

CFRB 1010 Toronto — The Health Show

Christina Cherneskey interviews Carolyn Dean. Broadcast May 2, 2002.

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Note on this transcript: This is a machine-assisted transcription of the broadcast's audio track, cleaned up and merged into continuous speaker turns for readability. Timestamps mark the start of each turn. Callers who were not clearly named in the source transcription are labeled by their generic speaker tag ("Speaker 2," "Speaker 5," etc.); station identification breaks, ads, and the traffic report are preserved in place since they help establish broadcast context and timing. Minor disfluencies and cross-talk have been left largely intact. Anyone quoting from this transcript for publication should spot-check the relevant passage against the source audio.

Transcript

[00:00:00] **Christina Cherneskey**

pain in the shoulder, okay.

[00:00:02] **Speaker 2**

Yes, it's so unbearable she cannot sleep at night and I'm really...

[00:00:06] **Christina Cherneskey**

My mother is like . Arthritic pain in the shoulder, okay.

[00:00:25] **Speaker 2**

Yes, it's so unbearable she cannot sleep at night and I'm really looking for something that I could Right.

[00:00:34] **Carolyn Dean**

Well, in the beginning, you know, we work with heat and cold, you know, a warm pack and then followed by a cold pack. Probably warm if it's a chronic condition, just to increase the circulation. There are lots of things in health food stores, actually, to rub into a painful shoulder of any kind, like arnica cream, for example, can be very helpful. In terms of bringing back joints that have problems, glucosamine sulfate is being used a lot for bad shoulders and bad knees, and some people can, they don't have to have surgeries when they use this glucosamine.

[00:01:12] **Christina Cherneskey**

I started taking, I say glucosamine, but I guess it's the same thing. Yes. I started taking that about three months ago because I was having like this knee issue, right? And it was going out of place, and then I addressed it, and I started taking glucosamine I've forgotten that I'm taking glucosamine, but my knee doesn't hurt anymore. So I just take it as part of my regular regime.

[00:01:33] **Carolyn Dean**

And it's made from these ground-up shells of shrimp and crabs. It's not wild, it just.

[00:01:39] **Christina Cherneskey**

Blows me into the water. I know, but it's a natural approach.

[00:01:42] **Carolyn Dean**

It is a natural approach, and it actually can build up cartilage. Now, in terms of, we don't know exactly what's going on with this shoulder, sometimes you have to keep a little bit of movement going. even in spite of the pain, because if you stop moving at all because you're afraid of the pain, then it will freeze up.

[00:02:01] Christina Cherneskey

I see, so it almost atrophies, if you will, a little bit. Tina, good luck with that. Maybe someone can help you out at the health food store or glucosamine. It doesn't even upset the stomach. I've got that stomach thing going on here, and it never bothers me. 4168721010, star talk, that's star 8255-1800-561-CFRB. Dr. Carolyn Dean with us today on the Health on CFRB 1010. Her book, Natural Prescriptions for Common Ailments, is in its second edition. Do I say congratulations to authors who get a second edition? It's like a second baby, right? Let's go to Port Carling and say good afternoon to Linda. Welcome to the program, Linda. Good afternoon, and thank you for taking my call. I was diagnosed with Crohn's a year ago, and I was wondering if there was anything other than Asacol for maintenance, and also when I have flare-ups, which I've had two of, they put me back on prednisone, which knocks me sideways.

[00:02:57] Carolyn Dean

Well, Crohn's disease, it's difficult, of course, to diagnose over the... over the radio, over the airwaves, but I've seen a lot of people who've had wheat allergies and dairy allergies and sugar sensitivity, and I would avoid all those things to treat the Crohn's. I would go to a naturopathic doctor to look at other food allergy possibilities and what nutrients you might be missing.

[00:03:25] Christina Cherneskey

Right.

[00:03:26] Carolyn Dean

With Crohn's, there can be a lot of loose stools and you can lose a lot of minerals. I already mentioned zinc, also magnesium is very important for healing. So it would be looking at the allergies and then working with someone to take the right nutrients 'cause there are a lot of things that you can do for Crohn's disease.

[00:03:45] Christina Cherneskey

Okay, there you go, Linda. I'm going to just give you one suggestion as well, because my cousin has it or had it. Did you ever get rid of it or Crohn's disease?

[00:03:53] Carolyn Dean

People do get rid of it.

