

Are You Taking Unprescribed Antibiotics?

WRITTEN BY: **BIJANA DEVO, ND, LAC**

New patients often bring me a list of their prescription medications. I have to ask a few more questions to find out which vitamins, herbs and other supplements they are taking. It takes a few more questions to find out that they are using antibiotics



without a prescription. Yes, many of my patients are using antibiotics without the advice or prescription of their physician. They use them every day, just in case. Does this sound crazy or irresponsible to you?

It's more common than you think and you might be doing it, too. Antibiotics have been added to everything from hand soap, dish soap, laundry soap and socks to children's toys, clothing, bedding and furniture. If you aren't carefully checking labels, you and your family are likely dosing yourselves. You wouldn't be alone

in asking what's so wrong with that and for some products, the answer is nothing. For example, bamboo textiles are naturally antimicrobial as an inherent property of bamboo itself.

Other products range from hype to harmful. The addition of silver nanoparticles is another natural sounding way to create antimicrobial effects in fabrics, but studies have shown that 20-30% of silver particles leach out in the first wash and more than 50% are lost by the second washing. These particles are so small they may be absorbed through the skin or through inhalation and the health effects of these small particles is unknown as the technology of nanoparticles is such a recent development.

The addition of actual antibiotics, commonly the chemical antibiotic triclosan, has been a stroke of marketing genius with unfortunate effects for human and environmental health. The overuse of antibiotics in consumer products have been linked to hormone dysregulation in human and animal studies and are suspected to have a greater effect on the health of children.

The American Medical Association (AMA) stated in 2000, "Despite their recent proliferation in consumer products, the use of antimicrobial agents such as triclosan has not been studied extensively. No data

exist to support their efficacy when used in such products or any need for them, but increasing data now suggest growing acquired resistance to these commonly used antimicrobial agents."

In layman's terms, this means that our daily use of antimicrobials just makes them less effective and creates "super bugs," infectious agents, bacteria and viruses, that are harder to kill. Bacterial resistance is a serious problem and the medical community is responding by prescribing antibiotics with greater care and specificity than in the past.

But what about being exposed to dirt and germs? Well, first off, it might actually be good for you. The hygiene hypothesis suggests that exposure to dirt and germs trains the immune system to function properly. If further postulates that excessive cleansing of our internal environments and limiting exposure to mild, often harmless pathogens, results in immune system disorders and irregularities, contributing to allergies, autoimmune diseases, autism and even cancer in the form of leukemia. Remember the chant when you were a kid, "God made dirt and dirt don't hurt"? The wisdom of children may turn out to hold more than a grain of truth.

Additionally, washing your hands, dishes and laundry with soap or detergent

is as effective or more so at removing bacteria, dirt or other impurities than using antimicrobial products. Natural products such as alcohol, hydrogen peroxide, vinegar, lemon juice and essential oils can aid in cleansing, dislodge or kill bacteria and do not create antimicrobial resistance or the same negative environmental effects.

Remember, you skin is your largest organ and absorbs up to 80% of what you put on it. If you wouldn't put it in your mouth, should you really be putting it on your skin? To learn more about natural skin care and first aid options, including topical treatments and homeopathics that you can affordably add to your home or camping first aid kit, come to True Health's free monthly wellness talk at the VFW at 18820 Southwest Boones Ferry Road in Tualatin on Wednesday June 8 at 6:30pm. This month's talk, presented by Dr. Devo is: More Than Skin Deep: Natural Skin and Wound Care.



Bijana Devo is a naturopathic physician and licensed acupuncturist with True Health Medicine, PC, a group practice of naturopathic physicians and acupuncturists. The clinic is located at 8555 SW Tualatin Road, Tualatin, OR. 503-691-0901



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Loaves & Fishes Centers is More Than a Meal



WRITTEN BY: **JULIE PIPER FINLEY**

THE L & F DIRECTOR OF MARKETING & COMMUNICATIONS

Helen has the voice of an angel. Even at the age of 90, she has the dulcet tones of someone accustomed to singing. Not surprising when you consider that nearly 75 years ago Helen began singing with big bands in her native Lincoln,



Helen's doctor thought she could benefit from a daily hot meal and a visit from a volunteer. So about two years ago, Juanita Pohl Loaves & Fishes Center began delivering Meals-On-Wheels to Helen. She's eating better now and is happy with the tasty and diverse menu. And she gets a chance to visit with someone each day.

