



Dr. Jeff Roush, ND  
406-442-8508

Dr. Jeff Roush, a Natural Medicine Specialist, is the CEO and Medical Director of Capital City Natural Medicine. Dr. Roush provides quality care in general medicine, pain management, and environmental disease. He is a graduate of Bastyr University, Seattle, WA, one of only 5 accredited Naturopathic medical schools in North America. Dr. Roush is trained and licensed as a primary care physician and works with patients with a variety of health complaints. He also has advanced training in injection therapies for chronic pain, IV therapy for a variety of chronic conditions and chelation therapy for environmental exposures and cardiovascular diseases. Dr. Roush is also enjoying his growing pediatric population.

**Dr. Roush is a MONTANA CHIP Provider. Now accepting pediatric patients enrolled in this program.**

# Healthy Perspectives

JANUARY 2009

## NATUROPATHIC MEDICINE: WHO WILL BENEFIT... EVERYONE!

I get many inquiries wanting to know if Naturopathic Medicine and the services we offer at our clinic would be appropriate for various conditions. The answer is "yes". Here is why.

Naturopathic medicine is focused on the person not simply the disease. While disease drives people to seek medical help, it is the person that is dealing with the problem. Most diseases, especially chronic ones, are rarely the result of a single problem but a combination of circumstances. Genetics, lifestyle choices, infections, toxins, deficiencies, and trauma all can be included.

The job of the naturopathic physician and patient is to be detectives, identifying the underlying cause(s) whenever possible, and to restore function and ease. The heart of this process is a comprehensive discussion at an initial visit which typically lasts about an hour. In this initial consultation we will discuss current symptoms and take a complete medical history looking for associated factors. These can include stress, diet, exercise, and sleep.

Our clinic also offers specialized naturopathic diagnostic testing. These tests help identify underlying biochemical, nutritional, hormonal, digestive and allergic problems that may be contributing to your illness. With all this information, a more individualized treatment plan can be made.

Beyond anything else, our clinic is interested in YOU not just your condition. You will find that our approach to health and wellness is refreshing, comprehensive, and grows over time.

## FIGHTING COLDS AND FLUS WITH "NAC"

We are always looking for the next panacea to take away our suffering from that time of year when joy, merriment, and VIRUSES fly.

Many people ask what they can do to prevent or treat colds and flus. And while there are many remedies be it over-the-counter,

herbal, homeopathic or the like, I'd like to talk about one that I believe is greatly over looked yet likely very effective.

NAC (*N-Acetyl-Cysteine*) is an amino acid that has many useful properties. First, it is the precursor to

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**CHIP is a free or low-cost health insurance plan.** The plan provides health insurance to eligible Montana children up to age 19 years. Visit <http://chip.mt.gov/index.shtml> to learn more.



**Dr. Nancy Aagenes, ND**  
406-442-8508

For 20 years, Dr. Aagenes has been providing a medical home for women, focusing her practice on the health of women. She is expert in keeping women well as they age, and is skilled in hormone prescribing.

Dr. Aagenes is a provider for the Montana Breast and Cervical Health Program. Based on income, this program pays for pelvic and breast exams, for pap smears and mammograms all of which Dr. Aagenes does or orders. Call our clinic to get application information.

**Drs. Roush and Aagenes are co-located at:**

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Helena, MT 59601

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aagenes@mt.net

... Family Medicine for Every Body

## CALENDAR OF EVENTS

**Learn about Prolotherapy :** Come learn how prolotherapy or other pain techniques offered at CCNM clinic can help you eliminate your pain once and for all.

Date: Tuesday, January 20th Time: 7-8pm Cost: Free

**Nutrition and your health:** This two part class will focus on how to incorporate whole foods into your family's diet and strategies for getting your kids to eat more healthfully. This class will also include a cooking demonstration and easy recipes for you to take home and try.

Date: Wednesday, January 21st and 28th Time: 7-8 pm Cost: \$20 (cash or check)

**Gluten Free Living:** Many people are being told they are gluten sensitive or have gluten allergies but have no idea how to live gluten free. This class will give you practical solutions for shopping and cooking gluten free. Basic recipes will be included.

Date: Monday, January 26th Time: 7-8pm Cost: free

**Pre-registration for all classes is required. Call our office to register 442-8508.**

### NAC (Continued from page 1)

glutathione, our "Master Antioxidant" whose job is to quench the fire of oxidative stress caused by infections and inflammation. One organ system which is replete with Glutathione is the respiratory system.

The cold and flu viruses attack the lining of the respiratory tract causing inflammation and the release of chemicals which stimulate the immune system. The result is a chain of events producing the common symptoms of these illnesses: cough, fever, runny nose, chills, muscle aches, and headaches.

Secondly, NAC has mucous thinning properties. As we all know congestion, whether it be in the head or chest can be a real drag with these conditions.

In several studies, participants took NAC daily for six months during the cold and flu season. It was concluded that those who took NAC had 50% fewer symptoms of the flu than those that took a placebo (or sugar pill).

The results indicate that NAC may be effective for colds and flus when taken as a preventative medicine for several months.

I would recommend a dosage of 1200-1800mg per day for three to six months.

With flu season arriving here in Montana, this would be a great time to start. Please call our office to find out how to get your NAC, today.

### Neuromuscular Re-education (NMR)

For tight tense muscles, tension headaches, tight hips and backs, and sore shoulders.

One treatment costs \$75

Try 4 appointments in one month for \$270.

Call Dr. Roush to discuss if this therapy would be right for you.

**Dr. Roush answers the phone:**  
Monday and Friday  
8:30-9:30am  
Or call anytime.  
(406)-442-8508