



## Sensible Philosophy

Sensible News aims to provide important health information that may not be readily available from conventional sources. Articles are factual. Any references not listed are available on request.

### In the News:

#### Osteoporosis linked with coeliac disease

A new study published in the Archives of Internal Medicine has found that 2-4% of osteoporosis cases are actually caused by undetected coeliac disease (1). The severe wheat intolerance prevents the absorption of minerals and vitamin D. Experts agree that the best treatment for osteoporosis for these cases is to avoid wheat. Routine screening for coeliac disease has been proposed for osteoporosis sufferers.

*Comment: The simple solution is to simply avoid wheat. A huge majority of the population is wheat sensitive even if they are not coeliac.*

#### Older women are at risk from LOW cholesterol

A recent study of more than 149,000 people has found that women over 50 with are not more likely to die from heart disease due to high cholesterol, but they are more likely to die from cancer, liver disease and Alzheimer's disease due to low cholesterol (2). Men and younger women are at risk from high cholesterol.

Appointments at Sensible-Alternative Naturopathic Clinic are available weekdays 8am to 6pm. 12 Ridge St., North Sydney. Call: **02 9922 4009**

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### Blood test for insecticides.

Last month's Sensible News discussed the danger of organochlorine pesticides. The symptoms of exposure to even small amount of pesticides can be severe, but are not specific.

#### Symptoms of Insecticide Exposure.

Headaches	Rapid Heartbeat
Nausea	Joint pain
Dizziness	PCOS
Memory Loss	Endometriosis/Infertility
Blurred Vision	Auto-immune disease
Chronic Fatigue	Multiple chemical sensitvty
Muscle twitches	Poor coordination
Mood changes	Depression/Anxiety

If you believe that you have been exposed to organochlorine or organophospate insecticides, you may want to have a blood test for insecticide residues. You will obtain a positive result only if the test is done within a couple of years of exposure, and if your levels are actually higher than the general population. The sobering reality is that pesticide residues are literally found in every person on earth. Unfortunately, this is the new "normal".

### Saliva is the future testing method for hormones, drugs, infection and cancer.

Many experts believe that saliva testing is the future of medical testing. "It has been known for decades that what is in the blood is also present in the saliva," said UCLA researcher, David Wong. The National Institutes of Health in the US is now funding the development of saliva tests for infection and some types of cancer. Already, drug testing in Europe and Australia is done primarily with saliva.

#### Saliva Hormone Tests:

Australian GPs still do not accept saliva hormone testing, and yet scientists do. Saliva is being used more and more for hormonal research (3,4,5,6). If it is good enough for medical research, surely it is good enough for clinical practice?

Salivary hormone tests measure the different types of oestrogen, progesterone, testosterone and DHEA. It is particularly useful for assessing ratios between hormones and oestrogen dominance. Saliva hormone testing is available through Sensible-Alternative.

## Thyroid antibodies linked with miscarriage and poor response to fertility treatment

Thyroid antibodies are a common autoimmune indicator found in up to 30% of "normal" older women. Since the early 90's, however, new studies have linked the antibodies with an increased risk of miscarriage (7), and, more recently, they have been identified as a factor affecting outcomes in fertility treatments (8).

The presence of thyroid antibodies are usually associated with thyroid dysfunction, such as Hashimoto's disease, or an enlarged thyroid with nodules. The antibodies can be present, however, even when thyroid function is still "normal" on blood test and ultrasound. A normal blood TSH on blood test does not rule out the possibility that the antibodies are causing a problem. They can interfere with the conversion of thyroid hormone (T4) to its active form (T3), resulting in symptoms. Thyroid antibodies are not routinely tested for, and you have to ask. Testing is available at Sensible-Alternative. The link between thyroid antibodies and miscarriage is not well understood. Many women with the antibodies have no problem with fertility, and for those that do, it may be due to underactive thyroid function, or it may simply be part of a larger autoimmune process that affects fertility. Autoimmune conditions often occur in clusters. See Sensible News 20 for more information about Autoimmunity.

### Treatment for thyroid antibodies:

- Eliminate wheat from the diet because its complex molecules can confuse the immune system.
- Immune modulating herbs such as Rehmannia
- Natural cortisol supplement
- Mind-body connection: thyroid antibodies seem to occur in women who carry a lot of responsibility in their family and career. Learn to worry only about the things that you can actually control.

## If you've got high cholesterol, check your fasting insulin

Almost 40% of people on a standard Western diet develop insulin resistance. This means that even "ordinary" amounts of flour, sugar and alcohol will cause a chronic elevation of insulin. The result is **insulin resistance or metabolic syndrome**, which causes obesity, high blood pressure, high cholesterol, fatty liver, diabetes and polycystic ovarian syndrome. If it is detected in time, *insulin resistance is reversible with natural treatment*.

Your GP will pick up the cholesterol and fatty liver, but will probably NOT test for the underlying insulin problem. *A blood test for glucose is not enough*. By the time glucose is actually elevated, it is far too late.

If you are lucky enough to be referred to an endocrinologist, and not simply put on cholesterol-lowering medication, she will test for insulin as part of a glucose tolerance test (GTT). Fortunately, you do not need to wait for a referral. A simple **fasting insulin** test is available from your Naturopath, or your GP (if you ask). A healthy fasting insulin should be less than 10iu/L.

A **waist to hip ratio** >1.0 (men) or >0.8 (women) is also strongly suggestive of insulin resistance, and will improve with treatment. A shrinking waist is a good way to monitor your decreased risk for heart disease, PCOS and diabetes. See the **Insulin Resistance Quiz** at: [www.sensible-alternative.com.au](http://www.sensible-alternative.com.au)

### Treatment for insulin resistance:

- Reduce refined carbohydrates in the diet.
- Eat mainly low GI vegetables and whole grains, as well as protein and healthy fat.
- Avoid wheat, in particular, because it acts as an insulin mimic.
- Avoid Trans fat.

### References:

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