

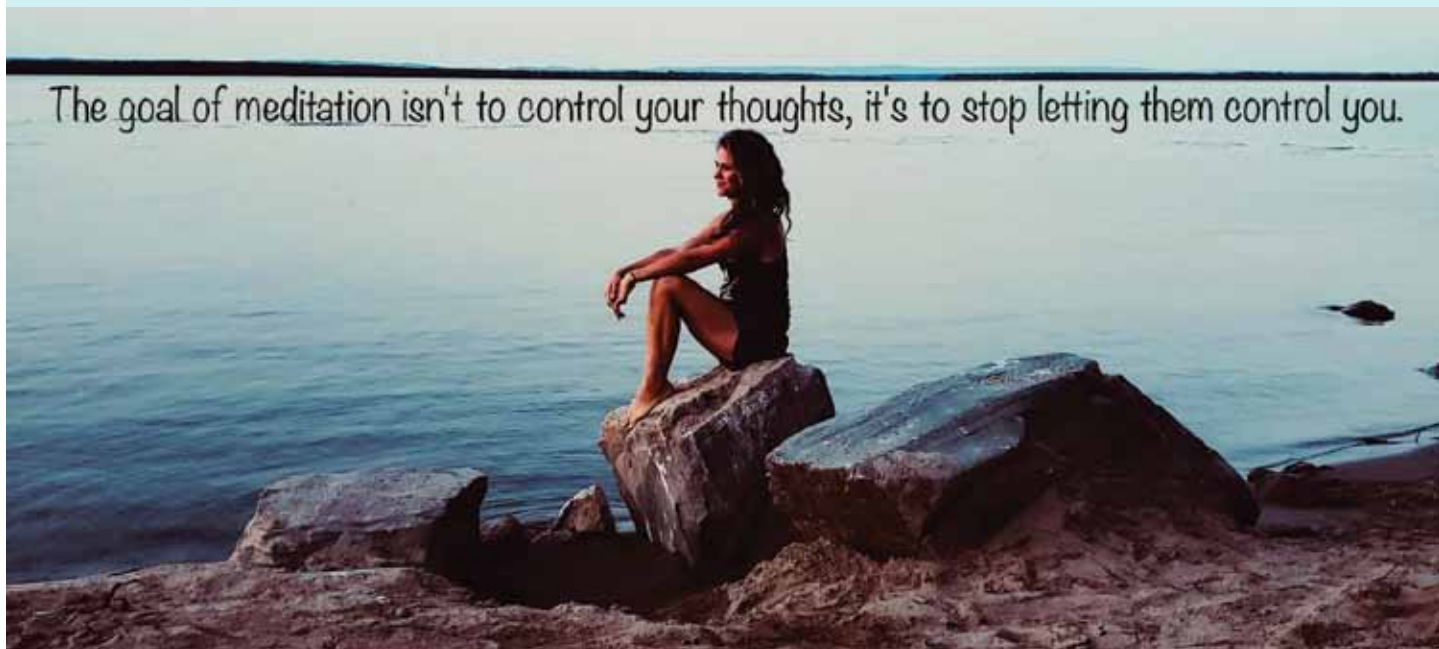


Ottawa Integrative Health Centre Inc.

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Satellite office inside The Ottawa Birth and Wellness Centre - 2260 Walkley Rd. Ottawa

Helping You Achieve Health . . . Naturally!

December 2022



Are you thinking of trying meditation?

By: *Emily Lamoureux*
Certified Yoga Instructor

Do you sense its importance in your life?

When we are feeling overwhelmed, there are tried and tested tools that we can learn and practice that can help. We can find these tools in a mindfulness meditation class.

Do you wish someone would just hold your hand and walk you through shaping your own meditation practice and join a group of supportive and encouraging people who meet once a week to practice meditation

together...from the comfort of your own home?

Our Meditation CalmUnity does just this.

Learn meditative self care in our weekly online meditation classes. Thursday nights at 7pm. \$45 per monthly subscription.

How do I sign up? Contact the OIHC via phone or email to reserve your space in the class, and **get your first class for free!**

12 Science-Based Benefits Of Meditation (from www.healthline.com)

- Reduces Stress
- Controls Anxiety

- Promotes Emotional Health
- Enhances Self Awareness
- Lengthens Attention Span
- May Reduce Age Related Memory Loss
- Can Generate Kindness
- May Help Fight Addictions
- Improves Sleep
- Helps Control Pain
- Can Decrease Blood Pressure
- Accessible Anywhere

Read the whole article at: <https://www.healthline.com/nutrition/12-benefits-of-meditation>

The techniques learned in a Mindful Meditation class teach us important ways to be proactive in maintaining our own mental health. Learning and practicing these skills

For more information or to make an appointment please call:
(613) 798-1000 or email: info@oihc.ca or visit our website at: www.oihc.ca

have the capacity to bring about a life of more understanding, depth, purpose, and meaning, improving relationships with both Self and others.

We always have access to this moment. And this present moment truly matters.

