

SUN SKY WELLNESS WINTER 2008 NEWSLETTER

January 2008

Dear friends:

Healthy New Year! When we are truly healthy and working to prevent illness, abundant energy and a happy year will follow. January is a time for planning and resolutions for better discipline, physical health and emotional wellbeing. Did you know that most resolutions don't last past March? To assure success, read below about SMART goals, and come in to discuss your current state of health and prevention. If you are you still experiencing colds and flus, holiday weight gain and sluggishness, dry skin and lips, arthritis or cold induced asthma, what are you waiting for? Has your digestion taken a nose dive, or are shorter days getting you down? Follow through with your goals for better health, and experience relief while improving your body's function.

Wishing you health and successful goals,
Dr. Sara Korsunsky ND

In this issue you'll find:

1. [SMART Policies for Successful Resolutions and Goals](#)
2. [Introducing the Non-surgical Acupuncture Facial Program](#)
3. [New Testing Available for Disease Assessment and Prevention](#) - great for depression, insomnia, ADHD and Autism, immune deficiencies (Arthritis, MS, frequent illnesses) and much more
4. [Miso Marinated Tofu Skewers Recipe](#) by local Chef Matthew Rothman
***Gluten, dairy, egg free, low fat, with hypoallergenic substitutions*
5. [New articles at www.sunskywellness.com/seminars-articles.php](http://www.sunskywellness.com/seminars-articles.php)
6. [Fees have changed](#)
7. [Patient Testimonials Needed for the Website](#)
8. [Environmentally Friendly, No Products Necessary Cleaning Products Party Coming in February](#)

1. SMART Policies for Successful Resolutions and Goals:

Are you ready to make personal changes and improve your health, instead of just floating down the River of Health™ and playing the waiting game? Or are you contemplating

making changes, but frustrated with your history of failure? SMART Goal Setting is the only way to set yourself up for successful resolutions and goals! SMART goals are:

Specific
Measurable
Attainable
Realistic
Timely

Here's the breakdown:

Specific and measurable goals give you the opportunity to evaluate your progress and success at regular intervals and at an end time, and to identify and work with your challenges and roadblocks. **“I will lose weight and eat healthier” is an example of a non-specific and non-measurable goal, while “I will exercise for 40 minutes 3X a week and eat 5 1 cup servings of vegetables a day for the next 3 months to move down a notch on my belt”, is a much more specific and measurable goal, and more likely to be reached.** Once success is achieved, the goal has usually become a lifestyle change, and can be modified further in the future.

Attainable and realistic goal setting assures that your goals are logical and achievable with your current lifestyle, or at your level of readiness for change. Planning attainable goals is done by clearly outlining how you will make changes- it is the game plan. Expanding to the goal above with **“I will make or buy a 2-3 cup salad with protein to lunch each day using prewashed organic greens and homemade dressing, eat carrot/celery/cucumber/broccoli with hummus as my afternoon snack, and add 1.5 cups of steamed vegetables to dinner”** is essential. Be as specific as you need to be, keeping in mind your individual challenges from the past. Perhaps you are short on time, or don't enjoy preparing foods. Solutions might include purchasing prewashed salads (go for organic to avoid preservatives in cello packs), or investing in a juicer or Crock-pot so meals are more convenient.

Timely goals have a beginning and an end date, and regular evaluation periods. It is important to review your progress while you are making lifestyle changes and to make adjustments along the way. One final example of a commonly failed goal is to cut out all carbohydrates. **Aiming to cut out carbohydrates entirely is specific and somewhat measurable, but not attainable, realistic, timely or healthy,** as we all need B vitamins found in whole grains for nerve function and for a good mood. Patients who have tried this change in eating habits have experienced depression, as well as failure in situations where food is prepared by others (ie. A pizza party). Setting SMART goals with the support of your Naturopathic Doctor, family and friends along the way is all part of a winning game plan.

2. Introducing the Non-surgical Acupuncture Facial Program:

Beginning this month, a Cosmetic Acupuncture program will be introduced at both of Dr. Korsunsky's clinic locations. Problems such as wrinkles and lines, dark circles or puffy eyes, oiliness and large pores, dryness and acne are addressed in a natural, relaxing environment. Cosmetic Acupuncture and holistic skin analysis improves the quality, appearance and brightness of the skin by increasing circulation, oxygenation, and collagen and elastin production. In addition to dramatic face lifting

improvements, increased energy, improved stress responses and better overall health are experienced as facial acupuncture treatments address the entire body and improve the flow of Qi, or energy, throughout. Acupuncture is safe and painless, with no down time, scarring, side effects or risk of disfigurement or scarring. This fantastic alternative to surgery is available as a program of 12 treatments, including nutritional and skin care advice. For more information, call reception to book a free 15 minute Cosmetic Acupuncture consultation.

3. Neurological testing for disease assessment:

Testing is now available from NeuroScience laboratories, NeuroImmunology labs, and Doctor's Data Inc., including neurotransmitter* panels (great for any neurological symptom including insomnia, depression and attention related disorders) and immune panels. Testing of neurotransmitters helps to assess the cause of symptoms and to target treatments to specifically increase low levels or bring down abnormally high levels of both excitatory and inhibitory neurotransmitters. Detailed testing of the immune system can help to effectively direct treatment in disorders such as Autism, Lyme Disease, Candida albicans overgrowth, Celiac Disease, immune disorders, inflammatory disorders, active and latent viral infections, MS, Neuropathies, and Neurotoxicology. Drinking water analysis, comprehensive digestive analysis and toxic hair and urine analyses are other tests offered. For more information on available tests, please contact Dr. Korsunsky.

