

# LIFE MEDICINE

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



ISSUE NO. 002

MARCH 2018

LEARN THE BASICS OF  
DETOX AND TOXINS

THE RIGHT WAY TO MAKE  
MEDICINAL TEA

COULD TOXIC ARSENIC BE  
EFFECTING YOUR HEALTH?

# WELCOME

Delighted you're here.

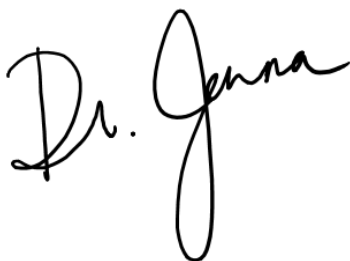
My name is Dr. Jenna Jorgensen, I am a naturopathic doctor, founder of Northwest Life Medicine Clinic, and creator of this publication: Life Medicine.

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-10th  
May 28th  
July 4th-10th

## SUBSCRIPTIONS

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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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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 blood draws! To celebrate the new lab that I've started using, Boston Heart Labs, mention this special and get any blood draw for free this month. Has it been over a year since your last blood work? I recommend blood work on an annual basis so that we can watch for early signs of imbalance in the body.

### 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.

I am delighted to be sending the Doing Good Donation of 5% of my March profits to the **Bellingham Food Bank**. The local Bellingham Food Bank is pretty spectacular, they have a multitude of programs that help Whatcom County's residents stay fed. Their programs include helping folks get their own garden going, accepting excess produce from local gardeners and farmers, rescuing food from being tossed at local food retailers, and even a specific program for making sure there is enough baby food available, called Food4Tots.

# CLINIC + COMMUNITY CORNER

## Clinic Announcements

### Environmental Health Symposium April 6-9th

I'm headed down to Scottsdale, Arizona to the Environmental Health Symposium in April. This is the premier conference for environmental medicine practitioners and among my favorite conferences of all time. I kid you not, they filter the air

### New Lab: Boston Heart Lab

As some of you have heard me talk about, the previous lab that I often used, Cleveland Heart Lab, has been acquired by Quest labs. I was a bit disappointed by this as they had a great program that made labs very cost effective for patients with insurance. After weeks of searching, I have found a fantastic alternative that has an even better deal: Boston Heart Labs. I used to use this lab in my last clinic, but they have now updated their billing and have a great program for patients with insurance. With this program we are able to order extremely comprehensive lab work with guaranteed pricing less than \$300 even if your insurance covers none of it which is unlikely. Most bills end up closer to \$100 or less.

and the water at this conference and feed us only organic food. This year the focus is on specific treatment protocols for a multitude of environmental toxicities so you can be sure that I'll come back with even more tools for my detox toolbox.

If you are new to my practice or have never had comprehensive lab work done with me, let me tell you a bit about it. We'll look at the health of your kidney's, liver, thyroid, immune system, adrenal glands, hormones, levels of Vitamins B12 and D, Inflammation markers, Levels of Omega 3 fatty acids and iron as well as an in depth break down of your cholesterol.

I learned from my lab representative that I am the **ONLY** physician in Whatcom county offering the testing that Boston heart has to offer. Feel free to contact me if you have any questions about lab testing, I also offer unique low cost options for Medicare and Medicaid covered patients.



# NATUROPATHIC NOOK

## DETOX 101

Detoxification, detox, cleanse...all hot words in the holistic health industry. Who hasn't done one (or at least thought about doing one) sometime in their life? As a naturopathic physician I've come to respect the power of a good detox for my patient's health, but also acknowledge how confusing the detox and health world can be. Throughout my ever-evolving adventure within the world of health detox, I have gotten myself lost down more than a few rabbit holes, and that's with a medical degree. So, my goal in this article is to bring awareness and simplicity to the detox world so you can more easily navigate your health.

As humans we inherently know that our bodies can house some unsavory characters in the form of toxins and that we feel better when we periodically clean house, so to speak. However, what is detox really, what is a toxin, and how do you choose the right detox for you?

Essentially, there are two steps that need to be taken with every detox protocol:

- 1) REDUCE TOXINS IN THE BODY.
- 2) REDUCE TOXIN EXPOSURE

## EMUNCTORIES: THE TOP 5 DETOX PATHWAYS

Detox is the removal or neutralization of toxins through various organ systems in the body, these organ systems are called the emunctories, here are the top 5 and how to support them:



### LIVER

The liver is the master filter of toxins in the blood, it is the first stop for processing.

Tip: Eat your broccoli. Broccoli is part of the brassica family of vegetables that are the super stars of liver detox support.



### KIDNEYS

The kidneys filter water soluble toxins out of the blood and into the urine.

Tip: Drink clean water. This helps keep kidney filtration flowing smoothly. Aim for at least 60 ounces per day.



