

Helping You Achieve Health . . . Naturally!

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GETTING HEALTHY FOR BACK TO SCHOOL

*Shawn Yakimovich, BSc, ND
Naturopathic Doctor*

As the seemingly endless flyers in the newspaper remind us, it is time to prepare for back to school. Students of all ages delight in going shopping for new clothes, books, pens, binders and countless other shiny new things. Amid the excitement, however, we often forget to get our health in order to face the long school year ahead. With summer still with us, it's hard to remember all those runny noses and coughs that afflict us in the winter months, and most of us feel strong and healthy entering another school year.

In order to illustrate the challenges our health faces over the school year, consider: the school year spans three complete seasons, each with a different effect on our bodies and minds. School keeps children indoors with hundreds of other students each day, increasing exposure to bacteria and viruses, as well as unpredictable air quality from institutional heating and cooling. School can be stressful, with homework, tests, and for high school students, the stress of exams and university applications, not to mention the demands of friends and social pressures. Parents too experience more stress as they have to drive kids to school and activities, have less time to prepare meals and have to deal with heavier traffic on the roads. Over time, these pressures can weaken our immune

*Read on to find out more about
boosting and balancing our
immune systems naturally,
learning to relax, and keeping
our joints healthy and pain free*

systems, and we seldom give it a second thought until it is too late, and we “come down” with a cough, cold or the flu in November or January.

Luckily, investing in your health now while the glow of summer still remains can go a long way to preserving energy and well-being for every member of the family throughout the school year. Naturopathic doctors have many options to help the body cope with stress and balance the immune system to increase resistance to viruses and germs. Herbal medicine, homeopathic medicine, nutrition and lifestyle counseling form the pillars of prevention. We even have a natural alternative to the flu shot! And if an illness does develop during the year, naturopathic doctors can also treat these conditions effectively and naturally, to get you back on your feet quickly. Speaking with your naturopathic doctor will help identify any areas that need additional support, and can develop a plan that will help promote health right through until next summer.

This fall when you are making your back to school check-list, remember to take a moment and check in with your naturopathic doctor to find out how you can have the healthiest school year ever!

IMMUNE BOOSTERS FOR BACK TO SCHOOL

*Kim Callaghan, BA, ND
Naturopathic Doctor*

The immune system has to work pretty hard during the back to school season. Here are some favourite naturopathic tips to keep kids healthy and prevent colds and flus.

1. Rest - Often overlooked - but always necessary

Appropriate rest/relaxation is one of the most important things needed for the immune system to stay healthy. Repair and regeneration occur in the body when it is restful and relaxed - this is true for kids as well as adults. When there are tears, wounds or weak spots in the body, viruses and bacteria can enter and proliferate, much like mice and bugs get into a broken down house much more easily than one that’s in good

Recipe Corner

CITRUS MINT VINAIGRETTE

Contains vitamin C, bioflavanoids, mint – antimicrobial, decongestant, garlic – antibiotic.

- 3 tbsp freshly squeezed lemon or lime juice
- 1 tbsp apple cider vinegar or rice vinegar
- 2 tbsp fresh mint leaves, torn from stems
- 1- 1 1/2 tsp lime or lemon zest
- 1 clove garlic
- 3 - 3 1/2 tbsp pure maple syrup
- 1 tsp Dijon mustard
- 1/2 tsp sea salt
- 1/4 cup extra-virgin olive oil
- 2 tbsp hemp seed oil (or more olive oil)
- freshly ground pepper to taste

With a hand blender or in the blender, combine all of the ingredients except the oil and puree. Continue blending and drizzle in the oil. Season to taste with additional sea salt and freshly ground black pepper if desired.

ROASTED YELLOW PEPPER SAUCE

Can be used as a sauce over pasta, whole grains or vegetables or as a dip.

Chock full of vitamin C, beta-carotene, garlic – antibiotic, and rosemary – antibiotic and decongestant.

