

SUNSKY WELLNESS NEWSLETTER SPRING 2008

Contents:

- 1) Update: I am moving to Manitoba on July 1st and Dr. Colin Race will be taking over my Naturopathic practice. Please read on.
- 2) Introduction from Dr. Colin
- 3) Bill C-51- An article explains how this proposed bill will affect your healthcare options, and a quick letter to your local government rep.
- 4) Naturopathic Medicine Week was a huge success at Inglewood family Health Center
- 5) Health care and healing referrals in Calgary- resources
- 6) Recipe- Spicy Lentil Soup

1) In the Naturopathic consultations, articles and mailings that I share with you all, I strive to impress the value of following your heart and pursuing your dreams. This kind of truth to purpose is necessary to achieve optimal mental, emotional and physical health. My journey to health and fulfillment has lead me to a rather unexpected path, as my partner Matthew and I have decided to move back "home" to Manitoba. As a fulfilled and happy doctor in Calgary with a wonderful community of support, this was a difficult decision. However, I feel that it is ultimately in my best interest for health and the long term as I commence a new stage of life in building my own family. Matthew and I will be married this summer in our new home town on the lake, Gimli, Manitoba.

It is of utmost importance to me that you are cared for in a warm and empathetic manner by a highly skilled and qualified physician and able to continue the work that we have begun on your journey to optimal health. I have asked a trusted colleague, Dr. Colin Race ND, to take over the Naturopathic Practice at Inglewood Family Health Center and continue working with you towards your health goals. I will be available for consultation at Inglewood Family Health Center until Thursday, June 26th, 2008. I will be reviewing all patient files with Dr. Colin Race this month, and he will be joining me for several patient visits in June and available for consultations as of June 30, 2008. Inglewood Family Health Centre will be hosting a patient appreciation day on Thursday, June 10th, where you are all invited to come in and meet Dr. Race. I am confident that you will all find Dr. Race a friendly, caring and exceptionally skilled doctor and that he will feel at home with the community at IFHC. I have asked Dr. Race to include an introduction and bio which you can read below.

I'd like to thank you all for your positivity and support of Naturopathic Medicine and my work, for bringing me such interesting learning opportunities and for making me feel so welcome in Calgary. I will maintain the same e-mail address and website if you have questions or would like to drop me a line sometime. I will look forward to hearing from many of you and wish you all the very best in health and happiness.

2) *Hello! I am very happy to be joining the Inglewood Family Health Centre and to be taking on the care of Dr. Sara Korsunsky's patients. Sara has been a friend for*

many years and I wish her the best as she leaves Calgary to return to her roots in Manitoba. I think you will find my approach to health very familiar, as Sara and I share a similar approach to our practices.

For those of you interested in my background, I began my post-secondary education studying chemistry at Brock University. I spent one year studying abroad at the University of Freiburg, Germany and completed my Honours BSc in 1999. Next, I joined a research group at the University of Guelph, where I studied organic chemistry and graduated with an MSc in 2001. I went on to study biology at Dalhousie University for one year before entering the field of Naturopathic Medicine.

I finished my education in Naturopathic Medicine in 2006, having completed the four year, full-time medical program at the Canadian College of Naturopathic Medicine. After graduation I convinced myself twelve years is enough university, so I then moved to Calgary and haven't looked back!

As we begin to work together, you will learn more about me, but for now I am looking forward to meeting you and continuing to support you in your journey toward better health. If you would like more information, feel free to visit my website at www.nd-health.com.

Dr. Colin Race ND

3) Update: **Bill C-51**:

Many of you have been concerned about the proposed Bill C-51 and its threat to Naturopathic Medicine. Attached is an article summarizing the Bill's purpose and shortcomings. Now is an ideal time for those who value Naturopathic Medicine to take action and contact your local and provincial government officials to express your concern. I have attached a letter which can be reprinted and e-mailed or mailed out quickly and easily. Please take a few moments to exercise your rights and make your voice heard, in order to prevent an error by our country's officials that will endanger all of our health care even further!

Here is a brief summary:

- **The bill introduces a new term called "prescription therapeutic products" to refer to any product, including a natural product that is not included under the current natural health product regulations and states that they will be accessible only by a "practitioner." Which products will become prescription therapeutic products is unclear and this concerns NDs.**
- **Of greater concern is that under this bill, prescription therapeutic products require a prescription from a "practitioner."** Practitioner is defined as an individual who is authorized under the law of a province to prescribe or dispense prescription therapeutic products. Currently **naturopathic doctors do not have prescribing authority** and are not designated as a practitioner in Canada.
- **The result is naturopathic doctors are excluded from access to those natural products that are or may be designated as a prescription therapeutic product.** These are the same products that naturopathic physicians have been using safely and effectively to treat patients for over a century.