[00:03:55] Christina Cherneskey

I just know that, Linda, he took forever, like it took forever to find out what was bugging him. And then with the inception of the internet, he started to meet people through chat rooms and such. And then eventually, by hook and by cook, started to find out what he was missing, what he had to take out. And now Patrick's doing great. I mean, he feels great, he says. And there you go. Let's say hello to Ray, who is in Brampton. Hi Ray, welcome to CFRB 1010. You're on the health show.

[00:04:21] Speaker 2

Yes, thank you for taking my call, Christina and Dr. Dean.

[00:04:25] Carolyn Dean

Thank you.

[00:04:26] Speaker 2

I have a question. I have two young teenage young adult daughters and they have been smoking but not too much. I've been promoting them to take supplements. They do take that you don't like the taste of the natural vitamins and I was wondering what's the best natural supplements for them to take as a.

[00:04:49] Christina Cherneskey

To sort of get them to not smoke.

[00:04:50] Speaker 2

That's correct.

[00:04:52] Christina Cherneskey

Cut the cravings like that.

[00:04:53] Carolyn Dean

Well, remember the old remedy.

[00:04:56] Christina Cherneskey

It's a liquor stick, isn't it?

[00:04:57] Carolyn Dean

Well, no, you make them smoke a whole pack or two at once.

[00:05:00] Christina Cherneskey

I just had a really heated debate about an hour ago about smoking and kids, and they're like, maybe let's not encourage smoking at all, period. Someone used to always say that they would take like a stick of licorice and just hold it between their fingers.

[00:05:13] Carolyn Dean

Oh, interesting. Yeah. Right. Well, there are remedies. For example, If kids are smoking out of peer pressure or to look like they're cool, you have to talk to them about their confidence. If they just want something because they're nervous, then you have to treat the confidence.

[00:05:33] Christina Cherneskey

What about the chain smoker who's not a teenager, who's Lucy or whatever and smoking? Is there something there to curb the craving?

[00:05:40] Carolyn Dean

We get them to go to natural cigarettes first without all the additives and the preservatives, just the straight tobacco. And then weighing down to taking certain homeopathic medicines that are made from tobacco and nicotine.

[00:05:57] Christina Cherneskey

Oh, cool. Let's talk about that. You can hear the music, right? So that means you've got to start dancing. It's just one of the side effects here of the Christina Junowski show. Ray and Ramson, thanks so much for that. We're going to take more of your calls on the health show. I'm calling it the trial. I'm calling it everything. 4168721010 Star Talk. That's star 8255 and 1-800. 561 CFRB. Today my guest is Dr. Carolyn Dean, a naturopathic doctor, and we'll find out more about natural approaches to healthcare right here on CFRB 1010.

[00:06:31] Speaker 4

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[00:06:42] Carolyn Dean

The problem with being a bear in the summer is that thick double coat. Why don't they just plan ahead and get Carrier Central Air from Embridge Home Services? Especially since if they called now, they wouldn't have to pay for a year on selected models, so they'd have more money.

[00:06:59] Speaker 4

Maybe then they could afford a haircut.

[00:07:02] Carolyn Dean

Do they have phones?

[00:07:04] Speaker 4

Get your carrier central air conditioner from Enbridge Home Services. Call 1-800-266-3939 before the heat hits. Do you want to invest in the stock market, but feel intimidated? The Canadian CFRV 1010. Test Got Fishing. Tune in tomorrow morning. The CFRV Health Show with Christina Cherneskey continues on CFRV 1010.

[00:07:29] Christina Cherneskey

235 right now, 4 degrees. That's 39 Fahrenheit, proof.

[00:07:34] Carolyn Dean

You Americans wow it's winter.

[00:07:37] Christina Cherneskey

What do you think it is?

[00:07:38] Carolyn Dean

I'm a Canadian I was born in Newfoundland.

[00:07:40] Christina Cherneskey

Okay oh so you got to Newfoundland.

[00:07:42] Carolyn Dean

Okay I get it in there fast but I was born there and now you're living in New York yeah.

[00:07:49] Christina Cherneskey

Wow you guys have gone through you meet a lot of naturopathic doctors over there.

[00:07:53] Carolyn Dean

Oh it's bad it's very toxic still since 9/11 Oh yeah, the dust is flying everywhere.

[00:08:00] Christina Cherneskey

Of course, of course, what am I saying, yeah.

