

LIFE MEDICINE

A MINI-PUBLICATION ON HEALTH,
WELLNESS, & THE ENVIRONMENT



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JORGENSEN**

NATUROPATHIC DOCTOR

WHAT MAY BE PREVENTING
YOUR WEIGHT LOSS

ANTI-INFLAMMATORY
HOT CHOCOLATE RECIPE

COULD TOXIC LEAD BE
EFFECTING YOUR HEALTH?

WELCOME

Delighted you're here.

My name is Dr. Jenna Jorgensen, I am a naturopathic doctor, founder of Northwest Life Medicine Clinic, and creator of this publication: Life Medicine.

I practice innovative, individualized, and sustainable medicine that focuses on discovering and healing the root cause of your symptoms or disease. My approach utilizes real food, lifestyle refreshments, medicinal herbs, supplements, mind-body medicine, therapeutic bodywork, specialty and conventional laboratory testing, and programs for detoxification and weight loss. I am trained as a naturopathic primary care physician, but I have a special passion for environmental medicine: how things in our environment (stress, heavy metals, chemicals, mold, viruses, bacteria, and parasites) affect our health, and what we can do about it.

The word doctor comes from the Latin word docere which means "to teach." I take this to heart and in my practice, I find that the more I can educate folks about their health, how their body works, and why they are doing the treatments I recommend, the easier it is for them to stick to the treatment plan and to be motivated to take control of their health. The world of wellness, natural health, and environmental medicine is gigantic, with a plethora of information that can be difficult to navigate. I wanted to create a space to bring together little tidbits of information that could be consumed, when ready, at an easy to digest pace, hence the birth of this publication. I invite you to take your time investigating the areas that speak to you and to share what you find valuable. Together, we can foster health for ourselves, our community, and for the planet.

Life is medicine, live life well.

Cheers,



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HOURS

Monday-Thursday
10:00am-5:00pm

Upcoming closures:
April 5th-9th
May 28th
July 4th-10th

SUBSCRIPTIONS

SUBSCRIBE ONLINE
www.nwlifemedicine.com

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Life is medicine and all it takes to start living your life as good medicine is small, simple steps taken every day. This section gives you tools and tips for those simple steps to refresh your lifestyle for improved health.

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Hydrotherapy has strong roots in Europe and Scandinavia and continues to be used around the world to promote health. Learn about the health perks of different hydrotherapy techniques and how to do them.

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Fun, easy, recipes to help you incorporate more healthy foods into your diet. Look for ingredients such as live-fermented foods, medicinal herbs, and unconventional veggies along with home-made, non-toxic, cleaning and beauty recipes.

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There are so many amazing minds and resources in the world of health today. Look here for free online summits, webinars, articles, and other resources that Dr. Jenna finds valuable for your continuing education.

Discounts + Donations

Monthly Special:

Free Bioimpedance Analysis with any visit (\$45 value). The BIA machine here at the office is a fantastic tool that measures body composition (% body fat and % lean body mass), inflammation, the health of cellular walls, and cellular hydration. It is useful in monitoring weight loss, hydration, and inflammation in your body as you work towards optimizing your health.

Doing Good Donation:

Northwest Life Medicine Clinic resides in an amazing community that fosters programs and organizations that make our planet and our lives just that much better. As thanks and in support of all these great people and organizations, I donate 5% of my profits each month to help them keep doing what they're doing. This month (February 2018) 5% of profits will be going to The Arc which is an amazing organization that provides resources and support for caretakers and those with intellectual and developmental disabilities. Last month I had the pleasure of visiting their free parent support group to talk about self-care for caregivers and met some of the lovely folks who run this organization and the dedicated parents who benefit from their support. You can check them out here: <http://arcwhatcom.org/>

CLINIC + COMMUNITY CORNER

Clinic Announcements

New Regular Hours:
Monday-Thursday 10am-5pm

Meet my intern, Jane, she'll be around through March:
Hey all, my name is Jane Werner and I am a soon-to-be graduate of Kinesiology and Somatic Psychology at Western Washington University. The past four years I have been studying how emotional, intergenerational, and environmental stress are linked to our physical health and the impact they have on our sense of vitality and engagement in this world. I'm thrilled to be teaming up with Dr. Jenna to further explore the intricacy of health resolution and expand conversations to find roots of physical ailments. Thank you for sharing space to further my journey in this field!



