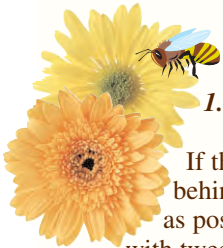


## **NATUROPATHIC FIRST AID FOR SUMMER**

*Shawn Yakimovich, BSc, ND  
Naturopathic Doctor*

Summer hasn't officially arrived yet and I have already suffered the pain of a wasp sting and sunburn! Fortunately, naturopathic medicine offers many quick-fixes for common summer-related ailments that are safe for the whole family.



### **1. Bee and wasp stings**

If there is a stinger left behind, remove it as quickly as possible. Grasp it firmly with tweezers and quickly pull it straight out. Wash the area with soap and water. Apply ice to help reduce the swelling and elevate the affected area, if possible. The area around the sting is typically painful, itchy, hot, red and swollen. As soon as possible, take a dose of *Apis 200 CH* under the tongue. If there is no reaction within an hour, take one more dose. I have seen this remedy reduce the pain and swelling of a sting literally right in front of my eyes. An essential remedy for the first aid kit! Additionally, a product called *Apis Gel* by Boiron can be applied to the area to help with the pain and itching.

**\*\*IF you know you have an allergy to bee and wasp stings, DO NOT substitute the above protocol for your epi-pen or emergency medical care. Symptoms of a serious reaction to a sting are wheezing, swelling in the throat, hives, vomiting, rapid breathing, feeling disoriented and collapse. Seek emergency help immediately if any of these symptoms occur following a sting.**

### **2. Sprains, strains, soreness and bruises**

Remember RICE for acute injuries or bleeding: Rest, Ice, Compression, Elevate. Give a dose of homeopathic *Arnica 200 CH* immediately, and up to 3 times a day for intense pain, swelling or bruises. Externally, *Traumeel* ointment is excellent, provided the skin is not broken.

If there is an injury to fingertips or toes, such as hitting a finger with a hammer, then *Hypericum 200 CH* is the answer. Give up to 3 times a day until the pain subsides.

### **3. Cuts and Blisters**

**Prevention:** Being active is good for your health, so it is important if you're going to take up a new activity, or re-start one that you have not been involved in since last summer, that you have the appropriate equipment, in the right size, in good condition. Nothing makes a hike a bummer faster than a big heel blister!! Also be sure that your children's shoes fit well, and that if you're going to be engaging in more vigorous activities, that you listen if they complain of being sore or tired.

**Treatment:** Always clean cuts and blisters well with water and mild soap. For really deep wounds, add St. John's Wort tincture to some water until the water is a mild yellow colour. Use this solution with soap to clean the wound. A salve containing comfrey and calendula accelerates wound healing, and bandaging to protect a cut or blister from infection while it's open is important. Taking homeopathic *Calendula 30 CH* will help speed skin healing as well.



### **4. Sunburn**

**Prevention:** As everyone is aware, exposure to the UVA and UVB rays of the sun is related to burns, skin damage, and increased risk for skin cancer. The best advice, of course, is to prevent sunburns in the first place!

- Avoid being in direct sunlight between the hours of 10am and 2pm if possible, since the sun's rays are most intense at this time of day.
- Wear a wide-brimmed hat, sunglasses, and light-weight long sleeved clothing if you must be out in the sun for any length of time. I find a white or light

## What's New

*The OIHC is pleased to welcome Dr. Kim Callaghan ND, as well as Ms. Amber McPhail RMT to the clinic. We know that they will be exceptional additions to our team!*

blue, 100% cotton dress shirt and loose cotton khaki pants to be both comfortable and protective.

- Make natural sunscreen a part of your daily routine on any exposed skin. Remember to apply it to the tops of your ears and earlobes, as well as your nose, especially if not wearing a hat. These areas are common sites of skin cancer later on in life.

Our picks for sunblock include: Nature's Gate Sport SPF 15, Buzz Away's SPF 15 with bug repellent, Burnout Sun's All Natural SPF 30.

**\*A note about SPF: the index is not a "linear scale" - so SPF 30 is not twice as good as SPF 15. For most days, an SPF of 15 is sufficient.**

**Sunburn Treatment:** Apply aloe vera gel, lavender essential oil, or *Traumeel* cream externally. The remedy *Cantharis 200CH* can be taken internally for pain and minor blistering.

All of the above first aid remedies are available at any health food store. As well, the OIHC has a wide selection of homeopathic remedies available in the dispensary. If you have any other questions about naturopathic first aid, please give us a call. Stay healthy, and have a safe and active summer!