(*For those who don't recall psychology and neurology lectures from their academic pasts, a quick summary: neurotransmitters such as serotonin, epinephrine and dopamine are molecules found in the brain and spinal cord, that "jump" between neurons, creating signals for nerve function. To do so, these molecules cross a cleft and are absorbed by receptors in the next neuron, where they will either stimulate a reaction (excitatory) or stop a reaction (inhibitory) a neuron into a Remaining neurotransmitters in the cleft will then either be destroyed by enzymes such as monoamine oxidase, which turns off signals, or taken back in to the original neuron. Drugs for nervous system disorders are traditionally based on either stopping the destruction of neurotransmitters (e.g. Monoamine Oxidase Inhibitors or MAOI's), thus increasing their availability, or inhibiting reuptake (e.g. Selective Serotonin Reuptake Inhibitors, or SSRI's). Natural treatments can be tailored to each individual to support specific neurotransmitter production, without addiction or side effects, and actually improve physiology and health. For a great illustration of neurotransmitter communication, please visit <http://health.howstuffworks.com/antidepressant2.htm>).

4. Miso Marinated Tofu Skewers by local Chef Matthew Rothman

***Gluten, dairy, egg free, low fat, with hypoallergenic substitutions*

Total Prep time: 15 minutes

Total cooking time: 5 minutes (grilled) or up to 30 minutes (roasted in oven)

Suggested accompaniments: Arugula salad, long grain brown rice cooked with chicken or vegetable broth.

10-12 Metal or wooden skewers are needed. Presoak wooden skewers in cold water for one hour prior to grilling to prevent burning.

Marinade:

½ c. rice wine vinegar

1 c. vegetable oil

2 heaping tsp. yellow miso paste

¾ inch section of ginger root, cut small

¼ tsp sesame oil

1 tsp tamari

4 heaping teaspoons of honey

¼ tsp sambal olek or other spicy Asian Chili Paste (*omit if avoiding peppers or for a sweeter, milder dish*)

Directions: Place all ingredients in a blender. Replace the lid ☺, blend until smooth.

Skewers:

1 block extra firm organic tofu, cut into 1 inch squares*

1 zucchini, cut into 1 inch round discs

1 red onion, cut into 1 inch squares

2 organic bell peppers (different colors add flare)**, cut into 1 inch squares

Whole mushrooms, stems removed**

½ cup organic whole Cherry tomatoes**

Sea salt

Freshly ground black pepper

*Shrimp can be substituted for tofu in soy allergic individuals, but should be cooked on separate skewers as it cooks much faster than tofu and vegetables.

**Nightshade vegetables may be substituted with ½ head cauliflower or broccoli, broken into medium sized florets, blanched in simmering water for 2 minutes and thrown into a bowl of ice water, then drained.

Directions: Soak wooden skewers while preparing tofu and vegetables. Skewer vegetables and tofu on stick, alternating textures and colors. Lay skewers into a glass cake pan, season well with sea salt and freshly ground black pepper. Pour marinade over skewers and marinate about an hour.

Preheat grill, or oven to 450 Fahrenheit. Remove skewers from the marinade and reserve the liquid. Using a grill, cook skewers, basting with marinade about every 2 minutes. Cook until edges become brown and caramelized. The skewers will cook quickly, so stay by the grill to prevent burning. If the grill flame flares up, gently spray water over the flame to cool slightly. Oven cooking will take up to 30 minutes, and does not require basting. Remove from heat and serve over rice or other grain, or alone. Enjoy!

5. New articles are posted on www.sunskywellness.com/seminars-articles.php

The articles are brief yet informative introductions to Naturopathic approaches to common health concerns. They are also available for take home in each clinic's reception and education area.

New titles include:

- [Healing Arthritis: A Whole Body Approach to Health](#)
- [Cancer Screening, Prevention and Treatments](#)
- [Enhancing Fertility with Naturopathic Medicine](#)

Please visit the site to read these articles, and pass them on to friends who are interested in a more natural approach. Your feedback is welcome by e-mail or at your next visit.

6. Fees Changes

As of January, 2008 fees have increased slightly. Please refer to www.sunskywellness.com/fees.php for updated rates.

7. Patient Testimonials Needed for the Website

A patient testimonial section is under construction on the Sun Sky Wellness website. All responses will use initials only; no names will be given with comments. If you can help by submitting a brief testimonial of your experiences with Dr. Korsunsky, it would be greatly appreciated. Thanks to many of you have already kindly submitted your testimonials and feedback- others are encouraged by reading authentic words of satisfaction and success.

8. Environmentally Friendly, No Product Necessary Cleaning Products Party Coming in February

Decreasing environmental toxins is equally important for women and men, whose cancer and illness risks increase, and reproductive cycles and fertility levels suffer from toxic stress. Norwex is a Norwegian supplier of cleaning products that do not use harmful cleaning products and work fantastically. Many of the products contain silver, which is naturally antibacterial, and all products come with a warranty. These products are great for those planning families or with children or pets who play on floors, and for anyone who cleanse regularly and is exposed to harmful solvents and chemicals. Norwex products are sold through direct marketing, and I will be hosting an evening with a local representative to introduce the products to you, where they will be available for purchase. If you are interested in attending, please reply to this e-mail with your preference of a Tuesday, Thursday evening or a Sunday afternoon. Please visit www.norwex.ca for more information on products.

Thank you to each of you for your continued interest 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

If you would like to be removed from this e-newsletter list, please hit reply with the subject "unsubscribe".