

DR. VIVIENNE GUY, ND

SPECIAL
POINTS OF
INTEREST:

- Tara Waugh has joined the clinic as our receptionist. Please say a quick hello next time you call in !!
- The best way to communicate with us at the clinic is via the phone. Please call instead of emailing to ensure that your message is getting through. Best efforts will be made to respond within one business day. Lets talk !!

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Spring News for Riverside South and Kilborn Naturopathic & Wellness Centre

VOLUME 1, ISSUE 1

MARCH 2009

The Four Seasons Program - Spring - Focus on the liver and gallbladder, which govern the muscles, joints, tendons, and ligaments.

Our health maintenance program continues this season with a focus on the liver and gallbladder.

From a Chinese medical perspective, Spring is the time to care for these organs which govern the muscles, joints, tendons and ligaments.

With the arrival of Spring there also comes the ad campaigns telling you to cleanse and detoxify. Whether it is for your liver or your kidney, there is someone telling you to eat certain foods, not eat others, take herbs, and use supplements to clean out !

The suggestions may be great and work for many people, *but are they safe for you?*

Remember that you are unique and though Spring is the time for cleansing, It is important to en-

sure that *your* body is ready and able to manage what you do.



This Spring focus on assessing and *then* improving your body's ability to clear out toxins.

Call the clinic to ask for your spring health checklist.

Right now is the time to ask your MD or ND to perform blood tests and functional medicine tests to assess how the liver is working.

During the clinical exam blurred vision, bloodshot eyes, yellow sclera, ridged, soft or brittle nails

may communicate that your liver is in poor condition.

Remember the impact of emotions on our health. The emotion of anger strongly affects the liver, causing stagnation of energy and blood. Are you experiencing anger or frustration? Liver support could help ease this for you.

Did you know that the liver also has a big role in hormone balancing ?

Once you have a sense of how well your body's detox organs are working you can determine what the next safe and healthy steps are on your health program. This health season is from March 21—June 20.

In the next newsletter I will let you know the focus of the program for the Summer Season.

Naturopathic Pregnancy Care Program

In order to conceive, carry and deliver a baby, a couple ought to be at their most healthy. As a member of the Association of Perinatal Naturopathic Doctors (APND) of Canada I can help you detoxify, enhance nutritional status, adjust your weight, make recommendations to increase your partner's sperm activity, regulate hormonal patterns for you and your partner, and determine at what point in the month you are the most fertile.

Naturopathic Medicine is helpful in cases of infertility or fertility planning. Hormone levels, irregular from prior birth control pill or other drug use, a poor diet, or heredity can be assessed, adjusted and monitored using a combination of the modalities of Naturopathic Medicine. The body can be cleansed of toxins from food and drug metabolism long standing in our cells; nutrient deficiencies can be corrected with supplementation, herbs and

diet changes.

If you are already pregnant you may be interested in our Pregnancy Program consisting of monthly appointments, nutrition and supplement advice, acupuncture and one at home follow-up after birth.

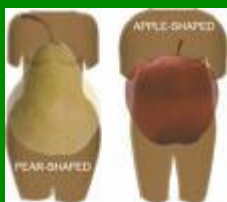


Spotlight on Folic Acid. Its role in preventing heart disease.



“Folic Acid supplementation can effectively reduce the risk of stroke...”

Breast Cancer is the most common cancer in women. 1 in 9 will be diagnosed with and 1 in 27 may die of breast cancer.



Naturopathic Medicine can help you to decrease your waist to hip ratio and your risk of heart disease.

[Reference from Health Canada website.]

High blood pressure is one of several risk factors for cardiovascular disease, including heart attacks and stroke. Research, published in the Journal of the American Medical Association (JAMA) indicates that folic acid (a B vitamin) may help prevent and treat individuals with high blood pressure.

Among 93,803 women aged 27 to 44, those who consumed at least 1,000 micrograms a day of total folate (from foods and supplements) had a **46 percent decreased risk** of hypertension compared with those who consumed less than 200 micrograms a day, the study found. In a second group of 62,260 women aged 43 to 70, those with a high total

folate intake had an 18 percent reduced risk of hypertension.

