

**INSIDE
THIS
ISSUE:**

**THE
HIDDEN
DANGERS
OF
PLASTICS**

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**HEALTHY
SPRING
COOKING**

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**RELIEF
FROM
SEASONAL
ALLERGIES**

Letter from the President

Greetings friends of Naturopathic Medicine!

Welcome to our inaugural issue of the WNPA Newsletter. You are receiving this because you have expressed an interest in the Wisconsin Naturopathic Physicians Association. I wish I had the words to describe our gratefulness for the support of interest, time, talent, or funds that many of you have provided.

Your support aids our mission to advance Naturopathic Medicine, increase your access to the medicine, and ultimately secure licensure for Naturopathic Physicians in the state of Wisconsin. Our thanks, therefore, comes in the form of sharing. We are so thrilled to have this chance to give back to you. The



members of the WNPA are committed to the art and science of Naturopathic Medicine, and humbly offer our knowledge and experience.

Collectively, we represent a wealth of information from the clinically-significant to the scientifically-proven. You'll hear from doctors that have been in practice for 25 years as well as students learning the cutting edge. It has been an inspiring sight to see the members of our group bursting with enthusiasm to share with

you. We hope you will share with us. Let us know what you'd like to read about. We are here to serve you.

Dr. Jill Evenson
Janesville, WI

Green Mailing Option

Green Mailings!

One of our Naturopathic principles is 'the healing power of nature'. This power includes the herbs we use, the food we eat, and nourishment of the soul as we enjoy the great outdoors.

We must preserve all of these things, including our natural resources. Therefore, the WNPA would like to offer a green option in receiving this newsletter.

Drop me a line at dr.crystalurban@verizon.net

and future issues of the WNPA quarterly newsletter will be e-mailed to you. Your comments or questions about this publication are also welcomed.

Dr. Crystal Urban
Eagle River, WI

Healthy Cooking: Spring Greens



Spring is a great time to get sluggish winter digestion moving with mild bitter greens. Bitters aid digestion in many ways including stimulating digestive enzymes, supporting the liver and balancing blood sugar levels.

One of my favorite nutrient-rich spring greens is the dandelion, which is a great source of potassium.

Here is a recipe to get you started:

Ingredients:

- Large bunch of dandelion greens, chopped

**Either harvest these yourself (make sure you are at least 50 feet from roads and in an area that has not been sprayed with pesticides) or purchase from a local market

- 4 cloves of garlic, minced
- 1 Tbsp high-heat vegetable oil

table oil

• Directions:

- Sauté garlic in oil for 2-3 minutes
- Add greens and sauté an additional 5 minutes
- Salt and pepper to taste

*For a less bitter flavor, particularly if greens are older, first blanch for 1-2 minutes before sautéing.

Dr. Sara Fleming
Madison, WI

NATUROPATHIC
DOCTORS

PHYSICIANS
WHO LISTEN

Protect Your Children from Seasonal Allergies

Do your children suffer from stuffy noses, sneezing and itching with the coming of spring pollens? This year, stop your child's allergies before they start. Many nutrients and herbs, when taken a few weeks before allergies begin, can decrease the body's response to these allergies.

Quercetin, a favorite nutrient of many naturopathic physicians, decreases allergies. Other examples include **Vitamin C**, **Nettle** herb, **Eyebright** herb, & **Bromelain**. Also, a recent study showed that children eating a "Mediterranean" type diet, consisting of higher intakes of fruits, vegetables, whole grains, nuts, beans, and olive oil, had a protective affect against runny noses, wheezing, and asthma.(1).

So, get a head start on spring allergies and ask your naturopathic doctor how you can stop them dead in their tracks.

I. Chatzi, L., et al, *Thorax*, 62: 677-683

Dr. Aaron Henkel Janesville, WI

Stinging Nettle



As the snow begins to melt away and the plants magically spring from the earth, stinging nettles will be one of the first. Choosing young plants and wearing gloves is suggested when harvesting nettles.

The fresh plant can be used in many ways. It is a medicinal food high in protein and minerals, especially iron and silica, which is useful in building the blood and strengthening hair and nails. Nettles can be made into a tea, infusing for about 8-10 hours in order to extract the minerals. Infusing the fresh leaves in

organic apple cider vinegar will also extract the minerals and the vinegar can then be used on salads and greens to bring more nutrients to your diet.

