

## Helping You Achieve Health . . . Naturally!

Volume 2 Issue 1 January 2007



Role 1:

Role 2:

Role 3:

Role 4:

Role 5:

**Plan:** short, intermediate and long term goals, as well as “perpetual goals” to fulfill and maintain all of your roles. Break it into daily, weekly, monthly and long term.

The reality for most of us is we discover that we don’t necessarily work towards our goals on a daily, weekly or even monthly basis. Want to retire by 55 - why aren’t you saving? Want to be a parent - what needs to be taken care of so that you can be a good and effective parent?

### HEALTHY GOAL SETTING

*by: Colleen McQuarrie, BSc., BA, ND Naturopathic Doctor, Clinic Director*

At the beginning of a new year, many of us set goals and resolutions for ourselves. A new year brings with it the sense of a "fresh start", or a "clean page". Part of moving towards better health often includes identifying lifestyle choices and behaviours that impact our health, and making modifications to improve them. In order to set health goals for ourselves, it is imperative for each of us to understand those things which are most important to us (discover), to set out a plan using what we've discovered about our priorities as a map, and then to act on that plan - in a way which isn't overwhelming or self-defeating! Take some time to complete the exercise below and you will have started your new year off with goals that are identifiable, important, and achievable!

#### \* Discover, Plan & Act

(Franklin Covey, Stephen Covey 7 Habits)

**Discover: Identify and define roles “to accomplish great things, we must not only act, but also dream; not only plan but also believe.” - Anatole France**

What is important to you? (ie. Work, being outside, friendships)

Which relationships are important to you? (mother, father, co-worker, friend)

What defines you? (enjoy music, dislike confrontation)

Use the information from above to make a list of all of the roles you play in life - then determine which of those roles mean the most to you (prioritize!)

### Quiz

**Can washing your hands help to prevent the flu?  
 YES or NO**

Email answers to:  
[info@oihc.ca](mailto:info@oihc.ca)

All correct answers will be entered into a draw to win a FREE gift certificate for the OIHC redeemable for services or merchandise.

*Previous Issue: Is All Stress Bad  
 tress? - Answer is NO.*

What are the tasks/undertakings that you should be involved in so that you may be moving towards your goals?

What are the tasks/responsibilities that you need to do even if they don't move you towards your goals?

Attainable goals:

When planning your goals - be sure that they are: realistic, achievable, healthy! It is not realistic or achievable to decide to lose 40lbs in 4 weeks - it's also not healthy!!! Furthermore: baby steps work best!!! Don't implement a brand new 7 day fitness program if it's been two years since you've exercised!!

**Act: Act in accordance with what matters most.**

This is a tough one for many of us. Financial reality is often found to be a hurdle to many of our goals and roles. You may say that being a father is your most important role, but find yourself spending the majority of your time worrying about small tasks like banking, groceries and painting the garage.

One of the MAJOR causes for stress is acting in a way which doesn't match who we are, what our ideals are, and what our goals in life are!

BODY - Considered by many to provide a foundation for health! Can be pretty difficult to focus on spiritual health when your digestive tract is always aggravated, or you suffer from perpetual migraines.....

Fundamentals:

Diet and Nutrition - goals should include: regular eating habits, organics, adequate water, adequate vegetables and fruits and protein, decreased reliance on processed/packaged foods. Make only one or two changes at a time - and once they've become a habit, then it is time to add another change or goal.

Exercise- goals should include: moving!!!! The whole phrase: "use it or lose it" really does apply here.....the reasons are truly endless to exercise, what's important is that you choose the

reasons that are important to you, and plan appropriately.

**MIND**

Stress

Full Plate

Responsibilities

Roles

**SPIRIT**

Stress

Meditation

World environment

Nature

Volunteerism vs. religion

**WHOLE**

It's a new year - so how about setting goals that go beyond the physical, why not include a spiritual or mental goal this year? Health isn't just about the way your body looks and operates.....so why not address the less "glamorous" parts of health??

Need more help? Make an appointment with your Naturopathic Doctor today to help you better plan and act on your goals.

**THE FLU**

*by: Shawn Yakimovich, ND  
Naturopathic Doctor*

**Flu Facts**

Influenza (commonly called the "flu") is a contagious respiratory illness caused by influenza viruses. The flu can cause mild to severe illness and at times can lead to death. Although most healthy people recover from the flu without complications, some people, such as older people, young children, and people with certain health conditions, are at high risk for serious complications from the flu.