[00:08:02] Carolyn Dean

Toxic emotionally and physically, it's tough because I talk a lot about toxicity and people, you know, for the most part don't want to hear about it. People are in denial about how much allergy there is in the air, how many people have lung problems. We were talking about this at the break, your body has to process everything that you ingest or you breathe. And the main processing plant is the liver. So if you can keep your liver healthy, you can really keep your body healthy because you have your DNA and your chromosomes that have the program of health for life. You just have to give your body the right building blocks and take care of your liver.

[00:08:48] Christina Cherneskey

It's interesting because we started talking about the liver because of Samantha, the dog, the amazing earthquake predicting dog. She predicted last weekend's earthquake. Oh yeah, she knew about it three hours before I did. Anyway, she takes milk thistle because she's got this liver thing happening. And vets don't understand why she's not, you know... on her side you know permanently but it seems to be working and it's it's a natural approach because the dog's not taking drugs okay it's your turn you guys 416-872-1010 I don't want you to just have the whole afternoon with you start talk that's star 8255-1-800-561-CFRB we are going back to the phones to find out your questions right now let's go to Rachel in Toronto because that was one that we were talking about a little bit off here hi Rachel welcome to CFRB hi hi.

[00:09:37] Speaker 5

Yesterday afternoon while I was working I work at a diner and I'm the clerk and then there's something that happened to my face and I my right side I can't smile and on the left side I don't know how common this really is.

[00:09:52] Carolyn Dean

It's like Bell's Palsy yeah it does how old are you Rachel?

[00:09:55] Speaker 5

I'm going to be 28 this fall.

[00:09:58] Carolyn Dean

Was there a draft on your face like air conditioner or a door open or something um I.

[00:10:05] Speaker 5

I have a vent right above me 'cause I work with the grease and all that.

[00:10:09] Carolyn Dean

Oh, right. Yeah.

[00:10:10] Speaker 5

I don't know what the cause could be.

[00:10:12] Carolyn Dean

Well, sometimes, Christina's already said Bell's Palsy.

[00:10:17] Christina Cherneskey

Dr. Christina Tina.

[00:10:18] Carolyn Dean

Yeah, she had a very good call. But yes, you can get a viral infection of the nerves on the side of the face, but you know, I would go and see a doctor.

[00:10:28] Christina Cherneskey

You know what, Rachel, no offense or anything, but I feel very, very uncomfortable. actually going on with this. I think you ought to go see a doctor and I'm not even really. I fool around a lot, but I'm not a doctor. Rachel, please see a doctor.

[00:10:40] Speaker 5

You mean right now?

[00:10:41] Carolyn Dean

Yeah.

[00:10:41] Christina Cherneskey

If I couldn't move part of my face.

[00:10:44] Carolyn Dean

Yeah, you have a no hip card. Just go to the emerge right now and and show them what's happened and they'll probably say it's fine but they'll tell you what to do and you know, it's not something we should be talking about on the radio.

[00:10:55] Christina Cherneskey

That's why I feel a little uncomfortable doing that but Rachel, go and thanks for listening at least at the same time and I hope everything works out for that. Let's carry on and say hello to Kelly, who's in Toronto. Welcome to the Health Show on CFRB, Kelly.

[00:11:08] Speaker 5

Hi, Hi, Dr. Dean. Hi, Kelly. Thanks for taking my call. Just had a really quick question. I've been looking for the longest time for a medical doctor who is also a naturopathic doctor.

[00:11:19] Christina Cherneskey

You found one.

[00:11:21] Speaker 5

But like for like one who practices in Toronto and I called the Interior Naturopathic Association and they were they were I said you know do you have a list or something and and they were they were able to give me exactly zero names. I'm wondering how do I ask in particular I want to find like a female a female doctor but who's both both types of doctors?

[00:11:42] Carolyn Dean

Well, they gave you the answer. As far as I know, I'm the only nurse.

[00:11:47] Christina Cherneskey

You're an anomaly.

[00:11:49] Carolyn Dean

I'm an anomaly. See, what happened is I went into medicine because I wanted to do natural medicine, so I did the extra training. And it's just very difficult in Ontario because the Ontario College of Physicians and Surgeons really does not support natural medicine. Until that happens, doctors are really too afraid to do both. And what you have to do is find a medical doctor who's okay with you using natural medicines and seeing a naturopathic doctor.

[00:12:22] Christina Cherneskey

Oh, it's hard.

[00:12:23] Carolyn Dean

And do both.

