

Manila Women's Forum

A Network of Women Professionals

December 2003

Natural Healing and Health

By Penny Poole

The word "doctor" can be traced back 15 centuries to English, French and Latin roots that all mean "teacher" or "to teach." Pamela Arychuk, Canadian Doctor of Naturopathic medicine, did her best to do just that by enlightening the 35 women who attended the November MWF meeting about the benefits of naturopathic healing.

Naturopathic doctors use eight basic treatment approaches including nutrition, homeopathy, acupuncture, Eastern and Western botanical medicine, bodywork (massage, spinal alignment), hydrotherapy, and lifestyle counseling.

"The doctor of the future will give no medicine but will interest his patients in the care of the human frame, in diet and in the cause and prevention of disease."

—Thomas Edison

Naturopathic medicine was introduced in North America more than 100 years ago and is considered the 'general practice' of natural medicine. The approach to healing the naturopathic way treats the whole organism (often referred to as "holistic" medicine). The approach is based on prevention and, as the name suggests, advocates natural remedies, as opposed to chemical solutions that

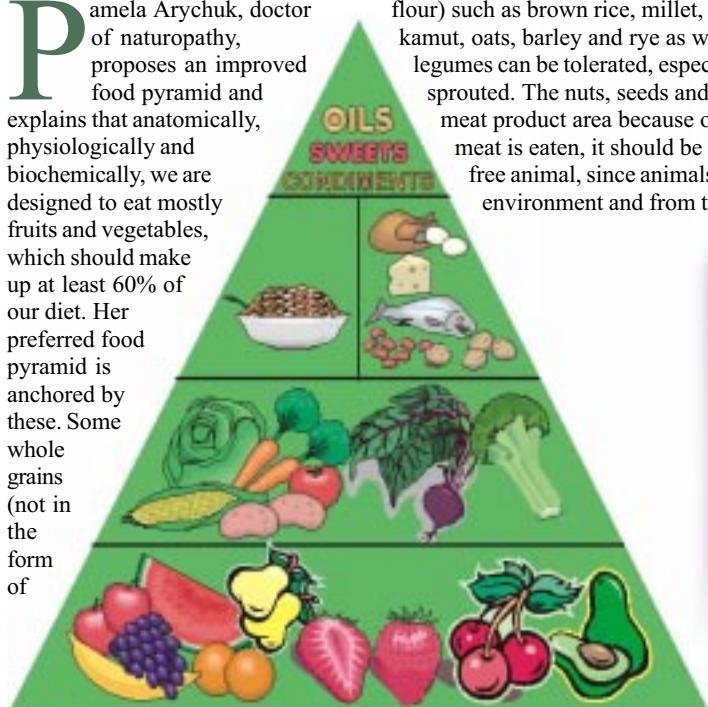
treat symptoms in isolation. Virtually all long-existing problems—such as arthritis—and most sudden or short term conditions—such as fevers or sports injuries—can benefit from naturopathic treatment.

A typical naturopathic examination takes about two hours and involves a full medical history, both personal and family. Your mental and emotional state and spiritual health are evaluated. Every part and function of your body is checked including ears, eyes, nose, and throat, cranial nerves, range of movement, your gait, spinal alignment, reflexes of all of the joints (not just the knee), vital organs in the abdomen, heart and lungs, lymph nodes, as well as your pulse, iris and tongue. Because

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Pamela Arychuk, doctor of naturopathy, proposes an improved food pyramid and explains that anatomically, physiologically and biochemically, we are designed to eat mostly fruits and vegetables, which should make up at least 60% of our diet. Her preferred food pyramid is anchored by these. Some whole grains (not in the form of

flour) such as brown rice, millet, buckwheat, quinoa, spelt, kamut, oats, barley and rye as well as raw nuts and seeds, and legumes can be tolerated, especially when soaked and/or sprouted. The nuts, seeds and legumes are in the meat and meat product area because of their high protein content. If meat is eaten, it should be the meat of a healthy, drug-free animal, since animals concentrate toxins from the environment and from their feed into their flesh.



Pamela Arychuk



Next MWF Meeting

When: 6:30 p.m.
Monday, December 8
What: Annette Helbig, founder and president of the Springboard Foundation, together with two colleagues, will speak about their work to uplift underprivileged Filipino children. Note: A group of children from the New Apostolic Church Orchestra will perform Christmas music at 6:45, so please arrive by 6:30! We will pass around an envelope for donations to the charities represented.

