causes oral bacterial components to enter the bloodstream and trigger the liver to make C-reactive proteins, which are predictors for increased risk of cardiovascular disease. Once those bacteria get into the bloodstream, they interact with blood cells that can clump called platelets.

New studies that looked at how bacteria interact with platelets revealed mechanisms that cause the platelets to

clump together, completely encasing the bacteria. This shields the bacteria from the cells of our immune system, which would normally kill bacteria, and also protects them from antibiotics. This clumping can lead to blocked blood vessels.

Given that periodontal disease is preventable, this risk factor can be reduced.

Tooth decay and gum disease are serious problems. According to the Canadian Dental Association, 70% of Canadians will suffer from periodontal disease in their lifetime. Needless to say, diet plays a major role in dental health. Take sugar for instance. Sugar creates a highly acidic condition in the mouth.

Ordinarily, saliva bathes the mouth with an alkaline solution that neutralizes all acidity and actually remineralizes the teeth. Saliva also washes away leftover bits of food and helps the digestion process. When saliva turns acidic, destructive bacteria in the mouth have a feeding frenzy, allowing them to proliferate.

In comes our hero xylitol. Xylitol, a sugar alcohol, is derived mainly from birch and other hardwood trees.

**Xylitol:**

- Combats Cavities
- Inhibits Plaque
- Remineralizes Tooth Enamel
- Is Safe for Diabetics and Children
- Fights & Prevents Ear Infections
- Has a low Glycemic Index
- Discourages growth of yeast including Candida albicans

Using xylitol helps to raise oral pH, thereby reducing the time that teeth are exposed to damaging acids, as well as starving harmful bacteria of their food source. Xylitol is non-fermentable and therefore cannot be converted to acids by oral bacteria. This

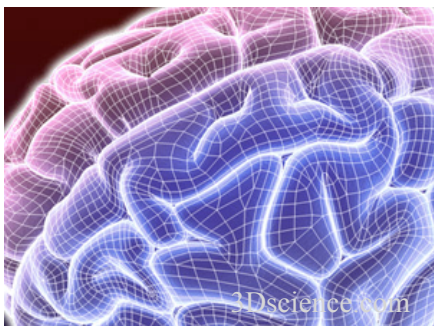
## Tips for Oral Health

- Use Xylitol at 6-10g divided over day
- Use Xylitol mints or gum after eating
- Brush your teeth properly at least twice a day
- Floss at least once a day.
- See your dentist regularly for professional cleaning and checkups
- Eat a variety of colourful fruits and vegetables daily
- Decrease intake of sugars and sweets
- Drink plenty of clean water daily

alkaline environment is inhospitable to all the destructive bacteria, and also inhibits plaque formation.

Using xylitol after eating, and right before bedtime after brushing and flossing, protects and heals the teeth and gums. With proper use, xylitol actually stops the fermentation process leading to tooth decay, increases the buffering capacity and protective factors in saliva. Long-term use suppresses the most harmful strains of oral bacteria, making a long-lasting change in those bacterial communities.

Making healthy changes in your life style and oral hygiene are keys to preventing heart disease and other degenerative diseases.



## Neurotransmitter Tests

If you have any of the following symptoms, you may have imbalances in your communication system:

- Mood disorders: depression, anxiety, OCD
- Sleep disorders: insomnia, unable to stay asleep, sleep apnea
- Metabolic disorders: fatigue, low stamina, low body temperature, hypoglycemia, diabetes
- Neurological disorders: poor recall, unable to focus
- Eating disorders: cravings, lack of appetite control
- GI disorders: IBS, constipation, diarrhea
- Hormonal disorders: PMS, perimenopause, menopausal symptoms, low libido
- Pain disorders: joint pain, headaches, fibromyalgia

We provide functional, research based neurotransmitter testing and solutions that restore balance to the body's communication system. We invite you to reclaim your health and well being by balancing your body's communication system.

