Pacific Quest is Changing the Industry of Wilderness Therapy With an Innovative Wellness Team - (Thursday, August 1, 2013)

Pacific Quest outdoor therapy program is setting new standards in quality care and integrative whole-person wellness for struggling teens and young adults. Currently, Pacific Quest is the only behavioral healthcare program of its kind with two full time Naturopathic Doctors on staff. Medical Director and Naturopathic Doctor, Britta Zimmer and Maile Green, ND, LAc, RN work together to develop comprehensive individualized wellness plans for adolescents and young adults.

Naturopathic Physicians (N.D.) are trained to serve as primary care practitioners who are experts in the prevention, diagnosis, management and treatment of both acute and chronic health conditions. Mike McKinney, Executive Director and cofounder comments, "We are thrilled to have such a dynamic, innovative wellness team. With two full time Naturopathic Doctors on staff, Pacific Quest truly stands out in providing the best care possible for our students and their families."

Dr. Britta Zimmer is a board certified, licensed Naturopathic Physician, receiving her BA from the University of Virginia and ND from the National College of Naturopathic Medicine in Portland, Oregon. Dr. Zimmer completed a comprehensive Naturopathic Family Practice Residency in Portland Oregon, which included extensive work at Outside In, a community clinic providing health care for at risk youth. Dr. Zimmer is a licensed primary care physician in the state of Hawaii. In a recent interview, Dr. Zimmer stated, "my goal is for the students at Pacific Quest to be empowered and inspired to take control of their own health by learning about nutrition, the healing arts, and how their body works."
Understanding Eczema

The New York Times (nytimes.com) - Understanding Eczema to Treat It - By Jane E. Brody - (Monday, July 29, 2013)

Summer is both a blessing and curse for millions of people afflicted with a common chronic skin condition called eczema. The dry, red and usually intolerably itchy patches often recede when the air is warm and damp and skin is exposed more often to sunlight.

Yet, for many of the 15 million Americans with eczema, shedding the clothes may be embarrassing and, in the case of children, may result in teasing and exclusion. Even for those who are comfortable in a bathing suit, swimming in a pool can be problematic if sensitivity to chlorine worsens the condition.

In industrialized countries, eczema has become two or three times more common in recent decades. Only part of this rise can be attributed to better diagnosis. Now between 15 and 30 percent of children and 2 percent to 10 percent of adults have eczema, which nearly always begins in the first five years of life. Fortunately, in more than two-thirds of children with eczema, the condition resolves on its own before adolescence.

Breastfeeding And Intelligence

Reuters (reuters.com) - Breastfeeding Tied To Kids' Intelligence - By Genevra Pittman - (Monday, July 29, 2013)

Children who were breastfed for more of their infancy scored higher on language and intelligence tests at three and seven years old, in a new study.

Researchers found that for each extra month women reported breastfeeding, their children performed slightly better on those exams - though not on tests of motor skills and memory.

"Given the size of the benefit, I think this should be helpful for women who are trying to make decisions about how long to breastfeed... because there are many factors that go into that decision," said Dr. Mandy Belfort, who led the study at Boston Children's Hospital.

"You have to weigh that against the time that it takes, maybe the time that it takes away from work and your other family duties."
Change Through Exercise


Exercise promotes health, reducing most people's risks of developing diabetes and growing obese. But just how, at a cellular level, exercise performs this beneficial magic - what physiological steps are involved and in what order - remains mysterious to a surprising degree.

Several striking new studies, however, provide some clarity by showing that exercise seems able to drastically alter how genes operate.

Genes are, of course, not static. They turn on or off, depending on what biochemical signals they receive from elsewhere in the body. When they are turned on, genes express various proteins that, in turn, prompt a range of physiological actions in the body.

One powerful means of affecting gene activity involves a process called methylation, in which methyl groups, a cluster of carbon and hydrogen atoms, attach to the outside of a gene and make it easier or harder for that gene to receive and respond to messages from the body. In this way, the behavior of the gene is changed, but not the fundamental structure of the gene itself. Remarkably, these methylation patterns can be passed on to offspring - a phenomenon known as epigenetics.

Alternative Medicine Acceptance

PBS Newshour (pbs.org) - Alternative Treatments Could See Wide Acceptance Thanks to Obamacare - By Kaiser Health News and Ankita Rao - (Monday, July 29, 2013)

Jane Guiltinan said the husbands are usually the stubborn ones.

When her regular patients, often married women, bring their spouses to the Bastyr Center for Natural Health to try her approach to care, the men are often skeptical of the treatment plan -- a mix of herbal remedies, lifestyle changes and sometimes, conventional medicine.

After 31 years of practice, Guiltinan, a naturopathic physician, said it is not uncommon for health providers without the usual nurse or doctor background to confront patients' doubts. "I think it's a matter of education and cultural change," she said.
As for the husbands -- they often come around, Guiltinan said, but only after they see that her treatments solve their problems.

Complementary and alternative medicine -- a term that encompasses meditation, acupuncture, chiropractic care and homeopathic treatment, among other things -- has become increasingly popular. About four in 10 adults (and one in nine children) in the U.S. are using some form of alternative medicine, according to the National Institutes of Health.