## BUGS AND PESTS



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

With summer and good weather come mosquitoes, black flies, deer flies and ticks. Although the majority of the time these pests are harmless if irritating, there is a small risk of contracting disease such as West Nile or Lyme's disease, as well as the risk of anaphylaxis in individuals who are allergic to specific insect bites. In order to enjoy our long, sunny days, and mild weather, without having to stay indoors, here are some tips to keep you healthy, and hopefully bite free!

**Prevention:** Most bugs are most active during the hours just after dawn, and at

dusk and early sunset. When possible, avoid being outside during those times.

When you will be exposed to bugs, wear dark, long sleeved clothing, and avoid using perfumes and fragranced products – they tend to attract bugs!

Cover exposed skin with non-DEET formulas such as BUZZ Away, Burt's Bees Citronella Lotion, or many others. These natural repellents need to be reapplied more frequently, and care must be taken around the eyes. **Please note: using sunscreen with DEET formulas increases the absorption of DEET which has been linked to various health concerns including new diseases.**



Ticks live in the grasses of areas where we often like to hike. Please always wear shoes or boots with socks pulled up when taking a wander through the forest, or along a nature trail to avoid picking up any un-wanted hitch-hikers.

**Treatment:** If you are still unfortunate enough to receive the unwanted attention of black flies and mosquitoes, consider the following treatment options:



**Bites:** *Apis Gel* applied topically to bites can provide rapid relief of burning and itching, as can *Apis 200CH* (in homeopathic form taken orally), *Ledum 200CH*, also taken orally is helpful for mosquito bites and fly bites, and the old stand-by, cornstarch or baking soda made into a paste with water can be applied topically to help ease itching. If you are at home, an oatmeal bath can be a very soothing way to deal with almost any itchy skin eruption too.

After time spent in the woods, examine your feet, ankles, calves, back, arms and neck for ticks. The early localized stage of Lyme's disease is characterized by "erythema migrans", a skin rash which appears from three days to several weeks after the bite. The small rash grows in diameter, extending anywhere from 2 to 10 inches.



After the early stage of Lyme's disease, the infection can spread to the rest of the body. In the weeks following the tick bite, keep an eye out for multiple skin rashes, fever, joint pain, muscle pain, headaches, as well as possible heart and nervous system issues. Many people may appear symptom-free after a tick bite.

# Recipe Corner

## GREEK STYLE PRAWNS WITH FETA\*

1/4 cup	unrefined olive oil
2	green onions, chopped
3	garlic cloves, minced
1	sweet red pepper, chopped
1/2	zucchini, chopped
1 sprig	fresh oregano
1 handful	fresh parsley, finely chopped
3	plum tomatoes, diced
1 dozen	prawns
1/2 cup	white wine or fresh lemon juice
splash	milk
	salt and pepper to taste
1/2 cup	feta cheese or cheese substitute

*\*Note: Many feta cheeses are made from buffalo or goat's milk and may be used for those who are sensitive to cow products.*

- Rinse prawns in cold water, peel and de-vein them. Set aside.
- Heat oil in saucepan over medium heat.
- Add the green onion, garlic, red pepper, oregano, zucchini and parsley to the saucepan and cook for 5 minutes until vegetables are soft.
- Add the wine, tomatoes and milk. Cook for 20 minutes.
- Add the prawns and cook until they just turn pink, approximately 2 minutes.
- Season with salt and pepper.
- Serve over rice with feta cheese crumbles over top.

Enjoy!

# Upcoming Events

## **Bluesfest**

**July 6th - 15th**

Clarence Clemons took the stage in 1994 and helped kick off what would become Canada's fastest growing celebration of Blues and Roots music.

For more info:

[www.ottawa-bluesfest.ca](http://www.ottawa-bluesfest.ca)

## **11th Annual Midsummer Herbfest**

**Sunday July 29th - 9am-5pm**

Rain or Shine in Almonte, ON

This annual event is a must! Stroll among immaculate herb gardens in full bloom to the sounds of live music. Highlights will include: cooking demonstrations, total body wellness, wild herb walks, herbal health care, herb garden tours and much more.

Dr. Shawn Yakimovich ND will be there promoting the OIHC in the market area. Stop by and say hello!

Admission: \$5.00 Per Person

\$15.00 Per Family

For more info: [www.herbfest.ca](http://www.herbfest.ca)

## **Ottawa Folk Festival**

**August 16th - 19th**

The Ottawa Folk Festival is held the second weekend of August in beautiful Britannia Park in Ottawa's west end.

For more info: [www.ottawafolk.org](http://www.ottawafolk.org)

## **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.

For more info:

[www.canadascapital.gc.ca](http://www.canadascapital.gc.ca)

## **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 info: [www.carpfair.on.ca](http://www.carpfair.on.ca)

Late stage infection (months or years after onset) can lead to chronic arthritis or nervous system involvement.

