



NATURAL HEALTH NEWS: YOUR KEY TO A HEALTHIER YOU!

Fall 2006

Fall is here!

Julie Zepp ND

The long hot days of summer are drawing to a close and it is time to return to the rhythm and routine of fall. For many of us, fall is like the start of a new year. It likely goes back to the excitement that came as we prepared to go back to school: new clothes, new books, new supplies...all symbolizing a new and fresh start.

This autumn may be a good time for you to set some goals, establish your priorities, organize your calendars and commit to a new schedule or routine. Inside this edition of natural health news, you will find tips on how to stop procrastinating, you will be given a preliminary understanding on just how profound of an impact the mind truly has on the body and you will read about some health strategies from massage to ultrasound that may help you meet some of your physical health goals this year. Check out the Calendar of Events and perhaps schedule a cleanse or plan to take in a seminar or two. Wishing you a beautiful long and sunny fall and happy harvest!☀



*"Autumn is a second
spring when every leaf is
a flower."
- Albert Camus*

Greetings! - a brief bio from our newest team member

Jason Holterman RMT

Hello! My name is Jason Holterman and I am a massage therapist. I graduated from the Western College of Remedial Massage Therapy. I also took the pre/post event sports massage and volunteered my time in working with the University of Regina Cougars Track and Field Team. My areas of interest include sports related injuries, chronic pain, low back pain, and shoulders; although I enjoy working with every other mechanical dysfunction.

In the past I have worked as a lifeguard as well as a swimming instructor. I have played hockey and football my whole life and enjoy pretty much any sport. I have always had a special interest in helping others, which is why I chose massage therapy for a career. I am very excited to be a part of the team at Regina Rehab and Family Medical Clinic, and look forward to helping as many people as I can.☀

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Special points of in- terest:

- In May of 2006 we welcomed Jason Holterman, registered massage therapist to our team!
- In June of 2006 we celebrated our 2 year anniversary! Thanks to Warren and Denise Barry for all of their hard work and dedication in making Regina Rehab a success!

Psychoneuroimmunology – Part 1

Warren Barry—RMT

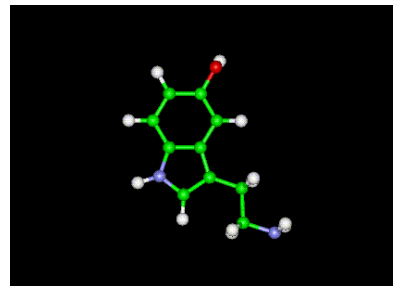
Psycho what??? The field of Psychoneuroimmunology explores how the mind can, and does, impact the body through the immune system, the endocrine system, the nervous system, and the cardiovascular system. Sometimes the impact is positive e.g. when the immune system is enhanced to combat diseases, other times the impact is negative e.g. when heart disease (and the immune system) is significantly negatively impacted by the effects of stress. With the current research in this field demonstrating otherwise, we can no longer ignore the impact of the mind, the emotions or the spirit on the health or well being of the body or on the disease and healing processes.

You are the master of your immune system. There is no better cure for anything than a good attitude, a positive outlook, and knowing that you can heal your life.

So, how does this tie in with Myofascial Release? In a recent conversation with a patient of mine, she made the comment in regards to a movie called “What The Bleep Do We Know”. In that film, it was made mention how we can get addicted to our emotions, just as a

drug addict gets addicted to his drug of choice. We may notice that we create the same environment for ourselves, get into the same arguments, put ourselves into the same situations, yet we really don't know why we are doing it. It is like we are on autopilot. We may not like the situations that we put ourselves in, yet we see it happening again, and again, and again. We keep looking for our fix, and will do what we need to do to get it. Just as we enjoy the feeling of love, and will create that environment to experience it, we also will do just the opposite to punish ourselves, such as creating feelings of revenge, anger, fear etc.

All those thoughts that we have all day long become who we are, and our body reacts to those thoughts by creating an environment in which we live. Therefore, if our thoughts are based on a negative perspective, or negative self talk, then our body will respond to those thoughts in the form of illness or



Serotonin molecule—a true “molecule of emotion”

disease. If we can turn that around and learn to love ourselves again, we can then learn to heal ourselves.