Where: Claudia Brueggen's home, 33 Beetle St., Valle Verde 6, Pasig City

January meeting:
January 19, 2004



Voice of the Chair

By Lisa Kircher Lumbao

Cease-Fire at the Dinner Table

By Jane Brody

I read this article before my daughter was born and have followed the advice pretty strictly—I give her a variety of healthy food choices and make no comments whatsoever on what or how much or little she eats. Some meals she eats one bite or nothing at all, others she eats a lot, and it all evens out. I love the results...no fussing and fighting over mealtimes and she is healthy as a horse! —Lisa

Do you think your young child is living on thin air? Has mealtime become a battle of wills? Are these admonitions familiar to you?

"If you don't eat your broccoli, there'll be no dessert tonight."

"All I ask is that you taste it. Just one bite."

Susan Roberts, an expert on childhood nutrition at Tufts University, says that trying to cajole small children into eating what's good for them is more likely to establish a food aversion than a desire or willingness to consume the food in question.

Ms. Roberts and Melvin Heyman, professor of pediatrics at the University of California at San Francisco, with Lisa Tracy, a writer, have produced an excellent guide, "Feeding Your Child for Lifelong Health." It offers strategies that mesh with children's changing stages and foster interest in foods that are the essence of good nutrition. The strategies are intended to keep meals and snacks from becoming battlegrounds and to prevent children from learning to refuse the foods that parents most want them to eat.

The book also offers menu suggestions and recipes and lists caloric needs and reasonable portions for children to age 6. You may think your 2-year-old is not eating enough, but experts will reassure you that a third of a cup of cereal, 10 ounces of milk and two grapefruit segments make a good breakfast, and that half a cup of noodles with butter and cheese and a quarter of an apple are adequate for lunch.

You can choose what foods to offer, but it is your child who decides what and how much to eat. Children instinctively resist foods forced on them. You should never resort to bribery or threats. "Telling your child,

'You can have ice cream only if you finish your spinach,' send the clear message that dessert is nice and spinach is an unpleasant chore," the authors say. "Over time he will come to hate it." Instead, offer food opportunities—"Would you like to try some salad?"—and be prepared to take no for an answer. Or try reverse psychology: "I'm glad you didn't eat your peas, because I want them." Then eat them yourself (unless, of course, the child decides to eat them first).

Children instinctively resist persuasion, the authors write. "Preferences for less healthy foods are actually reinforced by pressure to eat healthy ones." Avoid making a child suspicious of a food by pushing it. If a child refuses to eat things like green beans, bring them back every week or two (for a total of 15 times, Ms. Roberts suggests) and let the child know he doesn't have to eat them.

But even children who start out with an appetite for a range of foods will suddenly, at 2 or soon after, become conservative and resist anything unfamiliar, often insisting on the same foods day after day.

Learning to like a variety of fruits and vegetables is extremely important to your child's growth and future health. But telling children that a food is delicious or good for them is a surefire way to make it undesirable. Offer a small amount of the food, eat it with obvious pleasure yourself, but don't insist the child try it. ■

Good Food for Children Requires a Common Sense

In a media statement in October 2003, the New Zealand Dietetic Association expressed concern that focusing on the individual components of a child's diet and labelling foods as good and bad may do more harm than good.

Apparently, this meant that the announcement of the Children's Food Award "winners" by the Green Party was not seen as a constructive means of promoting a healthy eating pattern.

The media statement went on to say that encouraging healthy eating habits and attitudes to food requires a common sense approach by parents, politicians and experts

alike. Parents require consistent and positive advice and support to assist them in ensuring their children have a healthy and balanced diet.

The NZDA urges parents to keep in mind the following points: It is what you eat most of the time that matters. The basis of a healthy diet is variety, balance and moderation. Occasional treat foods are an enjoyable part of life for children. We need to encourage parents to get the basics right with their children's diets, not focus on what individuals believe they shouldn't be eating at all. No one food is inherently "bad". ■

The Manila Women's Forum

The Manila Women's Forum (MWF) is a cross-cultural network for women. It provides opportunities to build friendships, to talk to women of various cultures, and to share information about resources. Our meetings are intended to provide intellectual stimulation and lead to personal and professional development. All women are welcome to join. The current officers are **Lisa Lumbao**, Chair, Programs, Treasurer, and Newsletter. **Penny Poole**, Programs, Newsletter. **Susan Nishihira**, Programs. **Beaulah P. Taguiwalo**, Newsletter.

