



NATURAL HEALTH NEWS

YOUR KEY TO A HEALTHIER YOU!

Fall 2005

Clinic Notes

Julie Zepp ND

Doctor of Naturopathic Medicine



☼ Happy Birthday to Us!

The Regina Rehab and Family Medical Center celebrated its first birthday in June. It has been an exciting year for the clinic: we have added a number of new practitioners to the team since our opening last year making our facility a unique health care experience in this province. Our clinic boasts 4 registered massage therapists, 2 family physicians, 1 naturopathic doctor, 1 chiropractor and 1 physiotherapist. We also have an orthotics specialist who joins us once a month. We truly are your "one stop for health"!

☼ During a recent "brainstorm" session held with the practitioners here at the clinic, many exciting ideas were generated. Dr Wilna Wildenboer suggested the slogan "From Roots to Wings" for the clinic, and this was met with much enthusiasm. Our goal is to give you the tools to begin to grow the roots of good health, and will allow you to soar to optimal health!

☼ Patient education is a mandate of our clinic. Ways in which we work to engage our patients in their healing process include the distribution of this quarterly newsletter, monthly Naturopathic Medicine seminars and now natural health information is available online. Visit www.drzepp.com for information on Naturopathic Medicine and check out the "Our Clinic" page for information on all of our practitioners.

☼ The next Naturopathic Medicine seminar will be "Back to School With Naturopathic Medicine". For details please refer to the Calendar of Events on page 6.

☼ We make this newsletter available at the reception desk, so be sure to look for your copy when you visit us. I have also started an email distribution list, so if you choose to have this free newsletter emailed to you, please leave your contact information with our friendly front staff or sign up online at www.drzepp.com

☼ You may have noticed that a number of our articles continue from newsletter to newsletter. If you wish to read past editions of the newsletter, please visit the website where you will find them posted for download.

From all of the practitioners and staff here at the Regina Rehab and Family Medical Clinic, we would like to thank you for your support, and we are honored that you have chosen members of our team to help you meet your health goals! ☼

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Meet the Team

Julie Zepp ND

Doctor of Naturopathic Medicine

Welcome to the Integrative Health Team here at the Regina Rehab and Family Medical Clinic! Our practitioners have each taken the time to prepare a short bio, letting you know who they are and what they do. Please read on, to see whether or not their services may be of interest to you, or to someone you know! We look forward to working with you, and getting to know you too!

Diana Downie R.M.T.

Profession: Registered Massage Therapist

Training: Professional Institute of Massage Therapy (Saskatoon, Sask.)

Treatment Methods Used: Soft Tissue work, Fascial release, trigger point therapy/ ischemic compressions, Manual Lymphatic Drainage, Muscle Energy Technique

Areas of Interest: Temporomandibular Joint Dysfunction (TMJ), Headaches (Tension/ Migraine)

Jason Kraft D.C.

Profession: Licensed Chiropractic Doctor

Training: Canadian Memorial Chiropractic College (Toronto, Ontario)

Treatment Methods Used: Spinal manipulative therapy, Active Release Technique (ART)

Areas of Interest: Tennis elbow, plantar fasciitis

Julie Zepp N.D.

Profession: Licensed Naturopathic Doctor

Training: Canadian College of Naturopathic Medicine (Toronto, Ontario)

Treatment Methods Used: Acupuncture, Diet/Lifestyle counseling, Herbal medicine, Homeopathy, Vitamin/mineral supplements

Areas of Interest: Hormonal imbalances, Women's health

Kim Woycik, B.Sc. P.T.

Profession: Physical Therapist

Training: University of Saskatchewan:

College of Physical Therapy (Saskatoon, SK)

Treatment Methods Used: Manual Therapy, Exercise Prescription, Acupuncture, Ultrasound

Areas of Interest: Shoulder pain/injuries, Repetitive Strain Injuries, Chronic Pain

Matt Horejda R.M.T.

Profession: Registered Massage Therapist

Training: Professional Institute of Massage Therapy (Saskatoon, Saskatchewan)

Treatment Methods Used: Massage Therapy, Swedish Massage Therapy, Deep Tissue, Sports Massage Therapy, Relaxation Therapy

Areas of Interest: Sports Therapy, Deep Tissue Therapy, Pain relief/management, Relaxation Therapy

Trina Stull R.M.T.

