

Naturopathic News

TOPICS

- Detoxification
- Vitamin D
- Flu Shots
- Halloween Tips
- Healthy Snacks
- Recipes



Useful Websites:

www.sunskywellness.com

www.ndclinic.com

www.natuorejuve.com

www.cnd.ca

www.naturopathic-alberta.com

Detoxification

After the hustle and bustle of summer and the many BBQ's, fall is a good time to detox our bodies and get us back on track to healthy eating. Poor diet, chronic stress, exposure to pollution and free radical damage can all tax our health over time. Toxins, whether external – such as alcohol, pesticides, tobacco, heavy metal, medication, oral contraceptives, or internal – by-products produced by the body's natural metabolic processes, all need to be neutralized and excreted properly for optimal health. Naturally, our bodies detoxify to maintain a baseline for health but fall and spring are good times to do a detox program to help get rid of those chemicals which drag us down.

Detoxification involves dietary and lifestyle changes that reduce the intake of toxins while improving elimination. A detox program will work on the bowels, liver, kidneys, lungs, and skin to help these organs eliminate better. Healthy lifestyle changes will need to be followed and may include drinking plenty of clean water and getting adequate exercise, rest, sunshine, and fresh air. Mind-body exercises such as yoga, meditation, deep breathing, and Tai-Chi are highly encouraged to balance the mental and spiritual aspects of the body. Nutritionally, a diet high in fresh fruits, vegetables, whole grains and lean organic meats will be implemented while omitting allergenic foods such as wheat, milk, dairy, and simple sugars. Caffeine, including coffee and caffeinated teas and beverages, and alcohol will be restricted for the duration of the program in order to restore proper liver function and cleanse the blood from external stimulants.

The benefits to detoxification are vast and include disease prevention, improving weight loss, promoting energy, decreasing joint pain, headaches, and PMS symptoms, managing anxiety and irritability, and minimizing frequent colds, heartburn, constipation and gas. Detoxification has been documented to help treat disease such as autoimmune disease, multiple chemical sensitivity, fibromyalgia, chronic fatigue syndrome, heart disease, digestive disorders, arthritis, ADD and other chronic degenerative diseases.

While there are many detoxification kits and programs in the natural health industry, your naturopathic doctor will be able to develop a personalized treatment plan for you according to your health history. Natural and alternative therapies such as homeopathic drainage, botanicals, acupressure, hydrotherapy, and nutritional medicine will be used to assist in formulating your detoxification program to bring out a healthier and newer you.





Vitamin D



Do I need more Vitamin D with the change of season?

Vitamin D is either absorbed in the intestine from food or through sun exposure on the skin. The liver and kidneys convert vitamin D to its active form called calcitriol. Food sources include cod liver oil, salmon, mackerel, herring, eggs and vitamin D enriched milk. Exposure from the sun depends on the pigment of the skin. A fair skinned person may only need up to 45 minutes per week vs a darker skin could need up to three hours per week to meet requirements in summer months.

Vitamin D is known for its role in calcium absorption from the intestine and its active role in helping the body build and maintain bone structure and prevent osteoporosis and rickets. It has been associated with a decrease in incidence of multiple sclerosis cases in countries where sunshine and therefore vitamin D is more plentiful.

In recent studies it has been showing promising effects in cancer prevention. Studies have surfaced suggesting that higher intake of calcium and vitamin D were linked to a lower risk in developing cancer particularly in post-menopausal women. Another study in May/07 suggested that women who consumed higher intakes of calcium and vitamin D showed less risk in developing premenopausal breast cancer.

The Canadian Cancer Society is now recommending 1000 IU per day in fall and winter for adults living in Canada. To date, the society is wanting to do further investigation to find firm answers on the health benefits of vitamin D. This dosage is based on a growing research body pointing towards its profound effects of reducing risks of colorectal, breast and prostate cancers.

The use of Vitamin D for prevention of rickets has been known for years now. It is now surfacing with many other health benefits, particularly in cancer prevention. Sources of this age- old vitamin are through sun and diet exposure. Here's to sunshine and fish to give us our vitamin D!

Ask a Naturopathic Doctor

"I am feeling off track after the summer. My bowel movements are sluggish, my immunity is down and I feel very tired. What cleansing things can I do to get me back on track?"

Let's think of cleansing like ongoing housekeeping and find simple ways of incorporating cleansing activities into our daily routine this fall. Our bodies take in nutrients to produce energy, handle tasks, and create emotions. We routinely accumulate garbage (toxins) internally and from our environment that need to be eliminated through the lymph, bowels, urinary tract, skin and breathing.

Skin provides protection and has a very large surface area that connects to the lymphatic and circulatory systems. We are constantly absorbing substances (e.g. lotions and cleaning aids) through our skin. Dry Skin Brushing removes dead skin cells and stimulates the muscles around the pores to move toxins through the skin. The result is soft, youthful skin plus increased lymph drainage of toxins from improved circulation throughout the entire body. Use a natural bristle skin brush, a loofa or bathing gloves, and make light, circular movements. Begin at the feet and hands and move up the limbs toward the body, then the abdomen and chest, always toward the heart. Do the brushing daily before a bath or shower.