Cost of membership is P300 per year. Members receive a copy of the current mailing list in addition to the newsletter, which is also sent to non-members. A contribution is collected at each monthly meeting: P20 for members, and P40 for non-members. Please contact Lisa Lumbao at Tel. 818-2887 or 813-0168, or at lumbao@mozcom.com for more information about MWF.

Stop marketing ‘yummy food’ to children

By Susan Linn and Diane E. Levin
The Christian Science Monitor

In the past decade, techniques for marketing unhealthy food to children have become increasingly sophisticated and insidious.

As Congress holds hearings on the escalating problem of childhood obesity, it should make the food industry's culpability a central part of their investigation. Too often parents are told that it is their job to promote healthy nutrition, even as corporations undermine their efforts by spending billions of dollars marketing junk food to children.

Controversy over advertising candy, snacks, and sugar cereals on television is not new. The advocacy group Action for Children's Television took on that battle in the 1970s. But today, despite the 1990 Children's Television Act, which limits advertising time (but not what is advertised) during children's programming, children see about 40,000 commercials on TV each year. A large proportion of advertising on programs children watch is for foods high in fat, sugar, and calories.

Children are especially vulnerable to the impact of advertising. A recent study out of Stanford University found that one 30-second commercial can influence the brand choices of children as young as 2. Repeated exposures to ads are even more effective. Very young children don't distinguish between a commercial and television programming. And children under 8 aren't able to understand that ads are created to convince people to buy products.

In the past decade, techniques for marketing unhealthy food to children have become increasingly sophisticated and insidious. Marketing junk food in schools is a growth industry. Earlier this spring, The New York Times reported that \$750 million is spent annually selling snacks and processed foods in schools. Visit any supermarket and you will find shelves filled with links between the media industry and food manufacturers.

For example, consider the current blockbuster movie, "Spider-Man." Images of the masked superhero grace packages of Froot Loops breakfast cereal. Eggo Waffles' boxes include Spider-Man glow-in-the-dark stickers. Hershey's sells Spider-Man canes filled with chocolate kisses. Such tie-ins are designed to lure children into selecting food based on favorite movie or TV characters rather than on healthy eating.

A recent trip to the mega-toy store, Toys 'R' Us, revealed even more worrisome trends. The food industry has joined with toy manufacturers to create toys that advertise food. For example, Mattel now produces a McDonald's Barbie "fun time play set." The box, adorned with the enticement, "Lots of yummy food," contains miniature French fries, Big Macs, and other high-calorie delights – including a Sprite soft drink machine. Hasbro offers a McDonald's Play-Doh set with molds for burgers, buns, and machines for churning out shakes and soft-serve ice cream.

Even worse are "toys" that actually are food. The Hasbro M&M Mini Candy Copter comes replete with a replaceable canister filled with M&Ms. Spin Pops – linked to media hits such as Spider-Man, Powerpuff Girls, and Batman – are lollipops that fit into a battery-operated spinning handle. Some even vibrate and make sounds when you push a button. Such products are turning play – the birthright of every child – into a health issue.

Society should be supporting parents in their efforts to raise healthy children, not making it more difficult. The United States regulates marketing to children less than most other industrialized democracies. Instead, American children are bombarded by seductive marketing campaigns for soda, candy, flavored French fries, and other foods high in sugar, fat, and salt. Any genuine effort to reduce childhood obesity must attack the problem at its roots. And that means holding the food industry responsible for its role in creating the problem. ■

"In America, a parent puts food in front of a child and says, 'Eat it, it's good for you.' In Europe, the parent says, 'Eat it. It's good!'"

—John Levee in 'Another Way of Living',
by John Bainbridge

The Ad Subtractors, Making a Difference

By Vincent P. Bzdek
Washington Post
July 29, 2003

Gary Ruskin is writing as fast as he can. Every day in his home office in Portland, Oregon, he types heartfelt pleas and blistering diatribes to politicians, news organizations, corporations and individuals. His mission: To stop advertisers from commandeering every last nook and cranny of American culture.

