



NATURAL HEALTH NEWS

YOUR KEY TO A HEALTHIER YOU!

Spring 2005

Newsletter Changes

Julie Zepp ND
Doctor of Naturopathic
Medicine

Welcome to the first edition of the "New and Improved" issue of Natural Health News!



I started the newsletter in January of 2005 when I joined the integrative health team at the Regina Rehab and Family Medical Clinic. After only 2 months of circulation within the clinic, and a fantastic response from readers, I decided to open the newsletter up to contributions from our other practitioners.

Due to the increased length of the newsletter, we have also decided to distribute them on a quarterly, rather than monthly, basis. You can look forward to seasonal issues in the future.

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 the free newsletter emailed to you, please leave your contact information with our friendly front staff.

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! ☼

- 2 What is Myofascial Release? (MFR)
- 3 Recipe: Healthy Snack – Homemade Power Bars
- 4 Custom Made Orthotics, now available!
- 5 The Benefits of Massage Therapy
- 6 Stressed? An introduction to stress and its effects; Calendar of Events

Who Are We?

Meet your Integrative Health Team

Front Staff:

- ☉ Chloe Olsen
- ☉ Debbie Evashenko
- ☉ Synde Barry
- ☉ Tegan Epp

Office Manager:

- ☉ Denise Barry

Family Physicians:

- ☉ Dr. Fouche Williams (also does acupuncture)
- ☉ Dr. Wilna Wildenboer

Naturopathic Physician:

- ☉ Dr. Julie Zepp (also does acupuncture)

Chiropractor:

- ☉ Dr. Jason Kraft

Registered Massage Therapists:

- ☉ Diana Downie
- ☉ Matt Horejda
- ☉ Warren Barry (also does MFR)

Orthotics specialist:

- ☉ Claude St. Louis

We are a unique health care facility as we provide an integrative approach to health. By working together as a team, we are able to draw upon the expertise of our various practitioners in order to provide our patients with the best possible care.

Inside This Issue:

- 1 Newsletter Changes; Who Are We?

Many of our patients are under the care of two or more of our health care providers, and the partnership among the patients' therapists helps to bring patients closer to optimal health.

Our team is looking to expand in order to provide even more services to our patients. We are hoping to bring a physiotherapist; registered psychologist, social worker or counselor; and another family physician on board. If you, or anyone you know, is interested in joining us in one of these capacities, please contact the clinic at:

545-3700! ☼

*What are the things that truly matter in
your life?
Make those your priority.
Be sure to schedule time for yourself,
Your health
And family and friends;
Just as you would make time for work
and other activities.*

What is Myofascial Release?

Warren Barry RMT
Registered Massage Therapist

You may have heard the term **Myofascial Release** or **MFR**, and wondered what it was. Maybe someone you know has been going for this different type of treatment, and it sure sounds intriguing. If so, read on!

MFR is a hands-on, whole body approach towards evaluation and treatment. Its focus is on the "fascial" system. Physical trauma, inflammation or infection, poor posture or emotional imbalances may all cause inappropriate strains on this system.

What is the fascial system? Fascia is a tough connective tissue that spreads throughout the

body in a three dimensional web from head to foot without interruption. Fascia surrounds every muscle, bone, blood vessel, nerve, internal organ, the deepest layer surrounding the brain and spinal cord right down to the cellular level. This provides strength, support, elasticity, and cushion for the body.

We are taught to think that the skeleton is what holds us up, when in fact it is the fascial system that does this! If you think about a pup-tent, it is not the poles (the skeleton) that hold up the tent, it is the wires (the fascia) that hold it up. Should one of the wires get too tight, or too loose, the tent will lean to one side and misshapen or even fall over. *Our body works in this same fashion!*

The fascial system allows for proper movement, support and balance of the body. It assists in detoxification and energy production by the cells. It helps maintain proper body temperature, fluid (blood and "lymph") flow and assists in the healing process through the laying down of scar tissue. Any type of trauma: physical, emotional or psychological, can result in fascial restrictions and can lead to disease, pain, and dysfunction throughout the entire body, sometimes with bizarre side effects and seemingly unrelated symptoms.

These restrictions result in an inefficient and inflexible system, and over time this pulling effect acts like a run in a stocking or sweater throughout the body, thus explaining why sometimes the symptoms may lie quite a distance away from the original problem. An example of this may be someone with a lower back injury many years ago, and is now seeking treatment for tension headaches, neck pain or jaw problems.

Treatment starts with a thorough history taking including: present and past health concerns, past traumatic events or surgeries, previous treatments sought and your body's responses to them, and your lifestyle habits. Your structure is then evaluated during a physical assessment consisting of posture, range of motion, muscle tightness and fascial restrictions examination.

