

# TRADITIONS

presented by **A Woman's Time**

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## WOMEN'S HEALTH & CLINIC NEWS

### Tori Hudson, ND - Medical Director

Welcome to another edition of *A Woman's Time* newsletter. The practitioners of *A Woman's Time* are an impressive group of well educated, experienced practitioners bursting with expertise in areas such as menopause, osteoporosis, infertility, cancer, anxiety/depression disorders, chronic fatigue syndrome, PMS, endometriosis, hypertension, high cholesterol, infections, migraines, cervical dysplasia, and chronic inflammatory and pain syndromes.

Our approach includes scientifically researched herbal and nutritional treatments, bio-identical hormone therapy, and traditional time honored therapies of acupuncture, Chinese and Western herbs, homeopathy and selected mind/body techniques. Our integrative medicine philosophy also includes the selected use of well indicated pharmaceuticals and working with a robust referral network of specialists in conventional medicine.

This past year has seen some terrific new research in areas of women's health with safe and effective natural therapies for genital warts, menopause symptoms, PMS, migraines, osteoarthritis, fibromyalgia and chronic fatigue to name just a few. There has also been new research in prevention strategies to reduce the incidence and progression of serious chronic illnesses such as cervical cancer, breast cancer, cardiovascular disease, arthritis, autoimmune conditions and more, with studies investigating the role of lifestyle, nutrients and botanicals in disease prevention. The practitioners of *A Woman's Time* utilize a comprehensive evaluation to understand not only the underlying causes of your current health problems but techniques to understand your risks for future diseases. Our functional intracellular nutritional analysis tests, comprehensive digestive analysis, neurotransmitter evaluation, amino acid/cellular analysis, genomics testing for genetic errors in metabolism, hidden food allergy/food sensitivity testing and cholesterol subfractions with additional cardiovascular markers, are all state of the art testing, not yet offered in most medical clinics.

*A Woman's Time* is also very selective in our supplement inventory, carrying products that meet the natural products industry's highest standards for safety, effectiveness, quality control in ingredients and contaminants, and have been utilized in well researched scientific studies. Most of our inventory is not available through retail outlets.

We invite you to visit our website at [www.awomanstime.com](http://www.awomanstime.com) to find out more about our clinic, our practitioners and our services.

Here's a quick overview of our incredible clinical team of women practitioners:

- **Tori Hudson, N.D., Medical Director** — Gynecological and primary care women's health, breast cancer
- **Barbara McDonald N.D., L.Ac.** — Women's cancers, depression/anxiety, chronic pain
- **Leigh Lewis, N.D., L.Ac.** — Infertility, chronic pain, women's health
- **Wendy Vannoy, N.D.** — Women's health, cardiovascular
- **Stephanie Kaplan, N.D.** — Family medicine, food allergies, blood sugar
- **Carrie Skinner, N.D., 1st-year resident** — Family medicine, women's health
- **Kellie Raydon-Feeney, N.D., L.Ac., 1st-year resident** — Family medicine, women's health
- **Karen Hudson, M.P., H.C.** — Life coach, personal growth, life issues
- **Theresa Baisley, L.M.T.** — Massage for injuries, chronic pain, stress

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# NEW GENETIC TESTING CAN TELL US WHICH TOXINS MAY PLAY A ROLE IN CANCER DEVELOPMENT & WHAT YOU CAN DO TO PROTECT YOURSELF IN THE FUTURE!

Barbara MacDonald, ND, LAc

*“...genetic blood test identifies your biochemical individuality.”*

Test name: Detoxigenomics Profile by Genovations

The field of genomics has expanded our understanding of how toxins affect our bodies differently. Why can some people smoke packs of cigarettes a day and never get lung cancer – while someone exposed to minimal second-hand smoke gets it at 40? Why can some women take HRT and not get breast cancer and others do? We all have some efficient detoxification pathways and others that are not efficient; some toxins we can render harmless and others are cleared from our bodies as slow as congested Interstate-5 at rush hour. This genetic blood test identifies your biochemical individuality. By knowing how you detoxify each type of substance (such as solvents, heavy metals, estrogens, medications, hair dye, pesticides, etc.), you can make lifestyle choices to reduce your exposure. You can learn what things you can take to improve your body's ability to remove these toxins when exposed.

