

Some natural weapons to help you ward off Cancer!

Everyone has cancer cells appearing daily. When your immune system identifies a cancerous cell, it attacks and eliminates it from the body. But every now and then, this system gets hoodwinked by rogue cancer cells. Rogue cancer cells have the ability to become invisible and, therefore, overcome our immune-system defences. To beat rogue cancer cells, you need to eliminate their ability to become invisible to your immune system. You can expose cancer for what it is by boosting your pancreatic enzymes. Pancreatic enzymes are able to de-shield cancer cells and reveal to your "immunity radar" any underlying cancer cells for eventual eradication. Several other natural medicines that are also effective have been identified. The most effective are flavonoids found in broccoli, whey isolate, B-17 from the apricot seed, and curcumin. Other mandatory natural weapons are:- Vitamin D - Exciting new research conducted at the Creighton University School of Medicine in Nebraska has revealed that supplementing with vitamin D and calcium can reduce your risk of cancer by an astonishing 77 percent. This includes breast cancer, colon cancer, skin cancer and other forms of cancer. This research provides strong new evidence that vitamin D is the single most effective medicine against cancer, far outpacing the benefits of any cancer drug known to modern science. IP6- also known as inositol hexophosphate and found in dried beans, whole grains, nuts, seeds, rice, wheat germ, corn and sesame. Research shows it reduces cell proliferation and can often restore cancerous cells to normality.

Contact us at HealthQuest on 9370 8280 for further information if you are wanting to prevent or support the battle against cancer.

Introducing Dr. Camilla Fotidar - Osteopath

Camilla is an experienced Osteopath. After graduating from the British School of Osteopathy in 2000 she spent 5 years in New Zealand where she ran her own practice and taught undergraduates on the Osteopathic Masters degree. She went on to spend a year in Perth, Western Australia where she began increasing her work with visceral complaints and pregnant women. She combines a holistic structural approach with the use of acupuncture/dry needling if appropriate. Each treatment is tailored to suit the individual needs of the patient. She has worked with a wide variety of patients from

pregnant mums to professional athletes and treated a wide variety of complaints from work and posture related pains, compensatory patterns from old injuries or operations, acute injuries accidental or sporting and particularly enjoys treating sports injuries, IBS symptoms, headaches and sinus pain. Camilla recognises the impact that stress has on the body be it internal such as increase demands on ones life from work or family or external such as poor ergonomics at work or incorrect exercise technique. Her own interest in sports and yoga allows her to educate her patients into managing themselves and enables long term improvement not just a quick fix.

We welcome Camilla as the newest member of the exceptional team at HealthQuest. Appointments can be made by calling 9370 8280

Strawberry Coconut IceCream

- 12 oz (by weight, not volume) strawberries (or mixed berries), fresh or frozen
- 2 14-oz cans coconut milk
- 1 tsp vanilla extract
- 1 tsp organic arrowroot
- 2 tablespoons Organic Evaporated Sugar Cane Juice or Organic Honey or Maple Syrup



In blender, combine strawberries and coconut milk. Blend until very smooth. (It is not necessary to thaw frozen strawberries first as long as your blender is powerful enough to completely pulverize them. As a bonus, using frozen strawberries will help the ice cream freeze faster.)

Add vanilla and sweetener to the mix.

Pour the mixture into an ice cream maker and follow the appliance's freezing instructions. Like most homemade ice cream, this one has the consistency of soft serve when finished and gets very hard after spending time in the freezer. In the latter case, leave it out on the counter for 10-15 minutes to soften before serving.

Summer Special Offer

If you are one of the first 12 people to book a Natural Medicine consultation with Dr. Arletta Nikitiuk and mention The Summer Special offer you will receive an Osteopathic consultation at 50% off. Total Value is \$140, but with this offer you only pay \$105. Because we have limited appointment times you must be amongst the first 12 people to book. This offer is only valid until February 13th or earlier if filled, so please make an appointment now by calling 9370 8280.