Once the restrictions are located, the treatment itself consists of a gentle but firm sustained pressure, applied in the direction of the restriction, until the release is felt. This motion is followed in the direction of the restriction from one barrier to the next. The goal is to remove these restrictions and restore the body's balance. When this has been accomplished, the body's inherent ability to self correct is released, resulting in a reduction or elimination of pain, and restoration of optimal function and performance.

The list of benefits of Myofascial Release is extensive. It is helpful in managing a wide range of conditions, from acute and chronic pain, neurological and structural problems, to birth trauma (mom and baby), or irritable bowel syndrome, just to name a few.

Myofascial Release alters the fascial system of the whole body, thereby changing the body's position in space. As previously mentioned, this change occurs right down to the cellular level. The facilitation of change also allows for the emergence of emotional holding patterns and belief systems that exist that can hinder or impede recovery. The combination of Myofascial Release, Myofascial Unwinding, and Cranio-Sacral Therapy taps into the mind-body connection treating the whole person physically, emotionally, and intellectually. Further information on this aspect of Myofascial Release will be covered in the upcoming issues of Natural Health News. In the meantime, please contact the clinic if you would like more information.

On a personal note, I have found in the past that there is no one answer to solving the health issues of our patients. It is very exciting to be part of such a diverse inter-disciplinary team providing a comprehensive approach to helping those who are in need of our care!

Wishing you all health and happiness for this spring season!!! - Warren Barry. ✨

Healthy Snacks

Julie Zepp ND

Doctor of Naturopathic Medicine

5950 Rochdale Blvd.
Regina, SK S4X 4J7

There are so few good snacks or quick foods that you can buy when you are on the run, so it is great to have your own on hand. This way, you don't have to resort to store bought granola bars, muffins or cookies (read: sugar!) when you're feeling hungry. Try out the following recipe for a healthy alternative to your regular snack.

Signy's Homemade Power Bars.

Dry ingredients:

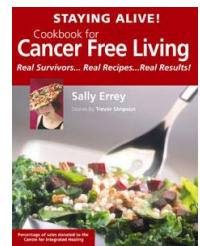
- 3 cups quick cooking oatmeal
- 1 cup chopped dried fruit
- 2 Tbsp sesame seeds
- 4 Tbsp sunflower seeds
- 4 Tbsp pumpkin seeds
- 2 Tbsp almond slivers
- 2 Tbsp ground flaxseed
- 4 Tbsp coconut
- 1 tsp cinnamon

Wet ingredients:

- ½ cup organic butter
- ¾ cup maple syrup
- ¾ tsp salt
- 1 tsp lemon zest
- 1 ½ Tbsp blackstrap molasses
- 2 tsp vanilla

Preheat oven to 350F. Combine all dry ingredients in large bowl. In a large saucepan, heat butter and stir in wet ingredients and bring to boil over medium heat, stirring frequently. Remove from heat and stir in dry oat mixture. Turn into lightly buttered 13 x 9" baking pan, bake for 20 minutes, cut into bars while still warm, allow to cool, Keep refrigerated.

This recipe can be found in the Cookbook for Cancer-Free Living, put out by the Centre for Integrative Healing in Vancouver, British Columbia.



This comprehensive cookbook contains:

- Forward by R H. Rogers M.D. Co-Founder of Centre for Integrated Healing
- 8 Cancer survivor's stories. Including recoveries from various types of cancer.

Natural Health News

- 3 -

Ph: (306) 545-3700
Fax: (306) 585-8105
E-mail: rehab@sasktel.net

- How to organize a comfortable, workable and inspiring Kitchen
- Loads of nutrition information demystifying organics and Genetically Modified Foods (GMOs)
- Current scientific research on:
 - Top 10 Foods to buy organically
 - Top 20 Cancer Conquering Foods
 - Top 40 Power Foods
- Whole Foods Shopping List
- Essential purchase and storage hints
- Simple food preparation methods
- Balanced Meal Wheel: Three easy steps to Building a Complete Meal
- Sample menu plans and easy steps to increase energy and healing
- Over 100 sugar and dairy free recipes
- Information on the power of laughter, stress management and spiritual connection.

If you are interested in purchasing a cookbook, Dr. Zepp will be selling them out of the clinic for the cover price of \$29.95 plus 7% GST. It is an excellent resource for any health conscious individual! ☺

CSL Orthotics

*Custom Made Orthotics Now available: **CSL Orthotics** offers a new technology in corrective orthotics.*

Claude St. Louis
Orthotics Specialist

The procedure for fitting these orthotics utilizes weight bearing and non-weight bearing pictures of the foot, that are then enhanced into a three-dimensional image by computer software.

