

# The 7 Habits of Healthy Aging

Dr. Deidre Macdonald



# What is Naturopathic Medicine

- A distinct field of medicine that blends centuries-old natural, non-toxic therapies with the latest advances in the science of health and medicine.



# Naturopathic physicians

- Naturopathic physicians are primary care physicians whose work spans all aspects of family health from prenatal to geriatric care.
- A naturopathic physician is a doctor who emphasises gentle, non-toxic therapies.



# We are licensed physicians

- Rigorous medical board exams
- Medical -ethical standards
- Continuing education required
- Membership to regulating and licensing body



# Similarities to MD's

- Education
- Licensed to diagnose:
  - Physical exam
  - Pap smears and breast exams
  - Blood work
- Licensed to treat illness
- Pharmaceutical prescriptions

# Naturopathic Therapeutics

- 1st – Lifestyle
  - Nutrition, Exercise, water, sleep, light
  - Stress management / Wellbeing
- 2<sup>nd</sup> – Natural Medicines
  - Nutritional supplements
  - Botanical Medicine
  - Homeopathy
  - Hydrotherapy
  - Physical medicine: spinal manipulation, acupuncture, physiotherapy, massage, laser therapy, Bowen etc.
- 3<sup>rd</sup> Pharmaceuticals

# Principles of Naturopathic Medicine



- The Healing Power of Nature
- Treat the Cause
- Treat the Whole Person
- First Do No Harm
- Prevention
- Doctor as Teacher



# The Seven Habits of Healthy Living:



# 1) Patient... Know thyself

- Values and priorities
- Regular physical exam –
  - Nodes, breasts, testicles and prostate
  - Abdomen, moles, heart, lungs, joints
  - Nails, anemia signs, achilles reflex



# Lab work up

- Signs of cancer
  - Occult blood in stool, colonoscopy
  - Mammogram and thermography
  - PAP smears
  - Prostate check, DRE and PSA
  - Full blood work for anemia
  - White blood cell count
  - Breast cancer genes



# Lab work up

- Signs of heart disease
  - Cholesterol and triglycerides
    - Lipoproteins
    - Very small LDL
  - Homocysteine
  - Inflammation
    - C Reactive Protein (CRP-hs)

Lower with:  
fish, fiber, fruit/veg  
Vitamin C, E  
Stress reduction



# Other tests

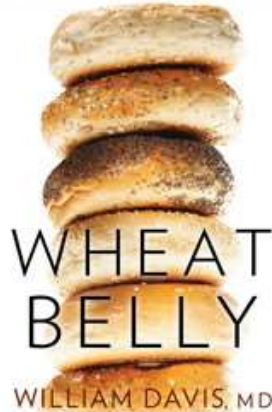
- Full medical work up including:
  - Full thyroid panel – TSH, free T<sub>3</sub>, free T<sub>4</sub>, AB
- Naturopathic Testing such as
  - Allergy testing
  - Hormone tests
  - Adrenal function
  - Heavy metals and more
  - Specialty testing



## 2) Food is Your Best Medicine



LOSE THE WHEAT, LOSE THE WEIGHT,  
AND FIND YOUR PATH BACK TO HEALTH



KETOGENIC

THE  
SOUTH  
BEACH  
DIET

Lose  
Belly Fat  
First!

Original Atkins Diet  
It's the only one you need

M.D.

VS

Updated to include the latest guidelines and research  
Over 100,000 copies sold!  
The  
Paleo  
Diet

Lose Weight and Get Healthy  
by Eating the Foods  
You Were Designed to Eat

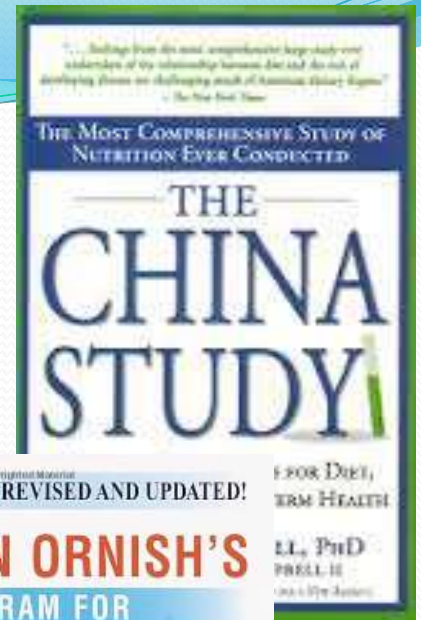
Loren Cordain, Ph.D.  
Author of The Paleo Diet Cookbook

Dr Atkins  
New  
Diet  
Revolution

• Atkins Made Easy: a week reduction plan  
• Lifetime Maintenance Plan  
• Tips for safe and healthy eating



NEAL BARNARD, M.D.



NOW COMPLETELY REVISED AND UPDATED!

DR. DEAN ORNISH'S  
PROGRAM FOR

REVERSING  
HEART DISEASE



The Only System  
Scientifically  
Proven to Reverse  
Heart Disease  
Without Drugs  
or Surgery

# To be or not to be Vegan - Pros

- Low animal fat and red meat
  - High red meat intake is associated with coronary artery disease, diabetes, stroke and premature death.
  - Red meat associated with increased colon/rectal cancer risk
  - Reversal of atherosclerosis
- High plant food
  - Antioxidants, flavinoids, other nutrients
  - Reduce inflammation, prevent cancer
- High fiber
  - Improves bowel function
  - Reduces cancer and cholesterol
  - Stabilizes blood sugar if eating whole plant foods



# To be or not to be Vegan - Cons

- High carb, low protein tendency if not committed to food prep.
- Vegan junk food: bread, bread, bread, chips, pop, pasta,
- Blood sugar imbalance, weight gain common
- Nutritional limitations...