Symptoms of influenza usually start suddenly and may include high fever and chills, headache, extreme fatigue, cough, sore throat, runny nose, body aches and possibly diarrhea and vomiting.

The flu usually spreads from person to person in respiratory droplets when people who are infected sneeze or cough. People occasionally may become infected by touching something with influenza virus on it and then touching their mouth, nose, or eyes.

In some people, the flu can cause serious complications, including

bacterial pneumonia, dehydration, and worsening of chronic medical conditions, such as congestive heart failure, asthma,



# Massage Corner

## A LITTLE ABOUT MASSAGE THERAPY

*by Cathy Croteau, RMT*

Massage therapy is the assessment and manipulation of soft tissues and joints of the body to effect a therapeutic response in the treatment and prevention of physical dysfunction. It can be preventative or restorative, helping to maintain, rehabilitate, augment physical function or relieve pain. Massage can help alleviate the soft tissue discomfort associated with everyday stress, muscular overuse and many chronic pain syndromes.

Goals within a session could include reducing pain, improving joint mobility, improving circulation, increasing lymph drainage, reducing tissue adhesions, reducing tissue congestion, reducing muscle tension and increasing body awareness.

Massage therapy is a regulated health care profession in Ontario. Only members of the College of the Massage Therapists of Ontario, the regulatory body, have permission to use the titles of Massage Therapist or Registered Massage Therapist. The terms Massage Therapy, Therapeutic Massage or variations are trademarked by the College and reserved for use in advertising by massage therapists only.

soon as possible, and no longer have the time for this very essential part of the healing process. Without a proper convalescence, a recurrence of the disease is more likely next year. Naturopathic medicine recognizes the importance of rest both during and after an illness, as it strengthens the immune system and imparts protection against a recurrence of the disease. Convalescence includes rest, exercise, diet therapy and appropriate medicines. Naturopathic medicine can help you stay healthy and flu-free this year, and every year. We would be happy to

or diabetes. Children and adults may develop sinus problems and ear infections. Those at high risk for complications include **people 65 years or older, people with chronic medical conditions, pregnant women, and young children.**

### Flu Prevention

Personal hygiene is the first major step in preventing the flu in yourself and in others. Following these five steps can go a long way to reducing the chances of getting sick:

**1. Cover your nose and mouth** with a tissue when you cough or sneeze throw the tissue away after you use it.

**2. Wash your hands often with soap and water**, especially after you cough, sneeze, and immediately when you come home. *Nothing matches the effectiveness of thorough hand washing to prevent the flu from spreading!!* Make sure you use hot water, and that you wash not only your palms, but between your fingers, the backs of your hands up to the wrists, and under your fingernails. It is important to wash your hands for at least 10 seconds. Plain soap is sufficient to kill the virus. Antibacterial soaps are not recommended, as they are no more effective than plain soap, and may contribute to the development of resistant bacteria strains. In addition, the ingredients in some antibacterial products have recently found to be harmful. When you are finished washing, do not turn off the tap. Instead, grab a paper towel, dry your hands and then use the paper towel to turn off the tap, in order to prevent contaminating your hands! If you are not near water, use an alcohol-based hand cleaner, and then wash your hands with soap and water at the soonest opportunity.

**3. Avoid close contact with people who are sick.** When you are sick, keep your distance from others to protect them from getting sick too.

**4. If you get the flu, stay home from work, school, and social gatherings.**

In this way you will help prevent others from catching your illness.

**5. Try not to touch your eyes, nose, or mouth**, as the flu virus can gain entry into our bodies via these routes.

### Naturopathic approaches to the flu.

#### Prevention

Naturopathic medicine has much to offer for both preventing and treating the flu. For prevention, maintaining a healthy immune system through stress reduction, optimal nutrition, exercise and adequate rest is essential. If you require extra immune support, herbal remedies, acupuncture, hydrotherapy and nutritional supplements tailored to each individual can help ensure optimal immunity against the flu.

#### Treatment

If, despite the above measures, a person still contracts the flu, there are many safe and very effective treatment options available. Depending on the patient's symptoms, one or more of the following therapies may be used: homeopathic remedies, botanical remedies, hydrotherapy, acupuncture, and even naturopathic manipulation. The naturopathic toolbox is well equipped to deal with the flu!! Regardless of how you choose to treat the flu, remember to never give aspirin to children or teenagers who have flu-like symptoms, particularly fever. This may cause Reye syndrome, a severe, potentially fatal illness.