## Herpes gladiatorum

(HG) is an infection caused by the herpes simplex virus (HSV) type 1. HG most commonly occurs among wrestlers (herpes gladiatorum) and rugby (herpes rugbiaeforum). HG is spread by direct skin-to-skin contact. The lesions appear within 7 to 14 days after exposure; however, in some cases the lesions take longer to appear. It is critical to recognize the threat of HG skin infection to minimize the risk of outbreaks.

- Wrestlers must practice effective hygiene immediately after wrestling
- Competition gear and towels should be cleaned frequently.
- Wrestling mats should be cleaned between matches with household bleach (one-quarter cup of bleach in 1 gallon of water).

By following a proper vitamin program as well as making balanced food choices, you can improve the chances of preventing contraction or recurrence of an outbreak by boosting the body's immune function.

## Coconut Oil

Natural and delicious, coconut oil is extremely versatile and healthful in many different ways. As a food it is unique because it's composed almost entirely of medium-chain-fatty acids(MCT). This type of fat is burned and not stored in the body. This means that even though coconut oil is a saturated fat, it metabolizes easily and will not cause increased cholesterol levels or hypertension.

It is heat resistant so can be used for hot food preparations. You can use coconut oil for frying, baking, and cooking, or as a spread instead of butter. When high heat is applied to oils, especially polyunsaturated fats such as sunflower, corn, flax, and canola, damaged trans fat molecules result. Trans fats increase free radical damage, and contribute to the development of degenerative diseases, cancer and heart disease.

In addition to being an excellent source of energy, it has numerous healthy virtues including: antiviral, and antifungal properties.

***There is very compelling evidence that at least two specific food additives are highly toxic.***

Russell Blaylock, MD, a neurosurgeon, has dedicated his life to educating the public on the dangers of food additives. His book Excitotoxins The Taste that Kills explains fully the impact of toxic food additives on ourselves and our children. The culprits: Monosodium glutamate (MSG) and Aspartame and their derivatives.

Glutamate and aspartate are naturally occurring amino acids used in building proteins and also function as excitatory neurotransmitters. When they are present in excessive amounts, they stimulate(excite) nerve cells until they die (toxic).

The developing brains of children are extremely susceptible to the effects of these excitotoxins. Their blood-brain barrier is less developed and can more easily be crossed. These excitotoxins effect the development of the nervous system and may be seen as learning and emotional difficulties (ADD/ADHD/Autism), and/or hormonal problems.

Furthermore excitotoxins can aggravate and possibly precipitate many neurodegenerative diseases such as Alzheimer's, Parkinson's, ALS, and Huntington's. These excitotoxins can cause an even higher risk if you have ever had a stroke, hypertension or diabetes.

What can we do to protect ourselves and our children?

**1. Read food labels.**

MSG is often present in foods that are not labeled as containing MSG, but do. For example:

- autolyzed plant protein**
- autolyzed yeast**
- calcium caseinate**
- glutamic acid**
- hydrolyzed plant protein**
- hydrolyzed vegetable protein**

- monosodium glutamate**
- MSG**
- natural flavour/flavouring**
- sodium caseinate**
- “seasoning”**
- textured protein**
- vegetable protein extract**
- yeast extract**
- yeast food**

If a food is labeled low fat, it almost certainly contains MSG in some form for flavour. Low carbohydrate processed foods most likely contain Aspartame.

**2. Minimize consumption of processed foods** - canned, boxed, bagged, and frozen.

**3. Minimize restaurant foods**, not just Chinese. They may not add MSG, but it is often present in foods that come prepared/pre-seasoned to the restaurant.

**4. Use stevia or xylitol** as a natural low calorie sweetener rather than Aspartame. These can be purchased at natural food stores.

***The inescapable fact is that there are a number of companies making a lot of money selling products that are unhealthy.***

I won't even stoop to call them foods. They don't care that they make you fat, deplete your vitality or shorten and degrade your life span. They want you to keep eating them. Their business is to make money, it isn't to inform you. They want you docile, ignorant and compliant.

You are the only one who can take responsibility for your life, for your health, and those whom you are responsible for, i.e. your children. Be informed, active and passionately alive.