[00:12:24] Christina Cherneskey

You know, Kelly, it is hard. I really sympathize with you. I even told my doctor I didn't want an antibiotic. As I told Dr. Dean here just a moment ago, and he was like, I'm sure he's still in shock, you know, that I wouldn't take it.

[00:12:36] Carolyn Dean

But the Canadian College of Naturopathic Medicine up there at, what is it, Shepherd and Leslie, across from North York General, they have a huge clinic where they have, I think they've got like 40 treatment rooms. And there are students that's who's treating, but they're supervised. And actually, I think they are working with medical doctors as well who will help them, you know, balance out both the natural approach and the allopathic approach.

[00:13:10] Christina Cherneskey

Well, Kelly, there's some direction for you, hopefully, but thanks for trying and thanks for calling CFRB 1010. Let's see, hi to New York. We're going, New York. Hi, Linda.

[00:13:21] Speaker 6

Hello, how are you?

[00:13:22] Christina Cherneskey

Hi, I'm fine, are you really in New York or you're in Toronto?

[00:13:25] Speaker 6

I'm in Batavia, New York, I'm about 45 miles east of Buffalo and I listen to some kind of CFRB programming every day.

[00:13:34] Christina Cherneskey

On on the internet no no on my radio pick it up well absolutely I don't know how far the signal goes that way it really does reach that far well I know it's 50,000 walls but I just didn't anyway if you want to listen on the internet it's cfrb.com by the way okay Linda go nuts.

[00:13:51] Speaker 6

First of all, my condolences to the soldiers and their families.

[00:13:55] Christina Cherneskey

Thank you. Thank you very much. In an hour and a half, there's going to be a, well, you know, Linda, there's going to be a memorial service in Edmonton for them.

[00:14:01] Speaker 6

Oh, how wonderful.

[00:14:03] Christina Cherneskey

Yeah, and the Prime Minister is there, and they'll have a chance to be eulogized in the way that they should be. They were brave, courageous men.

[00:14:12] Speaker 6

Yes, they were. You know, if my country... I can if I can just speak for my country we appreciate everything Canada does for us.

[00:14:22] Christina Cherneskey

Yeah it's it's kind of like that big big brother big sister thing I know well Linda we appreciate we appreciate your words but we understand that you also have a problem.

[00:14:30] Speaker 6

As well yes I do um I I have a parotid gland on my right side actually both of my parotid glands on my right side have basically swollen together um the one on my left side is starting to swell is there something because they're saying oh autoimmune and I need a rheumatologist everything like that is there something that I can possibly do naturally because what they do is pump me full of steroids?

[00:15:01] Carolyn Dean

Right. Have they tried opening up the parotid glands? They're like partly the salivary glands.

[00:15:10] Christina Cherneskey

Every time you even say the word gland, mine starts to go. I swear. I swear. It's so funny.

[00:15:17] Carolyn Dean

So with the parotid glands and them calling it an autoimmune disease, I have this saying that we're not autoimmune to a healthy body, we're autoimmune to an altered body. So if the body is altered in some way by reason of infections or toxicity or massive stress, then it might be attacking itself. So for, I don't know exactly for your condition, but for conditions where they're talking about autoimmunity, you have to go on cleansing programs. You have to get... Get rid of the craps. You know, I don't know what you eat, but just in general, I'll talk about getting rid of sodas and sugars. I believe it.

[00:16:00] Speaker 6

I'm a diabetic.

[00:16:01] Carolyn Dean

And staying away from sugars and even wheat and dairy. And those are the things that cause a lot of allergies and irritation in the body. And again, you know, going to see a naturopath, In New York, I don't think they're regulated,

but I'm sure they have naturopaths or a lot of chiropractors who do natural medicine and go on a program of detoxification and nutrient supplementation to support your body's own healing processes.

[00:16:30] Christina Cherneskey

You know, that whole, it's almost like purging, isn't it? It's like just cleaning it all out. Linda in New York, nice to meet you, nice to talk to you, thanks for calling. Dr. Carolyn Dean with me today on the Health Show on CFRB 1010. Dancing to the music, she knows how to do it now. Natural Prescriptions for Common Ailments is the title of her book, Naturopathic Doctor, also a doctor doctor as well, as we'll take more of your calls at 416-872-1010. Star Talk, that is Star, 8255, and 1-800-561, CFRB.

