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The Pathological Sequelae of Shift Work

CATHERINE DARLEY, ND

In our modern society we've become a 24-hour culture where you can do your shopping, work, and play at all hours of the night like never before. The time that humans historically have slept is called our "biological night." A full 20% of working Americans do shift work, performing on the job during their biological night.¹ In recent years, medical research has shown that there are negative consequences of doing shift work, both in the physical and psychological arena. According to Smith and colleagues, this is because shift workers are "desynchronized from their social and physical environment."²

Who are the Shift Workers?

According to the National Sleep Foundation's 2008 *Sleep in America* poll, 7% of Americans are shift workers, based on the definition that their work day starts



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A Mind-Body Connection to Anxiety, Depression and Insomnia>>8

Betsy Yurgel, RN, NMD

Asserts that anxiety, depression and insomnia are warning signs of a person out of balance. The holistic approach to treatment requires the patient to think outside the box and to create a new existence by creating a new belief system.

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Pyroluria: A cause of anxiety>>9

Sherri Jacobs, ND, CNS

Pyroluria, a genetic condition of altered hemoglobin breakdown, is a biochemical cause of anxiety. This condition causes a relative B6 and zinc deficiency, which is a disaster for mental health.

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Cancer and Anxiety>>11

Lena Suhaila, ND

Suggests that although anxiety is a normal reaction to cancer, it may decrease a patient's quality of life and lifespan. Mindfulness-Based Stress Reduction can help.

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