Please Note: The Osteopathic consultation will be with either Dr. Elizabeth Yacoub or Dr. Camilla Fotidar and the offer is open to both current and new patients.

We encourage you to share this information with family, friends and colleagues. We are grateful to the Scientists, Clinicians and Health Reporters who make this information available for the betterment of all of us.

Publishers:
Anthony Russo
 (Medical Scientist) and
Dr. Arletta Nikitiuk
 (Osteopath / Nutritionist)

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192 Pascoe Vale Rd
 Moonee Ponds VIC 3039
 Telephone: 9370 8280
 Facsimile: 9370 8195
 www.healthquestcentre.com.au



192 Pascoe Vale Rd
 Moonee Ponds VIC 3039
 Telephone: (03) 9370 8280
 Facsimile: (03) 9370 8195
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HEALTHQUEST WELLBEING REPORT

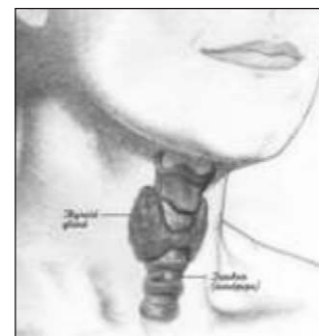
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Hello everyone!

Welcome to the Summer issue of the HealthQuest newsletter. Thank you for taking the time to read this issue. I am sure you will find it enlightening, educational and enjoyable and topical!. You can also register for further newsletter updates on our website.

Are you sick and tired of being sick and tired?



If you answer yes to any of the questions below then you may have an under active thyroid (Hypothyroidism / Hashimoto's disease).

- * Do you feel run down most of the time?
- * Is it hard to get going in the morning? Do you feel wiped out after lunch? Do you tend to hibernate on the weekends to rest up?
- * Are you unable to lose weight no matter how much you diet and exercise?
- * Are you always cold?
- * Do you have dry skin and thinning hair? Do you have thinning eyebrows at the outer region?
- * Is fluid retention or swollen eyelids a problem?
- * Do you suffer from constipation?



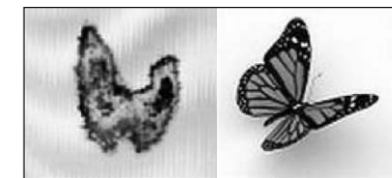
- * Do you suffer from depression, anxiety, morning headaches / migraines or poor memory?
- * Do you have high Cholesterol? Is high blood pressure or angina an issue?
- * Are you unable to fall pregnant? Or if pregnant have you suffered from recurrent miscarriage?
- * Do you have muscle and joint pains? Have you been diagnosed with Fibromyalgia, carpal tunnel syndrome or plantar fasciitis? Do you have burning or tingling in the hands or feet?
- * Do you have menstrual problems?
- * Do you have hives, psoriasis, eczema, asthma or allergic rhinitis?
- * Do you fall asleep only to awaken after a few hours and struggle to fall asleep again?

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* Do you have heart palpitations, increased pulse rate, inner trembling, night sweats, anxiety and overly emotional moods?

* Is there a family history of thyroid disease or autoimmune disease?

* And there are, in fact, many more conditions that can be associated with poor thyroid function. Your thyroid which is shaped like a butterfly, (the two "wings" of the butterfly are the right and left lobes and is located in the neck below the Adams apple), plays a part in nearly every physiological process!



Since every cell in the body depends on having enough thyroid hormone. If your thyroid gland becomes dysfunctional, every cell in the body suffers. This is why thyroid disorders can cause so many problems. Low thyroid is a common finding in chronically ill patients. This is especially true for those suffering with anxiety, depression, obesity, heart disease, fatigue, infertility, fibromyalgia and asthma. The sad fact is, half of all people with hypothyroidism are never diagnosed. And of those who are diagnosed, many are inadequately treated, resulting in partial recovery at best.