- If naturopathic doctors are unable to access products in line with their training and appropriate for treatment, **patients' health is compromised**, which ironically is in part what the bill is supposed to prevent.
- The **only solution to this problem is to have the provincial ministries of health in coordination with the federal ministry of health deal with the issue of practitioner status and prescribing authority for NDs prior to the implementation of Bill C-51.**
- **Thank you so much for paying attention to this matter! Your support helps!**

4) **Naturopathic Medicine Week** May 4-10th, 08 at Inglewood family Health Centre was a great success! Thanks to the help of our staff, clients at IFHC were introduced to Naturopathic Medicine Week's theme of "Disease Prevention and Health Promotion" through educational material, a quiz, product samples and over 25 prizes valued at over \$500. I also gave a lecture the Autism Association of Calgary on Naturopathic Solutions for Autism Spectrum Disease which was well attended. Thanks for your support, and visit www.cand.ca for next year's events in your city.

5) **Referrals in Calgary:** I have met and learned from very talented healers and teachers in Calgary and would like to pass on their contact information to all of you.

Iyengar Yoga:

The Yoga Studio of Calgary- **Sunday, June 22- Free Yoga at Wellington Square 228-5808.** 4 locations offering Iyengar Yoga. For details visit http://www.yogastudiocalgary.com/index.php?module=pagemaster&PAGE_user_op=view_page&PAGE_id=20.

Critical Alignment Therapy Yoga:

-Natalie Monson, private and group classes, specializing in critical Alignment Therapy Yoga, Iyengar yoga and Fusion of Pilates and Yoga. 852-2115

-SherYoga Therapy Studio: Sherryn Rault, 9516 5 St SE, Calgary, Alberta, 403-816-1502, sheryoga@shaw.ca

A New Place, A New Direction in Therapeutic Yoga. Specializing in "Critical Alignment Yoga Therapy®" for relief and management of chronic pain. Release tensed, stressed and repetitively strained muscles, joints and spine. Using specialized yoga tools and breathing techniques learn to stabilize and balance your structure making it possible to begin building a new alignment.

Myofascial Release Therapy:

-Nadine Samila, RMT, Center for Soft Tissue Pain, 216-8770. I have been telling many of you about Myofascial Release for musculoskeletal complaints and Nadine is a wonderful therapist. After 2 visits in two months with Nadine, my neck and back have been stable and the adjustments that I previously received every 2nd week are now minor tune-ups once monthly at maximum. Nadine is an expert on postural reconstruction and permanent solutions to musculoskeletal complaints.

-Merle Morton, PT at the Allan Centre for Women. Merle has been practicing PT, myofascial and craniosacral therapy for over 40 years and is a wealth of knowledge on many difficult conditions such as pelvic pain, incontinence, musculoskeletal injuries from sports (ie horseback riding, falls) and delivering children. She is extremely knowledgeable in this field and is a well kept secret in Calgary.

Massage Therapy:

-What a wonderful team of Massage Therapists I have seen in Calgary! Alexis Erickson and Lisa Peters both work from Inglewood Family Health Centre, 262-3262. Leanne Sommerville works from Fruition Therapeutics on 17th Ave SW, 244-9111. These women all have great hands and better technique for working out muscle tension. Did you know that regular massage therapy reduces the risk of cancer by as much as 49%? Self-care helps!

6) **Spicy Lentil Soup Recipe**

Current research points to a more vegetarian and legume based diet for preventing diseases such as cancer, heart disease, and arthritis. Legumes such as lentils and soy beans have cancer fighting compounds but are also affordable as meals, are high in fiber and help to maintain a healthy weight. Carrots contain carotenoids that are healthy for skin, eyes and the immune system (aka fights colds and aids cancer prevention). Using curry regularly in meals can help to minimize inflammation in joints or the gut, and has antioxidant properties that are up to 300 times stronger than vitamin E! Here's a quick and easy recipe for lentil soup with carrot that can be made on the weekend and frozen or stored and eaten for the week. It's vegan, gluten and dairy free and full of immune boosting herbs such as garlic and curry powder. Remember not to reheat using plastics and try to minimize the use of microwaves for optimal nutrition.

Ingredients:

- 2 tbsp olive oil
- 1 medium red onion
- 1 cup red lentils, rinsed
- 8 carrots, peeled and finely chopped
- 1 inch piece of fresh ginger, peeled and finely diced
- 5 cloves garlic, peeled and coarsely chopped
- 1 tbsp dried ground cumin
- 1 tbsp dried ground coriander
- 2 tbsp curry powder
- 1 cinnamon stick
- 1 tsp harissa or crushed dried chili peppers
- 2 cups (or more if a thinner soup is desired) organic vegetable stock (can be made from organic boullion cubes)
- 1 14 oz. can of whole Italian tomatoes
- ¼ cup chopped fresh cilantro

Dice the onion finely, and add to a large saucepan with the olive oil. Sauté until onions are soft. Add the next 8 ingredients (up to the vegetable stock) and the harissa or chili peppers and cook, stirring, for 5 minutes to blend flavours. Add the stock, tomatoes and their juices. Bring to a boil and simmer, stirring occasionally for about 1 hour or until the lentils and the carrots are tender. You may add more water or stock if the soup thickens excessively. Remove the cinnamon stick. Remove the soup from the heat and puree with a hand blender, or you can puree in small batches in a blender or food processor. Return to pot and reheat briefly, and add salt and pepper to taste if necessary. Garnish with fresh cilantro and serve. Makes about 8-10 cups of soup, can be frozen.