Nettles have been used to treat allergy symptoms by diminishing the histamine response that makes your eyes and nose runny, as well as itchy. The freeze-dried preparation of nettles seems to be more effective than other preparations. These can be purchased in capsules.

Dr. Robin DiPasquale

Madison, WI

Spring Produce: The Food Less Traveled

We are given an opportunity each season to eat different foods, giving our bodies the nutrients they need for that particular time of year. Eating with the seasons is not new, but this is a novelty for a culture that has lost touch with its food



source. We have a multitude of farmers markets and CSAs year round in Wisconsin to guide us in what is fresh and local. Eating seasonally means rotating the foods we consume by following Nature’s lead. We can achieve this by buying from local farmers, participating in CSAs, and growing our own food. Fresh food contains the most nutrients, providing great benefits for our bodies. We also prevent food allergies and sensitivities from developing by rotating the foods we consume. Finally, let’s not forget the added boost to our local economy, and the decreased fossil fuel emissions from “the food less traveled.”

Dr. Nancy Gutknecht Madison, WI

The Hidden Dangers in Plastics

Plastics are everywhere in our lives and have been linked to multiple health concerns, including cancers, birth defects, and poor brain and nervous system development. Endocrine system signaling can be disrupted which could be related to chronic conditions including reproductive health and fertility issues.

Consider this:

- **PVC (polyvinyl chloride)** is stabilized using lead. Breakdown of this plastic can contribute to lead exposure and accumulation in the body.
- **Bisphenol A (BPA)** is found almost anywhere, including the smooth inner lining of canned foods.

BPA leeches out when plastic is scratched, worn, microwaved, or exposed to heat. Hot and fatty foods may dissolve BPA into the food.

- **Phthalates (diethylhexyl phthalate - DEHP)** is used to soften vinyl and plastic. DEHP is found in air fresheners, nail polish, cosmetics, perfumes, soft plastic toys, and many baby and body care products.

Limit the amount of plastic in your life and reduce your exposure to harmful effects.

Dr. Robin DiPasquale
Madison, WI

The safest materials for kitchen cookware and utensils are stainless steel, glass & wood.

Dandelion Salad

Spring is here and so are the dandelions! They are truly beautiful herbs that bloom in masses. I have them covering my yard as one glorious yellow carpet. Not everyone feels as I do, particularly some of my neighbors who think my lawn is simply neglected. What they don’t know is these dandelions will soon become nutrient rich food for my family.

Excluding the stem, all of the plant can be used nutritionally and medicinally. **Dandelions contain protein, calcium,**

potassium, iron, manganese, phosphorus, niacin, magnesium, vitamin A and C. My children love to help collect the leaves for this salad.



- 2 cups dandelion leaves (harvest before flowering time for less bitterness)
- 4 cups mixed salad greens
- 3 tomatoes chopped
- ½ cup chives copped
- ½ cup sunflower seeds

Clean all produce and mix in a bowl with your favorite dressing. Topping with dandelion heads adds another flavor and a beautiful golden color to your salad!

Dr. Nancy Gutknecht,
Madison, Wisconsin

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Time for Spring Cleaning: Your Rejuvenated Body!

As we crawl out of our winter slumber, spring gives rise to tender shoots and nature emerges, new life welcomed by refreshing warmth. From robins to silver maples, nature brushes off the cold harsh winter, bursting forth with cheerful song and bright green splendor.

Modern-day Americans often fall out of synch with seasons, forgetting that humans are subject to the laws and transitions of nature. Similarly, regenerative processes in nature also happen within us.

Our bodies have four primary routes of elimination: the

lungs, the skin, the colon, and the urinary tract. Basic detoxification opens all of these routes, literally cleaning house!

Here are a few simple daily routines to help you get in tune with the Spring Season:



Pick up the pace- walk briskly in the early morning to cleanse your lungs.

Open your pores- Brush your skin

with a dry loofah sponge for 30 seconds before you step into the shower. This opens the pores of your skin and promotes detoxification.

Encourage healthy elimination:

Drink 1 Tablespoon of lemon juice, 1 teaspoon of honey and 6 ounces of hot water in the morning to promote healthy liver function and bowel movements.

Purify with water: Drink at least 64 ounces of water per day to flush your kidneys and bladder.

Burst into spring with a cleansing detox!

Dr. Allison Becker
 Janesville, WI