Even if you have been tested for thyroid disease and your doctor has told you the results are normal, yet you know you don't feel well and have some of the classical symptoms above (even if mild), then it is very likely you have subclinical or even sub laboratory hypothyroidism i.e. apparently normal thyroid hormone levels and a TSH in the "normal range or slightly above". I will explain below why relying on the normal range in blood tests is insufficient and leaving many people undiagnosed and suffering.

At HealthQuest we believe Subclinical Hypothyroidism is the beginning of thyroid failure and should be treated with the view to preventing further damage and most importantly, It results in the patient feeling well often after years of suffering from poor health, potentially reversing the condition.

Why relying on typical Laboratory test results for Thyroid function may be misleading!



Many doctors will order only one test - a TSH level. This is a grossly inadequate and relatively meaningless test by itself, it is not the most accurate indicator of thyroid problems and is considered by several experts as a scientifically outdated method of diagnosis.

Currently there is a lot of debate as to the validity of the so called "normal range". Most laboratories indicate the "normal range" of TSH is from 0.3 to 5mIU/L however some medical organizations have reduced their upper range to 2.5 and other investigations have shown that levels equal or greater than 2 may actually indicate adverse health risks.

At HealthQuest we dig deeper. We often disregard the TSH result if our patient is symptomatic and look at the FreeT3 and T4 values. If they are in the bottom half of the range (and sometimes even if higher) we look further. Often if the patient is under a lot of stress with high cortisol levels the TSH production by the Pituitary gland is reduced giving a falsely lower TSH result even if the patient is Hypothyroid.

We usually test for thyroid antibodies, Reverse T3, 24 hr Urinary Iodine, Blood Selenium and Vitamin D in addition to TSH, Free T3 and T4. We may also test for Cortisol and DHEA, Oestrogen and Progesterone, Iron / Ferritin, Vitamin B12 and Zinc levels. Anti Nuclear antibodies (ANA) and a Coeliac Disease screen is often also required. A food sensitivity panel and digestive stool analysis are also often needed. Heavy metal screening can be helpful too.

We have had patients with normal TSH, FT3 and FT4 values but high levels of Thyroid antibodies which is an attack by the body's immune system on their own Thyroid gland. This is the most common cause of low thyroid function in western countries and is called Hashimoto's disease.

Unfortunately most doctors even if presented with these results are unable to treat the underlying autoimmune condition or to even

symptomatically treat the often low thyroid condition. It's not necessarily that the patient's care is mismanaged or their condition misdiagnosed, it's just that current conventional medical care has no model to successfully manage Hashimoto's. Instead doctors are forced to wait for the thyroid to "burn out" and lose function due to extensive tissue death. Then they can prescribe thyroid hormone. So the patient continues to suffer often even after thyroid hormone replacement due to an incomplete management of the underlying disease process.



Reverse T3 dominance is another Thyroid condition usually not diagnosed by most doctors as circulating levels of T3 and T4 are within normal test limits. This is a condition when T4 metabolism produces an excess of reverse T3 in relation to active T3, Reverse T3 is inert but can block the effect of the active thyroid hormone T3. Unless this test is performed, the other tests are normal, yet the patient has hypothyroid symptoms. High Cortisol levels due to prolonged stress can cause high levels of reverse T3.

Thyroid resistance occurs in some patients where they still suffer from hypothyroid symptoms despite the fact that thyroid hormone levels are optimal. Causes may include nutritional deficiencies such as suboptimal levels of Vitamin D and iron (measured by Ferritin levels), poor blood sugar control, high or low cortisol levels due to adrenal dysfunction, excess Oestrogen, genetic defect with receptors, receptor dysfunction associated with heavy metal toxicities, unhealthy cell membranes due to low essential fatty acids, poor gut health and poor liver function.

What is Hashimoto's disease?