Profession: Registered Massage Therapist

Training: McKay Massage and Hydrotherapy Program (Saskatoon, SK)

Treatment Methods Used: Swedish Massage Therapy, Myofascial Release, Hydrotherapy, Joint Play

Areas of Interest: Piriformis syndrome, post-sports recovery, low back pain

Warren Barry R.M.T.

Profession: Massage Therapist

Training: Western College of Remedial Massage Therapy, Regina, Sk.

Treatment Methods Used: Myofascial Release

Areas of Interest: Chronic Pain, Fibromyalgia, Trauma Recovery

These are the members of our "paramedical" team. We work together with medical doctors, both here and at other clinics, in order to provide the best possible care to our patients. We do have two family physicians here unfortunately neither are currently in a position to take on any new patients. Here they are:

Fouché Williams MD

Profession: Family Physician

Training: Medical Doctor, MBChB, South Africa; Certificant of the College of Family

Physicians of Canada; Certificant of the Acupuncture Foundation of Canada Institute; Advanced Cardiac Life Support Provider

Areas of Interest: Integrative Medicine, Acupuncture, Emergency Medicine

Wilna Wildenboer-Williams MD

Profession: Family Physician

Training: Medical Doctor, MBChB, South Africa; Certificant of the College of Family Physicians of Canada; Certificant of the American Society of Addiction Medicine and of the Canadian Society of Addiction Medicine, Member of the Child Abuse Team of Regina

Areas of Interest: Drug addiction rehabilitation, in particular opiate maintenance therapy; Child abuse prevention and management.

If you would like more information on any of the services we provide, please contact the clinic and speak with one of our friendly, helpful front staff. If you would like additional information on the orthotics services, please send an email to Claude St Loius at cslorthostep@sasktel.net or call 1-877-375-5318 ☀

Backpacks: How to Choose the Right One

Kim Woycik B.Sc., P.T.
Physical Therapist

Did you know that carrying an overloaded backpack or carrying one improperly can lead to poor posture, overstretching of the soft tissue in your neck and back, and strain on muscles and joints? Teens and children are particularly vulnerable to injury while they are growing and developing. Over time, the strain of carrying heavy loads can result in the following:

- Harmful strain in the muscles and soft tissues of the back
- An adaptive curve in the spine from leaning to one side or leaning forward

- Impaired shock absorption of the disks between the spine bones from compression and/or improper alignment
- Nerve compression in the arms from stress to the shoulders

When selecting a backpack for your child, look for one with the following features:

Padded Back – to reduce pressure and prevent the pack’s contents from digging into the back

Padded shoulder and chest straps – to reduce pressure and balance the weight. Adjust the shoulder straps so the bottom of the pack sits two inches above the waist

Waist belt or hip strap – to distribute some of the weight to the pelvis and legs

Reflective material – to increase visibility at night

Encourage your child to use his or her backpack correctly. Using both shoulder straps helps distribute the weight of the pack evenly. Using only one strap overloads one shoulder and encourages leaning to one side. Over time, this can result in back pain and adaptive curving of the spine.

Also, ensure the backpack isn’t too heavy. A full backpack should never weigh more than 15 percent of the wearer’s bodyweight.

If your child complains of pain when wearing the backpack, tingling or numbness in the arms, or red marks on the shoulders, an ill fitting or improperly worn backpack may be at fault. Adjust the backpack before it becomes a serious problem.

For more information consult a Physical Therapist or visit the Canadian Physiotherapy Association website at www.physiotherapy.ca ☀

What is Myofascial Release? – Part 3

Warren Barry RMT

Registered Massage Therapist

In the last two newsletters, I have written on Myofascial Release, what it is, and some of the aspects of this very interesting treatment modality. I encourage you to read the previous two newsletters if you have not already done so.