- 3 Med-Lg yellow bell peppers
- 2 tsp extra-virgin olive oil (for roasting peppers)
- 1/8 tsp sea salt (for roasting peppers)
- 1/3 cup water (add more or less for desired consistency – liquid sauce or thicker dip)

- 2 – 2 1/2 tbsp extra-virgin olive oil (for sauce)
- 1 tbsp apple cider vinegar
- 1 small clove garlic
- 3/4 - 1 tsp Dijon mustard
- 3/4 - 1 tsp fresh rosemary, roughly chopped
- 1/2 tsp sea salt
- freshly ground pepper to taste (optional)

Set oven to broil/grill. Cut peppers into four sections away from their cores, removing seeds and white veins. Place the cut peppers on a baking sheet lined with parchment paper. Rub a little olive oil on the skin sides of the peppers and sprinkle with sea salt.

Place under the broiler and let grill for 12-15 minutes, until the peppers have blistered and blackened in spots. Remove and transfer peppers to a large bowl and immediately cover with a plate or plastic wrap so the peppers will “sweat”. Once the peppers are cool enough to handle and the skins have loosened, remove the skins from the peppers and discard. With a hand blender or in the blender, combine the peppers (and any juices in the bowl) with the remaining ingredients and puree until very smooth. Adjust to taste with additional sea salt and fresh ground black pepper if desired. Serve at room temperature, warmed a little or even chilled.

WINTER HARVEST SOUP

This soup is fabulously full of vitamin C, beta-carotene, garlic – antibiotic, and herbs – antibiotic, antiviral.

- 2 tbsp olive oil
- 1 3/4 - 2 cups red onion, chopped
- 2 cups rutabaga, chopped in small chunks
- 1/4 - 1/2 tsp sea salt

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(continued from page 2)

freshly ground black pepper to taste	
1 1/2 cups	celery, chopped
2 1/2 cups	sweet potato, chopped
2 tsp	dried oregano
1 tsp	dried thyme
1 tsp	dried savory
1 tsp	dried rosemary
1 tsp	mustard
3 1/2 cups	vegetable stock
3 cups	water
2 large	bay leaves
3 1/2 - 4 cups	cooked beans, any kind (adzuki or black-eyed peas are great)
5 - 7 cups	baby bok choy
1 tsp	molasses
1 - 2 tbsp	fresh oregano or thyme, chopped
2 - 3 tbsp	arrowroot powder, dissolved in several tbsp water (optional thickening agent)

In a large pot over medium heat, heat the oil. Add the onion, rutabaga, salt and pepper. Stir through, cover and let cook for a few minutes. Add the celery, yams, sweet potatoes, dried herbs and mustard. Stir through, cover and cook for another 7-8 minutes. Add the stock, water and bay leaves. Stir through and increase heat to high to bring to a boil. Reduce heat, cover and let simmer for 14-18 minutes, until the vegetables are tender. Add the beans, bok choy, molasses and optional fresh herbs. Stir through and cook for just a few minutes, until the bok choy has wilted. For a thicker soup, stir in the arrowroot / water mixture, and while stirring, bring the soup back to a boil just for a minute until it thickens. Remove bay leaves, and season to taste with extra sea salt and a generous amount of ground black pepper.

repair. Here are some ideas to help children switch into relaxed mode so that their immune systems have time to run a maintenance program, and address any areas of concern:

Hugging, cuddling, massage

Back rub

Soft music (with or without lyrics)

A relaxing story

A bath at room temperature

Watching fish in a fish tank

Petting a gentle pet or stuffed animal

Simple relaxation exercises such as:

Deep, belly breathing – Parent and child lie on the bed or floor with hands on their own bellies. With a deep breath in, the belly rises up and with a deep breath out, the belly flattens. Repeat as often as you like.

Relaxation song – For example: Good night feet, good night feet, good night feet, thank you for the nice day. Good night knees... thank you for the nice day. Repeat each body part all the way up to the head. Child can sing with the parent or just listen.

Visualization – My very favourite recommended to me by a 10 year old girl went like this: “When it is time for me to relax, I imagine that all the people doing construction work hear the whistle that means that it is time to stop work

and go home. I imagine them finishing their work, packing up, taking off their hats and going home. Then I am relaxed and I usually fall asleep.” Kids can also imagine a favourite place, like the beach with rolling waves.