For women in the study who did not use any folic acid supplements, getting the substance from foods alone failed to lower the risk of high blood pressure.

Further to the study of folic acids role in reducing cardiovascular disease, the Lancet, June 2007 reported findings from 8 randomized trials that had stroke reported as one of the endpoint.

The report indicates that folic acid supplementation can effectively reduce the risk of stroke in primary prevention.

Folic acid occurs naturally in substances such as orange juice and leafy green vegetables and is added to some products, but only high-dose supplements seem to affect blood pressure.

Multivitamins usually provide between 400 micrograms (.4 mg) and 1000 micrograms (1 mg). Taking a B complex vitamin formula in addition to a multivitamin will usually ensure that you are getting at least 1000 micrograms.

Because folic acid is a water soluble vitamin, there is no need to worry about toxicity when taken within the recommended dosage ranges.

As with any supplement, talk to your health care provider (Naturopathic or Medical Doctor) if you are currently taking any prescription medication.

Healthy Breast Program

In response to these numbers on the left, I have completed the Healthy Breast Teacher Training Program by Dr. Sat Dharum Kaur ND, a leader in the area of Breast cancer and breast health.

I am in the process of setting the dates to teach the Healthy Breast Program at the Kilborn clinic.

This program will equally support women undergoing conventional treatment, those who have had treatment in the past, those who have a family history of prostate or breast cancer and those who have been identified as at risk based on genetic markers. The Naturopathic information provided

is ideal for preventing current and long term effects of treatment and for prevention of new cancers and recurrence of old diseases.

If you would like to find out more about the content of the program, don't hesitate to call us. Would you like your name on the contact list for when the dates have been set? Just let us know

Are you an Apple or a Pear ?

Most people believe that excess weight is bad for your health. But now research has shown that it is where excess fat is stored on the body that is the key link to the risk of future health problems.

Apple-shaped people store body fat around the abdomen and chest, surrounding internal organs, such as the heart.

Pear-shaped people store fat on the hips and thighs, just below the surface of the skin.

The good news for Pears is that the excess fat they store in the lower

body is not necessarily a risk to their health. Apples, however, have a higher risk for heart disease, stroke, diabetes, high blood pressure and gall bladder disease. Even when Apples and Pears have similar body weights, these diseases progress faster and more seriously in Apples than in Pears.

Does your body shape change when you lose weight? It depends on whether you are an Apple or a Pear. When Apples lose weight, they do reduce the fat in the upper body, so they look different (and reduce their risk of disease). Pears also tend to lose fat in the upper body, so even

when they lose weight, their overall shape does not change much. In short, a Pear may always be a Pear.

Assess your health risk.

1. Measure your waist in inches at the smallest part.
2. Measure your hips at their widest.
3. Divide your waist measurement by your hip measurement to calculate your WHR (waist to hip ratio)

Your waist to hip ratio should be less than 0.8 for a woman and less than 1.0 for a man.

Health Check 101



In our work together, I encourage you to make healthy changes in your life. Examples of which are to eliminate some inflammatory foods or commit to getting outside daily for some fresh air and movement.

Naturopathic medicine then requires a dose of responsibility and commitment on your part. As many of you may have experienced, creating change and improving health may not seem quick and easy. Sometimes it may be hard to stay motivated. Performing your regular health check can help keep you on track and see how your efforts are paying off. Here are a

few ideas.

1. Having tests available to monitor progress is wonderful. Doctors Data is a lab in the US that has great functional medicine tests available. Functional tests qualify how well organs or systems are working in the body. *This season, Call us to pick up a hepatic detox profile test.*

2. Those of you who have your health binders could add a section to keep health notes. Jot down any symptoms you might be experiencing. Symptoms are your body's signal that something is not functioning well, preventing you from reaching your health goal. We need to

address these symptoms to prevent disease. This also helps you see when those symptoms have gone for good !!

3. Write down your health goals. In doing so you are creating a roadmap to your success. Reviewing them will increase your focus and your likelihood of accomplishment.

4. Every two months complete a week long diet diary. It will serve as a reminder of how well you are doing or help you see some areas that you could improve upon.

“What have I done today to help myself feel better?”