In the last newsletter, I wrote on the mind-body complex, and the affects of trauma in relation to the fascial system. This issue, I will discuss and explain the aspect of Myofascial Unwinding. This process ties in with the mind-body complex and the effects that past trauma(s) have on our system. Let's use the same example as the last newsletter; say someone was in a car accident; they walked away and thought that they were ok. Later on, they develop physical symptoms that are not linked to any acute injury, and they are not aware of what may be responsible for their condition. Through the memory of the mind-body complex, this individual has been bracing against getting hit again just like in the accident. The body has set up a protective mechanism so that it doesn't happen again. Now, let's say that you saw the car coming from behind you, and you know that you are going to get hit. Many thoughts go racing through your mind such as, I am going to die, I will be paralyzed, or I will never make it home to see my family. Then, the impact occurs, and these thoughts that were going through your mind at that moment now gets stored into memory. When many of us are injured, we go into a state of disassociation at the moment of trauma in order to survive. Our mind-body experiences an instinctive freeze response, and this positional, physiological memory becomes permanently imprinted into our mind-body awareness. Because this positional memory becomes disassociated and locked into our sub-

conscious, we have no awareness of it, without conscious awareness, we have no control over it, and we have no choice.

The Myofascial Unwinding process is a fascinating process that allows the body to return to positions of past trauma, and while in those positions, information will come flooding forward of the trauma, and the thoughts or feelings that occurred at that moment. I refer to this as frozen moments in time. We know that consciously we did not die, or that we weren't paralyzed in the accident, but our sub-conscious mind may have thought otherwise, and this process allows this information to come forward. The patient may experience the feeling, emotion, thought, vision, smell or taste, just like they were back in the exact moment of trauma. The therapist will then dialogue with the patient and help them walk through the trauma, and change that belief or thought pattern that was hindering their progress, and significantly help their healing process to return to an active pain-free lifestyle.

If you require more information on Myofascial Release, you can contact myself, or Trina Stull, RMT. We would be happy to answer any questions that you may have.

Wishing you all the best.

- Warren Barry. ☼

Healthy Snacks

Julie Zepp ND

Doctor of Naturopathic Medicine

It is time for back to school and that means time to prepare lunches and snacks for ourselves and our children. There are many healthy recipes out there and ways to modify your existing favorites to make meals and snacks that are healthy alternatives to old favorites. I am including some of my favorite recipe substitutions that you can use to make your meals more nutritious, in addition to a recipe for

nutritious and delicious "Almond butter cookies".

Item	Option
Egg	1 Tbsp ground flax seeds + 3 Tbsp water
Wheat flour	Rice flour (+ guar gum or xanthum gum) Spelt flour
Milk	Soy, rice or nut milk
Sugar	Stevia Maple syrup, brown rice syrup, molasses
Margarine or shortening	Butter Vegetable oils
Butter	"Better butter" (mix 1:1 butter with olive oil in a blender until smooth and liquid. Store in a sealed container in the fridge.
Peanut butter	Other nut butters (almond, cashew, sesame, etc)
Salt	"Sesame salt" (grind ¼ cup unhulled sesame seeds, ¼ cup flaxseed to a fine grind. Add to 1 tsp salt in salt shaker. Refrigerate between uses
Fruit yogurt	Blend 1¼ cup fresh or frozen berries in a blender. Add a small amount of apple juice if desired for added sweetness. Stir into plain yogurt

Almond Butter Cookies

Ingredients:

- 2 cups whole wheat or spelt flour
- 1 cup roasted almond pieces
- 1 pinch salt
- 1 cup almond butter
- 1/3 cup maple syrup

Combine flour, almonds and salt in a food processor and process to a fine powder. Using an electric mixer, cream together almond butter and maple syrup. Combine both mixtures. Gather the dough into a ball, cover & refrigerate for 3 hrs or overnight.

At baking, preheat oven to 300F. Roll out dough to ½" thick and use cookie cutters to shape cookies. Bake until lightly browned 20-25 mins.

Using almond butter instead of peanut butter reduces the amount of saturated fats one is consuming. It allows provides the body with more calcium, fiber and omega fatty acids than does peanut butter. ✨

It is part of the cure to wish to be cured.
- Seneca

Most of the shadows of this life are caused by our standing in our own sunshine.

- Ralph Waldo Emerson

A lot of what passes for depression these days is nothing more than a body saying that it needs work.

- Geoffrey Norman

Man is harder than iron, stronger than stone and more fragile than a rose.

- Turkish Proverb

~ A collection of quotes submitted by
Synde Barry ~

Treating Plantar Fasciitis Naturally!