# Nutrients of possible concern:

- Protein
- Calcium
- Iron
- Zinc
- Vitamin B<sub>12</sub>
- Vitamin D
- Iodine
- Omega 3 fats



# Low Carb Diets

- 55% of U.S. adults said they were avoiding or eating less sugars and carbohydrates in a survey.
- Atkins → Zone → Paleo, Low Glycemic Index diet, Ketogenic
- Low carb diet definition:
  - Low refined carbs
  - Total carbs under 20 g of carbs vs WHO = 130 g per day
  - High fat - (generally)
  - Moderate protein
  - High vegetable

# Low Carb Diets

- Low carb diets promise:
  - Reversal of diabetes - True
  - Weight loss - True
  - Heart disease –
    - Quality fats



# Low Carb Cons

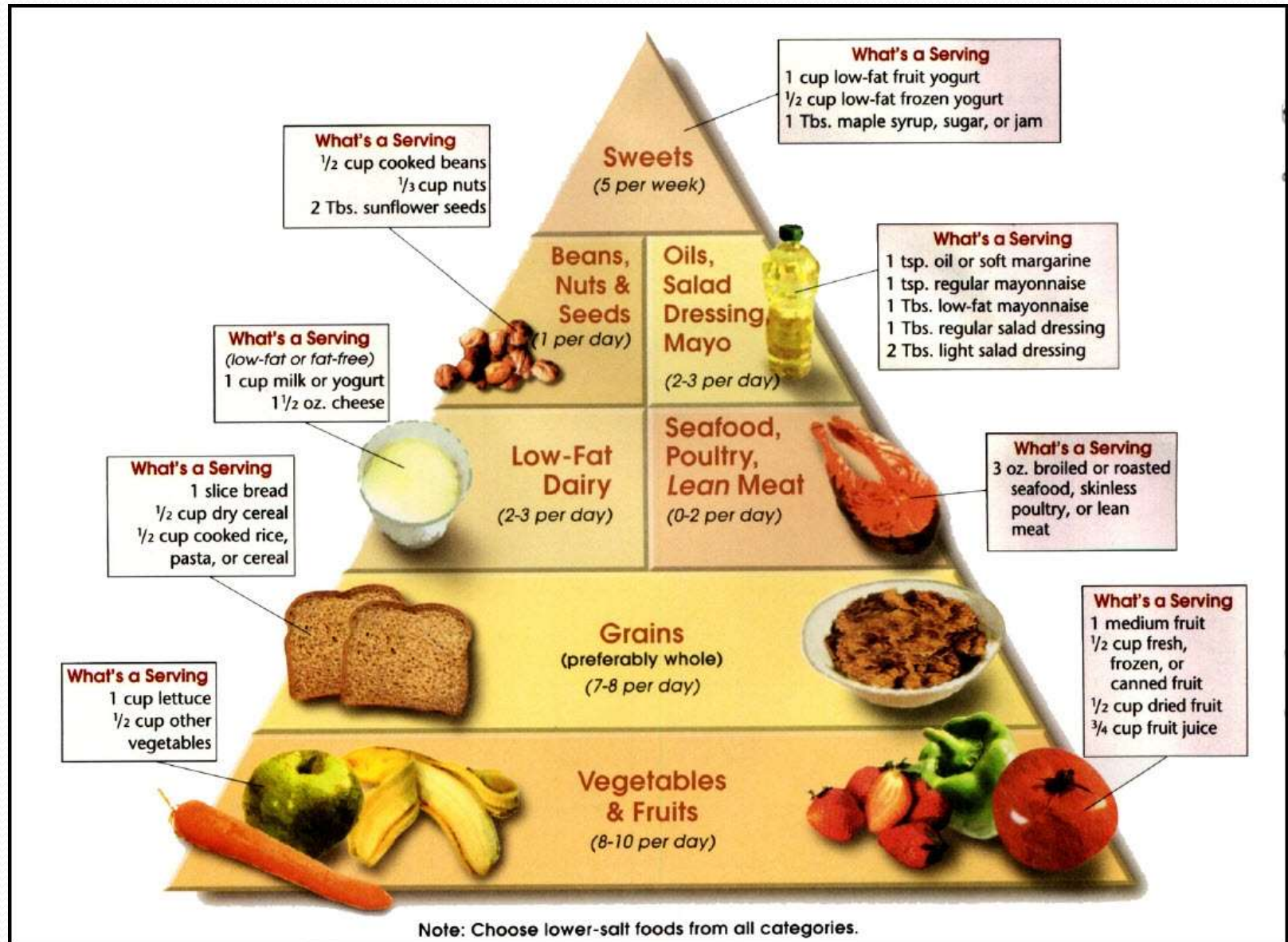
- Low Mood – affects serotonin production
- Low fiber → constipation, other implications
- High fat diet:
  - Conventionally raised saturated animal fat, esp beef, linked to cancer , heart disease and inflammation
  - Grass fed better
  - Vegetable based fats better

# Balanced Healthy Diet:

- DASH – Dietary Approach to Stop Hypertension
  - The DASH diet is rich in fruits, vegetables, whole grains, and low-fat dairy foods; includes meat, fish, poultry, nuts and beans
  - Limited in sugar-sweetened foods and beverages, red meat, and added fats
  - Low salt
- Those with hypertension dropped by 11/ 6: Systolic / diastolic. These changes in blood pressure occurred with no changes in body weight. <sup>1</sup>

<sup>1</sup>"Your Guide To Lowering Your Blood Pressure With DASH" (PDF). U.S. Department of Health and Human Services April 2006.

# DASH Diet Pyramid



# Conclusion

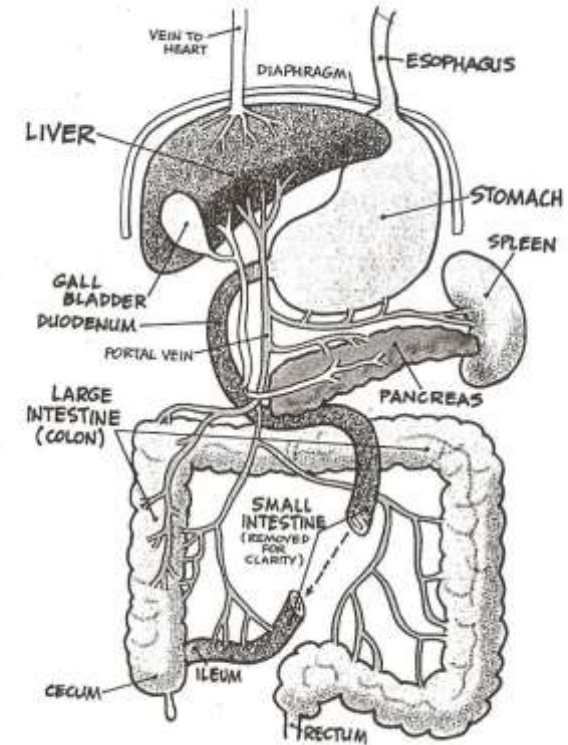
- Eat more plant food
- Eat food the way nature provided it – unprocessed
- Eat protein especially fish and plant based protein
- Portion control
- Don't add much salt (must cook your own food)
- Enjoy healthy fats: nuts, avocado, olive, organic or grass fed animals

# Fasting

- Improves biomarkers
- Helps burn fat and reduce calories
- Helps cancer treatment work better
- Intermittent fasting eg: 5:2
- Time Restricted Eating
- Circadian Rhythms
- Weight loss, disease prevention, energy