If you don't know what the problem is, or why you are doing the things that you

are doing, then how do you change it? Without awareness, there is no choice! Here's where Myofascial Release, and Psychoneuroimmunology comes in. By allowing yourself to experience those situations and feelings again, and change your belief system around them, then you can change your internal environment, resulting in a healthier psychological, neurological and immune system, and thus better health. You can get your life back!

I will be continuing this article in future issues of Natural Health News, so stay tuned.

If you have any questions regarding Myofascial Release, please contact me at the clinic.

Wishing you health, happiness, and abundance! - Warren Barry☀

Ultrasound: Did you know?

Kim Woycik BSc PT

Did you know there are two types of ultrasound?

Most of us are familiar with **diagnostic ultrasound**. This is the type that shows a picture of the inside of the body. It can be used to visualize an unborn baby, the internal organs, or detect muscle tears.

The other type of ultrasound is called **therapeutic ultrasound**.

Physical Therapists often use ultrasound as part of treatment for a wide variety of conditions. Some of the conditions ultrasound can help treat include: tendonitis, bursitis, calcification in soft tissue, muscle

injuries, hematomas (large bruises), and scar tissue.

Like its name implies, ultrasound uses sound waves. The sound waves are able to penetrate through the skin and target the injured area. The sound waves trigger your

Ultrasound: did you know?

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body's own natural healing system, speeding up your recovery. Ultrasound is painless, in fact, you probably won't even feel a thing while the machine is on!

Ultrasound alone likely won't completely heal your injury. But it can speed up the healing process when used with the right combination of therapy and exercises.☺

Time for a Massage?

Warren Barry RMT

Now that the kids are back in school, summer holidays have unfortunately come to an end, and life is getting back to the normal routine, wouldn't it be a great time to come in for a massage?

Sitting at your desk or driving in your car and feeling that tension in your shoulders return should be a gentle reminder to get that taken care of, before it becomes a bigger problem. Maybe it would be a good time to come in a get a tune up and go over those stretches that you have put off over the summer.

And now that football, soccer or hockey season is coming up, it might be a great time to get all

those kinks worked out to get back in peak shape for the upcoming season. A ounce of prevention is worth a pound of cure. Admit it, we all have stress in our lives, but that doesn't mean that we have to carry it around day after day. Get a massage, relax, take a load off, you will be very happy that you did!

We have three registered massage therapists here at Regina Rehab. Myself, whose special interest lies in Myofascial Release; as well as Matt Horejda RMT and Jason Holterman RMT.

Call the clinic and book your massage today!☺

"Our deepest fear is not that we are inadequate. Our deepest fear is that we are powerful beyond measure. It is our light, not our darkness that most frightens us. We ask ourselves, 'Who am I to be brilliant, gorgeous, talented, and fabulous?' Actually, who are you not to be? You are a child of God. Your playing small doesn't serve the world. There's nothing enlightened about shrinking so that other people won't feel insecure around you. We are born to make manifest the glory of God that is within us. It's not just in some of us, it's in everyone. And as we let our own light shine, we unconsciously give other people permission to do the same. As we are liberated from our own fear, our presence automatically liberates others."

Marianne Williamson

Don't wait! Read this now!

Fouche Williams MD

Most of us know that chronic procrastination can harm your career, cost you money and cause embarrassment. But don't forget it can also cause increased stress, poor self esteem and weaken your physical health.

There is hope! Procrastination is not part of your personality or character, it is simply a habit or an attitude. The good news is that one can change any habit. Just think of people who started an exercise program or changed their attitude towards life.

Most of us procrastinate to some degree of course, in fact dawdling is part of human nature. The main dif-

ference between serious procrastination and non-procrastination is the way you view intentions. For the latter an intention is a responsibility to be lived up to. For the procrastinator it's more like a wish. Somehow you think things will magically work out.

How do you change this attitude?

Once you have formed an intention, you have a responsibility to follow through-a responsibility to yourself. Every day you can feel successful, simply by living up to your responsibilities to yourself. You don't need to wait for a report card or a paycheck!