Contrast Showers are performed by alternating hot (1 min) and cold water (30 sec.) repeating 3 times. This makes the blood and lymphatic vessels contract and relax and is great for boosting the immune system. Begin with warmer and cooler temperatures that you can tolerate easily and increase the contrast in temperature over time.

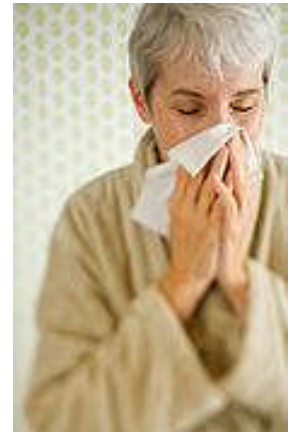
Castor Oil Packs allow for relaxation time and increased lymphatic flow. Applied topically, castor oil stimulates immune function, liquefies waste material around the cells, and opens lymphatic channels. Supplies needed are organic castor oil, a cloth (no dye) and a hot water bottle. Apply castor oil to the cloth and put over area to be treated. Place heat source over pack and listen to your favorite relaxing music for 45 minutes to 1 hour. Easy at-home techniques can help sluggishness, tiredness and low immunity. They provide a way of cleaning up those old toxins leaving you feeling lighter and energetic as you move into the fall season!

Should I Get the Flu Shot?

If you are concerned about the flu season and wondering what resources are available to help prevent getting sick you have possibly considered the “flu shot”. It is important to understand the flu virus and the difficulty that surrounds developing an effective flu vaccine.



Influenza, flu, viruses are changing all the time. Producing a vaccine to prevent a given flu strain is based on evaluating previous years flu strains and in guessing what strains are going to dominate in the upcoming flu season. So why don't we make the vaccine at the beginning of the flu season, once we know the strains? The rate limiting step is making the flu vaccine. The influenza virus must be grown on fertilized chicken eggs assuring no cross contamination from other organisms. This takes weeks to accomplish. If we were to wait until we knew the strain, it would take too long to produce enough vaccine immunize most individuals.



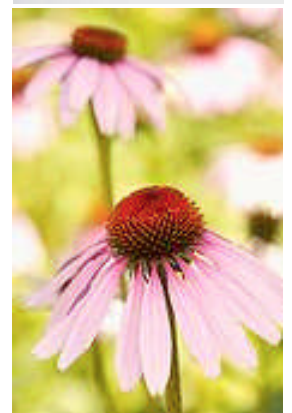
You may know friends or family who have received the flu shot and have still become sick with flu symptoms that season. Based on the uncertainty of the flu strains during a given season, there is no guarantee that the vaccine will prevent the flu. The vaccine only provides immunity for selected strains for 4-6 months. This means that even if the selected strains used for the vaccine were to match those you are exposed to, receiving the vaccine at the beginning of the flu season may no longer provide immunity later in the season. You will definitely not have immunity the following flu season and will be encouraged to receive another flu vaccine.



Each flu season it is estimated that 5-20% of US residents get symptoms of the flu. This means that a large number of individuals are exposed to the virus but not showing symptoms of an active infection. However, their immune system is creating a memory of the exposure. This allows our immune system to produce antibodies to that strain of virus allowing life long immunity. Since the flu virus is always changing we have the potential to be infected with a new strain of the virus every year. By keeping ourselves healthy and not receiving a vaccine we help our immune system by allowing it to be exposed to new strains of viruses to provide for lasting protection.



Make an appointment with your Naturopath at the first of the fall season to discuss simple lifestyle, diet and nutritional changes you can make to encourage a healthier season; not only for this “flu season” but for all the seasons to come.



How can I stick to my nutritional goals this



HALLOWEEN?



Do you feel calorically sabotaged by the Halloween season? Does Halloween candy call out to you? Do you feel bloated, spacey, hyper, or just guilty around Halloween due to your junk food intake? The biggest killer in North American Society is type 2 Diabetes, a disease that is 100% preventable with a healthy diet. Which holiday do you think teaches our nation's children that it is ok to binge on junk food?

Research shows that exposure to high amounts of glucose (and aspartame) are harmful to the body *from the time we are in the womb*.. Sugar is a contributor to almost every disease known to humans. The most dangerous culprit in candy is HIGH FRUCTOSE CORN SYRUP, which loads the bloodstream with sugar and demands that your pancreas produce massive amounts of insulin, resulting in problems with blood sugar metabolism over the long term (obesity, diabetes, carbohydrate addiction).

There are ways to enjoy Halloween a bit healthier. Setting realistic goals for small amounts of candy eating is one good way, and being creative with treats another. You can create small healthy Halloween packages for friends, who will trust your shiny red apples, or give out stickers or dollar store goodies. Here are a few more helpful ideas that might get you thinking smart about how to handle Halloween love handles!

