

Helping You Achieve Health . . . Naturally!

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SEASONAL ALLERGIES

by Dr. Erin Boivin, BSc., ND

Itchy, water eyes, sneezing, runny nose, fatigue...sound familiar? If it does then you are not alone. Allergies are one of the most prevalent of all chronic diseases affecting millions of people each day. While the severity of allergy symptoms varies from person to person, the impact on daily living is a reality many people face everyday.

The immune system normally protects the body against harmful substances such as bacteria and viruses. Allergy symptoms occur when the immune system reacts to substances (allergens) that are generally harmless and in most people do not cause an immune response. When an allergen, such as pollen or dust, is inhaled by a person with a sensitized immune system, it triggers antibody production.

These antibodies bind to cells that contain histamine. When the antibodies are stimulated by pollen and dust, histamine, and other chemicals, are released. Once released these chemicals cause the itching, swelling, and mucus production we associate with seasonal allergy.

Unlike conventional treatments, such as anti-histamines which suppress allergy symptoms, Naturopathic Medicine works to relieve the immediate symptoms and restore balance in the body moving towards the goal of eventually eliminating suffering all together. Many different treatment approaches may be used in

following the healing power of nature. Traditional Chinese Medicine and Acupuncture, Botanical Medicine, Homeopathy, Hydrotherapy, Nutrition and Nutritional supplements as well as lifestyle counseling are among the treatments Naturopathic Doctors (NDs)



have available to them. The specific treatments used by your Naturopathic Doctor will be unique to you and your specific symptoms, and may involve any combination of the following modalities.

Traditional Chinese Medicine and Acupuncture

After a thorough case taking and evaluation of tongue and pulse NDs design treatment plans specific to each

patient and their individual symptoms from a Traditional Chinese Medicine perspective. Dietary recommendations might also be made such as eating more nutritive foods like congee or avoiding refined, greasy, fatty foods that create dampness in the body.

Botanical Medicine

Cool cucumber compresses can help to relieve red, itchy eyes. This can be alternated with cooled black tea bags.

Quercetin, a bioflavonoid, is used to stabilize the membranes of the cells that release histamine.

Botanical medicines can also be used alone or in combination but only under the supervision of a licensed ND.

Homeopathy

Combination remedies, often available at your local health food store, offer relief from acute symptoms and can help to reduce the severity and frequency of the attacks. Check with your ND to determine which may be the right one for you.

Hydrotherapy

Contrast showers (alternating between hot and cold water) are an excellent way to increase circulation and strengthen the immune system. Remember to always end with cold!

Nasal lavage can help to keep sinuses clear of congestion and leave them better able to deal with allergens when they come into contact with them.

Nutrition and Nutritional supplements

Water is essential for a strong, healthy immune system. Make sure you are drinking at least 8 glasses a day.

Ensuring you have a healthy digestive tract is essential to good health as it is the main route for nutrients to enter our bodies. Eat fresh, whole foods help to keep your digestive tract functioning well. For adults, the majority of our immune system tissue lines our digestive tract, therefore a healthy digestive tract better ensures healthy immunity. Chronic allergies can be a symptom of underlying absorption problems. Eliminating food allergens and following a rotation diet can help your digestive tract heal. The enzyme bromelain works by reducing the inflammation associated with allergy symptoms.

Lifestyle

Reducing stress, getting adequate rest and regular exercise are essential for keeping your body healthy. Deep breathing exercises work to calm the nervous system, aid digestion, strengthen the lungs, thorax and abdomen, as well as to relax and revitalize the body as a whole.

If you are tired of itchy, watery eyes, headaches, sneezing and allergies in general these natural treatments may be for you! Talk to your ND today to implement a plan that is supervised and safe.

Massage Corner

POSTURAL AWARENESS

by *Cathy Croteau, RMT*

One of the main culprits in the generation and maintenance of physical tension is poor posture. As a person deviates from an optimal position, muscles that were never meant to hold a person up now become overworked from having to do so. As time passes, the body “forgets” the correct posture in favour of the new maladaptive one.

Just think of how many times you stand with your weight on one leg. This causes your hips to tilt, your spine to curve sideways and your shoulders to tilt. Adopting this so called “relaxed” position

Nutrition Note

by *Michelle Parent, RHN Candidate*

With nice summer weather comes more outdoor activities. It's important to keep well hydrated and to have healthy snacks handy for the road. Cutting up raw veggies and fruit ahead of time can make a handy snack causing less temptation for the sugary or salty snacks that are available at every corner.