What I have found is that there are very common patterns in genomic variations that most of my breast cancer patients have. By knowing the answers to these questions, women are empowered to know what to change and what doesn't need changing. They are able to stop blaming themselves for getting cancer and become excited to know there are things they can do to improve their health.

Once we identify the genetic variations, called single nucleotide polymorphisms (snp), we make recommendations in lifestyle, diet and nutritional/herbal supplements that should help the body to reduce the toxic load that may cause carcinogenic mutations. For example those with CYP1B1 and COMT polymorphisms have a hard time eliminating estrogens from their body and they tend to make the more harmful form of estrogens (16-hydroxyestrone). Estrogens and estrogen mimickers come in many forms: in our water, fossil fuels, growth hormones, pesticides and solvents, medications, and those made by our bodies. Once we know how someone deals with these estrogen compounds, we can order a test to evaluate the estrogen ratio. Then, we can devise a strategy to avoid exposure and prescribe products that can improve this ratio and hopefully prevent future breast cancers.

To get a Detoxigenomics Profile, consult with a naturopathic physician at A Woman's Time.

## **A Woman's Time**

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Our website:  
[www.awomanstime.com](http://www.awomanstime.com)

For more articles and education:  
[www.torihudson.com](http://www.torihudson.com)

## IMPAIRED FERTILITY

Leigh Lewis, ND, LAc

Impaired fertility affects over 6 million in the U.S. and recent estimates suggest that approximately 10 million couples have sought infertility services. Women are born with a finite number of oocytes (eggs) that decrease in number and increase in genetic defects with age. As such, fertility declines with age with significant decreases after 32 and again after 37 years of age.

Infertility is defined as no conception after 12 months of intercourse without contraception in women under 35 years of age or after 6 months in women over 35 years of age. Pregnancy rates are approximately 2% after the 12th or 6th month, respectively, without intervention.

Complementary medicine has a role in the management of infertility both before and after a referral has been made to a reproductive endocrinologist. After a detailed history and physical including pertinent lab work, treatment can be targeted to address any identified underlying causes. Unfortunately, in many cases, no cause can be determined. In these cases of unexplained infertility, the first step is to address basic issues of diet and lifestyle. Overweight and underweight individuals have increased rates of infertility. In an overweight woman, weight loss of as little as 10% can be significant in helping to normalize menses and ovulation. Similarly, weight gain in an underweight woman is important as well. A normal body weight also increases the success of assisted reproductive therapies such as in vitro fertilization. A personalized plan focusing on daily exercise and a whole foods diet is an important step in weight maintenance and loss. Smoking, caffeine (even decaf) and alcohol have been linked to decreased fertility and recurrent miscarriage so avoidance is important in couples trying to achieve pregnancy. Even some so-called healthy foods like fish may not be advisable for either partner when trying to get pregnant.

Research suggests that stress and depression may be the cause of many cases of unexplained infertility. This can be especially problematic since continued inability to get pregnant often fuels depression, leading to a vicious cycle of emotional upset and a veritable rollercoaster of monthly hopes and let-downs. Stress hormones have inhibitory effects on the reproductive system and, therefore, needs to be addressed in anyone receiving fertility services. A variety of relaxation techniques, including acupuncture, individual and couple counseling, and yoga, should be part of the treatment plan for anyone who is dealing with stress, anxiety or depression.

***“...acupuncture can also be helpful in improving menstrual cycle regulation...”***

Several studies have found acupuncture may be of benefit in improving pregnancy rates. Pelvic ultrasound studies have confirmed that acupuncture treatments can improve pelvic blood flow and this may account for this benefit. In addition, acupuncture can also be helpful in improving menstrual cycle regulation, ovulation, and emotional factors surrounding fertility issues.

Dietary supplements and botanical treatments can also help to improve fertility. A prenatal vitamin has much of what is needed, but women who are deficient in folic acid, B12 and iron may need additional supplementation. Dietary incorporation of ground flaxseeds and soy may promote favorable hormonal balance and ovulation. Chaste tree berry is possibly the most important botanical for improving fertility as it can improve low progesterone and lengthen the luteal phase. Research indicates that inositol, Tribulus and Rhodiola may help to stimulate ovulation and improve ovarian function. Phytoestrogens may have a role in IVF fertility treatments by improving implantation, pregnancy and delivery rates.

Infertility is not typically caused by a single factor and as such fertility care should be a multifactorial process including accurately identifying the problem, timely referral to specialists, and improving physical and emotional health in both partners via improved diet and lifestyle choices.