Local Health Lookout

Post-Holiday Re-boot
With life Coach Dani Bates

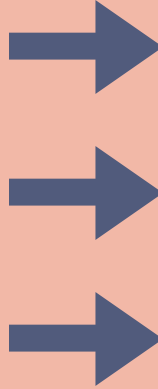
Dani helps women build a healthy, sustainable relationship with food to end their weigh loss struggles. She's offering a discounted 3-session re-boot to get you back on track after the holidays. Click here to get access to her \$49 deal.

Couples Workshop
With Marriage Elements

Corenia and Kevin Murphy of Marriage Elements are putting on a workshop February 10-11 8:30am-4:30pm. The workshop is based on The Seven Principles for Making Marriage Work by John Gottman. Sign up online at www.marriageElements.com

NATUROPATHIC NOOK

The naturopathic therapeutic order is like a blueprint for the naturopathic healing process. All levels of medicine are included, which is essential for a true holistic approach. I meet my patients where they are at and I'm always keeping their whole health in mind.



WEIGHT LOSS: A COMPREHENSIVE APPROACH

I often have folks come to my office with at least one of their top 3 health goals being weight loss. It can be incredibly frustrating trying to lose weight with all of the various fad diets, health claims on food labels, marketed "quick fixes", and an outdated model of calories in (diet) minus calories out (exercise) that just doesn't seem to work or be sustainable. The truth of the matter is that there are many different reasons why someone may have a hard time losing weight, all of which I investigate and treat in my practice. To help you get started on your journey of discovering where your weight loss road blocks may be, I developed a quiz (on the next page) to help highlight the areas you may need more help in.

THE NATUROPATHIC THERAPEUTIC ORDER

Guidelines for a naturopathic healing process.

1. GROW + RESTORE FOUNDATIONS OF HEALTH

Diet. Hydration. Sleep. Movement.



2. STIMULATE VITALITY

Stimulate and support the body's natural ability to heal itself.



3. SUPPORT + RESTORE WEAKENED BODY SYSTEMS

Focus on specific organs or systems.



4. NATURAL SYMPTOM CONTROL

Herbs. Nutrients. Supplements.



5. SYNTHETIC SYMPTOM CONTROL

Pharmaceuticals.



6. HIGH FORCE INTERVENTIONS

Surgery.



Weight loss Quiz

Circle the dots for each statement that is true for you. Calculate the total number of circled statements for each category.

Emotional & Stress

- I feel upset when I think about my weight.
- I eat when I am upset or with strong emotions.
- I often feel stressed out.
- I feel like my emotions are always up and down and hard to control.
- I have a hard time motivating myself to work.
- I find myself wishing I could have more fun or creativity in my life.

___ /6 Circled

Sleep

- Most nights I sleep less than 7 hours.
- I do not feel refreshed when I wake up in the morning.
- It takes me more than 20 minutes to fall asleep at night.
- I wake most nights and have a hard time falling back to sleep.
- I take a sleep aid (herbal or pharmaceutical) most nights.
- I often toss and turn at night.

___ /6 Circled

Diet

- I eat out or fast food more than 3 times per week.
- I eat less than 4 cups of vegetables per day on most days.
- I crave sweets and breads most of the time.
- I often eat until I am overstuffed.
- I drink less than 8 glasses of water per day.
- I eat boxed or packaged food (Food that needs added preservatives) more than 3 days per week.

___ /6 Circled

Movement

- I do not exercise daily.
- I do not like to exercise.
- I often feel stiff and sore.
- I often cannot motivate myself to exercise.
- I feel down or depressed on most days.
- I have poor balance and can feel unsteady at times.

___ /6 Circled

Detox

- I often have brain fog.
- I often have night sweats.
- I have never done a detox.
- I am regularly exposed to toxins such as pesticides, paints, mold, or heavy metals.
- I have silver amalgam (mercury) dental fillings.
- I do not regularly buy organic or non-toxic products and food.

___ /6 Circled

Hormones

- I feel like I lose more hair than I should.
- I am often too cold and feel sluggish.
- I regularly have significant PMS, menstrual, or menopausal symptoms.
- I have been told that my blood sugar is high or I experience many ups and downs in my blood sugar.
- I always feel hungry even if I have recently eaten.
- I have lost weight and gained it back many times.

___ /6 Circled

Microbiome

- I do not eat live (unpasteurized) fermented foods.
- I often experience gas and bloating.
- I struggle with regular constipation or diarrhea/loose stools.
- I have a tendency towards a depressed mood as well as digestive symptoms.
- I seem to have a lot of food allergies or sensitivities.
- I have issues with chronic yeast or fungal infections.

