



CHRONIC STRESS

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

It's back to school time, and whether or not you are a student returning to school, most of us feel some form of stress at this time of year as we pressure ourselves to "get back on track" or "back in a routine" after summer vacations are over.

Moderate, short term stress, can actually be beneficial for our bodies - we become more alert, think more quickly, and have more energy. Chronic stress on the other hand can be devastating to our health and happiness, causing fatigue and even illness.

At the onset of stress there are a series of identifiable physical reactions:

- our breathing becomes more shallow as we "prepare to run or engage in physical defense",
- our digestion becomes impaired as our blood moves to our muscles to ready us to flee,
- we have more headaches and tense or painful muscles,
- we experience decreased energy levels.

Over time, these changes accumulate, and we can expect to have altered hormonal function too. Our adrenal glands, thyroid and pancreas become overworked. These glands help regulate

energy and blood sugar, as well as our metabolic rate, so as they are over-used we can experience decreased energy, un-refreshing or difficult sleep, decreased immunity and body repair, blood sugar dysregulation and an altered metabolism. The results of these types of changes include things like:

- Increased blood pressure
- Increased heart rate
- Weight loss
- Weight gain
- Hypoglycemia
- Fatigue
- Increased cholesterol levels
- Anxiety
- Depression

And the list goes on.....so what can we do?

The first step to overcoming the effects of chronic stress is to STOP. Make a conscious decision to regain your health and happiness by taking control of the stress in your life. The best ways to affect this change is to IDENTIFY the cause, or causes of your stress, and either make changes to address them, or find ways to "reframe" them so that they become less stressful. Finding an outlet for your stress - such as exercise or a creative activity is also helpful. Further, try to achieve a positive attitude in life - at the end of the day, happiness is often a choice we make, and having a positive attitude will reduce the impact of any form of stress. Finally, nourish yourself, physically with nutrition, water, exercise, and proper breathing, and emotionally with sleep, relaxation and time with loved ones. Work with your Naturopathic Doctor to help identify the root cause of your stress, as well as

address the physical effects of stress, and to help you prevent and cope with future stress.

ADD & ADHD:

A NATUROPATHIC

APPROACH

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

Brief Description and Definition:

A pattern of behaviour in children characterized by short attention spans and impulsivity, with or without hyperactivity. ADD is implicated in learning disorders, and is suspected to affect 5-10% of school aged children, with boys being 10 times more likely to be diagnosed. Three main subgroups of ADD exist: hyperactivity (inattention, impulsiveness, hyperactivity that is inappropriate for the child's age); learning disability (no hyperactivity, developmentally inappropriate brief attention span and poor concentration for child's age); residual type (18 yrs of age or older).

Signs and Symptoms:

Characteristics of ADD with hyperactivity in order of frequency:

- Hyperactive (can NOT sit still when required to do so)
- Perceptual motor impairment (don't seem to know where their body begins and ends, constantly banging into things they should have seen)
- Emotional instability

- General coordination deficit
- Disorders of attention (short attention span, easily distracted, failure to finish things, not listening, poor concentration)

- Impulsiveness (action before thought, poor organizing, jumping up in class, talks excessively, blurts out answers before a question is finished, interrupts or intrudes on others, engages in dangerous activities without considering consequences)

- Specific learning disabilities
- Disorders of speech and hearing

Characteristics of ADD without hyperactivity:

- Frequent ear infections
- Hearing loss
- Impaired speech and language development
- Learning difficulties

Possible Causes:

Food additives: Over 5000 food additives are used in the US, and each person is estimated to consume 8-10lbs of food additives per year. In the US alone, the total annual consumption of artificial food colouring alone has surpassed 100 million pounds! According to Dr. Feingold MD, upwards of 40% of hyperactive children are sensitive to artificial food additives. Virtually every study done to date has demonstrated that some hyperactive children consistently react with behavioural problems when challenged (given) specific food additives! Of interest - studies for Feingold's theory have been done in the US, Canada and Australia, with the governments of Canada and Australia funding the studies, and FOOD manufacturers such as Coca Cola funding the studies in the US. Not very surprisingly, the studies in the US haven't consistently found links, whereas in Canada and Australia, the findings were conclusive enough that some food additives are now restricted!

Sucrose: Studies have shown a direct relationship between the amount of sugar consumed and "destructive-

Nutrition Note

CHANGE OF SEASON SOUP

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

Fall and winter make up the inner or "yin" type of year, which is ideal for nourishing yourself. For many, fall is a time to re-configure, start new pursuits, and begin new endeavours. It is also a colder time of year.