# FIGHTING CHEMOTHERAPY FATIGUE

Wendy Vannoy, ND

Fatigue is a common side effect of conventional chemotherapy breast cancer treatment. Some doctors estimate that 9 out of 10 people experience fatigue at some point during treatment. If you are noting a decrease in your energy level during treatment be sure to mention this to your healthcare team as there are many other medical reasons for fatigue including:

- Infections
- Anemia
- Low platelet (clotting cells) counts
- An under active thyroid
- Depression
- Allergies

Medical causes of fatigue aside, there are many ways to support your energy levels during your treatment process. Here are a few tips to keep you going!

**Exercise** – Research studies are compelling; cardiovascular exercise (heart rate up and sweating) can reduce the risk of development and recurrence of many types of cancer and it just makes you FEEL better. Women report their quality of life is greatly improved during the day and they sleep deeper at night when they exercise. If you were not an exerciser before your diagnosis, start gently by adding a daily walk...and bring a friend! For women who were active prior to diagnosis, check with your doctor if you can keep up your regular exercise program. Monitor your energy and do not exhaust yourself further by exercising.

**B Vitamins** – either from a multiple vitamin (there are vitamins specifically formulated for the different stages of cancer therapy—ask our staff!) or as a B-Complex. B vitamins help our bodies handle stress, improve our mood, and reduce the neurological side effects of many chemotherapeutic drugs—such as neuropathy and oral ulcers.

**CoEnzyme Q10 (CoQ10)** – also known as ubiquinone, is an enzyme crucial to the mitochondria, the energy-producing units of our cells. It is important to support the energy production of healthy cells in the body while they are undergoing attack by chemotherapy. Plus, CoQ10 can be cardioprotective from the potentially cardiotoxic effects of Adriamycin, a common chemotherapeutic agent.

**American or Siberian Ginseng, Holy asil, Ashwagandha, Schizandra, Maca and Rhodiola** – These herbs have historical and research evidence demonstrating their ability to help the body adapt to stress, improve psychological wellbeing and reduce insomnia and fatigue.

**Green Foods drink** – We all know the importance of eating our veggies in the prevention of cancer, but consuming the ideal 6-9 servings of brightly colored vegetables while fighting chemotherapy induced nausea can be difficult at best. A green foods drink is a great answer, you can add it to a protein shake or juice and drink your antioxidants and feel energized at the same time.

**Melatonin** – Sleep is one of the best things for helping our immune systems stay strong and if you are not sleeping well, you will quickly loose the stamina to face the day to day challenges of cancer. Melatonin not only supports quality of sleep, it is an immune modulator, antioxidant and exerts cytotoxic effects on cancer cells.

**Acupuncture** and Chinese herbs, detoxification techniques including saunas, homeopathic medicines, massage, are all good options to consider for reducing the fatigue of fighting cancer. Not all of the above may be appropriate choices for you depending on your individual clinical situation. Consider working with a naturopathic doctor who has experience helping women navigate the confusing world of what natural treatment is compatible with each phase of cancer treatment.

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*“B vitamins help our bodies handle stress, improve our mood, and reduce the neurological side effects of many chemotherapeutic drugs...”*

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## FISH OIL & WOMEN'S HEALTH

Carrie Skinner, ND

Many of us can still remember Grandma greeting us each morning in the kitchen with a tablespoon of cod liver oil and a smile, and it looks like she was wiser than we knew. Fish oil is a great source of omega 3 fatty acids, which are vital constituents of the membranes of every type of cell in the body. They are also used as precursors for locally released hormones, provide neuro and cardio protection and even favorably affect gene expression. The best-researched actions of omega 3 fatty acids include lowering triglycerides, optimizing brain function, reducing inflammation and inhibiting abnormal cell proliferation, which thereby reduces cancer risks.

The two most important omega 3 fatty acids found in fish oil are called eicosapentaenoic acid (EPA) and docosahexaenoic acid (DHA), and they are considered 'essential,' which means we must get them from our diet. There are other types of essential fatty acids, omega 6 and omega 9, which are found more abundantly in the oil of nuts and seeds. These fatty acids are also very important, and function in parallel to the omega 3 fatty acids. Generally, the western diet is disproportionately higher in the omega 6 and 9 fatty acids than in the omega 3's. A balance between omega 3 and other fatty acids is vital, and though an exact dietary ratio has not been established, the research thus far has found that higher levels of the omega 3 fatty acids in cell membranes and in our blood have been associated with an almost dizzying amount of benefits in many different systems.