___ /6 Circled

The categories you have at least 3 or more statements circled are ones to focus on, see the next couple pages for ideas to get you started.

Emotional & Stress

Stress, whether it be physical, mental, or emotional takes a toll on the body. It puts us into fight or flight (sympathetic nervous system) mode. When we are in fight or flight the body is going to reserve all of our resources and energy which makes weight loss hard. Here are 2 easy, yet profound, steps to start managing stress in your life:

- Start a daily morning journal. Take 5-10 minutes in the quiet of the morning to write the story of how you want to be in your upcoming day. For example, Today I am confident, calm, compassionate, and focused. I easily navigate any challenges that come my way and enjoy the simple joyful moments fully. After you write your story for the day take a moment to really embody how it would feel to experience your day in that way. Do this each morning for a couple weeks and see how you feel.
- Meditate, in whatever way works for you. Take a slow walk outdoors and focus on your breathing or simply take 30 seconds a few times a day to take 5 slow breaths. If you need more guidance there are many great classes locally and also some good phone apps that can help.

Sleep

Sleep is essential to weight loss and health. It is the primary time that our body has to heal itself, detoxify, and balance hormones. Following proper sleep hygiene can make all the difference in the world when it comes to getting more sleep. Here are the top 5 sleep hygiene tricks to follow for better sleep:

- No electronics for an hour before bed and limit any lights (especially blue ones) in your sleeping space. The blue lights in electronics lower your melatonin, the hormone used for sleep.
- Try to stick to a regular schedule of going to bed around the same time every night and waking up at the same time every morning.
- Have a wind-down routine before bed: drink a cup of relaxing chamomile tea, take a bath, read a book, spend quality time with loved ones.
- Limit caffeine after 3pm.
- No large meals within 2 hours of going to bed.

Diet

Diet tends to be the most confusing part about trying to lose weight. Here are the basics that make up any good diet program:

- Avoid processed foods, if it comes in packaging and needs artificial preservatives it likely won't aid sustainable weight loss. Stick to the perimeter of the grocery store (produce, bulk items, and meat/fish) and support your local farmers.
- No processed sugar. Sugar has no essential nutrients and can lead to unhealthy spikes and drops in blood sugar. Try strictly cutting it out and you'll find just how prevalent it is in our food, READ ALL LABELS.
- Eat healthy fats, your brain and hormones depend on them: Olive oil, olives, avocado, coconut oil, grass-fed butter and ghee, nuts, and seeds.
- Limit carbohydrates: Grains, fruit, sugar/sweeteners.
- Eat protein: Meat, fish, eggs, dairy, nuts, seeds, beans

"Eat food, not too much, mostly plants." -Michael Pollan

Movement

Movement is essential for health and can be quite useful in weight loss. The important thing about movement is to enjoy what you do and to reframe your mind away from thinking of it as a punishment for eating. The top 2 things you can do to be successful with a movement or exercise plan:

- Do something you love, even if it's "weird." Join a sports team, go to group classes at the gym, if the gym isn't your thing then get the gear to hike/walk outside no matter what the weather, get a dog that needs long walks, dance or take a dance class, what type of movement gets you excited and figure out how to do it more often.
- Re-frame your mindset, instead of "I have to go exercise tonight" say "I get to go move my body tonight!"

Detox

There are 5 major organs of detoxification, they are the liver, kidneys, lungs, skin, and digestive tract. The best way to detox is to be doing something every day to process toxins that we get exposed to in our environment. Here's how to simply support each detox organ:

- **Kidneys:** Drink clean water. This helps keep kidney filtration flowing smoothly. Aim for at least 1/3rd your body weight in ounces.
- **Skin:** Sweat. Vigorous exercise and time in a sauna or Epsom salt bath get the job done, aim to move your body and or spend some time in a sauna daily.
- **Lungs:** Breathe clean air. Get outside (preferably in the woods), breathe deeply, and do deep breathing exercises, all of which happen to also be great for stress management.
- **Colon:** Eat fiber. Insoluble fiber acts as a sponge in the colon, ensuring toxins being eliminated through the stool are actually eliminated and not reabsorbed into the blood stream to wreak havoc.
- **Liver:** Eat your broccoli. Broccoli is part of the brassica family of vegetables that are the super stars of liver detox support. Other veggies in the brassica family or that support the liver include: Kale, collards, chard, cauliflower, brussel sprouts, cabbage, beets and artichoke.