2. Nutrition - Vitamins and minerals are the building blocks to our immune systems

Providing the immune system with key nutrients is essential to help it work hard against viruses and bacteria that cause colds and flus. Some of the biggies are: vitamin C, bioflavonoids, beta-carotene, bromelain, and zinc. Lots of foods contain these substances and are therefore excellent immune boosters.

Vitamin C is a pretty well known nutrient and most people know that it's good for the immune system. But, it happens to be good in several ways. Specifically vitamin C stimulates production of white blood cells which are the cells in the body that attack foreign invaders – that is, viruses and bacteria. Vitamin C is also needed by macrophages which are the cells that eat up viruses, bacteria and all the debris left over after white blood cells have attacked. It is also necessary for repair and regeneration of tissues when they've been damaged in the fight against foreign invaders. So, pretty important indeed. We all know that oranges contain vitamin C but loads of other foods do too. A list: asparagus, avocados, beet greens, bok choy, black currants, broccoli, Brussels sprouts, cantaloupe, carrots, collards, dandelion greens, dulse, grapefruit,



kale, lemons, limes, mangos, mustard greens, onions, papaya, red, yellow, orange and green peppers, pineapple, spinach, strawberries, Swiss chard, sweet potatoes, tomatoes, turnip greens, watercress, and yams.

Bioflavonoids are compounds found in fruits and vegetables and they're needed for healthy immune function.

Bioflavonoids work in conjunction with vitamin C, enhancing its work and helping the immune system run efficiently. Bioflavonoids are found in: apricots, blackberries, black currants, cherries, grapefruit, grapes, lemons, oranges, plums, prunes, peppers and sweet potatoes.

Beta-carotene works to boost the immune system in several ways as well. It's an antioxidant, which cleans up free radicals and helps to repair tissues, and it also supports the white blood cells. It is needed to heal the lining of the respiratory tract – important to keep the respiratory tract healthy to keep out invaders. Sources of beta-carotene are: yellow, orange and green vegetables such as yellow, orange, and red pepper, kale, Swiss chard, spinach, carrots, yellow squash, beet greens, dandelion greens, bok choy and watercress.

Bromelain works as a potent, natural anti-inflammatory. It is needed for repairing tissues and blood vessels and is helpful specifically for reducing pain and swelling of sore throats, sore sinuses and swollen, runny noses. The main source of bromelain is pineapple.

Zinc is another nutrient that seems to be needed for just about everything. It is necessary for protein synthesis and collagen formation – that is repair and restructuring. And, it supports the immune system directly. Zinc is found in: dulse, egg yolks, fish, kelp, lamb, legumes, meats, pecans, pumpkin seeds, soybeans, sunflower seeds, and whole grains.

Here is a lovely little trick to help people in your household eat seaweed which is rich in vitamin C and zinc: Fill a shaker container with dulse or kelp that is chopped up very small. Kids love to shake the shaker and the little flakes enhance the flavour of the meal.

Some of the culinary herbs are great for boosting the immune system too. Rosemary, thyme, oregano, garlic, mint – each are antimicrobial and work with

the body to help expel those foreign invaders. Rosemary and mint work as decongestants and oregano, thyme and garlic are antibacterial. Not only do they help the immune system but they also taste delicious. Including them in your kids' diets will help their developing immune systems fight cold and flus.

Now, there are all kinds of other vitamins, herbs, and homeopathics that can help boost your child's immune system. Others of these may be used at the start of a cold or flu to head it off and prevent a full infection. Still others that are used when a child (or adult for that matter) is in the depths of illness. Check in with your naturopathic doctor for specific prescriptions and dosages.

Elsewhere in the newsletter you will find some of my favourite recipes that are full of wonderful foods and herbs that help support and strengthen the immune system. Kids love the dips for veggies, bread and toast and the soup is wonderful at this time of year. Best of all, they taste great!