**CARDIOVASCULAR DISEASE** — Cardiovascular benefits from omega 3 intake range from lowering triglyceride levels to a prevention of arrhythmias that lead to sudden cardiac death. Studies have also shown the intake of omega 3 fatty acids associated with a decreased risk of blood clots, a slight decrease of blood pressure, an increase in the function of the blood vessel cells, a decreased rate of progression of atherosclerosis and an improvement in LDL and HDL cholesterol.

Women particularly gain from a diet rich in omega 3 fatty acids. Hundreds of studies have shown that omega 3 fatty acids lower total cholesterol and triglyceride levels. Due to the strong association between cardiovascular disease and elevated triglyceride levels in women, intake of fish oil can be especially advantageous.

Oral hormone therapy (HT) can slightly increase triglyceride levels, making omega 3 supplementation especially important. The good news is that regardless of whether women are postmenopausal or not, or whether the postmenopausal women are receiving HT or not, multiple studies have shown that omega 3 supplementation will improve cardiovascular markers and cholesterol panels in women.

**STROKE** — Strokes are the result of an alteration of the blood supply in a region of the brain, and may be caused by a lack of blood flow due to a clot (ischemic or thrombotic stroke), or the rupture of a blood vessel (hemorrhagic stroke). Although the effects of fish oil have not been significant for decreasing the risk of hemorrhagic strokes, large-scale studies on women have shown that adequate fish oil intake can decrease the risk of thrombotic strokes by half. This impressive decrease in risk of thrombotic stroke is most likely linked to the improvement seen in the cardiovascular studies: increase in function of the blood vessel cells, decreased rate of progression of atherosclerosis, and an improvement in cholesterol panels.

**BRAIN HEALTH** — Omega 3 fatty acids are especially important in maintaining optimum brain health. The omega 3 DHA is actually the main constituent in the membranes of the central nervous system. Low dietary and red blood cell levels of omega 3 fatty acids have been linked to cognitive decline and an increased risk for Alzheimer's disease. A decreased risk of dementia has also been correlated with higher dietary intake of omega 3 fatty acids in both men and women. As the body of research on fatty acid intake continues to grow, the importance of a well-functioning cell membrane that includes plenty of omega 3 fatty acids is becoming more understood. Overall, it appears that the research supports, but is still a bit behind, good old Grandma Wisdom. Consult your favorite naturopath for more information!

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## Our Practitioners:

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*Fish Oil & Women's Health*  
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**CANCER** — Apoptosis, also called programmed cell death, is a vital physiological process that cleans the body of unwanted or damaged cells. When this process is not functioning properly, it may result in uncontrolled cell growth and tumor formation, as seen in cancer cells. Cancer cells proliferate rapidly and are resistant to apoptosis. Marine-derived fatty acids have been found to promote apoptosis in colon, breast and prostate cancer cells outside of the body, and to inhibit proliferation of cancer cells in the colon in human studies. Though a direct correlation between fish oil consumption and lower incidence of cancer has not been shown thus far, studies showing a lower overall incidence of cancer in populations with high fish intake are encouraging.

**DIET, DOSAGE AND QUALITY** — Adding cold water fatty fish to the diet can be a great way to increase the amount of omega 3s in the body. Salmon, mackerel, sardines, halibut and tuna are all excellent sources. Researchers have found that as little as one serving per week of 300g of these fatty fish can provide health benefits. The American Heart Association (AHA) recommends eating fish twice per week for prevention. However, dietary sources alone may not provide enough essential fatty acids consistently for treatment. Additionally, the cost of consistently having fish in the diet and the concerns of contamination of certain species are valid. Due to these concerns, along with the high risk of oxidation of fish oil supplements and the concerns for the environmental impact of taking fish oil, we recommend supporting supplement companies that practice sustainable harvesting and guarantee the freshness and quality of their products, as well as being contaminant free.



## Complementary BREAST CANCER CARE at A Woman's Time

A Woman's Time offers complementary care for breast cancer patients. We specialize in the integration of clinical nutrition, botanical medicine, and lifestyle strategies with conventional treatments in the management of breast cancer.

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