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Mindfulness and Stress

Taking care of your autoimmune health means managing your emotional health. Learn a simple Body Scan from expert Jon Kabat-Zinn to help your stress. [Continue reading on page 4](#)

THE ORGANIC ANSWER

NEWSLETTER



FOCUS FOR 2024 - AUTOIMMUNE DISEASE

Our focus at Organic MD for 2024 is to help you get your immunity in tip-top shape. A healthy immune system protects you from infections and cancer. Many people need to heal their immune system to reverse an autoimmune disease.

There is an epidemic of autoimmune disease. Some are severe and life-threatening, while some are more mild. Regardless all are caused by an overstimulated immune system. Integrative medicine and traditional allopathic doctors agree on this fact. But they differ on how to treat.

Allopathic doctors say that if your immunity is so overstimulated that it

is now producing antibodies that are damaging your own tissues, then the best treatment is to poison or kill the immune system to slow it down. This works, but leads to the warning attached to all the new drugs about risks of severe infections, cancers, and even death.

Integrative medical doctors have developed strategies to lessen some factors stimulating an immune response. We have helped people reverse their autoimmune disease by reducing immune stress from diet, life-stress, surrounding toxins, long-term infections and gut dysbiosis and exposure to environmental toxins.

By lowering the stress in each of these areas, the whole immune system calms itself and symptoms resolve. The thing is, you generally need to do more than one shift or change. There is not a magic pill or remedy, because we might not know all the things in our life contributing to the breakdown of our immune system. If we are willing to be patient then we can start to understand the factors and reduce the impact they have on us.

Our hope with our upcoming new course, "Reversing Autoimmune Disease" is to help this process. We will take you step by step and guide you through the actions you need to take to transform your illness.

As a first step to help you understand the problem of autoimmunity and the importance of this course, we are creating a free webinar and we want you to come with your questions. See the "Announcements" box on page 2 for registration info. - Dr. Miller



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DO YOU HAVE AN AUTOIMMUNE DISEASE?

Do you feel you are relating to an autoimmune disease or issue?

There are many. There is a complete list on Wikipedia at:

https://en.wikipedia.org/wiki/List_of_autoimmune_diseases

We see many people with chronic health issues who don't know that they have an autoimmune problem. If you have:

- Long-COVID
- Persistent symptoms after a vaccine
- Chronic skin rash
- An unexplained need for thyroid medication
- Chronic digestive problems
- Patchy loss of hair or skin pigment
- Repeated miscarriages
- Kidney failure
- Diabetes that is hard to control
- Any neurological dysfunction
- Chronic cough or dry eyes

then you may have an autoimmune disease. The challenge is receiving a clear diagnosis since these issues may not be connected to a specific illness. We work with many who are frustrated with the lack

of understanding or actionable treatments. It is a main reason why we have developed our new online course that is going to focus on Reversing Autoimmune Disease - to help people be able to take action regarding their illness.

Come to the webinar in January, 2024 to learn more and ask questions. As always there are safe and effective treatments for these challenges and this course will present them for you to work with.

Just this moment,
just this breath, just
this sitting here, just
this being human.
Just this. Just this.

Jon Kabat-Zinn

Heartburn and Low Acid

Heartburn? You may have too little acid in your stomach!

Are you taking an acid lowering drug because your doctor has diagnosed GERD (gastro esophageal reflux disease)? Do you know that people produce less acid in their stomach as they age, and the symptoms from having too little acid are the same as having too much acid? Our digestive system needs the acid that the stomach makes to keep digestion and the movement of the digestive system working properly. If you have too little acid, and then you take a drug that reduces acid production to zero, you can just make the symptoms worse. And, without acid you do not digest your food and cannot properly absorb the nutrition that is in your food. You essentially become malnourished, even though you eat a healthy diet.

The recommendation for the use of acid lowering drugs is to limit the course of therapy to 14 days. Many doctors recommend a much longer course, sometimes for years. There is an easy way to determine if you are not making acid, and a safe supplement that will gently put some acid back into your digestive system. You will know if this is working when you stop the drug, start the supplement and find that you do not have symptoms.

To learn how to test for stomach acid production, see our blog post at:

<https://organicmd.com/simple-technique-to-make-sure-your-stomach-makes-enough-acid/>

(The supplement to replace acid in the stomach is called Betaine, or trimethylglycine (TMG))

ANNOUNCEMENTS / EVENTS

Save the Date: AUTOIMMUNE WEBINAR - JAN ??? - Check our website for details.

PREMIUM MEMBERS: The digital version of this newsletter has some additional links and resources.

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RECOMMENDS



HERB

The Chinese herb Huang Qin (coptis chinensis) is the source of the extract berberine described in the adjacent panel. We often use this herb in combination with two other Chinese herbs, Huang Lian and Huang Bao. "Huang" in Chinese means yellow and we refer to this combination as the "3-Yellows".

The tea made from these herbs is an excellent treatment for thrush and other external rashes and infections with Candida. We can also use the tea like the extract to help control blood sugar, high blood pressure and it can assist with weight loss.

BRAND

HUANG QIN (COPTIS CHINENSIS)

USE

THRUSH / RASHES / OTHER

COST

\$35 for 50 GRAMS.



SUPPLEMENT

Researchers have shown that this standardized extract of the Chinese herb Huang Qin (coptis chinensis) possesses properties that help control blood sugar and high blood pressure and assist with weight loss.

It has antimicrobial properties and is like the Western herb goldenseal. The extract in pill form is easier to dose than the powdered herb, which is also featured in this section. The dose is typically 1 g, twice a day with food.