In nature, leaves and flowers are dying, and natural energy "sinks", becoming concentrated in the seeds and roots of plants. During fall, the lungs are particularly vulnerable during this time to colds and flu.

Ginger is a traditional remedy for warming the body and warding off "colds". To make ginger tea, grate a one inch piece of ginger root (peeled), and place it in a covered pot with two cups of water. Allow it to simmer for five minutes. You can add fresh lemon juice or honey to taste.

Change of Season Soup is an immune system tonic. It is a Chinese herbal blend that is ideal to enhance your immune system during the changing of seasons from fall into winter and winter to spring. This herbal formula also improves resistance to colds and flu. It helps to balance the body during times of stress.

People who are in the midst of a cold or flu should not drink the soup until after they have recovered.

aggressive behaviour". In a recent study, 74% of children were found to have an "abnormal glucose tolerance curve" - this is a measure of how well the body's endocrine or hormone system works to deal with sugar in the blood stream - and this type of abnormality (hypoglycemia) is known to promote hyperactivity due to increased adrenaline secretion.

Food Allergies: Many children are not

The soup should be taken twice a day (a serving is a cup or small bowl).

The soup is fairly bitter, so it can be used as a base with harvest vegetables such as: shiitake mushrooms, onions, carrots, potatoes, pumpkin, squash, beets etc. These vegetables help to tonify the lungs and enhance the immune.

Ingredients:

You will need 2-3 oz of the following herbs. Many Chinese herbal shops sell the herbs pre-packaged for ease and convenience.

1. Codonopsis root - helps to tonify (strengthen) "qi". Also helps to build blood and nourish body fluids.

2. Astragalus root- helps to strengthen the protective defences, strengthen qi, nourish the spleen and tonify the blood and lungs.

3. Dioscorea (Chinese Yam) root - tonifies and balances the lung and kidneys.

4. Chinese lycii berries - strengthen the liver and kidneys.

Instructions:

Fill a large pot with water. Add the herbs and cover with lid. Bring to a boil and simmer for 4-6 hours, topping up with water as necessary.

ENJOY!

sensitive only to additives, but also to some foods. In order for the ADD to be dealt with effectively, both the additives and the food allergens must be eliminated from the diet.

Ear Infections (otitis media): Recurrent ear infections are twice as common in children with learning disabilities. Hearing loss can lead to impaired speech and language development, lower intelligence scores and

learning disabilities.

Nutrient Deficiency: The brain needs many different nutrients to function properly!! This is especially true the younger a child is!! Important nutrients include: iron, DHA, B1, B3, B6, B12, copper, iodine, magnesium, manganese, potassium and zinc.

Heavy Metals: Numerous studies have shown a strong correlation between childhood learning disabilities (as well as criminal behaviour), and body stores of heavy metals - especially lead. In hair analysis, learning disabilities correlate with high levels of mercury, cadmium, lead, copper, and manganese.

Prevention:

Avoid processed, pre-packaged foods; if you can't pronounce it, you probably shouldn't be feeding it to yourself or your kids....(this includes fast food!).

Provide a health promoting diet for you and your family. Foods that are eaten should be recognizable in their original

form - try fish, fruits, veggies, beans and legumes.

Eat organic foods: better for the earth always means better for you and your family! Pesticides, herbicides and fungicides are known to interfere with both endocrine and nervous systems, and the quality of organic food is notably superior - you will taste the difference!

Minimize exposure to heavy metals: don't smoke or expose your children to smoke, purchase fresh or frozen foods instead of canned.

Treatment:

Speak with your Naturopathic Doctor about treatment options that might be appropriate for your situation. No two individuals are the same, so there is no single "right" way to work towards optimizing health, for children or adults!

Conventional Treatments usually include the prescription of known stimulants such as Ritalin or

Dexadrine. Side effects can include: insomnia, weight loss, decreased appetite, slowed growth, increased heart rate and blood pressure, tearfulness and irritability.

Resources:

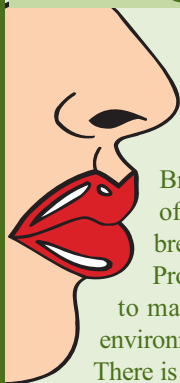
Smart Medicine for a Healthier Child
Ritalin Free Kids
Rage Free Kids
Encyclopedia of Natural Medicine

SUPERIMMUNITY FOR KIDS

**by: Michelle Parent RHN
Candidate & Colleen McQuarrie,
BSc., BA, ND Naturopathic
Doctor, Clinic Director**

With September and the signs of Fall come the first days of school. Schools and daycares are full of children, laughter and fun, which means they are also full of "germs". We may not be able to control who shares "germs"

Massage Corner



BREATHING
by Cathy Croteau,
RMT

Breathing is not just a matter of taking in oxygen and breathing out carbon dioxide. Proper breathing is essential to maintaining an optimal environment within the body.

