

Thank you for letting us into your home. Please share this with family and friends.

H1N1 (Swine Flu) – What Should You Do?

Naturopathic Medicine offers a variety of natural treatments for prevention and treatment of the flu. Two detailed handouts are available from our office and should be posted on our website within one week. You can also check www.cand.ca (the Canadian Association of Naturopathic Doctors) for more information.

A summary of the options available from Touchstone Naturopathic Centre include:

1. Follow all standard recommendations about healthy hygiene: hand washing, coughing, healthy diet (low in sugar), proper sleep (7 hours minimum), etc.
2. Mucococcinum by Unda is a proven, effective homeopathic medicine for the flu and colds. To prevent an infection each member of the family should take 1 tablet every 2 weeks.
 - a. Pascolecyn Forte is an alternate product we recommend if a liquid medicine is easier to administer
3. Supplements: Vitamin C, D plus Selenium and Zinc are recommended. Doses vary by family member.
4. Herbal or homeopathic medicines for treating acute infections and associated symptoms. Pascolecyn is our top recommended product – keep a bottle in stock at home. Drosera Similiaplex, DroseraPlex syrup or Stodal syrup are proven medicines for coughs.

As mentioned below, telephone consultations are available if you wish to speak to one of our Naturopathic Doctors about any symptoms you or your family are experiencing. Many of the products shown here are available at local health food stores (Hooper's, Nature's Source).

Maintaining YOUR Momentum

Time, or lack of it? Appointment conflicts, therapy conflicts, or Dr. Clack's not available – I'll book later. Children not being compliant – trying to do everything before the next appointment is scheduled. Difficulty finding supplements.

We understand how difficult it is for most families to maintain a regular visit schedule (every 6 to 8 weeks). Yet most parents and doctors who have successfully recovered children from Autism would say that dedication to integrating biomedical treatments with other therapies (i.e. behavioural, speech, occupational) increases the degree of positive outcomes. And experience shows that comprehensive treatments at earlier ages (before 6-7 years old) result in better outcomes as well.

Over the past year, I have attended two DAN! (Defeat Autism Now!) conferences, and have read books and research papers discussing well-known treatments (e.g. antifungal therapy) as well as novel (e.g. Hyperbaric Oxygen Therapy, or HBOT). Since our mission at Touchstone Naturopathic Centre is to provide the highest quality of care for you and your children, I have also devoted many hours outside

the office planning to offer a broader set of services that should make it easier for families to be successful. Here is a list of initiatives we have undertaken and are implementing:

- Dr. Clack completed Physician Level II training at DAN! Atlanta in April 2009
- Dr. Tanya Lee, ND joined our Centre in September to assist in delivering Biomedical treatments. Dr. Lee completed DAN! Physician Level I training on October 12, 2009.
- Kim Gaule, Registered Holistic Nutritionist joined Touchstone in June 2009. Kim understands the GF/CF diet and food sensitivities to help parents implement their diet changes effectively and nutritiously. She is also gaining experience with the SCD diet.
- Touchstone has partnered with Ontario HBOT which is due to open and provide Hyperbaric Oxygen therapy for ASD children (and other patients) beginning in January 2010 (note: the location of this Centre is in north Toronto, off Dufferin St.).

Come and meet us at the Ontario HBOT booth at the Autism One/Autism Canada conference on Oct. 31!

New options for Naturopathic Visits/Services:

We know that getting advice or direction for biomedical interventions is an added burden on top of other therapies, often paid for “out-of-pocket”. Appointments with MD’s who understand Biomedical Approaches may or may not be covered by OHIP. To help current and future patients in “Maintaining YOUR Momentum”, Touchstone Naturopathic Centre is offering new services to help you with your budget constraints and/or your style of approaching biomedical treatments. We considered the success of programs for weight loss and cardiovascular rehabilitation that rely on regular visits with doctors and support staff to maintain progress and implement changes or new steps to ensure continued success in meeting their health goals. Our new services include:

- **Monthly lectures at Touchstone** – discussing a variety of common and critical topics (e.g. Treating infections and Immune Dysfunction; What is Oxidative Stress and How is it Treated?; What is HBOT and how might it help my child?)
- **Brief Naturopathic Visits:** Return office consultations are usually scheduled for 30 or 45 minutes. Brief visits (15-20 minutes) are typically used for acute problems (e.g. ear or respiratory infections) but they could help you stay on track with your biomedical program. Due to the limited time, advanced preparation will be required of the parents. Typically only one new intervention will be discussed. These visits will be expected every 4 to 5 weeks. Fee: \$45.
- **Upgraded website for information sharing** (to be launched in early November 2009)
- **Telephone consultations** – Save your travel time! We have always offered this option but have not promoted it to many parents. Since many of you come to Touchstone by driving for more than 30 minutes (often in traffic), this may be a better option. In-office visits should still be conducted every 3-4 months in case in-office treatment and/or examination is required. Regular visit fees apply, depending on the amount of time that is booked.

Please let us know if you think these services will be helpful to you.

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Fall/Winter Lecture Series:

As mentioned earlier, monthly lectures will be offered to help families with implementing their biomedical treatments by understanding them better. Please call and register to attend these seminars as space is limited. All lectures are Wednesday evenings, starting at 6:45 pm. A fee of \$15 is charged per person.

November 25: Introduction to Biomedical Interventions (#1)

The lecture introduces you to the top lifestyle and environmental factors that are thought to be contributing to the rapid rise in rates of ASD's: oxidative stress, toxicity (chemicals, heavy metals), food sensitivities, immune compromise (infections), and metabolic dysfunction. Dr. Clack will review testing to help assess your child in these areas. This lecture also discusses diet, treatment of fungal and bacterial infections, and Methyl-B12 treatment. Length of lecture: 1.5 hours.

December 9: Introduction to Special Diets for children with neurodevelopmental challenges

Learn to implement or improve the diet you're using for your children. This session introduces you to the Gluten-Free/Casein-Free, the starting point of elimination diets. Testing for food intolerances will be discussed. We also provide an overview of the Specific Carbohydrate Diet (SCD), Feingold, Low Oxalate and Body Ecology Diets for comparison with GF/CF. Length of lecture: 1 hour, 15 minutes

January 13: Introduction to Biomedical Interventions (#2)

This lecture continues our discussion of factors that may contribute to Autism. Topics for tonight include heavy metal detoxification, testing and treatment of viral infections, treatments for metabolic dysfunction and oxidative stress, and a review of basic supplementation. Length of lecture: 1.5 hours.

February 10: Special Diets: Are You Sure You're Doing It Properly?

Most families implement GF/CF diets on their own. Discussions with families in the past six months indicate that many mistakes are being made. These mistakes prevent the full-effect of dietary changes from being realized. They also compromise treatment of bacterial and fungal infections. Learn how you can identify your mistakes and improve on your diet.

Our Next Newsletter: will cover

- Common GF/CF mistakes
- Nambudripad's Allergy Elimination Techniques
- Overview of Hyperbaric Oxygen Therapy (HBOT)

Summary of Biomedical Experience and Services at Touchstone Naturopathic Centre:

- ▶ Over 8 years experience treating ASD children
 - Scott Clack – DAN! Physician Level 2
 - Tanya Lee – DAN! Physician Level 1
- ▶ Consultant for Great Plains Laboratory
- ▶ Using other labs where necessary:
 - Doctor's Data, Gamma Dynacare, Genova, Metamatrix, Neuroscience, ICMT
- ▶ Conducting research
- ▶ Parents seminars: beginning Fall 2009
- ▶ Onsite Services/Treatments available:
 - Consultations: assessing your child's biomedical challenges and recommending treatments
 - Testing & Test panels
 - Supplements (or in conjunction w/ Spectrum Supplements and local compounding pharmacies)
 - Methyl-B12 injections, creams, etc.
 - Nambudripad's Allergy Elimination Techniques (NAET) treatments
 - Infrared sauna
 - Nebulized glutathione
 - Ionic foot baths (detoxification)