As briefly discussed above, Hashimoto's (the most common cause of Hypothyroidism in Australia and in fact the most common Autoimmune disease with 75% affected being women), typically involves a slow but steady destruction of the gland that eventually results in the thyroid's inability to produce sufficient thyroid hormone - the condition known as hypothyroidism. Along the way, however, there can be periods where the

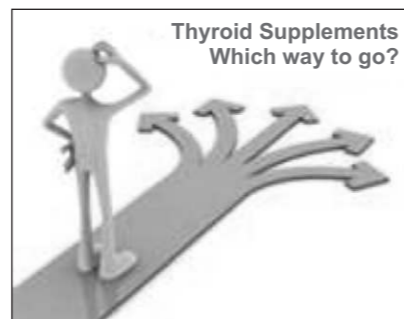
thyroid sputters back to life, even causing temporary hyperthyroidism, then a return to hypothyroidism. This cycling back and forth between hypothyroidism and hyperthyroidism is characteristic of Hashimoto's disease. For example, anxiety/insomnia/diarrhea/weight loss may be followed by periods of depression/fatigue/constipation/weight gain.

In some cases, the onset of Hashimoto's and elevation of antibodies will be accompanied by a variety of symptoms, including anxiety, difficulty sleeping, fatigue, weight changes, depression, hair loss, muscle/joint aches and pains, and fertility problems, among others. Possible causes for Hashimoto's may be an iodine, selenium or vitamin D deficiency, subclinical infections, gluten intolerance, heavy metals such as mercury and food allergies, gut dysbiosis, etc

How we treat Hypothyroidism and Hashimoto's Disease.

The treatment for non-Hashimoto's Hypothyroidism where there is no underlying auto immune process is relatively straightforward, usually replacing nutritional deficiencies e.g Iodine, Selenium, Vitamin A or supporting T4 to active T3 conversion with herbs such as Withania, Lycium or Coleus etc. There are other cases where we need to support the Pituitary, address Insulin resistance, improve liver detoxification, address Oestrogen dominance and adrenal dysfunction.

Treating Hashimoto's Disease is more complex. It is important to keep in mind that the primary disorder is of the immune system with the secondary effect (and the most obvious symptoms) being due to the ongoing destruction of the thyroid gland. So whilst we support the Thyroid nutritionally and sometimes Thyroid replacement hormones e.g Oxroxine or preferably Bio identical T4 /T3 or desiccated natural thyroid are needed, (if enough thyroid tissue is destroyed), it is in treating the immune derangement that leads to a reduction or elimination of Thyroid hormone replacement, prevents further immune destruction of the Thyroid gland and prevents other autoimmune disease and offers potential for disease reversal and a better quality of life for the patient.



The treatment is individualised for the patient depending on the underlying factors, but the following guidelines will give you an

overview and understanding of our protocols. It is important to understand that once the gene for autoimmune disease such as Hashimoto's is turned on, it can't be turned off. We can only turn down the overactive immune response by restoring balance. In 90% of patients with Hashimoto's this involves reducing the TH-1 cytokine response. We use Vitamin D in a dose that results in a level of 150-200 nmol/l. (Nearly all Hashimoto's patients have a genetic defect that affects their ability to process the nutrient so higher amounts of Vitamin D are needed). High dose EPA / DHA fish oil is helpful, as is NAC - a powerful antioxidant. Green Tea, White Willow, Polypodium, Resveratrol, Pycnogenol, Enzymes and Probiotics are used as appropriate. Bowel and Liver function need addressing with detox programs and Food sensitivities eliminated - the diet is usually Gluten and often dairy free. Paleolithic / Cave Man diet is an effective approach.

The diet is high in protein and essential fats and therefore anti inflammatory and stabilises blood sugar well. Gut health is addressed usually with Betaine HCL, (most hypothyroid patients are deficient in stomach acid), Probiotics and Enzymes. Glutamine formulations help heal intestinal hyperpermeability (Leaky Gut). Natural Sauerkraut is very helpful in this regard.



Excess Oestrogen needs to be managed and Brain neurotransmitters such as Dopamine and Serotonin optimised. The Adrenal glands are very important and repairing dysfunctional adrenals is imperative. Stress management is also essential.