3. Exercise and Fresh Air

Well, those hearty Scottish grandparents are right this time. Fresh air and exercise really do help fight off disease by strengthening immune function. Vigorous exercise increases the rate of blood flow throughout the body which means blood flows to and from sinuses, the nose, the lungs, the stomach and intestines more quickly and efficiently. The blood carries nutrients and white blood cells, that is, the immune bits and pieces, to each of these areas. When the blood goes faster, the sinuses and other body parts, get immune help faster. Exercise also increases endorphins - the feel good molecules in the body - which helps boost the immune system. In the longer term, activity decreases cortisol - a stress hormone. Cortisol suppresses the immune system so keeping it balanced with exercise is a good idea. Also, exercise and fresh air combined increase oxygenation of most cells of the body, including those of the immune system, thereby increasing their effectiveness. Generally speaking, getting outside and running around are great for improved immunity.

Take care and enjoy boosting your family's immunity!

THE WEIGHT OF BEING BACK TO SCHOOL

*Amber McPhail, RMT
Registered Massage Therapist*

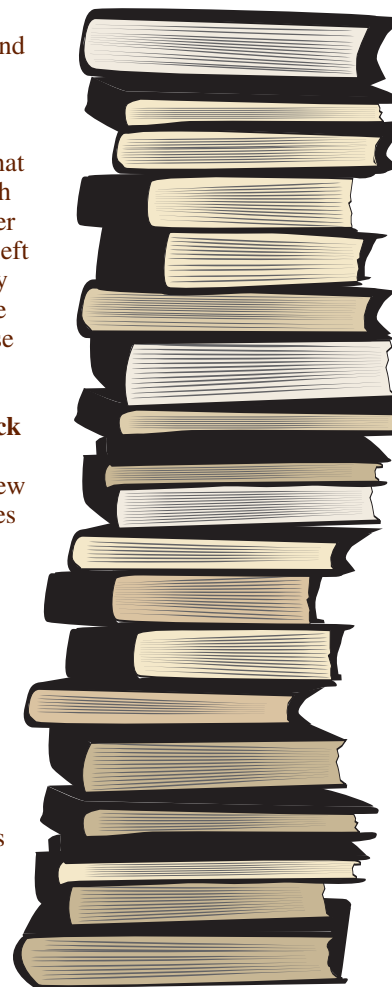
It's back to school time once again. With the change in season comes a change in routine for most. Whether it is a return to classes, a very first day or just a change in schedule to make sure everyone is on track and out the door equipped and on time can take a huge toll on the best of us. Making the transition as easy and pain free as possible is easy keeping in mind a few key things: keep active, enjoy balanced nutrition, maintain (or create) good sleeping habits and never forget to have fun.

Hitting the books?

Text books, lap tops, school bags, pencils and pens are just some of the standard "equipment" that goes along with gaining a higher education but left unchecked they can cause more than an increase in IQ.

Don't be a pack mule!

Adjusting to new teachers, classes and activities can make the "just throw everything in the bag" approach seem like an easy way to decrease the stress of those first few weeks of school. There have been many studies about the effects of heavy backpacks on postural dysfunction and pain. Most suggest decreasing the weight of the bag to the proportion of the carrier yet very few tell you how. It seems simple but only carry what you need! Remember to take advantage of "stow away" resources like lockers and



Upcoming Events

Simple at home hydrotherapy

by: Amber McPhail, RMT

Harness the power of water in its various states to promote health and wellness in addition to rehabilitation.

Seminar includes information about the applications and indications for hot and cold hydrotherapy. As well as, the benefits of treatment.

Simple, low cost, methods to speed recovery, promote digestion, alleviate pain and detoxify the body.

Stimulate your bodies own natural ability to maintain and regain balance using common household items and water.

One night seminar

November 5th 6:30-8pm.

Ottawa Intergrative Health Centre
1129 Carling Ave., Ottawa

There is a maximum of twelve places available. Early registration is mandatory to reserve seating. **Call 798-1000** to book your position.

Thinking about having a baby?

explore the option of having a midwife

Nothing can be more exciting than having a baby. Midwives are covered under the Ontario medical system. Midwives attend births at the hospital or in your home. Come and meet local midwives and families in your area.

September 25th

7:30pm- 8:30pm

Ontario Early Years Centre
475 Evered Ave., Ottawa
Light refreshments served
Children welcome.