Helen is just one of 5,000 seniors in the Portland-Vancouver area who receive a meal from Loaves & Fishes Centers each weekday. Founded in 1970 by a public health nurse, a social worker and a neighborhood activist, Loaves & Fishes Centers operates 35 senior meal centers in Multnomah, Washington and Clark counties and delivers Meals-On-Wheels to homebound seniors. Loaves & Fishes Centers, which is a nonprofit and secular organization, makes hot, nutritious meals available to anyone over the age of 60. Menus feature a choice

of entrée daily, fresh salads and vegetables, beverage and dessert. And many locations offer ethnic cuisine.

In Tualatin, seniors can enjoy lunch Monday through Friday at the Juanita Pohl Center, located at 8513 SW Tualatin Road. Center Director Paula Stewart and Manager Patty Weaver welcome guests with a variety of menu choices and activities. Entrée salads are prepared fresh daily and seasonal vegetables are roasted, steamed or grilled. And the coffee is always on! In addition to a tasty lunch, seniors have the opportunity to participate in workshops,

Nebraska. "I was just 16 when two of my friends and I formed a trio," Helen said. "We were invited to sing on a local radio station and that led to a job with a local band. When I graduated from high school, I got a job singing with a band at a resort in Arkansas and then ended up singing in nightclubs in New Orleans." Helen met her husband, a serviceman, in New Orleans and the two moved to Oregon following World War II. She raised her son here and was widowed after 38 years of marriage. Helen doesn't drive anymore and her son lives across town. He makes sure he stops in at least once a week, but

classes and lectures as well as exercise classes, quilting, billiards and support groups.

Volunteers are what make the magic happen at the Juanita Pohl Center. Volunteers deliver so much more than a meal. They bring a friendly smile, a chat in the middle of the day, the reassurance to loved ones that someone is checking on Mom or Grandma. Volunteers help to deliver Meals-On-Wheels, serve meals at the center and serve on a variety of committees and task forces.

Loaves & Fishes Centers depends on donations to continue operating. In fact, nearly 70 percent of the organization's operating budget comes from contributions from the community.

For information about volunteer opportunities, how to register for Meals-On-Wheels or to make a donation, please call the Juanita Pohl Center at [503.692.6767](tel:503.692.6767) or go to www.feedseniors.org.

Loaves & Fishes Centers Spring Luncheon Generates \$320,000 to Feed Area Seniors

Supporters and volunteers of Loaves & Fishes Centers donated \$320,000 in just one hour to provide hot meals to seniors in the greater metropolitan area at the organization's annual Spring Luncheon. The event is Loaves & Fishes Centers' single largest fundraising event of the year.

More than 1,000 area business leaders and volunteers gathered in the Oregon Convention Center on May 12 to hear Dave Dahl of Dave's Killer Bread deliver a keynote address. Dave donates hundreds of loaves of his organic, whole grain bread to Loaves & Fishes Centers every week, saving the nonprofit organization thousands of dollars annually. In his keynote address, Dave talked of his journey from prison to successful bread baker and entrepreneur. "Feeding people who would otherwise go hungry is just the right thing to do," he said.



Dave Dahl of Dave's Killer Bread

Brian Rohter, co-founder of New Seasons Market, received the Compassion for Seniors Award. Brian, who has delivered Meals-On-Wheels for more than 15 years, was the catalyst behind Loaves & Fishes Centers' annual Donate Dinner campaign, which allows shoppers at 28 participating grocers to donate a meal to seniors when they shop during the Thanksgiving season. New Seasons Market also donates 50 cents of the price of each loaf of Organic Sourdough Bread to Loaves & Fishes Centers. Over the past 10 years, bread sale donations have reached more than \$184,000.

About Loaves & Fishes Centers: Since 1970 Loaves & Fishes Centers has provided a nutritional and social lifeline for seniors through 35 meal sites in Multnomah, Washington and Clark counties and Meals-On-Wheels delivery to homebound seniors. With the help of more than 8,500 volunteers, the nonprofit, nonsectarian organization now serves 5,000 meals daily and more than 1.25 million meals each year.

For info, visit: www.FeedSeniors.org.