Going to a BBQ? Give this recipe a try. It's a quick, yet excellent summertime salad.

BROCCOLI & CARROT SALAD

- 2 cups broccoli, chopped
- 1 cup snow peas
- 1 cup carrots, grated
- 3/4 cup raw sunflower seeds
- 1 cup raisins (organic if possible)
- 2 green onions, diced

Dressing:

- 1 cup plain organic yogurt
- 1/4 cup honey (may want to use less)
- 3 Tbsp. fresh lemon juice

In a large bowl, mix all ingredients of the vegetables together.

In a separate bowl, blend all the dressing ingredients thoroughly. Combine dressing with vegetables and coat well. This and other great recipes found in the Simply Healthy Cookbook.



long enough and often enough leads to imbalances in the strength and length of muscles in the legs, back and neck. This in turn can lead to low back pain, neck tension and headaches.

Here is a simple way to re-educate the mind and body about healthy posture. It's a powerful isometric (without movement) exercise that can be incorporated into anybody's busy schedule. Listed below are the five steps of the Five-Point Stance. The goal of the exercise is to bring the major joints of the body back into alignment

so that you can feel how the body should be oriented. You will be aligning the head, shoulders, hips, knees and ankles in such a way as to enable the weight of your body to be more appropriately supported by your skeleton.

5-Point Stance - Stand with feet and toes facing straight forward and positioned underneath the hips.

Reduce any forward rotation of your hips by doing a pelvic tilt. The easiest way to do this is to contract your coughing muscle (transversus abdominis). If you don't know where this is, just produce the sound of the letter K. The muscle being contracted is the one you want to use. Now gently contract it and you'll be able to feel a slight flattening of your low back.

Lengthen and widen your trunk by taking in a deep breath. Notice that your shoulders will naturally move backwards. Keep them in this new position after you exhale.

Lengthen your neck and shoulders by gently reaching your hands towards the ground. You might feel a soft stretch at the side of your neck.

Lengthen the back of your neck so that your head is balanced over your feet and trunk. Feel like somebody is pulling a string attached to the crown of your head or that you are doing a gentle chin tuck.

Now hold this new position for 20 seconds before stepping out of it and giving yourself a shake. Repeat 2 more times for a total of about 1 minute.

At first this final position will feel awkward. As you practice this exercise twice a day for a couple of weeks, you should begin to notice changes in the way you feel. One client reported feeling taller, while another said she felt less tense in her shoulders after performing this exercise daily for 1 month.

If you have any questions about postural imbalances, feel free to give Cathy a call at the clinic any Tuesday.

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Wanted: infants and babies about a year old or less.

Are you interested in learning infant massage? Cathy is in the process of developing a teaching seminar on the subject for the fall and needs some little clients and parents who would be interested in helping with the hands-on development. Participants would meet with Cathy to learn and perform infant massage on their child, at no cost. Of course timing and length of treatment depends on baby!

If you're interested, give Cathy a call at the clinic or email her at cathy@oihc.ca. Appointments would be Tuesdays or Thursdays.

GOVERNMENT RECOMMENDS RE-REGULATION OF NATUROPATHIC DOCTORS IN ONTARIO

The Minister of Health and Long Term Care has released the Health Professions Regulatory Advisory Council's (HPRAC) recommendations on regulation of naturopathic medicine on May 19, 2006.

REGULATION OF NATUROPATHIC DOCTORS

Naturopathic Doctors are poised to play an even more important role than they do today in relieving pressure on an overburdened healthcare system as they provide primary healthcare services and help promote health.

With up to five million Ontarians who say they are ready to visit a Naturopathic Doctor, it is imperative that the practice of naturopathic medicine be more effectively regulated in this province. Half that number say they have already consulted an ND for treatment or prevention of illness.

The Ontario Association of Naturopathic Doctors is asking the Ministry of Health and Long Term Care to regulate Naturopathic Doctors under the Registered Health Practitioners Act or under a modernized and renamed Drugless Practitioners Act (DPA) or under other appropriate legislation. It is the effective regulation of our long-standing profession that is important to NDs...not the vehicle through which this is accomplished.

The current Drugless Practitioners Act, which regulates NDs today, simply isn't up to its assigned task. It is antiquated, and it offers no real protection to either the public or the profession.