Microbiome

The bacteria that make up our microbiome in our gut and our entire body play a large role in our health. We provide a home for them and they aid in keeping us healthy. Things like toxins, high sugar diets, and antibiotics create major imbalances in the microbiome that can actually limit weight loss. The top 2 things you can do to support a healthy microbiome are:

- Eat live (unpasteurized) fermented foods such as sauerkraut, kimchi, kefir, yogurt, kombucha, miso, and other fermented veggies. These fermented foods are full of healthy bacteria (probiotics) for a healthy microbiome.
- Eat at least 30g of fiber each day. Fiber is bacteria food (prebiotics) and feeds the good bacteria so that they can thrive.

Hormones

Hormones can play a large role in inhibiting or supporting weight loss. A couple simple, effective ways to support proper hormone levels are:

- **Eat healthy fats:** Olive oil, olives, avocado, coconut oil, grass-fed butter and ghee, nuts, and seeds. These fats provide the building blocks for many hormones.
- **Focus on reducing stress and stress management** as stress is usually a large underlying factor in hormone imbalance.



SPECIALTY LAB TEST HIGHLIGHT:

Heavy Metal Test

A heavy metal test is best used to explore the heavy metal burden on the body. The particular test that I use is through Doctor's Data and is a 24-hour urine collection test. It measures the levels of 19 metals and 18 minerals in your urine to give us a good idea of how likely it is that metals are part of your symptoms and if you have any mineral deficiencies. Minerals are essential to heavy metal detox so it is great to know if you are deficient in them.

The CDC has been studying these same measurements of many metals in test populations for years and they report their findings in a very large document called the fourth report. I compare the results of my patients to the data of the CDC reports to see if their levels are worse than 50, 75, 90, or even 95 percent of the tested population. Finding more than 5 of your metals in greater concentrations than 50 percent of the population means you may have a high heavy metal load and could benefit from some detox.

DETOX DEN

SPOTLIGHT TOXIN: LEAD

WHAT IS IT?

Lead is a heavy metal.

HOW DO WE GET EXPOSED TO IT?

Most common exposures today come from old paint and lead water pipes in homes built before the 1970's, the soil alongside roads from previous leaded gasoline contamination, imported glazes and paints on ceramics, and pesticides.

HOW DOES IT AFFECT HEALTH?

- Symptoms related to lead toxicity can include:
- High blood pressure, diabetes, and heart disease
 - Memory loss
 - Numbness, tingling, and neuropathy
 - Muscle weakness and fatigue
 - Adrenal and thyroid dysfunction

HOW DO YOU TEST FOR IT?

Acute lead poisoning and exposure can be tested for in the blood while chronic low-grade exposures are tested with urine samples in a heavy metal test mentioned earlier. Lead in water and on ceramic dishware can be tested for using special strips and swabs available at hardware stores

HOW DO WE DETOX IT ?

Naturally, lead is eliminated through the skin in sweat and through the bowels in stool. Eating fiber and sweating often are the best lifestyle tools while EDTA and DMSA work as strong pharmaceutical chelators to pull lead out of the body. Antioxidants such as vitamin C and zinc, as well as NAC, ALA, and glutathione are also useful for lead detox.



Detox Method of the month: Sweat

The skin is the largest organ of elimination and sweat is the vessel it uses. Many toxins get eliminated in sweat, however heavy metals are exceptionally good at leaving the body via the sweat. Sitting in a sauna is one of the best ways to sweat out toxins particularly heavy metals such as lead and mercury.

LIFESTYLE LOFT

MOVEMENT

FITTING MOVEMENT IN

My husband started graduate school the same week I started my residency, in the course of a day we realized we had both become very busy people with little extra time for each other or for self-care. We also had our wonderful pup, Indie, that needed his exercise every day, so our solution was to make a non-negotiable habit of walking the dog together every morning. There would be mornings that we would be walking at 6:00AM with headlamps and full rain gear in the pouring rain and wind, but it was the only exercise and time together we would get that day so we made the best of it, it's like hydrotherapy right? In a world that can often be busy or chaotic, self-care does not necessarily come easy and may require some hard lines and creativity, but it is completely worth it.

Food for thought, where could you get creative in your self care?





THE GARDEN

FOOD: CILANTRO

Cilantro can grow outside most of the year here in the coastal Pacific Northwest but it also does well in a greenhouse or on a windowsill indoors. It is full of minerals which support the adrenal glands, bone and joint health, and help to detox heavy metals. Cilantro helps detox metals by working as a chelator, which means it helps bind to metals and pull them out of the body. Some people don't have the taste buds for cilantro and say it tastes like soap, so if that's the case for you, parsley also has a lot of these same benefits and is a great alternative. Some of the best ways of using cilantro is as a salad topping, a green in soups, and sprinkled on top of just about any cooked meal. It doesn't take much to get the benefits of cilantro so I go through about one small bunch a week by just adding a little bit to most of the meals I make.