### INTESTINES

The intestines are where the liver dumps toxins to get eliminated in stool.

Tip: Eat fiber. Fiber acts as a sponge in the colon, binding on to toxins and pulling them out of the body.



### SKIN

The skin is the largest detox organ where toxins leave primarily in sweat.

Tip: Sweat. Vigorous exercise and time in a sauna get the job done, aim to move your body daily.



### LUNGS

The lungs can aid in detox by releasing airborne toxins when you exhale.

Tip: Breath clean air. Get outside, breathe deeply, and do deep breathing exercises, also great for lowering stress!

## Step 1: Eliminate toxins in the body

As a fundamental bodily function, detox is the removal or neutralization of toxins through various organ systems in the body. The top five organs that are in charge of elimination are called the emunctories and they consist of the liver, kidneys, skin, colon, and lungs. Of those organs, the liver and kidneys are the organs that manage the bulk of detoxification. The liver is in charge of filtering out toxins from the blood and neutralizing them into less harmful substances that can then get filtered out of the body through the emunctories. A good percentage of toxins that the liver processes are what we call fat soluble (they travel through and store well in fat.) The kidneys cannot eliminate a fat soluble toxin because what we eliminate through the kidneys is primarily water (imagine mixing water with oil.) So the liver sends these toxins through 2 phases of detoxification, literally called phase one and phase two, to make them water soluble, ensuring the kidneys can easily filter them into the urine and out of the body.

When the body is exposed to excessive toxins or the emunctories are not functioning efficiently, health symptoms appear. Think of the body as a bucket holding toxins, if the bucket overflows, it does so in the form of symptoms and disease. The most common symptoms of excessive toxic exposure include, fatigue, memory loss and brain fog, headaches, sleep issues, anxiety, and depression. More serious diseases that have been linked to toxin exposure include cancer, autoimmune diseases (such as hashimoto's thyroid disease and lupus) and neurodegenerative diseases (such as Alzheimer's and Parkinson's disease.) These are not uncommon symptoms or diseases, indicating a universal need to focus on supporting our body's elimination processes.

## Step 2: Reduce toxin Exposure

In order to reduce exposure, you have to know what to look for, so what is a toxin? The technical definition of a toxin is a poison produced by an organism that causes ill effects. If a toxin is synthetically made (like a chemical), it's actually called a toxicant. For simplicity's sake, I'm going to use "toxin" to indicate any substance, organic or synthetic, that can cause ill effects to the body. Toxins can be endogenous (coming from byproducts of functions within the body) or exogenous (coming from the environment outside the body.) Most folks have the goal of cleansing environmental toxins when they venture into a detox program which is a great start. Endogenous toxins are a whole new bucket of worms best addressed by a detox savvy physician. However, if you support detox well with a cleanse that fits your individual needs, elimination of both endogenous and exogenous toxins will be supported to some degree. So what are these exogenous toxins that we're trying to get rid of?

Here are the top 5 toxins in the environment and how to easily reduce your exposure for better personal and planetary health:

### 1) Pesticides and Herbicides

- Health risks: Developmental delays, diabetes, peripheral artery disease, neurological dysfunction, impaired digestive abilities, allergies, leaky gut, celiac disease, cancer
- Simple avoidance measures: Eat organic, or at least follow the Clean 15 and dirty dozen recommendations from the Environmental Working Group. Avoid spraying those beautiful dandelions on your yard and home gardens



## 2) VOCs and Solvents

VOCs, volatile organic compounds, are the chemicals that create the smell of paints and glues commonly used for home improvements.

- Health risks: Neurological damage, liver, kidney, and lung damage, cancer.
- Simple avoidance measures: Buy no or low VOC paints and glues, use an air mask and an air filter when use of VOC containing products cannot be avoided. Avoid synthetic indoor air "fresheners."

## 3) Mold

- Health Risks: Memory loss, difficulty concentrating, neurological damage, vertigo.
- Simple avoidance measures: Keep your living and work environments dry, take care of any water leaks or damage within 24 hours, run a quality HEPA air filter in your living and work spaces, consult a mold remediation specialist for proper, safe mold removal if mold is detected in your space.

## 4) Heavy Metals

- Health Risks: Heart disease, hypertension, diabetes, neurological dysfunction such as memory loss and Alzheimer's.
- Simple avoidance measures: Avoid/remove mercury dental amalgams, avoid/remove lead paint and water pipes from older buildings. Have your home's drinking water tested and/or install a home water filter.

## 5) Plastic (Even BPA free)

- Health Risks: Heart disease, hypertension, breast cancer, endometriosis, obesity
- Simple avoidance measures: Avoid plastic packaging and bags by bringing your own reusable bags and choosing brands that use glass or cardboard packaging. Choose a glass or stainless steel water bottle and food containers.