[00:17:06] Speaker 4

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[00:17:26] Christina Cherneskey

CFRB time is 245. Let's take a look at traffic again with Neil Bansal and the CFRB all day traffic centre. Neil.

[00:17:31] Speaker 7

Oh, Christina, the drive on the westbound 401, still a heavy one in spots anywhere approaching the 400 in the express lanes mainly, off and on, also approaching the 400 from Keel. Then again through Weston Road in the collector lanes right out towards the 427, so expect some slowdowns there. Eastbound for one, so through the 427 area as well, and again through Kiel in the collectors. If you're traveling northbound on the 400, get some early problems, approaching steels, which is now cleared away. All lanes are open. And on the city streets, no recent collisions there. Bayview and Eglinton, water main construction until 11 p.m. CFRB Toronto weather from the weather network. Today, showers risk of a thunderstorm with a high near 9. Tonight, showers ending in alone near 3. And for Monday, a mix of sun and cloud, winds diminishing with a high near 10. Currently, it's 4 degrees Celsius. It's 39 Fahrenheit from the CFRB All Day Traffic Centre. I'm Neil Banz, our next traffic report at 3 o'clock.

[00:18:20] Speaker 4

Hello, this is Joel Mountain, President of Alarm Force. For a moment, I'd like you to pretend you're a burglar. You break into a home, the siren sound. you ignore it since it doesn't prove to you that the alarm is really monitored you hear car alarms going off all the time and no one reacts now let's pretend you break into an alarm Force protected home the siren sounds but then a live operator gets on board to a speaker in your house attention this is the alarm Force Central Station if you really were a burglar would you stay only alarm Force proves without a shadow of doubt that the authorities have really been dispatched. Don't settle for just a siren that burglars ignore when you can have Alarm Voice for free. All you'll ever have to pay for is the monitoring, and that's only \$25 a month. Call Alarm Force now. Dial 1-800-267-2001. Call 1-800-267 Ternowski continues on CFRB 1010.

[00:19:15] Christina Cherneskey

248, four degrees. I'm gonna keep on repeating the number four all afternoon. It hasn't changed, Carolyn. It hasn't changed. 39 Fahrenheit. Dr. Carolyn Dean, my guest on the health show today, her book, Natural Prescriptions for Common Ailments. By the way, Dr. Dean, I.

[00:19:33] Carolyn Dean

Thought you were going to say buy the book.

[00:19:37] Christina Cherneskey

By the way, where can we buy the book?

[00:19:39] Carolyn Dean

It is in chapters and in borders and on amazon.com.

[00:19:43] Christina Cherneskey

Okay, amazon.com is a good place to know.

[00:19:45] Carolyn Dean

And you have to buy two at a time because all your friends and relatives steal them.

[00:19:49] Christina Cherneskey

Yeah, still one already. Yeah, that's that's Murphy's law though. That doesn't even take a doctor to prescribe that from happening. Dr. Dean is a medical doctor, a naturopathic doctor, and an anomaly, and my guest on CFRB on the Health Show. We'll get you back here, okay, because I know that people have so many questions and we're trying very, very diligently to go through all of the calls, as we are with Lil in Newmarket. Hi. My dogs don't live too far away from you, Lil, by the way.

[00:20:15] Speaker 5

They don't? Nope, nope. They live in Newmarket.

[00:20:16] Christina Cherneskey

Well, close to it. They're in exile. happy. They're happy up there.

[00:20:21] Speaker 5

Oh.

[00:20:21] Christina Cherneskey

What's up, Lil? What's happening?

[00:20:23] Speaker 5

Well, I have, well, chronic cuticaria basically is hive. It's a hive that scatters all over my body continuously. It's been over 675 days. I count daily.

[00:20:36] Christina Cherneskey

Wow.

[00:20:36] Speaker 5

I've been through every treatment. I've been to an immunologist. I've had my blood work checked. I've had MRIs, I've had ultrasounds, I've had everything.

[00:20:48] Carolyn Dean

And you say you're healthy and normal.

[00:20:50] Speaker 5

Yes, I am. Actually, I have a very happy attitude, so I just feel like a speckled trout most of the time. Okay, but that's a good one.

[00:20:58] Carolyn Dean

Very good girl. Okay, do you drink soda pop?

[00:21:02] Speaker 5

Well, no, I've actually, I don't drink a lot of soda.

[00:21:06] Carolyn Dean

Do you drink diet sodas?