"Advertisers must understand that some places are sacred and therefore off-limits to peddling wares," he says. "Governments, schools and other civic institutions shouldn't be an auxiliary megaphone for corporate marketing."

The successes of Ruskin's five-year-old group, Commercial Alert, may represent the tip of a broad backlash against corporate incursions into health care, education, culture and government. Some believe such activism, known variously as ad-busting, culture-jamming, anti-corporatism and mental environmentalism, is the beginning of the next major social movement in America.

"We've won a lot of victories because we work on a popular cause with a lot of grass-roots work," Ruskin says.

Alcohol ads on NBC are dead because of Commercial Alert.... AOL Time Warner's plan to put ads on "CNN Student News," a program aired in 18,000 schools across the country, is dead.... A proposal to sell the naming rights for Boston subway stops is dead....

"Anticorporatism is the brand of politics capturing the imagination of the next generation of troublemakers," writes Canadian journalist Naomi Klein in "No Logo." The book made a splash by predicting a worldwide youth rebellion against global brands when it was released three years ago, just after the anti-globalization protests in Seattle. "This generation wants their brains back and mass media is their home turf," Klein says. ■

Natural Healing... (From page 1) of this thorough approach and respect for the unique qualities of the individual, the remedy for one person is unlike the remedy for another.

Principles of Naturopathic Medicine

- First, do no harm
- Act in co-operation with the healing power of nature
- Address the fundamental causes of disease
- Heal the whole person through individualized treatment
- Teach the principles of healthy living and preventive medicine

Pamela said that the natural state of the human being is joyful at the emotional level, genius at the mental level, and at the physical level the actions of the body reflect this harmony. When we feel disconnected and not at one with all, it's because we've accepted the conditioning that sickness and suffering are inevitable.

"Health is about remembering who we are and how we are designed to be," she said. "If there are symptoms, that means the healing process is already underway. There are many ways to support the body's effort to release whatever it is that is coming out."

Nutrition is an obvious place to start. She provided a good deal to think about in terms of the choices we make about our health through the food we eat. (See Pamela's proposed food pyramid on page 1.)

For example, in terms of choosing between mother's milk and other animal's milk, Pamela suggests looking to the animal kingdom to the instincts demonstrated there. Milk from cows and other animals is not healthy for humans because it contains high amounts of poorly digested casein protein. Unhealthy bone formation, high rates of osteoporosis and fractures, early aging (deposition of calcium into soft tissues), ear, nose and throat infections, allergies, lactose intolerance and bowel disorders are some of the complications partially or completely due to consumption of pasteurized cow's milk. If you absolutely must have cheese, Pamela suggests you choose those made from unpasteurized milk, such as old cheddar.

She also shattered some commercially successful myths about supplemental nutrients and minerals such as calcium carbonate tablets. If you are taking these because you think it's good for your bones, for example, be careful, she cautioned. Inorganic mineral substances don't absorb properly and can actually crystallize in your joints.

Medicinal herbs such as Echinacea are useful if taken correctly, but can be harmful if used inappropriately. These natural medicines should be used only when necessary for the ailment they were intended to treat.

Questions ranged from discussion on lactose intolerance to the benefits of colonics. "We store so much waste. That's why we get what we call disease."

But it's not just about the food we eat, explained Pamela. It's why we eat it. "We need to come to the root of the problem so you can get as healthy as you ever were." ■

To learn more or to arrange a consultation, contact Pamela. Pamela Arychuk, ND
pkamslnd@hotmail.com
687-4322 or 0926-301-6377

Yes, Virginia, there is a Santa Claus

"Dear Editor--I am 8 years old. Some of my little friends say there is no Santa Claus. Papa says, 'If you see it in The Sun, it's so.' Please tell me the truth, is there a Santa Claus?"

—Virginia O'Hanlon
115 West Ninety-fifth Street

Yes, Virginia, there is a Santa Claus. He exists as certainly as love and generosity and devotion exist, and you know that they abound and give to your life its highest beauty and joy. Alas! how dreary would be the world if there were no Santa Claus! It would be as dreary as if there were no Virginias. There would be no child-like faith then, no poetry, no romance to make tolerable this existence. We should have no enjoyment, except in sense and sight. The eternal light with which childhood fills the world would be extinguished.

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