HERB: HAWTHORN

Hawthorn is a wonderful medicinal herb that is full of antioxidants that support healthy blood vessels. It has a mild effect on the heart to reduce high blood pressure and works gently to tonify the entire cardiovascular system. The leaves, flowers, and berry (see image) are all used medicinally in the form of tincture, tea, or solid extract (syrup.) The hawthorn plant can be found growing as a bush or a tree that has beautiful tiny white flowers in the spring.

HYDROTHERAPY HAUS

Epsom Salt Soak

Epsom salts contain magnesium which dilates blood vessels and increases release of heat, sweat, and toxins (even though you may not feel the sweat because you are in the bath.) Magnesium also works to relax tight or sore muscles and to calm the nervous system which promotes relaxation. The trick to an Epsom salt bath is to get plenty of Epsom salt in the bath.

The recipe for a good soak: have the water as warm as you can tolerate, add at least 2 cups of Epsom salts and soak for at least 10 minutes. You may notice that you start to sweat on your head during this time which is a good sign! You can also add 1-2 drops of organic lavender essential oil for an even more relaxing experience.

Happy soaking!



**"BREATH IN
THROUGH
YOUR NOSE
AND OUT
THROUGH
YOUR
MOUTH."**



RELAXATION RESPITE

The 5-Breath Break

Slow, deep breaths can switch your body out of fight or flight mode and into resting mode. This exercise is very simple and basic but a great place to start when you just need a break in the middle of your day.

Sit or stand comfortably either with your eyes closed or looking at a relaxing scene (photo, nature, you tube of a waterfall, etc...) Take a slow deep inhale through your nose and into your belly, at full inhale hold for 1-2 counts and then slowly exhale through your mouth making a quiet, deep "sighing" noise and hold at full exhale for another 1-2 counts.

Repeat this five times and you have successfully given your body a very powerful relaxation break that could enhance your energy, focus, and happiness.

RECIPE ROOST

Anti-inflammatory Hot Cocoa

This is a perfect treat to take up to the mountain for a day of skiing or snowshoeing. Turmeric and ginger help reduce inflammation in the body, especially in the gut and joints. Combine them with collagen or gelatin and you have a superstar combination to repair joints after a day on the slopes. bring all of the ingredients below to a slow boil, stirring constantly, and then remove from heat and serve or pour into a thermos for later.

2 cups of almond or oat milk
1/4 cup Fair trade, organic cocoa powder
1 tsp turmeric
1 tsp cinnamon
1 tsp ginger
1 Tbsp collagen or gelatin powder
Stevia to taste for sweetener

Other fun ingredients to consider:

Matcha powder: matcha is a special powdered green tea that has exceptional anti-oxidant levels.

Maca powder: maca is a nutty flavored root that is energizing and can help balance hormones.

Ashwaganda powder: Ashwaganda is a great herb for the thyroid and adrenal glands and helps the body manage stress.

Reishi powder: Reishi is a Mushroom that is fantastic for the immune system as well as the adrenal glands to help manage stress.

NURTURE LEARNING NEST

heavy metals and environmental toxins are one of THE most potent contributors to disease in our world today. This week there is free access to the Heavy Metal Summit online. Get access to over 30 professional interviews about heavy metals, how they effect health and how to detox them.

www.theheavymetalsummit.com

Pesticides are a large source of heavy metals, check out the Environmental Working Group's Clean 15 and Dirty Dozen produce lists for a good way to start getting more organic foods into your life.

www.ewg.org

REGULAR REMINDERS

If you like getting these mini-magazines and emails, be sure to **add Northwest Life Medicine to your email contacts** so your junk folder doesn't steal your health insights.

You can **schedule a FREE 15-minute discovery session** with me on my website:

www.nwlifemedicine.com/schedule

Find me on **Facebook at Dr. Jenna Jorgensen**

Find me on **Instagram at Docjorgensen**

Please humor me and my architectural theme. My husband, Zach, is a talented architect and we often discuss the similarities of healthy human structure and healthy dwelling structures.

If you are looking for a healthy and sustainably designed home or business space, I recommend his services at Bundle Design Studio: www.bundledesignstudio.com:

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