# 3) Optimize Digestion and Detoxification

- Importance of good digestion:
  - Break down of foods
  - Absorption of nutrients
  - Elimination of toxins and wastes
  - Gut bacteria and immune function



# Optimize Digestion

- CHEW!!
- Hydrochloric acid
- Digestive enzymes
- Gut bugs – the good, the bad and the ugly
- Food allergies



# Food allergy Symptoms:

- Mucous
- Inflammation
- Infections
- Digestive
- Other allergies
- Rashes
- Asthma
- Behavioural
- Headaches
- Fatigue
- Autoimmune
- Joint pain

# Gluten - Celiac

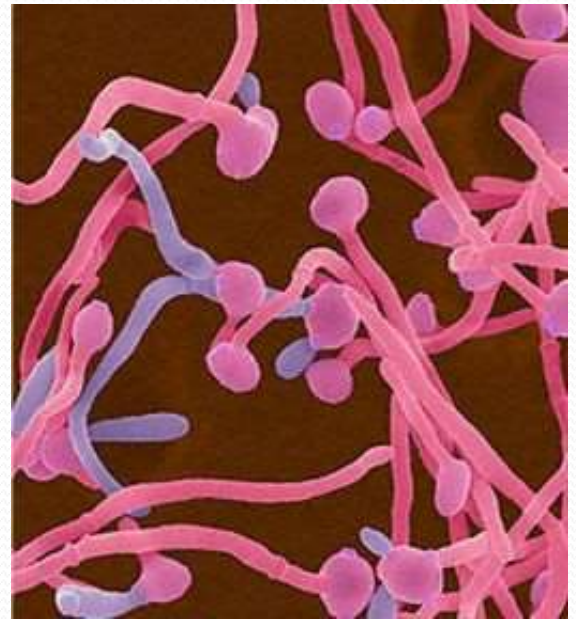
- Celiac is more than malabsorption and diarrhea
- Digestive symptoms
- Chronic anemia
- Fatigue
- Psychiatric issues
- Autoimmune disease
- Neurological issues
- 40% of Celiacs are overweight!
- Screening blood test available for \$36

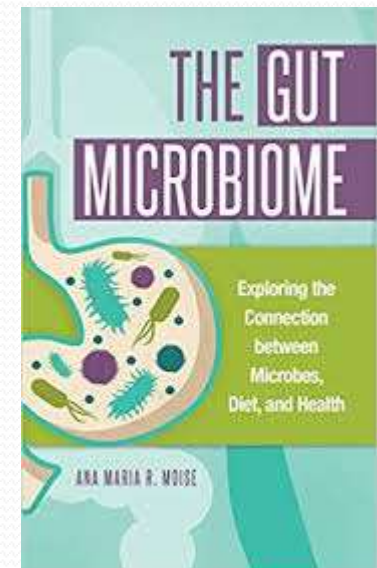
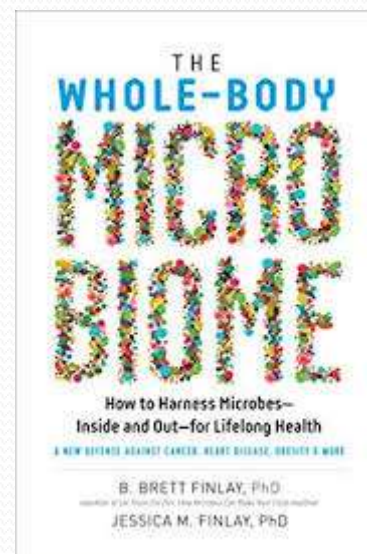
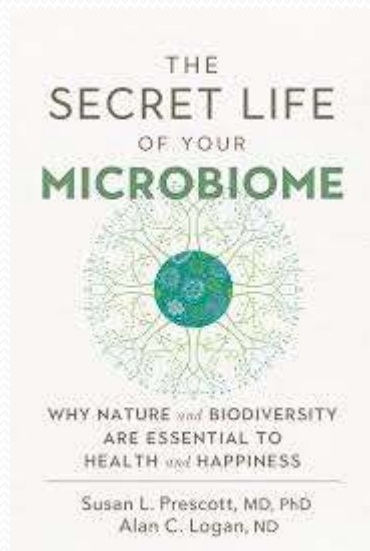
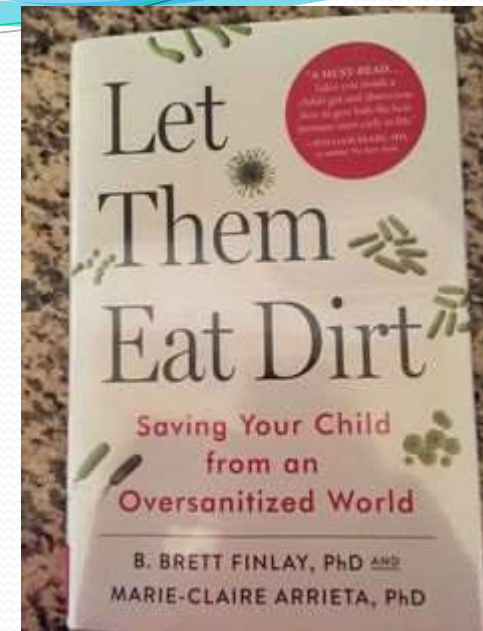
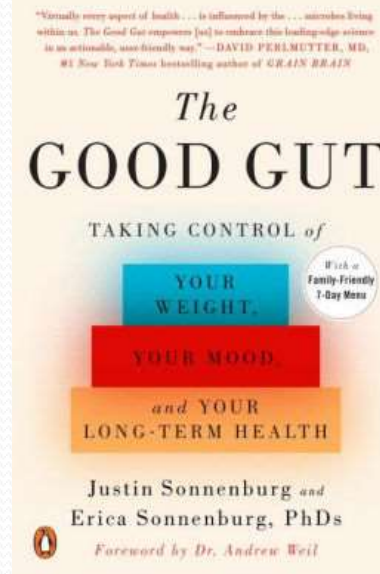
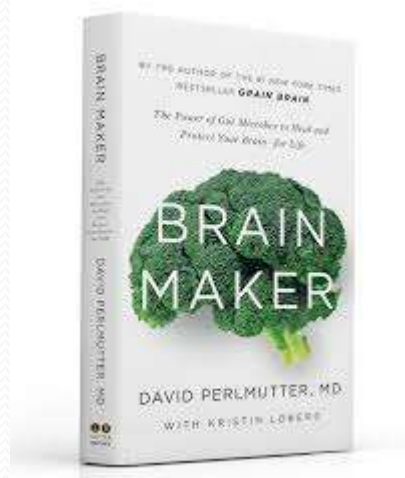
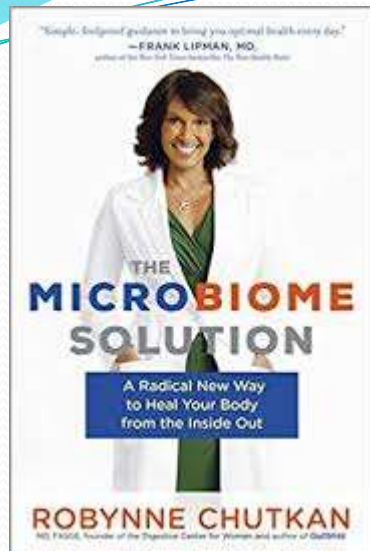
# Non-Celiac Gluten Sensitivity

