



SUNSKY WELLNESS SUMMER 2007 NEWSLETTER

Dear friends:

It's finally summer! Summer is generally a time when health concerns take the backburner, but it's important to stay in touch with your ND if your health symptoms change or if you are just beginning your treatment protocol. Make sure to book a visit for early fall to discuss Naturopathic alternatives to the flu shot and infection prevention for your household.

In this issue you'll find:

1. Clinic News- new location for summer & Regulation of Naturopathic Medicine in Alberta- your input is helpful right now
2. Sunny Health Tips
3. Allergen Free Recipe: Toasted Quinoa Muesli
4. Info on Neti Pots for Sinus Health

1. Clinic News:

During the months of July and August, Dr. Korsunsky will be seeing patients from her home office, and will continue seeing patients in the Southeast area of Calgary at the Massage Studio & Day Spa. This temporary office location is just ten minutes north of downtown, in the Northwest area of Calgary, and there is plenty of free parking. A new, exciting, multidisciplinary family wellness clinic not far from downtown will be Dr. Korsunsky's new home in the fall. All patients will receive more information as it becomes available. For directions to your next appointment, please call Dr. Korsunsky at 617-2727.

Since 2000, Alberta's Naturopathic Doctors have been working with the government of Alberta to develop regulations under the Alberta Health Professions Act. The regulations will determine the range of services ND's will be allowed to provide. Naturopathic Doctors believe it is in the best interests of their patients to offer a full range of services to patients, including requesting laboratory tests, performing intravenous treatments and full physical exams. The Government of Alberta has been asked to approve Naturopathic Regulation, and any reduction in services might lead to Naturopathic Doctors being unable to meet all of their patients' needs.

Your input to the Government of Alberta is helpful. The importance you place in Naturopathic Medicine is valuable for the government to know. A quick e-mail or phone call to the Premier or Minister of Health and Wellness saying that you value and have benefited from Naturopathic Medicine and the range of services ND's provide would be helpful now, at a time when regulations are being finalized. Please let Dr. Korsunsky know if you are able to help out by contacting the individuals below, and if you have any difficulty in reaching them. Attached is a document outlining the key messages that Albertans can convey.

Premier Ed Stelmach- 780-427-2251
www.premier.alberta.ca/contact

Minister David Hancock- 780-427-3665
Edmonton.whitemud@assembly.ab.ca

For more information on the Regulation of Naturopathic Medicine in Alberta, please contact Dr. Korsunsky or visit www.ccnm.edu or www.cand.ca.

2. Sunny Health tips:

Sunshine sure feels wonderful, but unfortunately carries a big price . Wrinkles, sun spots and skin cancer are some of the direct effects of sun exposure, while free radical damage happens on the inside of the body, leading to chronic illness and unhealthy physiological processes.

What exactly is SPF? The SPF factor in sunscreen is the multiplication you use to calculate how long you can be in the sun without burning, but it is not an individualized number. For example, if SPF is 15 and you normally would burn in 10 minutes in the sun, you are imparted extra protection for 150 minutes, or one hour and a half (15 x 10).

Sunscreens often contain unhealthy additives, which jeopardize our health and our environment. Fossil fuel based propylene glycol, isopropyl alcohol, mineral oil and petroleum are often added as lubricants, but can dry and irritate our skin by not allowing it to breathe. This may result in pimples or more serious organ damage or cancers. For more information on the use of additives in skin care products, please read http://ezinearticles.com/?expert=Lori_Stryker . Aubrey Organics and Ecco Bella are skin care and make-up companies committed to using only health and earth friendly ingredients.

To prevent skin damage, it is essential to reapply sunscreen after the protection has expired. Carry a convenient spray bottle or sunscreen serviettes with you for unexpected lengths of time in the sun. Always replenish moisture lost from sun damage with a high quality moisturizer. Antioxidant moisturizers are easy to find in health stores. Covering skin is the best protection from skin cancer and damage , such as "liver spots" and wrinkles, is to keep covered by hats and light, reflective clothing. Using antioxidants like vitamins A, C & E, selenium and zinc can help prevent sun damage. Green tea and fruit and vegetables contain natural antioxidants, and appear in some sunscreens.

3. Allergen Free Recipe

Toasted Quinoa Muesli

Serves 2

If you haven't discovered quinoa yet, get ready for a delicious grain that can be included in any of the day's meals. It is easy to use and gluten free. This recipe uses quinoa flakes and can be multiplied to make as many servings as you like. To reduce the glycemic index of the meal for weight loss and blood sugar balance, I recommend topping the cereal with fresh berries instead of bananas. When shopping for groceries, look for local or organic produce, and if you can find both, you've hit a jackpot!

¼ cup chopped pecans or sliced, toasted almonds
1 apple, skin on, cored and chopped
1-2 tablespoons raisins
½ cup quinoa flakes, lightly toasted in a dry skillet
1 sliced banana or 1 cup of fresh berries
1 cup of plain yogurt (with bacterial cultures)
2 tablespoons berry sauce or honey

1. Combine nuts, apple and raisins in a food processor or blender and pulse briefly to mix (you can also chop it by hand or use a mortar and pestle). Add quinoa flakes and pulse again. Divide between 2 bowls and top with fruit and yogurt. Drizzle with berry sauce or honey. Enjoy!

4. Neti pots

Neti pots are a popular method for maintaining sinus health and preventing infections. The pots have gained interest after their appearance on the Oprah Winfrey show by Dr. Oz. The Nasal (Neti/Netti) Pot helps to clear congestion and pressure in the sinuses and nasal passages. Since the nasal passages are the body's first line of defense, it only makes sense to keep them clean and moist. Regular use can often relieve sinus problems. Nasal irrigation is now recommended by many doctors. The book Neti: Healing Secrets of Yoga and Ayurveda - by Dr. David Frawley (Pandit Vamadeva Shastri) is a thorough and practical presentation of how to use the neti pot yet. The book shows the place of such 'nasal therapies' in India's great healing traditions and their relevance for treating common diseases. The nasal rinse is a centuries-old treatment, it provides an easy, effective way to rinse-providing quick relief and a pleasant, soothing sensation. Simply run a mild salt-water solution in one nostril and out the other. Neti pots are available at local health food stores in Calgary. If you would like to order a Neti Pot through Dr. Korsunsky, please call or e-mail her with your order.

-As seen on the Oprah Winfrey show: check out http://www.oprah.com/health/oz/oz_20070426_350_106.jhtml for photos and further discussion on Neti.

By the way, thank you for your time and for your referrals- sending your friends and family for Naturopathic Health Care lets me know that you are happy with your care. I appreciate your feedback and comments as well. As always, please visit the website frequently for updates.
www.sunskywellness.com

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Wishing you a healthy and sunny summer,

Dr. Sara Korsunsky, BSc, ND
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