Osteopathic treatment is utilised to improve nerve, blood and lymph supply to the Thyroid. The Digestive and Adrenal organs are optimised with appropriate adjustments and visceral techniques. Importantly the Immune system is optimised by improving Lymphatic flow and Thymus function. Nervous system function is also improved resulting in reduced stress. These are integral to a total holistic approach to treating thyroid disease.

At HealthQuest our approach to Hypothyroidism and Hashimoto's Disease offers real hope to the patient for lasting health and an end to often years of suffering. If you feel your thyroid is a major

cause of your poor health or if you are being treated for a Thyroid condition but still feel your health is not optimal then we encourage you to make an appointment with Dr. Arletta Nikitiuk by calling 9370 8280.

Is the imbalance of bacteria in your gut affecting your ability to lose weight?

A new study suggests that probiotics, which contain 'friendly' live bacteria, may help people keep their weight under control. 'What we found is that probiotics seem to physically reduce fat absorption in the upper gut,' says Professor Jeremy Nicholson, co-author of the study which appears in the journal *Molecular Systems Biology*. This study adds to the emerging body of scientific data suggesting that a lack of friendly flora in your digestive tract contributes to storing excess fat and becoming overweight. In another study, women who were overweight at the start of pregnancy were found to have a higher baseline level of hostile flora. And those women with the worst gut flora profiles gained the most weight during pregnancy. This also provides further information on how obesity risk may be passed from mother to child. The first colonization of flora is from mother to child. If mom is not balanced, then one's child is at higher risks for problems thereafter. In a related study children lacking good digestive bacteria at birth were much more likely to become overweight by age 7 compared to children with healthy levels of friendly digestive bacteria.

It is likely that an imbalanced digestive tract is present in virtually any person who is overweight and having trouble losing weight. Taking friendly flora or taking other steps to improve digestion may be vital to promoting normal metabolism of calories.

Sun scare has left us D-efficient!

The debate has been raging for years between sunscreen manufacturers (who spend BILLIONS to convince you that the sun is your worst enemy) and people who know that the sun-will-kill-you myth is just that... a myth.

But what's bringing it to the forefront this time around is the book called *The Vitamin D Solution* by Dr. Michael Holick. Five years ago, Holick got fired from his position as a dermatology professor at the Boston University School of Medicine because of his sun stance.

But that didn't shut him up. And now, thanks to books like his - and a growing body of research - people are finally starting to see the aftermath of decades of hiding from the sun has done. It isn't pretty.

As you know, sunlight is one of the best sources of vitamin D. This nutrient helps boost your immune system, fight cancer, lower your risk of osteoporosis, control blood pressure, improve insulin resistance, and so much more. And, of course, when you don't get enough of it, you're opening yourself up to all sorts of problems.

One new study published in *Clinical Endocrinology* confirms earlier research, which shows that the less Vitamin D you have, the sooner you'll kick the bucket. Believe me, you don't just want this stuff - you need it.

That's why it's so alarming that more than 50 percent of the world's population is suffering from a deficiency in vitamin D - and Americans are in the worst shape of all. According to *Consumer Reports on Health*, more than three quarters of Americans - 77 percent, to be exact - suffer from vitamin D deficiency.

Holick states that this deficiency is "probably the most common nutritional and medical condition in the world." The best way you can correct that is to spend at least 15 minutes a day soaking in the sun.

I know you hear that nonsense about how the sun causes skin cancer so often that it's hard not to believe it. But believe me when I say that not all skin cancer is equal. The most common skin cancers linked to sun exposure are nothing to worry about and can be treated with quick outpatient procedures.

Deadly melanomas - the skin cancer you SHOULD worry about - are far rarer and are actually caused by not getting enough sun! Studies have shown that a lack of sun can even make these cancers worse.



So get outside, bask in the sun, and use a little common sense. Don't use sunblock (which has also been linked to cancer) and simply get inside before you burn.

Dr. William Campbell Douglass II, M.D.