For more info:

**www.midwiferyconsumers.org
or call Leslie at 798-7110**

Presented by Consumers Supporting Midwifery Care, and brought to you by Mothercraft.

cars. Create an arrangement with a classmate(s) to "book share" so that each person is responsible for bringing a certain book. In classes that require multiple texts this is an easy way to decrease the strain (literally) on everyone involved. If using a one-sided shoulder bag switch sides on a regular basis to maintain balance and avoid tense shoulders and headaches. The same goes for purses and gym bags!

Build your IQ and your body!

Don't have time for the gym? Take advantage of all those heavy books and even your desk to help keep you in shape. Text books make great free weights! Various exercises can be done using common items in your very own home. Building and maintaining strength in the correct muscle groups makes the run around of back to school easier. To ease stiff necks and sore backs use a doorway or chair to assist you in a gentle stretch. Routine massage therapy and exercise will prevent or decrease much of the troubles related to the head forward postures created by heavy school bags and being hunched over computers and books.

Have Fun!

Just because the warm weather is fleeting and you've got enough homework to keep you busy for days doesn't mean you can't enjoy yourself. Find an activity that gets you moving. Going for bike rides, playing in the park (monkey bars are a great way to strengthen the back to help with all those text books), finding a community pool or even just going for a walk. If you are prone to sore hands and forearms with all the extra note taking, or even if you have a little one who is just learning how to write, playing with play dough or modeling clay is a great way to build fine motor skills and bust stress. Going back to school should be a fun and exciting time. Take the time to learn more about postural dysfunction, stress management techniques and remedial exercise from your Massage Therapist and your body will thank you.

PLANNING FOR SUCCESS

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

So - it's back to school season, and much like the beginning of a new year,

many of us set lofty goals and make promises to ourselves about how different this year is going to be! We are going to be more organized, eat better, find more time for exercise, and perhaps even be sick less, make more time for family and even lose weight.....It is a list that can increase frustration and our blood pressure, while decreasing our sense of control and self-worth.

Why do we do this to ourselves? Why do we see every change of season as an opportunity to add further stress to our already hectic lives? Although I'm not convinced I know the answer to those particular questions, I do believe that there is a way to improve our health and the quality of our lives: To plan for success, while recognizing that health and wellness are a journey. Health is not goal that needs to be achieved, and aiming for perfect wellness and energy will always leave us feeling that we are falling short.

How much easier is it to take each day as it comes, and strive for small, permanent, and lasting behaviours that will benefit us and our children over the long run? For example - if you currently are subsisting on a diet of packaged, processed, or takeaway foods - how likely is it that by the end of September you will have managed to incorporate 5 servings of fruit and vegetables daily? If you are in bed by midnight, and up at the crack of dawn to get ready for your day, how probable is it that you will know within a week what it takes to get eight hours of sleep each night? More readily accomplished, and easier to build on goals may include aiming to have a fruit or vegetable with each meal, or to get to bed a half hour earlier for the next two weeks. Once these new behaviours have become habits, we will find it easier to feel good about our health accomplishments, and take the next steps to better health. Another tip to help ensure success in improving our health is to work with a "coach" or a "team" - made up of our health care providers and our family as our own personal strategists and cheerleading team.

When it comes to our health, and the health of our children and family, the list of what we "should" do, when compared to what we currently do, is often overwhelmingly long, and hopelessly daunting. The challenge then, is to make a map, and set out on a

journey to improve your health, and the health of those you love. Focus on each step, and don't try to rush forward until that step has become a habit, and deeply ingrained in your daily living. Often I find that my patient's beliefs that health is an "all or nothing" phenomenon has to be addressed before they feel like health is within their grasp. The other point to remember is that this map to health changes each day, at each stage of our lives, and thus often needs to be re-calibrated, re-evaluated, and even re-drawn

because we are changing, we are aging, our world and environment are changing, and with any luck at all our concept of health is also evolving and changing.

Sitting down regularly to evaluate our state of health and wellness, and then taking the time to plan a map to improved health is a sure fire way to guarantee success - over the long term of our lifetime.



Quiz

What are 5 sources of vitamin C and 5 sources of Zinc?

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 SPF 30 twice as good as SPF 15?

No the SPF index is not a "linear scale" - so SPF 30 is not twice as good as SPF 15.

RELATED LINKS

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www.ccnm.edu,
www.midwiferyconsumers.org

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

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