Jason Kraft DC
Chiropractor

Plantar fasciitis is an inflammation of the plantar fascia. This causes foot pain when walking immediately after rest.

I employ a combination of Active Release Technique (ART™), foot adjustments and stretching exercises. This condition has been treated very successfully utilizing this treatment protocol. ✨

Determining your stress level:
"The Dolphin Stress Test"

On the following slide is a picture of 2 dolphins:



If you can see both dolphins, your stress level is within the acceptable range.

If you see anything other than two dolphins, your stress level is too high and you need to stay home and rest! Or read on to find out more about coping with stress.

Still Stressed?

Stress and your health: Part Three

Julie Zepp ND

Doctor of Naturopathic Medicine

In the last two editions of Natural Health News, I discussed the importance of your "adrenal glands" in the stress response. I introduced the concept of "Adrenal Fatigue" as the situation that arises when the body is no longer able to deal with the stress placed upon it through various circumstances. Symptoms of adrenal fatigue include, but are not limited to: constant daily fatigue, cravings for sugar or salty snacks, dizziness on standing, lack of motivation, lowered sex drive, PMS or menopausal symptoms, difficulty in losing weight or inexplicable weight gain.

In this edition of the newsletter, I will discuss specific dietary strategies that can be used to help restore proper adrenal gland function.

A basic list of dietary guidelines for healthy adrenals includes:

- ▲ Eat a wide variety of whole, natural foods
- ▲ Combine protein, carbohydrate and fat at EVERY meal
- ▲ Eat lots of veggies, especially red, orange and yellow ones
- ▲ Feel free to salt your food to a pleasant taste (try Celtic sea salt and green and ripe black olives)
- ▲ Eat whole grains (rice, millet, quinoa)
- ▲ Try to incorporate more nuts (almonds, filberts, brazil, pecans and cashews) and seeds (sesame, pumpkin, sunflower and flax) into your diet
- ▲ Avoid fruit (alone) and sugar first thing in the morning
- ▲ Drink LOTS of clean water

Foods that are beneficial for the Adrenal glands include those that are high in tryptophan (cottage cheese, nuts, turkey, tuna, halibut, shrimp, granola/ oatmeal, avocado), high in Vitamin C (citrus fruits,

CALENDAR OF EVENTS

Dr. Julie Zepp is committed to promoting natural health through public information seminars. Watch for posters in the clinic, and clinic bulletins for dates, times and topics of these upcoming presentations.

BACK TO SCHOOL WITH NATUROPATHIC MEDICINE

PLACE: SHERWOOD VILLAGE LIBRARY

TIME: 7 PM TO 8:30 PM; TUESDAY, SEPTEMBER 13TH

Dr. Julie Zepp ND will be speaking about children's health: from immune system strengthening to attention problems.

She will discuss proper dietary strategies including healthy snacks and lunches, nutritional supplements for learning, immunity and optimizing your child's health.

Please call the clinic to pre-register. There will be a \$10.00 fee, and light refreshments will be served.

HEALTHY HORIZONS FALL FESTIVAL OF HEALTH

PLACE: CATHEDRAL NEIGHBOURHOOD CENTER (2900 13TH AVE)

TIME: 9 AM TO 9 PM; SATURDAY OCTOBER 1ST

This is Healthy Horizon's 29th annual conference. There will be a number of different health care providers speaking at the conference. Dr. Julie Zepp ND will be one of the guest speakers. She will be discussing the effects of stress on your health, and strategies you can use to overcome stress's devastating health consequences.

For more information about the conference, please contact Healthy Horizons at 306-352-6259.

red and green peppers, kiwis, cauliflower, broccoli, mango, strawberries) and those that are high in B vitamins (Brewer' yeast, sea vegetables, whole grains, organic meats). It is also important to ensure that good quality proteins are consumed at every meal, especially to minimize light headedness and hypoglycemic episodes. Protein powder and protein bars are an excellent idea. Keep a bar in your bag or desk drawer in case of emergencies when you are not able to eat regularly.

Good sources of protein include: eggs, tofu, bison, elk, lean beef, chicken, turkey, tuna, salmon, cottage and ricotta cheese.

For more information on Adrenal gland disorders, please review past newsletters or contact your health care provider or naturopath today! ✨