- Likely six times more common than Celiac disease
- Gluten intolerance
- Symptoms similar to those with celiac disease
- Lack the same antibodies and intestinal damage as seen in celiac disease.

# Intestinal Microbiome

- Should have 3 pounds of good bacteria, trillions of cells
- Human Microbiome Project
- Earth Microbiome Project

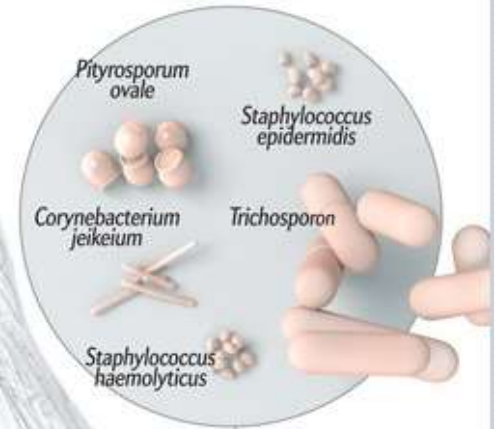
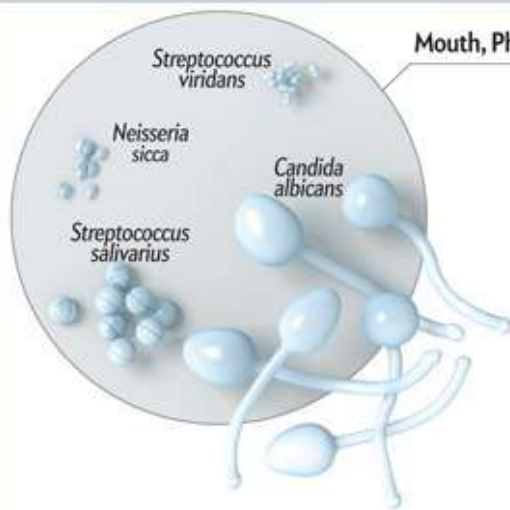