Lets get something straight. Your body doesn't care who put the chemicals in your food. It cares that they are there, and that you put it in your mouth. You must take responsibility for everything you put in and on your body. Make informed decisions about what is in your surroundings that is in your control (i.e., household chemicals, body products, pesticides, plastics)

Fresh, unprocessed , plant-based whole foods are your best source of nutrition, the fundamental requirements for your body to function. Avoid dairy, animal protein, processed refined foods, artificial sweeteners (Yes! even SPLENDA!), and MSG. Exercise daily, and drink plenty of clean water every day.

You can't be replaced!

Yes, it's easy to grab the bag of vegetables and sauce in the bag and just add meat, but have you read the ingredients? It only takes a few more minutes to use fresh unprocessed foods to make a meal that tastes better and is more nutrient rich than the one from the bag.

You must take charge of your life to take charge of your health, and this includes the foods that you eat.





## **Dr. Karrin Fairman-Young, ND**

has her undergraduate degree in Physical education, and her Doctor of Naturopathic Medicine from the Canadian College of Naturopathic Medicine. Dr. Fairman-Young is in private family practice in Kitsilano. She has a special interest in Neurodegenerative diseases as well as pediatric and teen health. She is frequently taking continuing education credits to keep current on the new research and techniques emerging in Naturopathic Medicine. Dr. Fairman-Young dedicates part of her time as a clinical supervisor at Boucher Institute for Naturopathic Medicine. She is a member in good standing with the CNPBC (BC regulatory board), BCNA (provincial association), CAND (national association), and is a former member of the AANP (Alberta provincial association). Dr. Fairman-Young is currently accepting new Patients.

## **Naturopathic Doctors:**

Like a conventional doctor, dentist, or chiropractor, the naturopathic doctor first completes pre-medical studies at university, before entering an accredited program of Naturopathic Medicine. In order to be licensed in BC, Naturopathic Doctors must have completed a four-year, full-time program at an accredited school of Naturopathic Medicine. Training includes medical and clinical science; diagnostics; naturopathic principles and therapeutics; and extensive clinical experience under the supervision of licensed Naturopathic Doctors. Graduates receive the title "ND" or Doctor of Naturopathic Medicine. Following the completion of the accredited program, an ND must successfully complete standardized North American Board Exams (NPLEX) as well as provincial regulatory board (CNPBC) exams to qualify for licensing.

An excellent earthy, healthy rice dish. This makes a wonderful addition to a vegetarian thanksgiving with Tofu loaf and mushroom gravy (see my website for these recipes and more) with a beautiful presentation in the pumpkin.

### Baked Pumpkin with Mixed Rice Pilaf

1 5-6 lb pumpkin or several small smaller ones  
3 3/4 cups water  
1 cup brown rice  
1/2 cup wild rice  
2 Tbsp coconut oil  
3/4 cup chopped onion  
2 small tart apples, cored and diced  
1/2 cup chopped pecans  
Dash nutmeg  
1/2 tsp cinnamon  
salt and pepper to taste  
3 Tbsp apple cider  
1/4 cup dried cranberries  
1/4 cup dried apricots, chopped

1. Preheat oven to 375 F. With a sharp knife, cut off the top of the pumpkin(s). Scoop out the seeds and stringy fibers and discard, or save the seeds for toasting. Place the pumpkin, with the top next to it, on a baking sheet. Bake in the centre of the oven until the inside of the pumpkin is tender, about 1 hour. Remove from the oven and keep warm, covering the top of the pumpkin with foil to prevent the flesh from drying out.

2. Meanwhile, bring the water to a boil in a heavy saucepan. Add the brown and wild rice and return to a boil. Reduce heat and simmer covered until most of the water has been absorbed, about 50 minutes. Turn off the heat and let stand for 10 minutes.

3. Heat the coconut oil in a large skillet. Add the onions and saute until golden. Add the apples, pecans, nutmeg, cinnamon, salt and pepper and saute for 5 minutes, stirring often. Add the apple cider and saute for 5 more minutes. Then add the cranberries, apricots and rice, saute for an additional 5 minutes.

4. Spoon the wild rice pilaf into the pumpkin and cover with the baked top. When serving, scoop out pumpkin flesh along with the pilaf.

Makes 6 Servings.