



NATUROPATHIC NEWS DIGEST

Friday, August 23, 2013



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Probiotics And Allergies

Reuters (reuters.com) - [Probiotics Linked To Lower Risk Of Allergies For Kids](#) - By Kathryn Doyle - (Thursday, August 22, 2013)

Babies whose mothers take probiotics while pregnant and those who are given the so-called "good bacteria" supplements early in life may be at lower risk for allergies but not asthma than other kids, according to a new analysis of past studies.

Doctors don't typically recommend for or against probiotics for pregnant women or young children, and it's still too soon to make that leap, said senior author Dr. Erick Forno of Children's Hospital of Pittsburgh.

"Based on our findings, probiotics have a protective effect against allergies, but we still have things to learn before we can give general advice to the public," he told Reuters Health in an email.

Bacteria living in the gut and digestive tract have been linked to immune system health. So getting enough probiotics - microorganisms like those in yogurt and yeast that have a beneficial effect on the balance of gut microbes - might logically help support a healthy immune system as well, researchers said.

Since allergies and asthma both spring from hypersensitive immune responses, several trials have set out to assess the effect of probiotic supplements on those conditions.



Exceeding Standards for Quality Assurance

ND Doubts

The Huffington Post (huffingtonpost.ca) - [Giving Naturopaths Free Medical Reign Is Dangerous](#) -
By Michael Kruse - (Sunday, August 18, 2013)

A new petition has surfaced concerning the scope of practice of Naturopaths in Ontario. The Ontario Association of Naturopathic Doctors (OAND) is collecting signatures to support a rather vague demand that the Ontario health minister, Deb Mathews, ensure that naturopathic doctors (NDs) are allowed to "maintain effective continuous care" of their patients and while insisting that naturopathic therapies are "scientifically proven."

This is a continuation of the controversy over prescribing rights that were added as a last minute amendment to The Naturopathy Act (2007) after lobbying by Ontario's naturopaths. It seems that some ND's think it is not good enough that they will be allowed to prescribe their own (largely unproven) "natural" remedies, they also want to take over as your main family doctor, wanting the ability to also prescribe mainstream drugs, like antibiotics and NSAIDs.

Naturopaths are alternative medicine providers who present themselves publicly as science-based health professionals. However, naturopathy is actually a belief system based on the pre-scientific belief in "vitalism," which proposes that there is a "life force" or "vital force" that can be shaped by "naturopathic" treatments. Naturopaths offer a variety of treatments can range from reasonable health advice (diet and exercise) to treatments that may be useless (homeopathy or acupuncture) to questionable (intravenous vitamins, supplements, and herbalism) to the dangerous or inappropriate (chelation and various forms of "detoxification").



Remove Barriers For NDs

Portland Business Journal (bizjournals.com) - [Doctor Shortage? Remove Barriers To Naturopathic Doctors](#) - By David Schleich - (Monday, August 19, 2013)

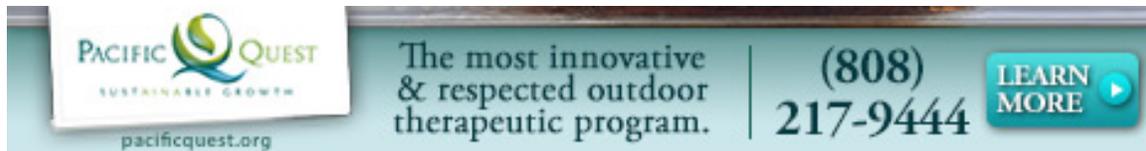
Across the nation, states are scrambling to roll out the Affordable Care Act next year. Meanwhile, Oregon, long a leader in health reform, is well ahead of the curve, guided by its North Star, the "Triple Aim" (better care, better outcomes, lower cost).

At the same time, the state is facing a healthcare hurdle that threatens to disable all its carefully orchestrated plans: a critical shortage of primary care providers to care for an influx of patients into the state's new healthcare exchanges.