[00:21:07] Speaker 5

I used to. I'm used to.

[00:21:09] Carolyn Dean

You stop that because my first thing when I hear about chronic hives is the aspartame synthetic sweetener in soda causes hives. I'm giving a generalization here a little for other people who are listening.

[00:21:22] Speaker 5

Right.

[00:21:22] Carolyn Dean

And so you've gotten rid of the sodas.

[00:21:25] Speaker 5

Basically, I've got rid of everything but my ex-husband. No, I'm teasing. He still calls. No, I've got rid of, I've gone on to just even just a protein eating program but it still affects me. I've traveled, they say well maybe take a holiday but I've gone away for a few days or a week and the hives are even worse.

[00:21:49] Carolyn Dean

Have you gone to a naturopathic doctor or homeopath?

[00:21:52] Speaker 5

I just went this weekend to a health food store and they've given me five bottles or four bottles that cost me \$80. Now it's not the expense, it's just I'm praying that this might help you. It's giving me some flax oil and some He thinks he's had a book and he read the book and he said, Well, this is what it says for hives and let's try this.

[00:22:14] Carolyn Dean

Well, you should really, I mean, with your history and all the investigations, I think it would be better if you went to an actual naturopathic doctor so that you could get the proper treatment because with... Yeah, because we can do, we can do things for hives with natural medicine. There's a homeopathic medicine called apis mellifica, which is made from bee sting. That's one thing that's used for hives. There's nettle, stinging nettle plant, which will give you hives. You can actually take that in ground up form and it can treat hives. There's histaminum, which is a homeopathic remedy for histamine release that causes hives. So right off the top, you know, there are three things, but I'm not going to prescribe them, and it's iffy when health food store people do diagnose and prescribe, so it's best to go to a naturopathic doctor.

[00:23:13] Christina Cherneskey

Well, do that, but I do recommend with the flaxseed oil, it is so great in salads, and keep it in the fridge. And don't heat it up ever. Don't ever heat up flaxseed oil. But use it in the salad. It tastes kind of nutty. I like that. Let's carry on with Mark Halls on the Health Show on CFRB. Joyce in Mississauga, welcome to the program, Joyce.

[00:23:32] Speaker 2

Thanks for taking my call. Doctor, I wake up each morning with this bitter taste in my mouth. But once I brush my teeth and I start moving around, I'm fine. I've been to the ear, nose, and throat specialist, I've had an upper GI, I've had barium enema. And nothing. Everything is okay. I've done all the blood work. I haven't taken any type of medication. My doctor has never, because he doesn't see anything wrong. And whenever he gives me anything, I never take it anyway.

[00:24:03] Christina Cherneskey

Okay, so let's see if we can get to the bottom of this.

[00:24:05] Carolyn Dean

Do you have fillings in your teeth? Do you have silver fillings? Do you eat lemons and limes and vinegar things?

[00:24:17] Speaker 2

I eat vinegar things, but not lemons and limes.

[00:24:19] Carolyn Dean

Okay, because some people who have these mercury fillings in their mouth, the acid of... of vinegar things or lemons and limes can kind of leach out some of the mercury a little bit every day. And some people think that can cause a bitter or even a metallic thing.

[00:24:37] Speaker 2

This is when I lie down, like when I wake up in the morning.

[00:24:40] Carolyn Dean

Sure. Yeah. Well, you get eight hours for that.

[00:24:43] Speaker 2

Right.

[00:24:44] Carolyn Dean

For that to be, you know.

[00:24:45] Christina Cherneskey

Happening.

[00:24:46] Carolyn Dean

Happening. So, I mean, that's a possibility. Again, you'd have to check. There are dentists that will test to see whether or not you're releasing mercury in your mouth. And you'd have to again call the Canadian College of Naturopathic Medicine and ask for a doctor who practices naturopathic medicine.

[00:25:07] Christina Cherneskey

There you go. Joyce, good luck with that. My sister got all of her mercury fillings taken out and the other ones put in.

[00:25:14] Carolyn Dean

Oh, good.

[00:25:14] Christina Cherneskey

Yeah. So I've only got one though.

[00:25:17] Carolyn Dean

Oh, good for you.

[00:25:18] Christina Cherneskey

So I always brag about that. I always brag that I only have one can.

[00:25:21] Carolyn Dean

Oh, because you want to keep that one.

