Best of Naturopathic Medicine 2013

Welcome to our 6th Biennial Best of Naturopathic Medicine publication. Every two years we invite naturopathic physicians, students, professors, and researchers to submit a report, review, study, or essay for the competition. The first contest was held in 2003 with publication of the winning papers in February/March 2013. We are pleased to receive entries from naturopathic students and faculty at National College of Naturopathic Medicine, Canadian College of Naturopathic Medicine, Bastyr University, and Southwest College of Naturopathic Medicine. Since 2002 there has been more writing from naturopathic physicians in the *Townsend Letter*, reflecting the greater role that naturopaths are playing in providing functional, integrative, and complementary/alternative medicine.

In 2005 Allison Siebecker, ND, introduced us to the use of traditional bone broth in maintaining health and treating disease. Jonathan Prousky, ND, reported on the employment of orthomolecular treatment for anxiety disorders. We are delighted to have Siebecker and Prousky participate in our competition this year. In 2007 Dr. Martin Milner reviewed treatment of hypothyroidism using compounded T3 and T4. Milner has also entered our 2013 competition. In 2009 Steven Sandberg-Lewis, ND, reported on hiatal hernia syndrome, offering physical manipulation for treatment. Sandberg-Lewis is participating this year as well. Naturopathic student Jennifer Coomes discussed balancing the feminine and masculine in acupuncture protocols in our 2011 competition; Coomes is also involved this year.

We invite you in the naturopathic community to take part in our next competition in 2015. Please submit your articles next year!

How I Practice Now | by Jacob Schor, ND, FABNO | 60
A longtime naturopath describes how, despite decades of experience, he still finds each patient's story unique. Over time he has found a routine for navigating the unknown, as exemplified in a story of a youth with high blood pressure.

Fatigue and Primary Hyperparathyroidism: A Case Report | 62
by Karima Bassalé, ND, and Dohn Kruschwitz, MD, ND
Fatigue has multiple causes; one of these can be primary hyperparathyroidism, which presents with hypercalcemia. The condition may be asymptomatic, or exhibit nontraditional symptoms, as in the case described here.

What to Do When Patients Wish to Discontinue Their Psychotropic Medications? Effective Tapering Strategies to Limit Drug Withdrawal and Destabilization: a Clinician's Perspective | 63
by Jonathan E. Prousky, ND, MSc
Helping patients reduce or discontinue their psychotropic medications is complicated by many factors, and there are no clearly defined standards to inform clinicians about the most appropriate method. The author recommends an integrative approach, described here in detail, including several examples of tapering schedules.

Vitamin and Mineral Treatment in Asthma | 70
by Aminder Singh, BSc, ND (cand. 2015), and
Lindsay Feuerstein, BSc, MSc. (cand. 2013)
While asthma is one of the world's most common chronic diseases, there is still no cure. Meanwhile, there is a need to identify interventions that can be used to complement conventional therapy and relieve and prevent the recurrence of symptoms. Current research has shown promise for the use of vitamin C, magnesium, and polyunsaturated fatty acids.

The Milner Acetylcholine Protocol (MAP) for Management of Cardiac Dysrhythmias | 73
by Jeremy Mikolai, ND, and Martin Milner, ND
In 2008, Dr. Milner began developing an approach for using oral supplements to augment ACh production and release, which evolved into MAP therapy. The protocol has been successful in many patients with varying types of tachycardia and dysrhythmias over its years of use, including in combination with other natural, medical, and surgical interventions.

A Holistic Approach to Modern-Day Chronic Disease Management: Pharmacological Therapies, Lifestyle Choices, and Nitric Oxide Deficiency | by Nathan S. Bryan, PhD | 80
A more holistic approach to modern-day care, with an emphasis on maintaining NO levels, has future implications in reversing the current trends seen in chronic disease management.

Small Intestine Bacterial Overgrowth: Often-Ignored Cause of Irritable Bowel Syndrome | 85
by Allison Siebecker, ND, MSOM, LAc, and
Steven Sandberg-Lewis, ND, DHANP
Common naturopathic approaches to IBS tend to be successful: removing hidden food intolerances, bringing mindfulness to meals, or restoring production of digestive acid or enzymes are key. But what about those cases in which symptoms remain unchanged? Read more about a condition that is involved in over half the cases of IBS. These experienced practitioners discuss indicators that a patient's IBS is caused by SIBO, prevention, mechanism of action, and treatment.

What is Feminine Medicine? Applying Yin/Feminine Approaches and Therapies within Naturopathic Medicine | 92
by Jennifer Coomes, BA, RYT
This article introduces the "yin," or "feminine," therapies of naturopathic medicine and what Feminine Medicine really is, as well as show how each individual therapy in naturopathic medicine can be used in a yin/feminine approach, whether it is more yang (strong, aggressive) or yin (deep, gentle) in its essential nature. In the future, these feminine medicine skills may become equally as or even more highly regarded than the quantitative use of labs, established and proven scientific knowledge, and standard of care.

Detoxification Diets: Three Pilot Studies | 97
by Sarah Axtell, ND; Alicia Birr, ND; Chip Halvorson, ND;
Cheri King, ND; Cara Orscheln, ND; Morgan Schafer, MS;
Robin Sielaff, MS, ND; and Heather Zwickey, PhD
Detoxes are commonly recommended by alternative health practitioners; however, there are no reported data on their effects or efficacy. This article reports on a multitier study that collected preliminary data on a variety of common detoxes, which found tremendous variability in the motivation and experiences of participants, including protocols followed, length implemented, as well as symptoms, side effects, and perceived results.