#### Convalescence

A concept that is no longer discussed in medicine today is the idea of a recovery period after a serious illness that allows the patient to fully heal. In the past, this period was known as "convalescence", and literally means "to grow strong". While the symptoms of flu may only last a short while, most patients are left feeling very exhausted even though they are "symptom free". Unfortunately today, we often have to return to work as

# Upcoming Events

## **OTTAWA LIGHTS**

**(December 7th Jan. 7th)**

Canada's Capital comes alive as more than 250,000 dazzling Christmas lights illuminate over 70 landmarks along Confederation Blvd.

## **BOOK SIGNING AND PRESENTATION**

**(Mon. March 26, 2007, 6pm - 8pm)**

Ottawa author Roslyn Franken will be giving a presentation and signing copies of her new book release "**The A List: 9 Guiding Principles for Healthy Eating and Positive Living**", at **OTTAWA INTEGRATIVE HEALTH CENTRE**, 1129 Carling Avenue, Ottawa. For information or to reserve a seat call (613) 798-1000. For more information about Roslyn's book, visit [www.theAlistbook.com](http://www.theAlistbook.com)

## **WINTERLUDE**

**(Weekends, February 2-18)**

Fun is waiting for the whole family: the Rideau Canal Skateway, magnificent snow and ice sculptures, energetic rhythms of American Express Snowbowl and Snowflake Kingdom, the biggest snow playground on the continent. Don't miss all this, the cheerful Ice Hogs, and more, at the greatest winter celebration in North America.

answer any questions you may have regarding the flu in general, vaccinations or treatment options.

## **References:**

1. Centers for Disease Control. Influenza (Flu) Factsheet. [www.cdc.gov/flu/pdf/symptoms.pdf](http://www.cdc.gov/flu/pdf/symptoms.pdf) Accessed Nov 15, 2006.
2. Mills S and Bone, K. Principles and Practice of Phytotherapy. Churchill Livingstone: London, 2000.

## **Botanical Medicine at OIHC**

The OIHC is proud to announce the addition of a herbal dispensary to our clinic. We will now be able to offer high-quality herbal tinctures for a wide range of health conditions, including immune support, coughs, flu, urinary tract infections, digestive disorders and more. Herbal tinctures are convenient, effective, and can be custom blended for each individual patient.

## **QUICK TIPS FOR BOOSTING YOUR ENERGY AFTER THE HOLIDAYS:**

- 1) Water, Water, Water: Staying adequately hydrated will clear your mind, and boost your oxygen levels - this is a great way to shake off the post-holiday slump!
- 2) Exercise: Getting back into the habit of moving daily, in a manner that is invigorating for you, and gets your heart-rate up is a fantastic way to tell your body it's time to be active again!
- 3) Breath!: That's right sleepy - deep breaths will help your body ground itself, dissipate anxiety, and sharpen your mind.
- 4) Make a List: Feeling overwhelmed by all you have to do/hope to do now that the holidays are over? Give yourself a list of short and long term tasks to get yourself back on track, and feeling in control of your day!

5) Eat Green: By increasing your green veggies you will boost the amount of chlorophyll in your body - and you will feel better faster because you will be providing your body with some easily absorbable, energy increasing nutrients.

6) Get Back on Track: With sleep that is! Remember that each of us needs 8-10 hours of sleep every night in order for our bodies to stay in tip top condition.

# Nutrition Note

## **FRUIT SMOOTHIE**

*by: Michelle Parent*

This smoothie has a great taste, is nutritious and can provide you with that energy you need at any time of the day.

### Ingredients:

- 1 cup Plain or Vanilla Rice or Soy Milk
  - 3 tbsp Plain Soy Yogurt
  - 1 tbsp Flax Oil
  - 1 tbsp Greens +
  - 1 tbsp Fiberworks
- Add a couple pieces of Fruit (honeydew melon or blueberries with bananas are my favourite but you can add any combination of fruit and how much of it you desire)

Blend away and ENJOY!



## **RELATED LINKS**

[www.oihc.ca](http://www.oihc.ca), [www.oand.org](http://www.oand.org), [www.ccnm.edu](http://www.ccnm.edu)

**For more information on any of the articles in this newsletter or to make an appointment please call: (613) 798-1000 or email: [info@oihc.ca](mailto:info@oihc.ca)**

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