The increasing scarcity of primary care providers portends to become as ominous a problem as a

thunderclap crackling above a dry forest. Oregon's health policy leaders are fully aware that the patient to physician ratio will only increase as the Affordable Care Act goes live.

Yet there continues to be reticence to fix the problem by tapping already existing resources of trained medical professionals. The article, "Doctor shortage is on the horizon. Who'll pick up the slack?" (Aug. 5), noted that nurse practitioners may well help breach the Oregon PCP gap.



Importance Of Lifestyle Changes

Daily News (nydailynews.com) - [Which Diet You Choose Doesn't Matter - Losing Weight All About Lifestyle Changes: Researchers](#) - (Wednesday, August 21, 2013)

Atkins, South Beach, Dukan -- wondering what diet type is best for losing weight? Actually, forget the word diet and focus on lifestyle changes, researchers say.

In an editorial published online August 20 and in print Wednesday, in the Journal of the American Medical Association (JAMA), researchers say that there is no perfect diet, because they are all equally as good or as bad in helping people trim excess weight.

"We really wanted to shine a light on the fact that there seems to be this focus in the media and in the scientific community on the pursuit for the ideal diet," said Dr. Sherry Pagoto of University of Massachusetts Medical School in Worcester, Mass. She adds that none of the diet research is "game changing in terms of obesity management, but we're spending a lot of time talking about it and we are spending a lot of time researching it."

Along with Dr. Bradley Appelhans of the Rush University Medical Center in Chicago, Pagoto advises calling an end to the diet wars and focuses on lifestyle, rather than diet types, to prevent weight gain and curb risks of chronic diseases.



Benefits Of Midwife-led Care

Daily News (nydailynews.com) - [Midwife-led Care May Deliver Better Outcomes For Moms And Babies: Report](#) - By Victoria Taylor - (Wednesday, August 21, 2013)

Women who turn to midwives for care during pregnancy and birth may see healthier outcomes, according to a new systematic review.

Researchers found that moms-to-be who turned to a small group of midwives instead of a team that included midwives as well as obstetricians and general practitioners were less likely to lose their babies before 24 weeks.

In addition to being happier with the care they received, these women were also less likely to give birth prematurely, had fewer epidurals and fewer episiotomies (a surgical incision made to prevent vaginal tearing).

The researchers, who hailed from King's College London, Sheffield Hallam University, the University of Warwick and National University of Ireland, Galway, examined data from 13 trials involving more than 16,000 women. Their findings were published in The Cochrane Library.

Lead researcher Jane Sandall recommended that expecting mothers should be offered this kind of care unless they have serious medical or obstetric complications.

"Women should be encouraged to ask for this option," Sandall said in a press release. "Policymakers in areas of the world where health systems do not provide midwife-led care should consider the importance of midwives in improving maternity care and how financing of midwife-led services can be reviewed to support this."



Dr. Tina Rogers

The Record.com (therecord.com) - [Dr. Tina Rogers Uses Naturopathic Approach to Wellness](#) - (Thursday, August 22, 2013)

Dr. Tina Rogers is a Naturopathic Doctor and Certified Sports Nutritionist who treats many athletes from Olympic hopefuls to weekend warriors. Dr. Rogers practices what she preaches and leads by example providing running clinics at the Running Room, practicing yoga, and competing in Triathlons. She was also a Division 1 swimmer at Bowling Green State University in Ohio. Dr. Rogers graduated from the Canadian College of Naturopathic Medicine and has found the path to working with athletes a natural choice due to her own experiences as an athlete. As a physically active person Dr. Rogers understands how injury can be devastating to an avid athlete and enjoys assisting them in reaching optimum physical fitness in order to pursue their love of sport.

Dr. Rogers uses many traditional methods to aid her patients in reaching optimum performance such as acupuncture, herbal supplements and dietary modifications. However, she is not restricted to caring for athletes and provides many other health care services including:

- * Women's health such as menstrual irregularities, menopause and infertility
- * Musculoskeletal concerns including fibromyalgia, sciatica, low back pain, chronic fatigue and tendinitis
- * Skin conditions such as acne, eczema and psoriasis

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