[00:25:23] Christina Cherneskey

I know, my sisters hate me. That's why I live in Toronto now, by the way. Let's say hello to Susan, who is in Toronto. Welcome to the program, Susan.

[00:25:32] Speaker 2

Well, I have a bad chest, and every year I'm in the hospital with pneumonia.

[00:25:37] Christina Cherneskey

Oh, dear.

[00:25:38] Speaker 2

They've missed this year. I've been using dentilin, and I had antibiotics once. But I went about taking echinacea for three months and it will clear your lungs after a problem life. So I've been taking it for nearly a month and I seem to think there's some improvement.

[00:25:58] Carolyn Dean

Oh, good for you. It's not just echinacea that can help you, but echinacea is a natural immune booster. It's made from a herb. The Indians call it a natural antibiotic, but it more boosts the immune system. I give it a lot to kids, for example. They'll take a one dose in the morning before school through the winter months, and it can prevent them getting infections.

[00:26:21] Christina Cherneskey

But don't you have to take an echinacea holiday every so often so you don't want to develop an immunity?

[00:26:26] Carolyn Dean

Exactly. So as with most things, wanted natural things, vitamins and minerals and herbs, you would take it maybe for five days and go two days off or take it for a month and go five days off so that your body won't get too used to it. Or you use other things. I mean, you look at your diet and mucousy things for the lungs are dairy and wheat and sugar. I talk a lot about them. So you look at your diet and you take a lot of garlic. That will help the lungs as well. There are certain herbs that are good for the lungs so you use a variety of things so you don't get hooked on any one thing but you're doing a good job there. Good for you Joyce.

[00:27:09] Christina Cherneskey

Thank you very much for the phone call as we move along here and say hello to Tony who is in Toronto also. Welcome to CFRB 1010 Tony.

[00:27:17] Speaker 2

Hi how you doing?

[00:27:18] Christina Cherneskey

Well thank you.

[00:27:19] Speaker 2

Good I just want to ask a question about the generator disk disease. Yeah I just want to know with that because see about 10-12 years ago I might have a fracture at work. I was wondering if that had something to do with it.

[00:27:35] Carolyn Dean

You have back problems now and you're wondering if you have degenerative disc disease.

[00:27:40] Speaker 2

Yes, because actually the doctor told me it might have.

[00:27:43] Carolyn Dean

Oh, I see. On your x-rays it showed something.

[00:27:46] Speaker 2

Yes.

[00:27:48] Carolyn Dean

What we were talking about earlier, I don't know if you heard there, there's a supplement made from shrimp and crab shells called glucosamine sulfate. And this glucosamine you can get in pharmacies or in health food stores. And there have been studies on it that show that it helps to build up cartilage and helps to strengthen bone and get rid of pain problems. So you might ask your doctor about taking that. And in terms of back problems, like we said earlier with the shoulder, even if you have pain, it's important to go to a physical therapist or someone who can give you

some gentle exercises so that you can strengthen all the muscles around your bones, because if they go slack, then then you're in more trouble.

[00:28:37] Christina Cherneskey

Question about the glucosamine sulfate. Is it important? Because I noticed that some is just glucosamine sulfate, some is glucosamine with chondroitin.

[00:28:44] Carolyn Dean

Chondroitin, right?

[00:28:45] Christina Cherneskey

And so what, you know, what is and what isn't.

[00:28:48] Carolyn Dean

Well, the studies have been done on glucosamine, and there are studies coming out on chondroitin, but we know for sure glucosamine works. The chondroitin, it's a natural cartilage substance that they think will be helpful. But I can't say for sure because I haven't seen the studies yet.

[00:29:06] Christina Cherneskey

After all, we're using it for good and not for evil. Yes. Remember that. Everybody. Listen, that's the music. We're out of time.

[00:29:13] Carolyn Dean

She's going to kick me out.

[00:29:14] Christina Cherneskey

Oh, no. For an hour. That's it. of course I am kidding Dr. Carolyn Dean my guest on the health show today on CFRB and newest best friend look at her Natural Prescriptions for Common Ailments is the name of her book you can find it on the net Amazon.com or go to one of the big stories and see what's happening there Dr. Carolyn Dean hey it was nice to meet you good to meet you too we're shaking hands we're shaking hands because it's like it's like television right um thanks for coming in have a safe safe trip wherever you're going Coming up in a moment, we are going to talk about what's happening on 60 Minutes tonight on CBS. They are talking about whether or not Canada is a hater...