The new regulation for NDs must:

- Specifically refer to Naturopathic Doctors. Because the term Naturopathic Doctor does not now exist in legislation - the DPA uses the term "drugless therapists," which has not been in common usage for many years – our profession cannot be properly regulated.
- Clearly describe the education and training prerequisites to calling oneself a Naturopathic Doctor. Right now, anyone with a hammer and a nail can hang out a shingle claiming to be a naturopath, without regard to his or her education and training. Thus, the public has no assurance that the person they are consulting is a trained healthcare professional...all they can tell is that the person has a sign proclaiming that he or she is an ND.
- Give the regulator the power to respond appropriately to those self-proclaimed NDs who are not properly trained, or don't have the required credentials or NDs who are incompetent. The DPA does not provide the required legislative authority for the regulator to appropriately assess the need for remediation, mediation, or discipline.
- Maintain the current scope of practice, including all attendant Controlled Acts.

Fit Tip

"WHEN TO STRETCH"

by Dr. Colleen McQuarrie, BSc., ND

After many years of back and forth advice, we have finally decided that stretching is best done after physical activity. Our muscles benefit most from focused stretching once they are warmed up. So, after a workout, run, or any other form of activity (including gardening!), be sure to take time to stretch each of your muscle groups for 20 to 30 seconds. This practice of stretching will help to increase your flexibility, as well as decrease the chance of injury to soft tissues like muscles, tendons and ligaments.

That being said, a gentle warm-up with light stretching prior to rigorous or intense exercise will help prevent injuries.



Upcoming Events

CARP FARMERS' MARKET **(May 13th to October 28th)**

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: www.carpfair.on.ca

ANNUAL BUTTERFLY RELEASE

(Saturday, July 22)
for The Children's Wish Foundation Fundraiser. Located at the Carp Fair Grounds

MIDSUMMER HERBFEST **(Sunday, July 30th)**

Learn more about growing the herbs that enable us to connect with nature's healing powers. Cook-off, face painting, herb plant sale, herbal tea tasting, musical attractions and more. The Herb Garden 3840 Old Almonte Rd, Almonte. For more information: (613) 256-0228 or www.herbfest.ca

GARLIC FESTIVAL

(Sat. & Sun. August 12-13)
More info to be announced on www.carpfair.on.ca

CORN DAY

(Saturday, August 19)
Local Corn Vendors & Demonstrations of recipes & tasting. Located at the Carp Fair Grounds

- Allow NDs to communicate patient information to other healthcare professionals. Effective communication between health care providers is an important component of patient care. The DPA inhibits the ability of Naturopathic Doctors to share information with other health care providers.

- Permit NDs to use the word "Doctor" as a prefix to their names. After seven years of post secondary studies, including at least three years of pre-medical studies at a recognized university and four years with a recognized naturopathic college, as well as the continuing education requirements, NDs have earned the right to call themselves "Doctor."

- Permit NDs to order lab tests directly.

- Permit NDs to prescribe natural health products that are considered drugs.

A SNAPSHOT OF NATUROPATHIC MEDICINE IN ONTARIO

In Ontario in April 2006,

There are 699 registered Naturopathic Doctors (NDs), and 556 belong to the Ontario Association of Naturopathic Doctors (OAND). This represents about 80% of the men and women practicing naturopathic medicine in the province.

The profession provides primary healthcare services under the Drugless Practitioners Act (DPA), an antiquated, toothless piece of legislation that provides protection to neither the public nor the profession. NDs are currently petitioning the provincial government for regulation under the Regulated Health Practitioners Act (RHPA). Other primary healthcare providers are regulated under RHPA, which assures educational, training and practice standards are met. NDs are the only profession that is still governed by the DPA.

- To register in Ontario, NDs must undergo at least seven years of formal post-secondary education and rigorous and broad training.

- They must have at least 3 years of

post-secondary pre-medical sciences from a recognized university but most have at least one undergraduate degree at a recognized university.

- They must complete four years of fulltime naturopathic medicine education, which includes clinical practice at an accredited college.

- They must pass the regulatory board exams, which include the North American standards and the Ontario standards for naturopathic medicine.

- They must continue their education throughout their careers to remain in good standing with the BDDT-N (the regulator).

- 80% of NDs in Ontario have registered in the past 10 years; of those, 64% have registered within the past five years.

- NDs practice a comprehensive approach to treating illnesses and promoting health.

- NDs use natural methods to promote healing.