Detecting and removing a tick (using tweezers) within the first day after "picking one up" should prevent any chance of contracting Lyme's disease.

## **RELAX... EASIER SAID THAN DONE!**

*Cathy Croteau RMT*

Have you ever told yourself to relax and yet been unable to figure out just how to start? Stress is a natural part of life. In fact it is needed in order to sustain a healthy body and mind. Stress is like the tension of a violin string. It is this tension that enables music to be produced as the bow glides over the strings. Yet too little or too much tension will cause the violin to be useless or even to break.

Physical and mental problems arise when we fail to adequately deal with the stress of our lives. Resilience is the term that describes the ability to recover from or to resist being affected by stressors in our lives.

The first step in relaxing is recognizing when we are being affected by stress. Symptoms vary between people but are generally categorized three ways:

**Physiological** symptoms such as raised heart rate, increased blood pressure, increased breathing rate, increased blood sugar level.

**Subjective** symptoms such as tiredness or difficulty sleeping, muscular tension in neck and shoulders, indigestion, headache, difficulty concentrating, feeling irritable or easily angered.

**Behavioural** symptoms such as increased use of alcohol or tobacco, loss of appetite or excessive eating, loss of sexual interest.

Developing resilience means practicing coping skills that will help us maintain appropriate boundaries between ourselves and our stressors. Such skills include:

- Change the way you think of stressors: waiting in traffic or on a bus becomes time available to review the accomplishments of your day and prepare tomorrow's agenda.
- Train yourself to predict stressful situations in order to weaken their impact.
- Avoid blaming; the latter tends to arouse anger in people. Instead, look at mistakes as indications that a process needs to be fine tuned.
- Deal with emotions as they arise instead of letting them fester.
- Give yourself permission to make mistakes; mistakes are some of our best teachers.
- Have somebody to confide in.
- Live in the present. Don't steal time from enjoying the here-and-now in



favour of worrying about the past, which you can no longer affect, or the future which has not arrived yet for you to deal with.

Of course stress can still creep up on people. When this happens there are several techniques that can help us cope with or alleviate the symptoms of stress depending on what is causing it to happen. Techniques are grossly divided between somatic (body-oriented) methods and cognitive (mind-oriented) techniques.

**Somatic techniques** include progressive relaxation, tense-release script, passive muscular relaxation, the Alexander technique, stretching, breathing and physical exercise.

**Cognitive techniques** include such things as self-awareness, imagery, goal-directed visualization, and meditation.

*Each month, beginning in July, a different technique will be posted to the OIHC website. We hope you will find one that meets your needs!*

## **THE JOYS OF BERRY PICKING**

**Shawn Yakimovich, BSc, ND  
Naturopathic Doctor**

Since I was in high school, I have always looked forward to the summer berry season. There is nothing tastier than eating a fresh strawberry, raspberry or blueberry right in the field during the warm days of June and July. Berries are packed with nutrition, containing fibre, vitamin C, and substances called flavonoids that help prevent heart disease,

diabetes, cancer and other degenerative diseases. And as an added bonus, picking your own berries is much less expensive than buying them in the store.

Although they are best eaten fresh, berries also freeze very well; this allows for a steady supply through the winter. Simply spread the berries out in a single layer on cookie sheets and place in the freezer for about 2-3 hours. Once they have frozen solid, place them in small zip lock bags and store in the freezer. This prevents the berries from freezing together into a large blob. Use them in crumbles, muffins, pies, jams, fruit compotes, smoothies and added to hot cereal all winter long.

### **Some Pick Your Own berry farms in the Ottawa area include:**

**1.Cedar Hill Berry Farm, Pakenham**  
613-256-2014  
www.cedarhillberryfarm.com

**2.Acorn Creek Garden Farm, Carp**  
613-836-2613  
www.acorncreek.com

**3.Foster Market, Nepean**  
613-489-3903

**4.Marier Strawberries, Cumberland**  
613-833-3042

**5.Ovens Farm, Osgoode**  
613-826-2147  
www.ovensberryfarm.com

**6. Rideau Pines Farm, North Gower**  
613-489-3601  
www.rideaupinesfarm.com

**7. Shouldice Berry Farm and Market, Bells Corners**  
613-838-2129  
www.shouldicefarm.com

For a complete list, please call Just Food at 236-9300 or visit [www.justfood.ca](http://www.justfood.ca) and click on Buy Local Guide. The berry season is short, and typically begins around June 24th with strawberries. **Happy picking (and eating)!!**

## Quiz

### **Is SPF 30 twice as good as SPF 15?**

#### **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: Name 3 factors contributing to bad skin? Poor diet, poor elimination, food allergies, imbalance of a number of hormones, and poor sugar regulation to name a few.*

### **RELATED LINKS**

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