



Helping You Achieve Health . . . Naturally!

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DETOXIFICATION

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As spring arrives and the seasons shift, the natural rhythms of our bodies also change. During the cold, dark days of winter, we tend to stay indoors, eat hearty meals and put on fatty tissue as our energy turns inward and we insulate ourselves from the cold. As winter transitions to spring, we naturally begin to eat lighter foods, feel more energetic, and become more active. Our energy becomes outwardly directed, and we tend to burn the extra fat accumulated during the winter. As we burn this fat, toxins that have accumulated in the fatty tissue are released, and we may experience symptoms if our bodies are not up to the task of processing this extra toxin burden. Thus, spring is the best time of year to consider boosting your body's detoxification functions with naturopathic medicine.

A toxin is defined as “anything that impairs health or destroys life when ingested, inhaled, or absorbed by the body in relatively small amounts.” Toxins come from the outside world in the form of formaldehyde, food additives, heavy metals such as mercury or lead, chemicals from plastics, pesticides and hormones from our food supply, air pollution and prescription medications. Our own bodies are constantly producing toxins as well, in the form of ammonia, carbon dioxide, free radicals, and other metabolic wastes. Over time, these toxins accumulate in our tissues and can contribute to aging, inflammation and disease processes.

A few specific organ systems are responsible for transforming toxins into less toxic forms, and then excreting these materials from our bodies. These organs of elimination are the liver,



colon, lungs, kidneys, skin and lymphatic system. When all of these organs are functioning optimally, we experience higher energy levels, restful sleep, a positive mood, healthy skin and fewer symptoms of illness. Bad breath, skin eruptions, gas and bloating, excess weight, fluid retention, blurred vision, irritability, foggy memory and poor energy levels are some of the common manifestations of impaired detoxification. If you enter spring experiencing any of these symptoms, or are just feeling “blah”, then a detoxification program may be for you.

Naturopathic medicine has many tools to improve detoxification in general or to target specific organ systems that may need extra help. A healthy diet and regular exercise are key, as well as avoiding known sources of toxins in our environment. Where a boost is needed, nutritional supplements, herbal medicine, hydrotherapy and homeopathic medicine can all help improve our detoxification pathways and promote optimal health.

This spring, the OIHC is pleased to be offering detoxification packages to help kick-start your metabolism, and optimize your digestive, lymphatic, liver, skin and kidney function. All of our medically supervised packages involve a combination of lymphatic massage, hydrotherapy, herbal medicine and diet and lifestyle recommendations to help you detoxify gently and effectively. Both three-day and seven-day packages are available and include:

- A naturopathic consultation to identify specific areas of treatment.
- Lymphatic massage - A gentle, hands on massage that stimulates the flow of lymphatic fluid, improving immunity and the detoxification of tissues.
- Constitutional hydrotherapy - A sequence of alternating hot and cold towels applied to the body, stimulating the circulation of blood and lymph and increasing overall vitality.
- Castor oil pack - This home treatment involves a combination of castor oil

and heat, enhancing liver, bowel and lymphatic function.

- An individualized herbal tincture
- Resource kit - lots of tips and recommendations to promote a healthy lifestyle after the detox program is done.

Whether you are experiencing symptoms, or just want a seasonal pick-me-up, a detoxification program can be beneficial. Spring is an excellent time to detoxify, as the energy of the season stimulates the shedding of the old and building the new. To look and feel great this spring, why not try a detox today?

HEALTH CARE FOR ACNE

Colleen McQuarrie, BSc., BA, ND Naturopathic Doctor, Clinic Director

Do you have acne? Well, you are not alone. Eighty percent of the population, ages 12 to 24, are affected by blackheads, whiteheads and pimples. Furthermore, even adults are affected, into their forties and fifties! Acne is a condition that demands sympathetic management. It scars not just the skin but also the psyche.

Acne is a chronic inflammatory condition in the skin and is most often caused by an abnormal response to normal levels of the male hormone testosterone in teenagers. For adults however, there are a number of other factors which may be contributing to unhealthy skin: poor diet, poor elimination, food allergies, an imbalance of a number of hormones, and poor sugar regulation to name a few.

There are a wide variety of naturopathic treatments available for acne. The condition of our skin can be a good indicator of our overall wellbeing. Naturopathic therapies have fewer side effects and tend to pay attention to a wider range of symptoms than “spot specific” drug treatments. As such, they’re often successful in the long term, helping sufferers toward better health overall. Because we’re all different, naturopathic prescriptions vary depending on the unique constitution and personality of each person.

Traditional Chinese Medicine (TCM)

Skin conditions have been consistently

shown to be receptive to treatment with Chinese medicine. TCM recognizes that any form of illness indicates imbalance in the body. The treatment is designed to heal the whole person by re-establishing balance in body and spirit. A variety of Chinese herbs, as well as the use of acupuncture, are part of the TCM treatment plan to aid in harmonizing and balancing the flow of energy in the body.

Homeopathic Medicine

Rather than applying a treatment to fix or “fight” a condition, homeopathy uses minute amounts of a natural substance, the effect of which actually mimics that of the condition being treated. Like a vaccine, the homeopathic remedy stimulates the body’s healing mechanisms. The amount of active ingredient in a homeopathic remedy is so small as to be virtually undetectable--causing some to query how and why homeopathic remedies can be effective. It has been shown that the more diluted a remedy, the more powerful its effects.