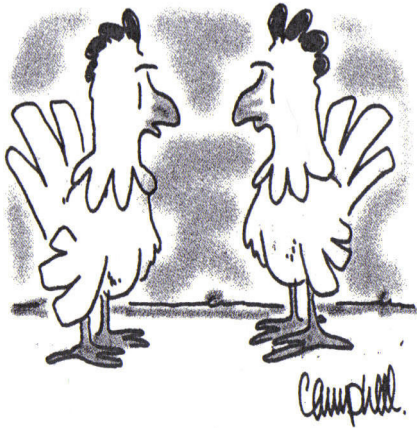
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Here are some ways to help conquer procrastination:

1. Spend more time working towards tasks that are most important.
2. Be prepared to give up spending time on something less important.
3. Work, even if you're not in the mood. Making yourself do it, creates the mood.
4. Try writing a list.
5. Find a reward that might motivate you.
6. If it is only to start the job that you dread, be determined to just take that first step.
7. Break it down in smaller tasks.
8. Explore any fears that might be holding you back.
9. Make the job more pleasant: working with a friend, to music or outside if possible.
10. Keep a positive attitude: smother yourself in positive self talk, write yourself a card to put on your fridge or in your wallet like: Finish the job!

A very useful and practical book I can recommend is : The Procrastinator's Handbook by Rita Emmett. ☀



*"My husband left his body to medicine.
He became chicken soup."*

Recipe of the Season: Chicken Noodle Soup

2 skinless, boneless chicken breast slices	4 green onions, finely sliced
1 large red onion	1/2 tsp celtic sea salt
6 cups vegetable broth	Pinch of herbs (basil, oregano, dill)
2 MSG-free chicken bouillon cubes	3 oz brown rice vermicelli or brown rice spaghetti
1/3 cup chopped fresh parsley	

Instructions:

Slice red onion into thin strips. Cut chicken into bite size pieces. Place both in a large saucepan and add the broth and chicken seasoning. Add vermicelli or spaghetti, broken into smaller pieces. Add herbs. Bring to a boil, reduce heat and simmer until chicken is cooked and noodles are tender. Skim off any scum that rises to the top. Add parsley and salt to taste. Serve in bowls with green onions sprinkled on top.

- From Paulette Millis's "Eat Away Illness: strategies and recipes for healing"

Eating locally

Julie Zepp ND

In the ideal food system, the best option is to grow your own vegetables; the second best is to buy from a local organic farm.

When not shopping locally, our food travels an average of 2,500 km from farm to fork. Consider that it takes 400 calories of fossil fuels to transport a single 5 calorie strawberry from California to the Canadian prairies. Aside from global climate change impacts, the trucks delivering these veggies and fruits spew asthma and heart disease causing diesel exhaust emissions across the entire country.

That flavorless non-organic strawberry was grown with carcinogenic and ozone depleting pesticides. In contrast a perennial patch of strawberries in your yard grows back on its own every year, requires no fossil fuels and no pesticides and tastes a whole lot better.

Even if you do not have a green thumb of your own, the local farmer's Market and numerous market gardens (two of my favorites are Lincoln Gardens in Craven and the Heliotrope gardens—which grow pesticide and chemical free product all summer long) provide healthy clean food choices for you and your family. Remember what they say: "Think Globally, Act Locally!" ☀

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www.reginarehab.com

The Regina Rehab and Family Medical Clinic has been in operation since June 2004. Warren Barry RMT is the proud owner and operator of the clinic, a one of a kind operation in Saskatchewan. This integrative health care facility boasts two family physicians, one naturopathic physician, three massage therapists, one doctor of chiropractic medicine, one physiotherapist, a diabetic nurse specialist and an orthotics specialist. Our mission is to provide quality integrated and holistic health care to all of our patients.

Our practitioners and staff provide this newsletter to readers as a means of promoting health within the community. We hope you enjoy our newsletter and we thank you for your continued support!

Danger on the supplement market

Julie Zepp ND

Recently an advisory was posted that was pertinent to two individuals in my practice and reinforced the care that must be exerted when buying and taking natural health care supplements.