Healthy Halloween Tips:

How to stick to your nutritional goals:

- 1) Set specific goals for your junk food consumption (ie. one small treat per day for 4 days), and post it where you can see it. Reward yourself for success with a non-food treat.
- 2) Take the treats to work and leave them in your office staff room- you'll be a hit!
- 3) Throw the harmful treats away- they won't hurt anyone in the trash.
- 4) Have a healthy Halloween party! Make or buy treats that use small amounts of cane sugar or honey, or even better, Stevia leaf, a natural sweetener.
- 5) If you do indulge, do it wisely- eating a protein based snack with a sugary one makes it easier for your body to tolerate the excess sugar- it lowers the glycemic index of foods.

How to keep your neighbors kids from becoming obese:

- 1) Give out Fruit to Go, Fruit Source snacks, or Real Fruit Gummies
- 2) Read labels! If you are going to give out candy, avoid those containing high fructose corn syrup, and other forms of corn syrup.
- 3) Bow out- turn your house lights off and keep your lit jack o' lantern inside (the toasted seeds are high in zinc!).
- 4) Dare to be the lame house on the block who gives out raisins (don't worry ,the dentist will give out the toothbrushes, so you'll be ok)
- 5) Create a haunted house in your yard for children to visit instead of giving out candy- they'll remember it for much longer than the junk food you didn't give them!



Healthy Snacks for Kids



Busy families sometimes have trouble fitting in three healthy meals each day. While children are eating extra calories, many still fall short on meeting their needs for vitamins and minerals such as vitamin E, B6, zinc, and iron.

Whether eaten on the go or at home after school, healthy snacks are easy and quick to put together and eat. Keep healthy beverages such as water, juice, and soymilk, and snack foods, such as the ones listed in the table below, on-hand at home and encourage your children to pack them into their bags before leaving the house.

- Chopped raw vegetables and dip, Chunks of avocado, cucumber, or cooked sweet potato
- Breadsticks or pita chips with hummus Pretzels or popcorn
- Tortilla chips with bean dip Cheerios, granola, or other cereal in a bag
- Toasted whole grain breads/crackers with nut butters Graham crackers or gingersnaps dipped in applesauce
- Mini rice cakes with peanut butter Apple slices with almond butter
- Fresh fruits Dried fruits, especially raisins
- Frozen bananas blended with a little non-dairy milk Applesauce or other fruit cups
- Nuts, especially mixed with dried fruit Soy yogurt
- Soy ice cream Individual boxes of soymilk, rice milk, or fruit juices
- Homemade muffins or cornbread Fresh soybeans (edamame)

Maple Walnut Granola

Makes about 6 cups

- 3 cups rolled oats
- 1 cup wheat germ
- 1/2 cup chopped walnuts
- 1/2 cup raisins
- 1/2 cup dried cranberries 1
- 1/4 cup sesame seeds
- 1/4 cup maple syrup
- 1 teaspoon cinnamon
- 2 tablespoons molasses



Preheat oven to 300°F. Combine all ingredients in a large bowl and mix thoroughly. Transfer to a 9- x 13-inch baking dish. Bake, turning often with a spatula, until mixture is golden brown, about 25 minutes.

Applesauce • Makes about 6 cups

- 6 large, tart apples (Granny Smith)
- 1/2 teaspoon cinnamon
- 1 cup undiluted apple juice concentrate

For smoother applesauce, cut apples into quarters and remove cores. Chop finely in a food processor. Transfer to a pan and add apple juice concentrate and cinnamon. Cover and cook, stirring often, over low heat until tender, about 15 minutes.

Oat Bran Muffins (wheat Free)

Warm oven to 400 F, Grease 24 muffins tins

- 2 1/2 c Oat Bran 1/2 c Raisins
- 1/2 c chopped nuts 1/4 tsp salt
- 1/4 tsp cinnamon 2 tsp Baking powder
- 1/4 c oil 1/2 c milk, rice/soy milk or juice
- 3 egg yolks

Mix dry ingredients in large bowl. Beat liquid ingredients with blender or mixer then stir into dry ingredients. Bake 400 F for 15-20 min. Let cool. Eat and enjoy.

Pumpkin Spice Muffins • Makes 10 to 12 muffins

- 2 cups whole wheat or oat flour 1/2 cup sugar
- 1 tablespoon baking powder 1/2 tsp baking soda
- 1/2 teaspoon salt 1/2 tsp cinnamon
- 1/4 teaspoon nutmeg 1/2 cup raisins
- 1 15-ounce can solid-pack pumpkin

Preheat oven to 375°F. Mix flour, sugar, baking powder, baking soda, salt, cinnamon, and nutmeg in a large bowl. Add pumpkin, 1/2 cup of water, and raisins. Stir until just mixed. Spoon batter into oil-sprayed muffin cups, filling to just below the tops. Bake 25 to 30 minutes, until tops of muffins bounce back when pressed lightly. Remove from oven and let stand 5 minutes. Remove muffins from pan and cool on a rack. Store cooled muffins in an airtight container.