There is no faster or easier way to alter the blood pH level, and subsequently affect our internal organs, than by changing our breathing pattern.

Try this out next time you have a minute: place one hand over your breastbone and the other over your belly. Close your eyes and take a deep breath in and out. Which of your hands moves first? If your upper hand (on your breastbone) moves first, you may have a poor breathing pattern known as hyperventilation, or overbreathing, syndrome.

Indications of overbreathing include:

- Habitually breathing through the mouth
- Expanding only the chest when breathing in
- Breathing at a rate of more than 14 breaths per minute

Symptoms or side effects of overbreathing include:

- Breathlessness for no reason
- Frequent deep sighs or yawning
- Tingling in lips and extremities
- Tiredness or broken sleep
- Light-headedness, upset stomach or general anxiety
- General physical tension

These side effects are brought on by an actual decrease in oxygen being taken in and a simultaneous increase in carbon dioxide being expelled.

How can a pattern of overbreathing, or chest breathing, be broken? You must get in touch with your diaphragm! The diaphragm is the main breathing muscle. It should account for about 80% of the

effort put into breathing. Overbreathers tend not to use; instead, they rely on the neck and back muscles to lift the rib cage. These secondary muscles were only ever intended to be used in emergency breathing situations rather than everyday breathing.

To get back in touch with your diaphragm, try the following exercise:

- 1) Lie on your back, one hand on your belly and the other on your chest.
- 2) Breath into your stomach; feel your lower hand being pushed towards the ceiling. As soon as you feel your chest hand starting to rise, stop inhaling and release your breath.
- 3) Breath this way for 3 minutes. Repeat this exercise upon waking and before going to sleep.

If you have difficulty breathing into your stomach, contract your abdominal muscles as you exhale. Doing so helps move all the air out of your lungs.

U pcoming 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

FALL RHAPSODY **(September 30th to Oct. 15th)**

Experience the magical fall colours of Gatineau Park www.gatineaupark.com

HALLOWEEN & KID'S CLUB DAY

(Saturday, October 28th)
At the Carp Fair Grounds

ANNUAL OPEN HOUSE **(November 5th 1-4pm)**

The Herb Garden
Free talk @2pm "Herbs for the Season & What's New"
www.herbfest.ca

OTTAWA LIGHTS **(December 7th to Jan. 7th)**

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

THE CHRISTMAS MARKET

(December 8th & 9th)
Friday 3-8 and Saturday 8-2pm
At the Carp Fair Grounds

with our children - but we can influence how they eat, and thus influence how healthy their immune systems are. Typical school snacks and lunches are often full of sugar and other non- foods (such as nitrates, preservatives, sulfites, colours and artificial flavours). These "foods" are anti-nutrients that are shown to be destructive to your child's immune system. Avoiding these items, and offering more nutritious options, will only help to bolster their immune system and create good habits for the future.

Ensuring adequate nutrition focusing on whole, real foods is a must. Packing a nutritious lunch such as leftovers from dinner the night before, cut up veggies with a hummus dip or cheese with crackers are great options instead of the sugar laden foods. Fruit-based treats make a great option to "desert". Water is just as important for your little ones as for yourself, and much better than any soft-drink.

Aside from the food that we eat, sleep is also important in fighting off germs as well as dealing with the day-to-day stresses of school. 8-10 hours each night (or more for younger children) is required. Incorporating naps for children who are under 6 years of age can help. Fresh air and exercise are always called for and will be good for them now and into the future.

Teaching children to wash their hands regularly is a task all on it's own! (As any mother will surely attest). Trying to make it fun will make it easier to achieve. Singing silly songs and making funny faces in order to encourage regular handwashing can help minimize the spread of known contagious infections like the flu. Avoiding known allergens (such as mold, animal dander, and food allergens) will help to decrease stress on your child's immune system. Adding supplements such as: multivitamins, Vitamin C, echinacea, acidophilus, and EFA's including DHA and Flaxseed Oil to their diets can all be used however it is best to talk to your ND or RHN to get the best personal advice specific for your child's needs. So, this fall, as our children head back

to school, and back to daycare, and the rest of us begin to spend more time indoors, simple things like eating well, getting adequate sleep, and washing our hands are a great first line of defense to avoid the flu!



HEALTHY MEALS FOR KIDS

*by: Michelle Parent RHN
Candidate & Colleen McQuarrie,
BSc., BA, ND Naturopathic
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Enjoy unlimited vegetables and fruit:

Try new and different fruits like mango, papaya, asian pears.