# uBiome



## SPECIALTY LAB TEST HIGHLIGHT:

### uBiome SmartGut test

I recently found out about this test from a colleague of mine. The SmartGut test tests a small sample of your stool to look at the variety of microbes in the sample. Research is finding more information every day about the importance of a healthy microbiome. It has found that an imbalance in the gut microbes can lead to obesity, IBS, autoimmune disorders, gas and bloating, constipation, diarrhea, and food sensitivities.

In the test results we find out:

- How diverse your microbiome is, the more diverse the better.
- If your gut is housing any pathologic (unhealthy) bacteria.
- If your healthy bacteria are out of balance, which can be a precursor to disease.

The company, uBiome, is currently running a pilot program to collect research from the data in tests (no personal information.) As a thank you for helping them collect microbiome data, they are not billing patients if their insurance does not cover the test. This means, if you have regular insurance (unfortunately not medicare or medicaid,) THIS TEST IS FREE! Contact me to schedule your FREE test.

# DETOX DEN

## SPOTLIGHT TOXIN: ARSENIC

### WHAT IS IT?

Arsenic is a heavy metal.

### HOW DO WE GET EXPOSED TO IT?

The most common arsenic exposures today come from drinking water, rice and rice products, pesticides, herbicides, and wood preservatives. Mainly, arsenic comes from the diet if not eating organically grown foods.

### HOW DOES IT AFFECT HEALTH?

Research has shown arsenic exposure related to:

- Gout
- Many different kinds of cancers
- Vascular disease and high blood pressure
- Diabetes
- Neuropathies and neurodevelopmental changes
- Liver disease

### HOW DO YOU TEST FOR IT?

Arsenic can be tested for in the nails, hair, blood, stool, and urine. The preferred method is through urine testing and I use the 24-hour heavy metal test from Doctor's Data.

### HOW DO WE DETOX IT ?

The body is actually fairly efficient at eliminating arsenic, usually getting rid of it within a few days of exposure. However, since arsenic has such high exposure rates through our food and water it becomes important to focus on reducing exposure as well as aiding the body in getting it out efficiently. The best ways to reduce exposure is the have a quality water filter and to buy organically grown food whenever possible. Fiber, N-acetyl-cysteine, vitamin C, sauna therapy, and glutathione are all exceptional supports for arsenic detox.



## Detox Method of the month: Water Filter

Most tap water in our world today is not as clean as we would like to see it. You can check out the cleanliness of your city's water at [www.ewg.org/tapwater](http://www.ewg.org/tapwater).

They will tell you how many contaminants have been found above health guideline levels and any other contaminants in your city's water. For the City of Bellingham, there are SIX contaminants above health guidelines, and all 6 of them are known to cause cancer.

This illustrates the importance of a good water filter, at the very least for the water you drink. I have a Berkey Water filter in my office and my home but there are many good options. Check out the Environmental Working Group's water filter buying guide to see what fits your life and budget best!



# LIFESTYLE LOFT

"I've upped my water intake by a lot and already feel wildly better. My joints feel better, my appetite and digestion have improved. I'm hoping to see some skin improvements as well! I already look a little less tired. Thanks so much I'm grateful for this water challenge and for your help!" -C.J.

## HOW MUCH WATER SHOULD YOU BE DRINKING?

Water is essential to health, this can not be stressed enough. Many people readily admit to not drinking enough water or even knowing how much water they should really be drinking. Below you will see a tool to help you calculate a good starting point for water intake. On my website, you can find my free 14-day water challenge that helps you stick to your water goal for 14 days. The most common reactions I hear from folks who succeed at increasing their water intake include: increased energy, decreased joint pain, and elimination of constipation issues. It really is incredibly what a bit of water can do! A quick tip: herbal, non-caffeinated tea counts as water so if you're not a big fan a plain water you can spice it up a bit with some herbs!

## YOUR WATER GOAL =

**Your weight divided by 3**  
(In pounds)

$$150 \text{ (pounds)} / 3 = 50$$



**8 ounces for every 8 ounces of a caffeinated beverage**

$$8 \times 2 \text{ (cups)} = 16$$



**8 ounces for every 30 minutes of exercise**

$$8 \times 1 \text{ (30 min. exercise)} = 8$$

---

$$50 + 16 + 8 = 74 \text{ ounces of water per day}$$



# THE GARDEN

## **FOOD: BEETS**

The vibrant red of the beet root comes from a powerful group of pigmented phytonutrients called Betalains. Betalains support the body by acting as antioxidants, supporting phase II of liver detox, and easing unwanted inflammation of the cardiovascular system. Phase II of detox requires activation of GSTs (glutathione-S-Transferase) to bind with glutathione via betalains. This process allows you to rid toxins by making them water soluble and easy to excrete through urination.

The dark leafy greens of beets are also edible. They are packed with Lutein and Zeaxanthin, which are antioxidants that promote retinal (eye) health!