We are fortunate living in Canada where we have Health Canada that regulates the sales of natural products. Vitamin, mineral and herbal supplements sold to practitioners such as naturopathic doctors and chiropractors ("professional products") are under strict review by health Canada, and only the purest quality supplements are sold, and these must adhere to labeling regulations. Everything contained in the product must be shown on the label. If the product makes a claim,

it must be supported by the appropriate research. The shelves of the health food stores are changing and supplements available within are under the same scrutiny as the "professional" supplements, thereby providing the consumer with increasing protection. Where care must be taken is in purchasing supplements through multi-level or internet marketing—particularly internet marketing. If the product was manufactured in the US, keep in mind it has not likely undergone the same testing as those made in Canada. Even if the product was made in Canada, it has not necessarily been approved by Health Canada, and could prove to be a danger. One recent example is



Not all supplements are created equally.

that of Salt Spring Herbals Sleep well. This product was recently found to contain 2 mg (a standard therapeutic dose!) of a pharmaceutical tranquilizer! For more information and to view other warnings, please visit http://www.hc-sc.gc.ca/dhp-mps/medeff/index_e.html ☀

Calendar of Events

Back to School with Naturopathic Medicine

Dr Julie Zepp will be resuming her monthly health lecture series this September, beginning with a lecture on Kids Health. This one and a half hour evening seminar will cover basic nutrition for children, as well as naturopathic approaches to treating common childhood ailments: from allergies and colds to lice and ADHD. The location and date are TBA, but keep checking your email and the clinic notice board for details and pre-registration information. Cost is \$10 and light refreshments will be provided.

Future fall seminar topics include: Naturopathic Medicine and Menopause, Naturopathic Medicine and Inflammatory Disease (arthritis, asthma, allergies, etc.) Stay tuned for details.

Detoxification Classes

Dr Julie Zepp will be hosting her Detoxification classes once again this fall. The first three week course will begin next Tuesday, September 12th 5:30 to 6:15 pm. Classes take place at Nature's Best Health Store (at 14th Ave and Lorne St) and run for four consecutive Tuesdays. Cost is \$200, and includes your detoxification supplements and educational materials. Pre-registration is mandatory as class limit is 6 participants. Please call the clinic or email info@drzepp.com for more details or to register.

Holistic Cooking Classes

** 4 week series on basic wholistic cooking, offered this fall. Whole grains, legumes, baking, natural food products, traditional food wisdom, and more. Wednesday evenings from 7-9pm Sept.19 - Oct. 4 OR Saturdays 11am-1pm Sept. 16-Oct.7. Contact Sandra Brandt at 359-1732 for details and registration.

** 2-evening workshop called "The Yoga of Eating", which will focus on the emotional and spiritual aspects of our relationship with food. This will be held at Care From The Core, 1213 15th Ave. on Sept. 26 and Oct. 3, from 7 - 9 p.m. Anyone interested can call Sandra at 359-1732, or call Care From The Core at 347-2382.

The Yuen Method – Full Spectrum Quantum Healing

The Yuen Method is an energetic technique that is on the cutting edge of non-traditional medicine, and holds an important key to the future of human and planetary health. It allows you to instantly tap into the weaknesses that are causing issues, ailments and imbalances in the physical body, mind, as well as the planet. And then it teaches you to instantly replace those weaknesses with strengths so the issues, ailments and imbalances shift and release to create a healthier body, mind and planet. In academic terms, this could be referred to as "changing the discourse". The technique can also be used on plants, animals, water, land etc. which will be part of the focus for this workshop, which will be followed by a bring-your-own lunch discussion period.

FREE LECTURE / DEMO : Thursday, Sept. 7th, 2006 7pm-9pm (West Harvest Regina, 4025 Albert Street 1-800-853-1181)

4 HOUR INTRODUCTORY SEMINAR: Thursday, Sept. 7, 2006 9am-1pm (West Harvest Inn (Jade room) \$160

2 DAY WORKSHOP IN SASKATOON, SASK. 9am-5pm Sat and Sun Sept 9th – 10th 2006 \$500 US (Saskatoon Inn Hotel & Conference Center; 2002 Airport Drive 1-800-667-8789)

To register for 2 day go to: www.yuenmethod.com for questions call Tai Njio 303-554-9855