Eat a "rainbow" of vegetables with lots of red, orange, yellow, green and purple varieties. Try cutting vegetables into large chunks, lightly steam them and then dunk into fun dips or sauces like yogurt with herbs, flavoured oils, honey and fruit juice. Serving vegetables first while the rest of the meal is prepared can encourage hungry kids to eat their veggies.

Include protein at every meal:

Protein includes meat, beans and legumes. Adventure into different types of meat such as lamb, emu, venison, buffalo, bear etc. Chilled roasted meat can be cut into sticks. Leftovers can go into soups. Beans are great as Mexican dishes but can also be blended into tasty dips.

Experiment with varied grains:

Don't restrict yourself to wheat, start using barley, quinoa, amaranth, rye, spelt, rice. Make your own breads, pizza crust and bagels. Indulge in wheat-free pastas, cookies and crackers.

Eliminate: sugar, additives/preservatives/colourings, processed foods, junk. Replace with fun yet healthy alternatives.

Examples:

- pop - mix carbonated water with fruit juice or cold herbal tea.
- chips - have nuts or seeds or make mini-pizzas
- ice cream - freeze cut-up fruit, then add to blender with good oils, juice and protein powder. Bananas are very creamy.
- popsicles - freeze fruit juice or herbal tea or pureed fruit
- candies - carob bars, homebaked whole grain cookies, dried fruit

Avoid: wheat, milk, peanuts.

It is very common for people to have allergies to these foods.

Limit: corn, soy, eggs, pork. It is very common for people to have allergies to these foods.

Your attitude toward these new foods is very important.

Some successful techniques include:

- giving a choice between two equally healthy foods
- telling the kids that this new food is "For adults only"
- ordering it in a restaurant before trying it at home
- pretending it is a perfectly normal thing to eat
- letting the kids pick out the food at the grocery store
- looking for a recipe together on the internet

Menu Ideas

Day 1

Breakfast: Cereal with almond milk
Lunch: Black bean quesadillas
Supper: Roast beef with potato and veggies
Snacks: Whole grain crackers with nut butter

Day 2

Breakfast: Oatmeal with apple sauce
Lunch: Beef soup with white beans
Supper: Salmon/rice patties with green veggies

Snacks: Ground nut/seed balls

Day 3

Breakfast: Spelt pancakes with maple syrup
Lunch: Chicken stir-fry with bean noodles
Supper: Chili with ground turkey and kidney beans
Snacks: Rice cakes with nut butter

Day 4

Breakfast: Hot rice cereal with fruit
Lunch: Tuna salad in tortilla
Supper: Broiled chicken with yams
Snacks: Salsa with corn chips

Day 5

Breakfast: Whole grain muffin with honey
Lunch: Pita pizzas with veggies
Supper: Chicken stew or gumbo
Snacks: Fruit cocktail

Day 6

Breakfast: Homemade granola bars
Lunch: Lettuce stuffed with salmon
Supper: Rice pasta with zucchini and peppers
Snacks: Veggies and bean dip

All foods are available either at grocery stores (may be a special health food section), health food stores and bulk stores.

Almond milk = buy or make your own. Blend blanched almonds(2-3) with water(1 cup) and maple syrup (to taste).

Cereal = many varieties with different grains, fun shapes and colourful boxes

Nut butters = try almond, cashew and macadamia

Hot cereals = try rice, quinoa or oatmeal. Just add water. Serve with fruit, honey/maple syrup, rice milk etc.

Granola bars = mix 3 cups granola (rolled oats with chopped nuts/seeds, apple juice concentrate, vanilla extract, all mixed and spread on greased cookie sheets until golden brown at 350'. Stir in coconut and dried fruit) with 3 eggs, 3 tablespoon apple juice concentrate and cinnamon. Press into square pan, bake 25 minutes at 350'. Cut while warm.

Salmon/rice patties = Mix together cooked rice, canned salmon, grated vegetables, sunflower seeds, olive oil, tahini (sesame seed paste). Form into patties and fry.

Lettuce rolls = use leaves of lettuce and stuff with grated vegetables and salmon salad to look like eggrolls.

Ground seed/nut balls = use coffee grinder or blender to make a powder from sesame seeds and sunflower seeds (1/2 c each). In bowl, mix with 1/3 c honey and 2 tablespoons tahini (sesame seed paste). Roll into balls and refrigerate. Other nuts and seeds can be added as well.

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

*Designed by Michelle Parent
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Quiz

Is All Stress Bad Stress? YES or NO

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: Is Naturopathic Medicine Currently Regulated in both Ontario and Quebec? - Answer is NO it is not regulated in Quebec.