“Have you had your annual health check up? Your body may be showing signs of functional or nutritional deficiency. You should bring your body in for a check up even more regularly than your car !!

Remember that Naturopathic Medicine is preventative medicine. Call us to set up your one hour complete physical examination.”



Omega-3. For your vision and your brain

When you see the label of your Omega-3 oils you will see EPA and DHA. What are the roles of these acids?

EPA and DHA support flexible joint function, vibrant skin and improved blood chemistry. They are anti-inflammatory and are needed for every cell in the body

DHA—supports a healthy mental

attitude and good vision because it is a major building block of tissues in the brain and the retina of the eye. It is used as a structural component of membranes, which are protective walls are each cell in our brain.

DHA is concentrated in the membranes of neurons (nerve cells) where its unique structure aids in the exchange of neurotransmitters

(brain messengers) to support healthy nerve and brain functions.

There are different formulas available with varied concentrations of EPA and DHA. Ask about which is best for you and your health needs.

PMS, Calcium and Vitamin D

Studies suggest that getting an adequate intake of Calcium and Vitamin D may help prevent premenstrual syndrome (PMS) in women.

Previous studies had suggested that these nutrients may be useful in treating the condition, but this is the first study that suggests that they can help prevent the syndrome.

In addition to dairy products, the following foods are good sources of calcium:

- Fortified Soy Milk
- Cooked greens (spinach, bok choy, collard greens, broccoli)
- Tofu
- Sardines (with bones)

Vitamin D is also found in fortified milk, soy milk, sardines, mackerel, herring, salmon and shrimp. Because of increased risk of osteo-

porosis, most women should take a calcium supplement that provides at least 800-1200 milligrams of Calcium, and 1000 IU's of vitamin D. Because Magnesium is important for calcium absorption, look for a supplement that provides calcium and magnesium in a 2:1 ratio.



Researchers now recommend a daily dose of 1,000 IU of Vitamin D.



Dr. Vivienne Guy, ND

Kilborn Naturopathic & Wellness Centre
Riverside South Clinic
201-1385 Bank St & 665 Earl Armstrong
Monday 4:30-8:30 Riverside
Tuesday 12-7 Bank & Kilborn
Wednesday 8:30-12:30 Riverside
Wednesday 1-5 Bank & Kilborn
Thursday 9-5 Bank & Kilborn

TO SET UP YOUR NEXT APPOINTMENT
AT EITHER LOCATION CALL 738-8000

Introducing whole foods to your children while they're young can help to prevent diabetes and obesity later on in life. Start their day off with cereal made from the whole grain like oatmeal (not instant). Pack lunches with sandwiches made from sprouted grains, and provide raw green beans, carrots and fresh fruit as snacks.

Healthy and Delicious Chickpea & Tomato Salad

Combine the following ingredients:

- 2 cans chickpeas, drained and rinsed
- 2-3 tomatoes, diced
- 1-2 Tbsp fresh parsley, chopped
- ½ small onion, chopped
- 1-2 tsp dried oregano or basil
- 1 Tbsp unrefined olive oil
- 1 Tbsp red wine vinegar

Principles of Naturopathic Medicine.

Naturopathic Medicine is a natural approach to health and healing that recognizes the integrity of the whole person.



1. First Do No Harm

Therapeutic actions should be complementary to and synergistic with the healing process.

2. The Healing Power of Nature

The body has an inherent ability to establish, maintain, and restore

health. The healing process is ordered and intelligent; nature heals through the response of the life force.

3. Identify the Cause

Illness does not occur without cause. Symptoms express the body's attempt to heal, but are not the cause of disease. Causes may occur on many levels including physical, mental, emotional, and spiritual.

4. Heal the Whole Person

The harmonious functioning of physical, mental, emotional, and spiritual aspects are essential to recovery from and prevention of disease.

5. Doctor as Teacher

A cooperative doctor-patient relationship has inherent therapeutic value. The physician is a catalyst for healthful change, empowering and motivating the patient.

6. Prevention is the Best Cure

The ultimate goal of any health care system should be prevention of disease. This is accomplished through education and promotion of life-habits that create good health.

Naturopathic Doctors are licensed medical professionals. Services are covered by most extended health care plans and no referral is needed to make your appointment.