Over the years we have come to rely on Thorne as an excellent brand. High quality supplements are their hallmark.

BRAND

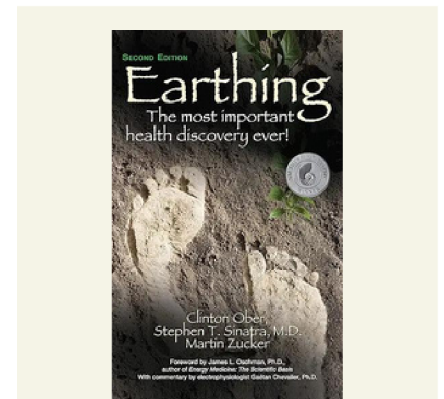
THORNE - BERBERINE

USE

HERBAL SUPPLEMENT

COST

\$38 FOR MONTH'S SUPPLY



MEDIA

Earthing by Clinton Ober and Stephen Sinatra, MD

We choose this book to honor Dr. Stephen Sinatra, one author and a colleague of Dr. Miller's who passed last year. Dr. Sinatra felt that connecting our bodies to the earth with our bare feet, or through a grounding connection indoors was "The most important health discovery, ever".

He joked that rubber-soled shoes had done more to destroy the health of people in developed countries than anything else he knew. Read the book, take your shoes off and go outdoors!

TITLE

EARTHLING - 2ND EDITION

AUTHOR

OBER & SINATRA

COST

\$14.95 AT STORE/AMAZON



The Healing Power of Mind

The Mind is a great ally. If we work with our stress and emotions, it can have a direct impact on our physical well being.

In the years I worked in healthcare, I was always amazed how few treatment plans included emotional and spiritual components. Plenty of tests, drugs, scans, but often little or no attention to tending to the stress of illness.

The thing is, illness is hard. Being sick takes energy. Physical energy. Emotional energy. Spiritual energy. Just think back to a time when you had the flu. It might be a bit fun to get some days off work, eat chicken soup and watch movies. But usually there was a point when you had enough. Your to-do list continues to grow as you sit in bed. Functions and events missed. We can feel overwhelmed, anxious and maybe a little angry. If you are so stressed that you can't rest, then the illness will just take longer. No fun.

For those of you relating to an autoimmune disease, that stress is continual. You are not looking at just a few days. It might be weeks, years, decades of working with the impact of your illness. If you struggle to maintain the little energy you do have, then that stress can zap it if you are not mindful. But if we care for our whole self, then wellness becomes more manageable.

Autoimmune issues are diverse. Many kinds of external and internal symptoms. If I am struggling with a severe rash I struggle on many levels. Right? There is the physical aspect of the rash: the discomfort, swelling and itching. And if that rash is visible? How we look is important to us. Not only that but we want to look normal. We don't want people staring at us. So as this rash burns and flares for all to see, our stress elevates. And this contributes to the rash itself. The body does not separate things from the mind. They are interconnected.



That stress is real and palpable. If we do not tend to it then that rash might get worse. We might also start to use food and other substances to deal with the stress which can make it even worse.

I feel like those out there reading this understand what I am saying perfectly. Thankfully there are some simple and easy applied methods to help manage the stress of illness.

Meditation

For the last 30 years researcher and physician Jon Kabat-Zinn (<https://jonkabat-zinn.com/>) has utilized the practice of meditation for the management of pain. We are fortunate to have someone using a scientific approach to show the efficacy of meditation. He works with people in high levels of pain, from cancer to autoimmune issues, to find relief through the mind. You can find a sample body scan in the side panel.

Nature

As our book choice this time celebrates, standing on the Earth can be a great de-stresser. The natural world is filled with things that can ground and nourish us. Even a few minutes a day under a tree or feet in the grass can help our stress.

Creative Expression

Coloring, drawing, woodworking, music, journaling and many other artistic forms have shown to be powerful stress management tools. We can create for ourselves or others, but in the end these outlets can help us heal.

Over the next year we will explore more of these aspects in detail at Organic MD so that you can create a superb toolbox for yourself and your wellness.

- Carlyle Coash, MA

MINDFUL BODY SCAN from Jon Kabat-Zinn



- 1) Find a comfortable position, either sitting or lying down, where you can fully relax. Close your eyes and take a deep breath in, allowing your body to settle into a state of relaxation.
- 2) Bring your attention to the top of your head. Notice any sensations you feel in this area. Take a moment to release any tension or tightness you may be holding in your scalp, forehead, temples, jaw and your face.
- 4) Next, shift your awareness to your neck and shoulders. Notice if there's any tightness or stiffness in this area. With each breath, imagine the tension dissolving, leaving your neck and shoulders feeling light and relaxed.
- 5) Bring your attention to your arms and hands. Feel the weight of your arms as they rest comfortably. Notice any tingling or warmth in your hands.
- 6) Now, direct your focus to your chest and abdomen. Feel your breath's gentle rise and fall as you inhale and exhale. Shift your attention to your back and spine. Notice the support of the surface beneath you. Release any tension or tightness as you breathe.
- 7) Now, bring your attention to your legs and feet. Feel the weight of your legs, and notice any sensations in your thighs, calves, and feet. Release any tension in these areas and let your legs and feet fully relax.
- 8) Take a few moments now to scan your entire body, from the top of your head to the tips of your toes. Notice any areas of lingering tension and consciously release them, allowing your whole body to become deeply relaxed. Finally, take a deep breath in, and as you exhale, slowly open your eyes and bring your awareness back to the present moment.