There are more than 2,000 different homeopathic remedies available to the practitioner and, as with TCM treatment, the prescription will be tailored precisely to suit each patient’s unique temperament and particular acne.

Clinical Nutrition

Nutritional supplements and a healthy diet can make a big difference. Essential fatty acids (EFAs) and gamma-linoleic acids (GLAs) pack a sturdy punch against acne. Supplementation with unrefined, cold-pressed flax seed oil, pumpkin oil, walnut oil, primrose oil, black currant oil or fish oil daily are beneficial. Taking vitamin A, or eating dark green and yellow vegetables, cantaloupe and eggs is vital for new cell production. Other important and helpful supplements include zinc, Vitamin B, Vitamin C and Vitamin E.



Recipe Corner

MEDITERRANEAN PASTA SALAD

1 lb.	Penne
1	green pepper
1	red pepper
1-19 oz.can	black beans
1	tomato, diced
16	oil cured black olives, pitted and chopped
4 Tbsp.	parsley, minced
1/2 cup	red onion, slivered
1 or 2 jars	artichoke hearts, chopped
	Your favorite vinaigrette/dressing

- Preheat broiler.
- Cut peppers in half lengthwise and remove seeds and pith.
- Place pepper on a baking pan. Broil 4 inches from the heat, 5 minutes or until charred. Turn and cook the other side until charred too.
- Allow to cool. Peel and discard skin.
- Chop roasted peppers.
- Cook pasta, drain, and cool.
- Put all ingredients in a large bowl and toss with your favorite dressing.

MAPLE BALSAMIC DRESSING

3 Tbsp.	balsamic vinegar
1 Tbsp.	lemon juice or white wine vinegar
1 Tbsp.	maple syrup
1 tsp.	dijon mustard
1/2 tsp.	salt
3/4 cup	unrefined olive oil
	fresh ground pepper

- Combine all ingredients in a jar with a lid.
- Shake until mixed.

Enjoy!

Upcoming Events

Carp Farmers' Market

May 13th - Oct. 27th

The largest producer based Farmers' market in Eastern Ontario. Over 100 vendors from produce to baked goods and crafts. Located at the Fair grounds in Carp. Open Rain or Shine on Saturdays from 8am to 1pm. For more information on this or any of the below events: www.carpfair.on.ca

April 15th - Easter Saturday Spring Market 8am-2pm

May 13th - Opening Day & Mothers Day! Flowers to the first 100 MOMS

June 3rd - Josie Scott from Heatland Farms Organic Beef & Veal Cooking Demonstration

June 10th - Physical Fitness Demonstration by John Laroda

June 17 - Fathers Day! Dads receive a free seeding gift!

June 24th - Strawberry Day!

**Tulip Festival
May 4 - 21**

Bikedays

May 21 - September 3rd

Hit the parkways that are closed to motor vehicles every Sunday morning. More than 50KM of fun! Or Mountain Biking in Gatineau Park - tons of trails to choose from. www.canadascapital.gc.ca

Lifestyle Counselling

Rather than prescribing a treatment designed merely to get rid of spots on the skin, naturopathic doctors search for the long-term cause of the spots by looking at your "whole" health (not just the skin), and, more importantly, at some "invisible" elements such as your energy and your emotional state.

Take a positive, active role in your treatment. Try not to let embarrassment hinder your description of the symptoms, and indeed, how you feel about yourself and your acne. Your emotional state is just as important as your skin condition, so you should be prepared to answer questions about the way you feel.

Detoxification

Often times, our skin is a reflection of our internal functioning. For many of us, when we are off track with our diet and lifestyle, under stress, or using various medications, our skin becomes a visual reminder of how important it is to take care of ourselves. A spring or fall "detox" can often help us clear up acne, as well as other skin concerns like eczema and psoriasis, while increasing our energy and boosting our immunity. Talk to your Naturopathic Doctor about which form of a cleanse is right for you, as there are many conditions which can be aggravated by a cleanse done improperly.



6 TIPS FOR RADIANT SKIN

Susan Vuyanovich
Sattva Biodynamics

1. Drink pure water to hydrate your skin and to flush toxins from your system.
2. Eat organic foods with an emphasis on fresh vegetables and fruit.

3. Exercise regularly.
4. Avoid prolonged exposure to midday sun.
5. Sleep enough to feel fully rested upon awakening.
6. Use the best quality skincare system you can. Your skin absorbs what you apply to it. Look for cold-pressed oils, botanical content and high-quality essential oils. Avoid synthetics and synthetic preservatives which are damaging to the skin.

Sattva Biodynamics is a line of skin care products which are carefully formulated to encourage and promote the health and vitality of the skin. Using the purest, most natural ingredients available, Demeter certified biodynamically grown herbs are the basis of our therapeutic and luxurious skin care line.

RELATED LINKS

www.oihc.ca, www.oand.org,
www.ccnm.edu, www.sattva.ca

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

*Designed by Michelle Parent
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Quiz

Name 3 factors contributing to bad skin?

Email answers to: 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: Can washing your hands help to prevent the flu? - Answer is YES "Nothing Matches the Effectiveness of Thorough Hand Washing to Prevent the Flu from Spreading".