Beetroot's sweet earthy flavor is paired well in salads when steamed and tossed with balsamic vinegar, roasted with other vegetables, or skinned and thrown into a morning smoothie. The mild vaso-dilating effects can provide wakeful circulation support on an especially brain-fogged morning.

## **HERB: MILK THISTLE**

Milk thistle is a flowering medicinal herb that has been used as a liver tonic for many generations. Research shows a component of milk thistle called Silymarin also has protective effects for the kidney, spleen, and glucose-regulating processes. It works on the liver by generating glutathione, which is crucial for detox, and decreases inflammatory responses in the bile duct. Both the leaves and seeds of milk thistle can conjure a gentle tea. The seeds can also be tossed in smoothies or used to top various meals.



# HYDROTHERAPY HAUS

## Ending Showers on Cold

Contrast hydrotherapy has long been used in naturopathic medicine to reduce inflammation, tonify organs, and stimulate detox. Alternating between hot and cold water exposure creates a pumping mechanism within the body. The hot water promotes blood vessel dilation while the cold water promotes blood vessel constriction. This allows the body to bring healing nutrients in the warm blood and pump out inflammation and toxins with the cold application. Having a daily, body-wide practice helps flush the entire system and tonify major organs such as the kidneys, liver, colon, and lymphatics.

The easiest way to do this is to end your showers with cold water for just 15-30 seconds.

I do this every morning and change the intensity of the cold based on how I'm feeling. If I feel like I can handle more cold I take it colder and on some mornings I just turn it to less hot. Either way, I have had just this simple exercise stimulate noticeable detox. It also has a great reflexive action of warming up the body. By ending with cold water the body automatically starts warming up and you'll notice that you are actually warmer than usual a few minutes after getting out of the shower...and certainly more awake!

## RELAXATION RESPITE

### Body awareness

Close your eyes and bring attention to one part of your body. It can be a finger, your hand, stomach, any part will be right. Begin to find a rhythm of breath that feels comfortable to you.

After a few moments of feeling your breath, allow it to travel to the region of your choice. Allow the breath to flow in and out of this area like waves, bringing in calmness and releasing stress. If your attention wanes, simply bring it back to that spot and continue breathing. You may find it helpful to set an alarm and allow yourself to do this exercise for at least 5 minutes.



## The Best Way To Make a Medicinal Tea

Water has been a recurring theme in this issue and you are likely brainstorming some ways to get more water into your life. One of my favorite tricks is using herbal teas. Herbal tea (not black tea because of the caffeine) counts towards your water intake for the day and is a great way for mixing up the flavors that you're drinking. I also like to use teas medicinally with my patients and would like to take the opportunity here to give you the process for making a therapeutic medicinal tea. When you make your tea on a regular basis you likely pour some hot water over a tea bag, wait a few minutes and then drink it, right? The ideal way to make a tea to get the most medicinal benefit out of it is the following:

- Pour boiling water over 1 tablespoon loose leaf or 2-3 bags of herbal tea.
- Steep COVERED for 10-15 minutes.
- Uncover and allow all condensed tea on the lid to fall back into the cup

The reason this process is so important is that many of the medicinal parts of herbs are in the oils that, if the tea is left uncovered, will just go up in the steam and smell pretty. By allowing them to condense on the lid and fall back in, you get to ingest those medicinal properties when you drink your tea. Pro tip: a wide mouth mason jar lid (the flat part) is the exact right size to cover a standard coffee cup.

# RECIPE ROOST

## Steamed Fennel bulb

I've always been a little limited in my knowledge on how to utilize fennel in my cooking, mostly just using the seeds and sliced and sauteed fennel bulb. Fennel is great for the digestive tract and can help relieve gas and cramping so who wouldn't want more of it in their diet? I was recently out to eat with my husband and a dish we had stimulated me to think about fennel in a whole new way, steamed and eaten whole!

Ingredients:

1-3 fennel bulbs

2-3 Tbsp olive oil

1/2-1 tablespoon Italian seasoning

(Rosemary, thyme, oregano, marjoram)

Salt and pepper to taste

Optional: Olives and fresh parsley to garnish

Steam the fennel bulbs using a metal steaming basket in a pot until they are softened and easy to cut with a knife. Drizzle the olive and seasonings over the entire bulb, garnish with sliced olives and parsley and enjoy!



# NURTURE LEARNING NEST

Holistic Oral Health Summit: [www.holisticoralhealthsummit.com](http://www.holisticoralhealthsummit.com)  
Learn about holistic methods to gum disease, cavities, and systemic infections that start in the mouth.

Men's Wellness Summit: [www.menswellnesssummit.com](http://www.menswellnesssummit.com)  
Learn about a natural approach to symptoms and disease that commonly effect men.

## 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](http://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](http://www.bundledesignstudio.com):**

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