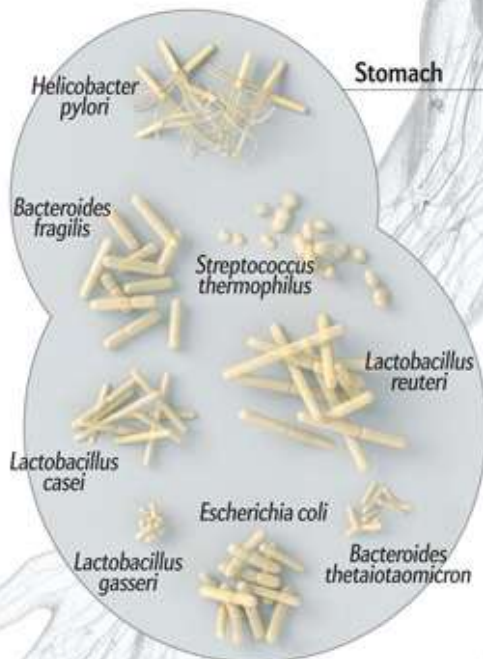
Click on a label for more information

Mouth, Pharynx, Respiratory System



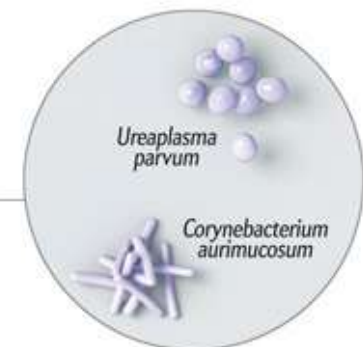
Skin

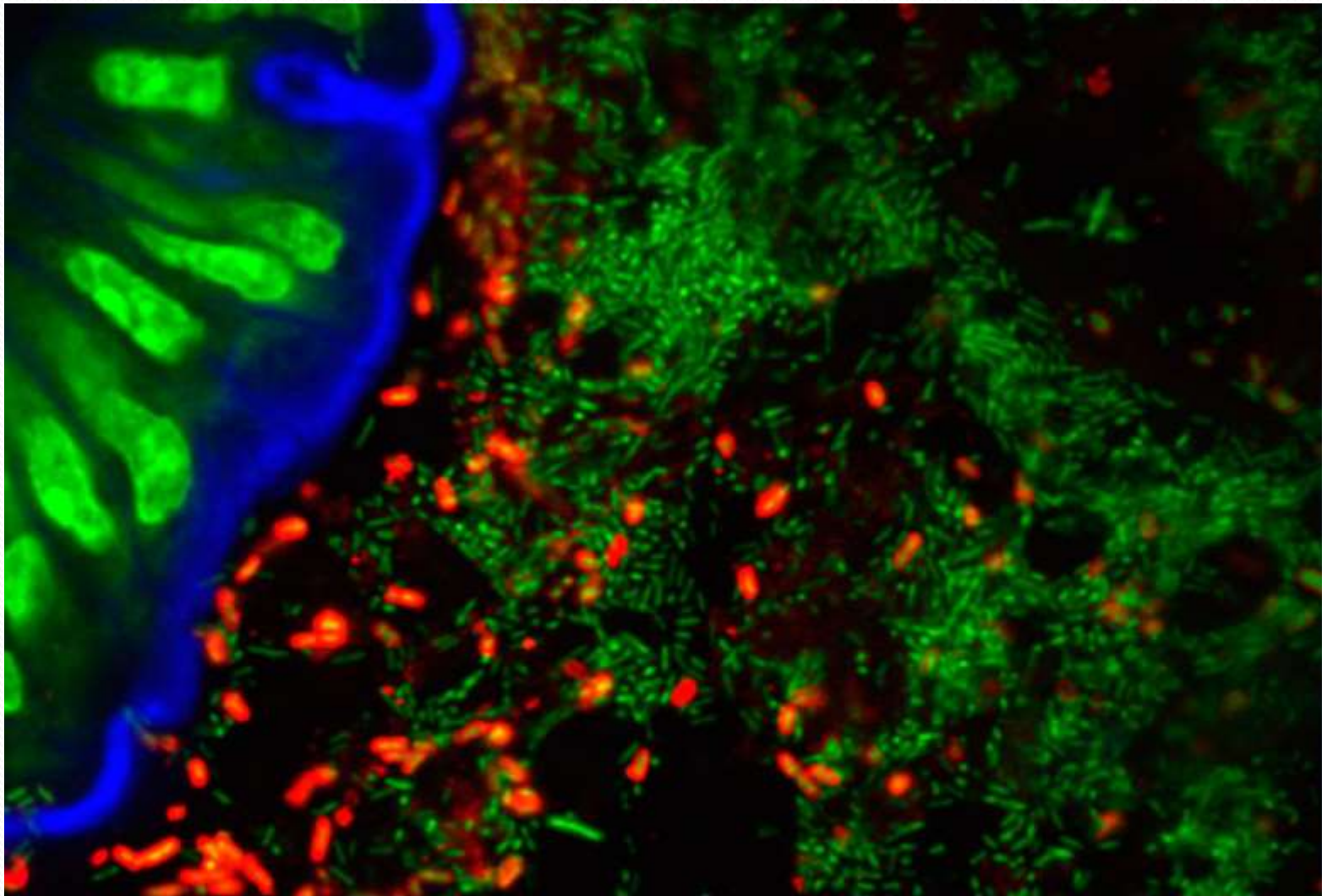
Stomach



Intestines

Urogenital tract





Salmonellen (rot) müssen sich gegen die Bakterien der Darmflora (kleine grüne Strichlein) durchsetzen. Dies gelingt ihnen, wenn einige Salmonellen die Zellen der Darmwand (blau) befallen und absterben, aber gleichzeitig eine Entzündung auslösen, die den verbliebenen Salmonellen eine rasche Vermehrung ermöglicht.



# Microbiome Functions

- Many functions in digestion / intestinal health
- Immune system regulation
- Anti-inflammatory
- Influences hormones
- Appetite / weight
- Memory / emotions
- Cancer – influences cell replication
- Heart / cardiovascular disease

# Modern alterations of microbiome

- Antibiotics
- Anti-acid medications
- C-sections
- Excess hygiene
- Mother's microbiome imbalance
- Birth control pills? Crohn's connection
- High carb diet – flour and sugar

# Implications of altered microbiome

- Susceptibility to infection
- Autoimmune disease including Crohn's and colitis
- Obesity
- Autism
- Allergies
- Food allergies
- Mental effects
- Fatigue and brain fog
- bloating and gas, irritable bowel

# Candida Yeast Overgrowth

- Good bacterial (acidophilus etc.) keeps yeast in balance along with the immune system
- Antibiotics destroy the good flora
- Allows the yeast to proliferate to unhealthy levels
- Leaves tissue open to infection

# Candida Yeast Overgrowth

- Sugar helps yeast and bad bacteria grow
- 79 known toxins released by yeast
  - Acetaldehyde, alcohol







# Plan to Achieve Health

- VEGA Testing for:
  - Food allergies
  - Candida yeast level
  - Vitality or stress in 67 body parts, organs etc
- Supervised program to eliminated food allergies and Candida:
  - Dietary changes
  - Natural medicines



# Small Intestine Bacterial Overgrowth

- Great treatment for tough cases of IBS
- Sx: Bloating, Gas, Diarrhea or Constipation, Pain
- Abnormal levels of bacteria in the small intestine
- Symptoms are due to off gassing of methane and hydrogen
- Treated with herbal or Rx antibiotics and diet

## 4)Exercise





# Exercise

“Strong Evidence” that exercise lowers the risk of:

- Early death
- Stroke
- High blood pressure
- Adverse lipid profile
- Type 2 diabetes
- Metabolic syndrome
- Colon cancer
- Breast cancer
- Weight gain
- Depression

“Strong Evidence” that exercise improves:

- Weight loss
- Muscular fitness
- Cognitive function in older adults
- Prevents falls

**Sitting can kill you.**

Sitting time and mortality from all causes, cardiovascular disease, and cancer.

Med Sci Sports Exerc.2009 May;41(5):998-1005.

Katzmarzyk PT et al

# Exercise and Dementia

**“Physical activity has the potential to preserve the volume of the hippocampus in those with increased risk for Alzheimer’s disease (positive APOE-e4), which means we can possibly delay cognitive decline and the onset of dementia symptoms in these individuals.**

**Exercise should be prescribed for Alzheimer’s prevention.”**

**Dr J Carson Smith, University of Maryland**

**Prospective study:**

Physical Activity, APOE Genotype and Dementia Risk: Findings from the Cardiovascular Health Cognition Study. American Journal of Epidemiology. Vol 161, No. 7 2005

# Best form of Exercise

- Whatever works
- Plan it, schedule it, make it fun
- Interval therapy
- Core exercises
- Functional exercise
- Importance of treating orthopedic injuries so exercise doesn't derail

# Get out and do what you enjoy:

## ATV



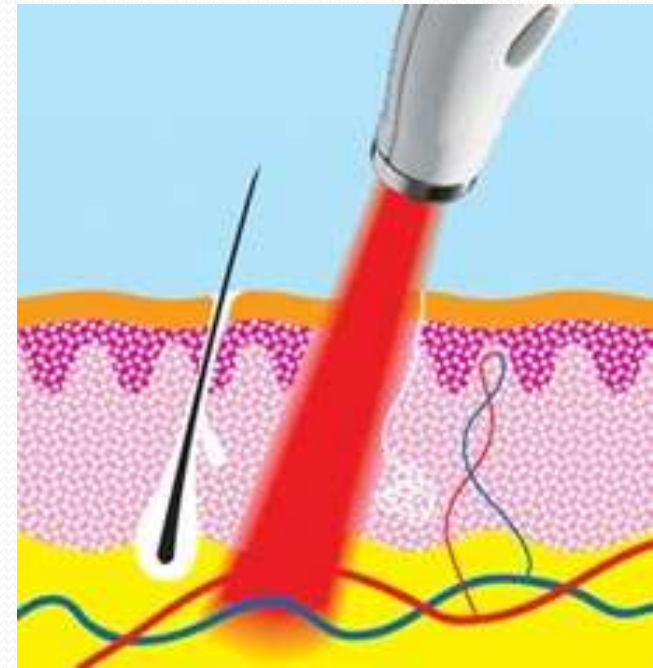
My mom...  
at 78





# Don't let injuries slow you down

- Find some movement that works
- Seek treatment beyond drugs and surgery
- Natural anti-inflammatories
  - Curcumin, boswelvia, bromelain
- Laser therapy





# How Laser Works

“Light has a way of creating a physiological change within the cells, which leads to positive changes and promotion of healing, anti-inflammatory effects, improved blood circulation, increased lymphatic flow, and edema reduction.”

