

# Natural Roots Medicine

Naturopathic Wellness Center For Health

15-minute Free Consult

## Naturopathic 1-2-3 Approach to Environmental Medicine

If you live in Los Angeles County, you might want to know about the latest release from the American Lung Association. The May 2008 State of the Air Report showed Los Angeles/ Long Beach/ Riverside ranked # 1 in most polluted by Ozone and most polluted year round by particle pollution. What does this mean for your health?

If you have asthma, bronchitis, diabetes or cardiovascular disease, then this poor air quality could be affecting your health. Children and the elderly are at the highest risk.

Risks include:

- Increased asthma attacks in children.
- Increased Hospitalizations and deaths related to respiratory and cardiovascular causes

- Inflammation of lung tissue
- Increased number of heart attacks
- Increased mortality in infants and children
- Increases risk of upper/lower respiratory infections

Particle pollution in the air comes from highways, construction, exhaust and agriculture to name a few.

Ozone is the primary ingredient in smog and is hazardous to breathe. It is increased by evaporation or burning of gasoline, oil, coal, paints and other chemicals. Summer heat increases the formation of Ozone.

For more information see:

[www.stateoftheair.org](http://www.stateoftheair.org)

[www.lungusa.org](http://www.lungusa.org)

### Reduce-Replace-Repair

What can you do to decrease your overall health burden?

Increase your antioxidant rich foods. Antioxidants help offset the oxidative stress to your body from pollution and ozone in the air. You can take an antioxidant rich drink like Greens First. Adding nutrients important for liver and respiratory health like magnesium, N-acetyl cysteine, essential fatty acids, and quercetin may also improve your health. Most people, just for living in Los Angeles should take 3-7,000 mg of vitamin C per day.

Buy organic foods when available. Especially milk, butter and eggs. Avoid the "dirty dozen," foods found to be the most toxic conventionally grown. (Apples, Bell peppers, Celery, Cherries, Grapes (imported), Peaches, Pears, Potatoes, Nectarines, Spinach, and Strawberries).

Cook in cast iron, avoid aluminum cookware, don't drink in plastic or eat fatty foods from plastic container. Use glass for acidic and salty

foods to avoid leaching the metals into your food.

Six ways to reduce your environmental exposure:

- Drinking water filtration
- Shower filtration
- Buy clean the air plants (Contact us for a list)
- Air purifier in your bedroom
- Neti Pot and sinus irrigation
- Wash (even pre-washed) vegetables, fruits and salads.

For more suggestions please call us!

This Month's Featured Product is

**Greens First.**

We would love to hear from you.

## Natural Roots Medicine

2769 W Broadway

Eagle Rock, CA 90041

Dr's Voicemail 818-484-5185

We're on the Web!

See us at:

[www.naturalrootsmedicine.com](http://www.naturalrootsmedicine.com)

## **IMPORTANT NOTICE**

Micaela Finlayson is a Naturopathic Doctor with experience in the fields of natural healing, preventive and Naturopathic medicine. Information on this site represent the opinions of Dr. Finlayson based upon her knowledge, experience and training and have not been evaluated by the U.S. Food and Drug Administration. Any information on this site is not intended to diagnose, treat, cure or prevent any disease. The material provided on this site is for educational purposes only and any recommendations are not intended to replace the advice of your physician. You are encouraged to seek advice from a competent medical professional regarding the applicability of any recommendations with regard to your condition. Some products, herbs and supplements may conflict with prescribed medications and should not be taken without consulting with your doctor.

It is important that you do not reduce, change, or discontinue any medication or treatment without consulting your physician first.