In our Mindful Meditation Class we will meet weekly to explore a meditation experience together. The classes are guided and incorporate gentle movement in order to connect more deeply with our bodies, an effective tool that we will explore in depth. Our class also involves a stillness portion, where we will be guided through a meditative visualization to explore our inner worlds.

These classes take place online, which will help us create a safe space in our own homes to practice meditation. Creating this weekly habit within our own homes will help us live our practice, bringing this mindful focus more fully into our lives.

The best way to take care of our future is to take care of this present moment.

How to make the most of winter

*By: Dr. Owen Wiseman, ND
Naturopathic Doctor*

For many people, winter is a time to hunker down indoors and wait for the warmer months. But it doesn't have to be that way! There are plenty of benefits to spending time outdoors during the winter, from gaining a sense of calm to improving your physical health.

Here are just a few of the reasons why Dr. Owen suggests you spend more time in nature this winter.

1. Take in the beauty of the season.

- One of the best parts about winter is



the opportunity to see some truly stunning scenery. Whether it's a freshly fallen dusting of snow or icicles glistening in the sunlight, there's something about winter that can make even the most mundane landscapes look magical. So, bundle up and take a walk outside to appreciate all that nature has to offer during this festive season.

2. Get some exercise.

- When it's cold outside, it can be tempting to just stay indoors where it's warm and cozy. But did you know that spending time outdoors can actually help improve your physical health? Fresh air and sunshine are both great for your body, and getting some exercise will help you stave off those winter blues. So go for a hike, go sledding, or even just take a brisk walk around the block — whatever gets you moving!

3. Unplug from technology.

- In today's world, we're constantly bombarded with notifications, emails, and other digital distractions. It can be tough to disconnect from all of the noise, but spending time in nature can help give you some much-needed peace and quiet. Disconnecting from technology will help

you clear your mind and relax — something we could all use a little more of during this hectic holiday season.

Winter doesn't have to be all about being cooped up indoors — there are plenty of reasons to get outside and enjoy nature during this beautiful (and sometimes challenging) season. So bundle up, go exploring, and appreciate all that Mother Nature has to offer this time of year!

PS — did you know Dr. Owen runs Science and Nature on [Instagram](#) and [Facebook](#)? Check out his weekly research bites about why time outdoors keeps you healthy and happy!



*Please note the clinic
will be closed*

Dec. 24 to Jan. 1st.

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*We are now accepting
donations for the Ottawa
food bank.*

*For more information or to make an appointment please call:
(613) 798-1000 or email: info@oihc.ca or visit our website at: www.oihc.ca*

Recipe Corner

BANANA COCONUT LOAF

This bread is quite dense but very yummy!

Ingredients

3 cups	spelt flour
½ cup	unsweetened coconut, shredded
4 tsp.	baking powder
1 tsp.	baking soda
2 Tbsp.	unrefined oil
2 Tbsp.	maple syrup or honey
4	ripe bananas, mashed
¼ cup	raisins
¼ cup	walnuts

Directions

- Preheat oven to 350°F.
- In a large bowl, mix together spelt flour, coconut, baking powder, baking soda, raisins and walnuts.
- In another small bowl, mix together oil, maple syrup and bananas.
- Pour the wet ingredients into the dry ingredients and mix thoroughly.
- Pour into greased bread pan and bake for 40 to 45 minutes, or until a knife stuck in the middle comes out clean.

Enjoy!

The one test I want all patients to have done before the New Year: Vitamin D

By: *Dr. Christine Nguyen, ND*
Naturopathic Doctor

As winter looms our vitamin D exposure is sure to be dropping drastically.

Inadequate vitamin D levels have been correlated to many health imbalances: heart disease, diabetes, insomnia, anxiety, seasonal affective disorder, depression, PMS preterm birth, inflammatory bowel disease, hair loss, osteoporosis, dementia, autoimmune disease, and cancer to name a few.

Ensuring optimal vitamin D levels throughout the late fall and early winter are important factors to prevention (and to treatment).

Knowing exposure is limited during the winter months, supplementation may be indicated (very likely). Studies have shown that a minimum of 100-150nmol/L of Vitamin D to be necessary for prevention

of disease. I cannot tell you how surprised some of my patients are to see that despite a sunny vacation or lots of time outdoors in the summer, by late autumn, their levels are in the deficiency range. So it may be necessary that larger doses in the winter are needed. But, like all good things, there is a limit. There is also a dangerous upper limit so one should not be mega-dosing without first testing.

Just like you look at your gas tank indicator to know how much gas to put in, testing and knowing your Vitamin D levels in late fall/early winter will help dictate what dose you need daily / weekly in order to get your levels optimized to ensure your best health going forward. Talk to your naturopathic doctor or health care provider about getting your Vitamin D levels tested. Then discuss ways to ensure optimal vitamin D absorption based on those lab values. As always, “an ounce of prevention is worth a pound of cure”

Dr Christine Nguyen, ND
Offering virtual ND consults from sunny Mexico



This season, give the gift of wellness. Gift cards can be used to purchase services or products, and can be made in any denomination.

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