Donald Chu, Director of Rehabilitation and  
Athletic Training at Stanford University



# General Effects of Light Therapy

- Acceleration of healing
- Improved tissue repair
- Faster resolution of inflammatory response
- Reduced pain







As seen by an IR camera

# Conditions Treated I

## Inflammatory Conditions

- tendonitis
- Bursitis \*
- Plantar fasciitis\*
- rheumatoid arthritis
  - autoimmune disease

## Degenerative Disorders

- Osteoarthritis \*
- Pinched nerves from OA of spine
- Disc herniation

# Conditions Treated II

## Acute Injuries/Trauma

- muscle tears/bruising
- tendon tears \* \*
- ligament strains/sprains
- fractures
- Spine trauma
- sport injuries

## Musculoskeletal

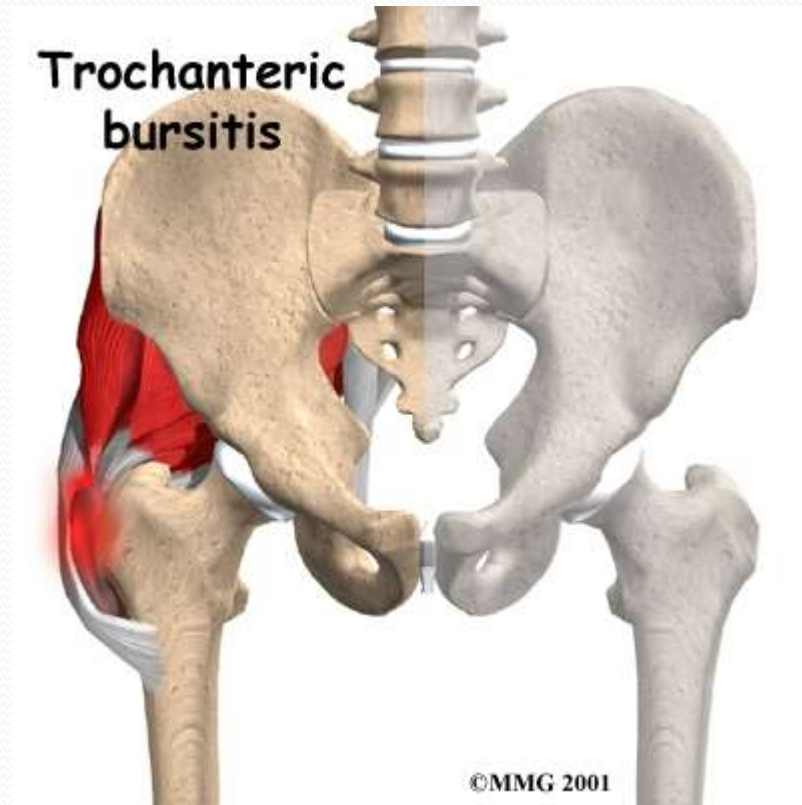
- repetitive strain injuries
- rotator cuff tears
- carpal tunnel syndrome\*
- temporo mandibular joint pathologies (jaw)

# Arthritis

- Clinical studies show benefit
  - Meta-analysis of 8 studies on Knee Osteoarthritis.
  - Placebo controlled
  - Tx group: less pain, inc. Joint motion, less swelling, better circulation.
- Best physio therapy
- Lasting results

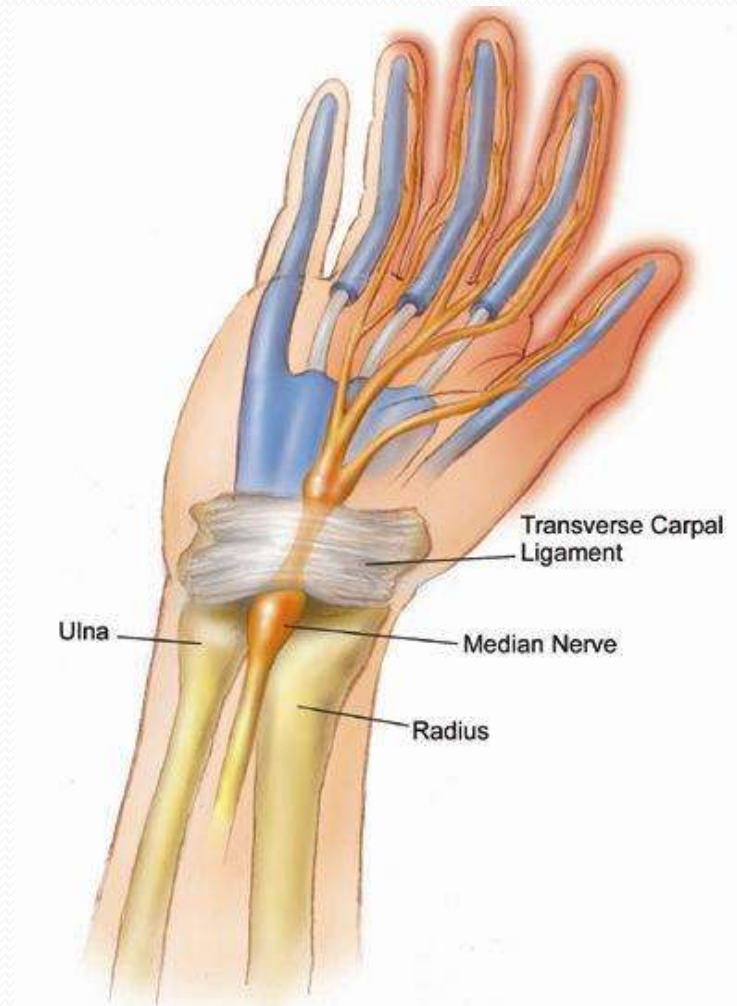


# Greater Trochanteric Bursitis



# Carpal Tunnel Syndrome

- Double blind studies
- Review of 5 studies
  - 84% success rate in chronic (> 2yrs) cases.
- Excellent results
- Case: vineyard owner