- While a good deal of what they do is help to alleviate symptoms, NDs are primarily concerned with addressing the root cause of an illness; they focus more on the "why" of a disease than the "what."

- NDs also help prevent illnesses through lifestyle and nutritional counselling.

- NDs can provide early diagnosis and treatment of many serious diseases.

Following a diagnosis, treatment might include the integrated use of:

- Clinical nutrition
- Botanical or herbal medicines
- Acupuncture and Oriental medicine
- Homeopathic medicine
- Physical therapies
- Lifestyle counselling



SUMMER SUN

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 ensure that these things don't happen as much as possible!

- Avoid being in direct sunlight between the hours of 10am and 2pm if possible.
- Wear a hat, appropriate eye-wear, and light-weight long sleeved clothing as much as possible.
- Make natural sunscreen a part of your daily routine on any exposed skin. *A note about SPF: the index is not a "linear scale" – so 30 is not twice as good as 15 etc. For most days, an SPF of 15 is sufficient, and purchasing anything above a 30 doesn't make any sense.

Treatment for Sunburns – aloe vera gels, Traumeel cream, causticum 30ch internally.

Treatment for Sunstroke – water and rehydrating drinks, shade, rest, cool bathing.



WEST NILE VIRUS

West Nile Virus is a mosquito-borne virus that results in no symptoms in 70 - 80% of the population, in 20% of the population it results in flu-like symptoms and in less than 1% of the population it results in severe illnesses such as encephalitis (inflammation of the brain) or meningitis (inflammation of the lining of the brain and spinal cord).

West Nile virus is spread to humans by the bite of an infected mosquito. West Nile virus is not spread by person-to-person contact such as touching, kissing or caring for someone who is infected.

Prevention is always an integral part of health. There are a number of natural and chemical insecticides. The chemical insecticides, such as those with DEET are known to offer protection, but there are also potential side effects ranging from skin reactions to neurological problems, especially with young children. Natural insecticides are an effective and safe way of repelling mosquitos, but, they may have to be applied more frequently. It is important to consider your current state of health and to weigh the risks of the insect repellent versus the risk of side effects or illness when determining which insect repellent is best for you.

Prevention of West Nile virus (WNV) can be looked at from three perspectives.

1. Immune health to prevent the risk of illness from WNV

People don't get sick from WNV because they don't use the right precautions they get sick because they have a weakened immune system. If you have any concerns or indications that your immune system is not functioning optimally than work with your naturopathic doctor to address your specific health concerns.

2. Do not allow mosquitos a breeding environment

Standing, stagnant water is a breeding ground for mosquitoes (mosquitoes can breed in any puddle that lasts more than 4 days). Remove all containers where rainwater collects or where there is stagnant water. This includes toys around the yard, standing water in old tires, cemetery urns, buckets, plastic covers and drain gutters. Empty and change the water in bird baths, fountains, wading pools, rain barrels and potted plant trays at least once a week if not more often; and keep swimming pools treated and circulating.

3. Avoid mosquito bites

Mosquitoes are most active at dawn, dusk or in the early evening, especially during days of high heat and humidity (April to October). Therefore, when going outside in the evening, wear long sleeves and light colored long pants with high boots or the pant legs

pulled close to the calf.

Make sure window and door screens are "bug tight" and replace your outdoor lights with yellow "bug" lights; use camping nets when camping outdoors.

Essential Oils: 20 drops Eucalyptus oil, 20 drops Cedar wood oil, 10 drops Tea Tree oil, 10 drops Geranium oil mixed with 2 oz carrier oil. Mix together and test on a small area of the skin for sensitivities. Apply to the skin avoiding the eye area. Or look for other natural insect repellents that use essential oils such as citronella or lavender oil. There are a number of excellent natural bug repellants on the market, look for those manufactured by: St Francis Herbs, Aubrey, Thursday Plantation and EcoTrend.

Other options for repelling mosquitos: plant marigolds around the yard, the flowers give off a smell that bugs don't like; pure vanilla (Mexican / Dominican Republic) mixed 1/2 and 1/2 with water can be applied to the skin to repel mosquitos or apply Avon *Skin so Soft* hand cream or bath oil.

RELATED LINKS

- www.oihc.ca
- www.oand.org
- 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

Quiz

Is Naturopathic Medicine Currently Regulated in both Ontario and Quebec?

YES or NO

Email answers to: info@oihc.ca

Designed by iCreative (613) 270-9242