# Plantar Fasciitis

- Foot and heel pain
- Studies show benefit
- Placebo controlled study found:
  - 90% experienced relief
  - Of which 64% no pain
  - Reduced thickness



# Herniated Disc

- Meditech – 100 disc pts per year
- 90% resolve well, in an ave. of 14 treatments
- Resolution of disc herniations seen on MRI

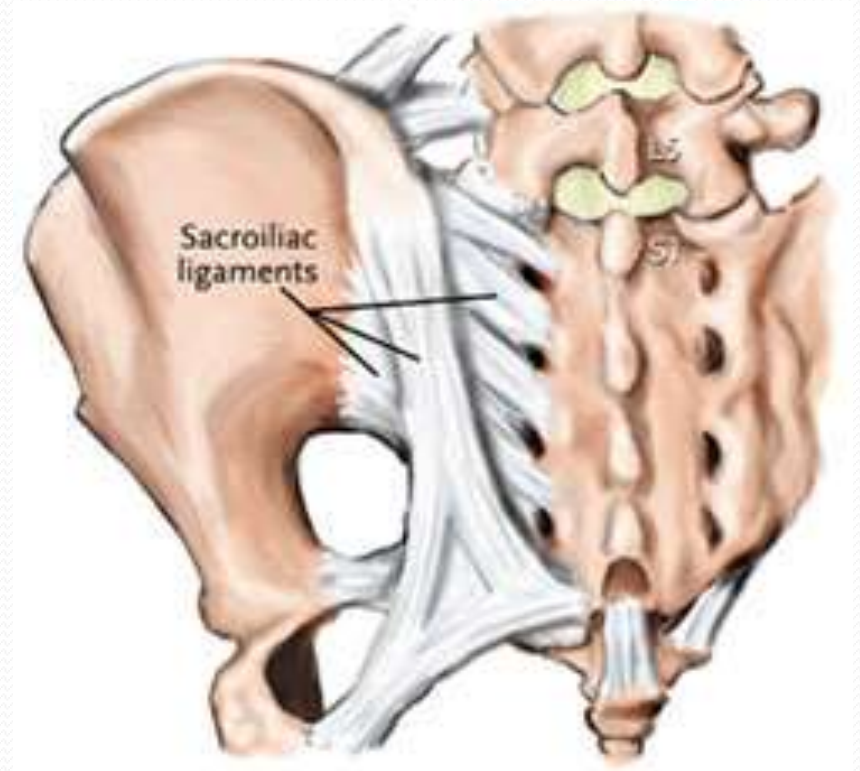
# Back pain

- Cochrane Review found that 5 studies showed laser worked for low back pain
- Short and long term relief, less relapse



# Sacro-iliac joint dysfunction

- Very common
- Ligament irritation
- Responds well to therapy



# Maintain Optimal Body Mass:

- **Strategies for weight loss**
- Obstacles to weight loss:
  - Thyroid
  - Adrenals / cortisol
  - Microbiome / detoxification
  - Sleep issues
- Address emotional eating
- Nutritional coaching
- Exercise coaching
- Motivational support for the long term

## 5) Stress Management



In 2012, 22.7% (6.4 million) of Canadians aged 15 and older reported that most days were 'quite a bit or extremely stressful,



# Mental and Emotional Health

- Benefits of Stress management
  - Less stress → less emotional eating and addictive behaviour
  - Autoimmune disease prevention
  - Heart disease prevention
  - Strengthens immune system
  - Cancer prevention



# Cognitive Behavioural Therapy

- Practical skills and strategies for dealing with stressful thinking and behaviours.
- CBT tries to identify problematic thought processes, then uses mental activities designed to modify them.
- Effective for mood, anxiety, sleep, personality disorders, eating d/o, substance abuse, tic d/o, and psychotic d/o.

# Mindfulness Based Stress Reduction

- Assists people with pain and a range of conditions and life issues
- Developed by Jon Kabat-Zinn at the University of Massachusetts Medical Center. Now taught worldwide.
- Uses a combination of mindfulness meditation, body awareness, and yoga to help people become more mindful.

## MBSR - Evidence

- “Mindfulness-based therapy: A comprehensive meta-analysis”
- Conclusion: MBT is an effective treatment for a variety of psychological problems, and is especially effective for reducing anxiety, depression, and stress.

Bassam Khoury, et al *Clinical Psychology Review*: Volume 33, Issue 6, August 2013,  
Pages 763–771

# Mental and Emotional Health

- Practice relaxation techniques
- Sense of meaning, purpose, joy
- Sense of belonging, support
  - Better health outcomes post MI<sup>1</sup>
  - Better immune function
  - Calmer neuroendocrine

Ann Epid 1996







## 6) The Importance of Sleep

- Lack of sleep effects:
  - Cognition and mood issues
  - Increases risk of heart disease and cancer
  - Raises pain and inflammation
  - Weight control / appetite
- 35% of the population have insomnia per year
- Occurs more with aging

# Pharmacological Treatments

- Zopiclone and Benzodiazepines (Ativan)
  - Daily or continuous use of the drug is not usually advised
  - Side effects include amnesia
  - Dependence, tolerance and withdrawal issues
  - rebound insomnia
  - Increased death rate... cancer, accidents, respiratory failure

# Hypnotics linked to Inc. Death and Cancer

- BMJ: Data on more than 37,000 who took sleep pills over 7.5 years
- Conclusion: patients prescribed any hypnotic had substantially elevated hazards of dying compared to those prescribed no hypnotics.
- Doubled the risk of mortality.
- Held true when patients with poor health / poor lifestyle were taken into account.

Reference: Effect of Anxiolytic and hypnotic drug prescriptions on mortality hazards: a retrospective cohort study. BMJ (2014)

# Drugs don't work

- Sleeping pills help you fall asleep just 13 minutes faster and sleep only 11 minutes longer. The same patients believed they slept an hour more. (NIH)

# Causes of Insomnia

- Urinary problems
- Sleep apnea
- Digestive problems and acid reflux
- Menopause
- Thyroid dysfunction
- Melatonin / circadian rhythm issues

# Causes of Insomnia

- Pain
- Low blood sugar
- Caffeine
- Stress, worry and over arousal
- Anxiety, PTSD, clinical depression
- Adrenal dysfunction



# Cognitive Behavioural Therapy for Insomnia

- Long term benefits as CBT teaches skills
- No pills or side effects
- Main cause of insomnia is over arousal or a “too active” awake system in the brain.
- CBT helps reduce arousal
- Good research studies show effective treatment for insomnia

# Insomnia

- Cognitive Behavioural Therapy for Insomnia
- “CBT-I puts people to sleep faster than sleeping pills.” American Journal of Psychiatry
- “CBT-I works as well or better than sleeping pills.” Journal of Family Practice
- “CBT-I is the preferred treatment for chronic insomnia.” National Institutes of Health, New England Journal Of Medicine review, Lancet review, American Psychological Association

# Natural Medicines for Sleep

## L - Theanine

- Extract of green tea

## Valerian

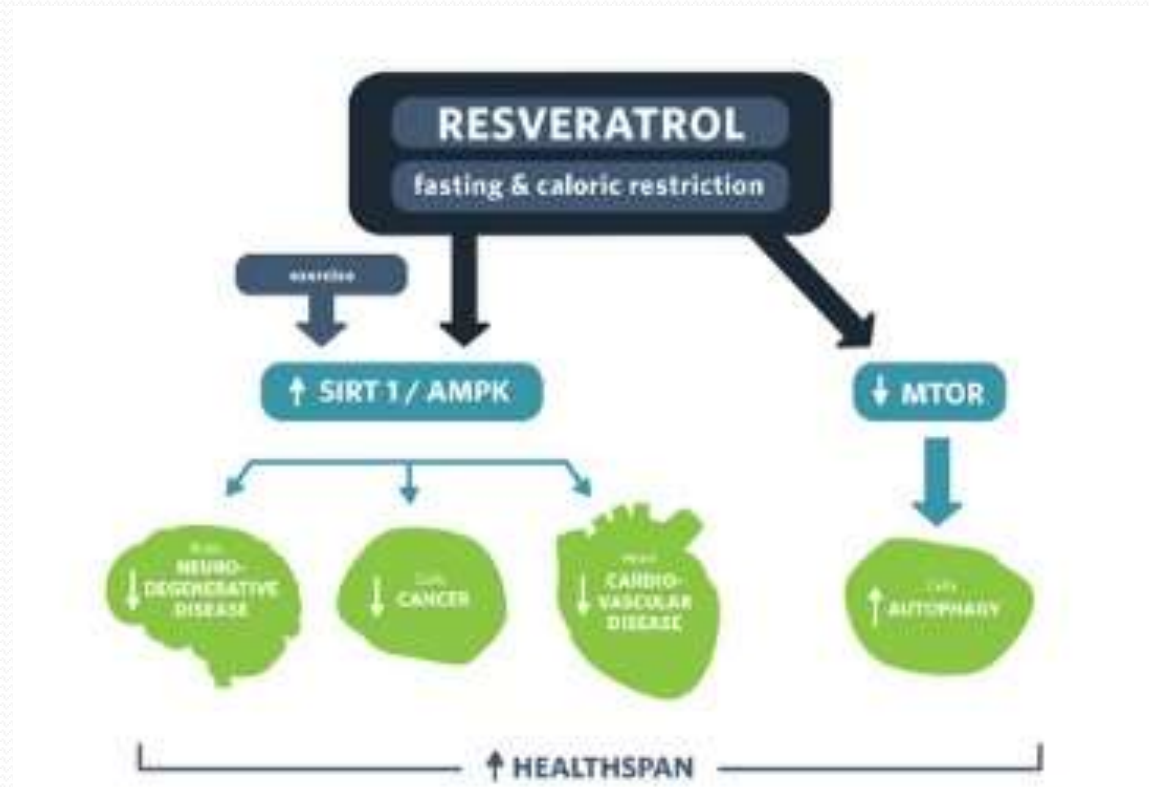
- 1,000 years of safe use for anxiety and insomnia
- Placebo controlled studies show it
  - Improved sleep quality
  - Falling asleep faster
  - Reduced night awakenings
- Another study also showed time to fall asleep and amount of time spent awake reduced by 50% (900 mg)

# 7) Basic Nutritional Supplements

- First line:
  - Vitamin D – 2000 IU liquid emulsion
  - Fish oil – clean! 5 -10 caps per day
  - Probiotic
  - Multi vitamin with extra B's
- Second line:
  - Curcumin – (turmeric extract)
    - Liver, anti-cancer, anti-inflammatory, heart, joints
  - Anti-oxidants: grape seed, alpha lipoic acid, green tea Resveratrol, Vit C, E, Zinc, Selenium, Beta carotene and more

# Resveratrol

- Resveratrol activates biochemical pathways which may lead to improved healthspan in a similar way that caloric restriction can.



# Bonus: Quit Smoking



- Successful 5 Part Smoking Cessation Program:
  - Laser acupuncture to reduce cravings
  - Motivational counselling
  - Quit smoking strategies
  - Stress reduction techniques
  - Herbal nerve tonics and detox support



# Visiting an ND

- First visit – 45-60 minutes
  - Health Forms
  - Identify your goals
  - Extensive interview
  - Physical exam
  - Lab work
  - The education begins
- Follow up visits - 25 minutes



## Fees:

First naturopathic visit = \$160

Follow up visits = \$80

Vega testing

- Allergies and Candida level = \$80
- Body screen = \$40

Laser therapy = \$48 for one area, per session

**Extended Health Plans usually apply**



# Dr. Deidre Macdonald

## Naturopathic physician

448 10<sup>th</sup> Street  
Courtenay

250 897-0235

[www.getwellhere.com](http://www.getwellhere.com)



# Comox Valley Transition Society

- Services for women and children who have experienced violence
  - Lilli House
  - 24 hour crisis line
- Empowerment programs for at risk girls
- Addictions counselling
- Positive Parenting program
- Too Good to Be Threw – Thrift Stores – 5<sup>th</sup> or Puntledge

# Cvts.ca

- Clothing store at upper 5<sup>th</sup> Street
- Housewares on Puntledge Ave by Value Village



Comox Valley Home  
Transition Society

[About](#)

[Thrift Shop](#)

[Programs / Services](#)

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Where threat of violence is imminent

**CALL 911**  
IMMEDIATELY

24 Hour Crisis Line:

**(250) 338-1227**

**Donate**

to CV Transition Society &  
Walking With Our Sisters via



**Quick Exit**

[Click here to leave this page now.](#)

COMOX VALLEY  
TRANSITION SOCIETY

TOO GOOD TO BE THREW THRIFT SHOP

COMOX VALLEY  
TRANSITION SOCIETY

# Glacier Grannies

- A group of dedicated women from the Comox Valley whose mission is to raise funds for the **Grandmothers to Grandmothers Campaign** of the Stephen Lewis Foundation.
- SLF: Funds programs for African grandmothers who raise AIDS orphans.
- Since 2007 the local group has raised more than \$414,000!