This three-dimensional image, or 'electronic cast', is then used to manufacture corrective orthotics. The process is totally painless and non-invasive. Your appointment will last from 30 - 40 minutes.

Why should I use orthotics?

Orthotics are custom-made insoles that fit into your shoes. They support your foot and correct problems that cause pain in your feet, knees and back. Many foot problems can be directly linked

to fallen or collapsed arches, or attributed to pronation or supination. Arthritis sufferers can often find relief with custom-made orthotics, as can people with heel pain.

Orthotics align the feet so that the muscles can work more efficiently while alleviating discomfort.

What kinds of orthotics are available?

1. **Casual Orthotics** (for running shoes, hiking boots, steel-toed boots & casual shoes)
2. **Dress Shoe Orthotics** (for tighter fitting and slimmer dress shoes)
3. **Sports Orthotics** (for very active or competitive athletes)

Orthotics only work as well as the shoes you put them in. If you are not prepared to compromise fashion for foot health, then our product is not for you.

How much do they cost?

One pair of custom-made orthotics costs \$350.00. There is a \$25.00 assessment fee which will be waived if the orthotics are purchased at the time of the appointment. They will be delivered to your address within 2 -3 weeks.

With a doctor's referral, orthotics is an insurable item under most private health plans.

If you would like more information on orthotics, please contact the clinic, email to cslorthostep@sasktel.net or call 1-877-375-5318. ☺



Words to live by:

Submitted by Denise Barry (Office Manager, Wife, Mother and life juggler extraordinaire!)

Imagine Life as a game in which you are juggling five balls in the air.

You name them:

Work is a ball;

Family is another;

Health, Friends, and Spirit ...

And you're keeping all of these in the air.

You will soon understand that work is a rubber ball: If you drop it, it will bounce back.

But, the other four balls:

Family, health, friends and spirit are made of glass.

And if you drop one of these, it will be marked, nicked, damaged or broken. They will never be the same.

You must understand that balance in one's life is essential.

Massage Therapy

Discover the Benefits!

Diana Downie RMT

Registered Massage Therapist

Health care professionals and the general public alike are beginning to realize that therapeutic massage is effective as an alternative health care approach. In Canada, massage therapy has grown consistently as both a stress reducing technique and a more medically oriented therapeutic massage.

As a massage therapist, I use a wide range of manipulations of the soft tissues of the body for a therapeutic effect. The hands-on techniques used help in the prevention and reduction of stress and tension as well as with the discomfort of injuries or chronic conditions. Resulting in improved health and well-being.

Massage therapy provides a considerable range of therapeutic effects and benefits beyond simply "feeling good." No matter what type of work or recreation, regular massage therapy should be an important part of your lifestyle!

Some physiological effects of massage:

- ☞ Increased circulation
- ☞ Assists in the removal of waste (toxins, lactic acid, etc.)

- ☞ Relief of chronic stress, tension and pain
- ☞ Increased lymphatic flow
- ☞ Muscle relaxation
- ☞ Breakdown of adhesions and scar tissue
- ☞ Improvement in overall health

Regardless of whether you are looking for relaxation, or have a specific health concern you would like help with – massage therapy could be the answer for you! ✨

Stressed?

An introduction to Stress and its negative impact on the body: Part One

Julie Zepp ND

Doctor of Naturopathic Medicine



About the size of grapes, the adrenal glands sit like tiny pyramids on top of your kidneys. But don't let their size fool you; these powerful little glands manufacture and secrete hormones such as *cortisol*, *estrogen* and *testosterone* that are essential to your health and vitality. They not only significantly affect the functioning of every tissue, organ and gland in your body but they also have important effects on the way you think and feel.

The main purpose of your adrenals is to enable your body to deal with stress from every possible source, ranging from injury and disease to work and relationship problems. They determine the energy of your body's responses to every change in your internal and external environment.

In a more primitive society, that would mean being able to run away quickly, fight or pursue an enemy or food, endure long periods of physical challenge and deprivation, and store up physical reserves when they're available. In modern society, these same responses are triggered by such circumstances as a difficult boss, air pollution, family issues, financial problems, too little sleep, illness and overindulgence in or sensitivities to food (especially sugar), caffeine or alcohol. If your adrenal function is low, as it is in Adrenal Fatigue, your body cannot respond and adapt properly to these stresses. This can lead to a variety of physical and psychological health problems that are themselves a further source of stress.

Some of these health problems include:

- An increase in the distribution of stored fat (especially around your waist).
- Abnormal blood sugar regulation leading to fatigue and tiredness.
- Lowered sex hormone production which can lead to hot flashes in women, and decreased sex drive in both sexes.

CALENDAR OF EVENTS

Dr. Zepp will be running a number of public seminars at the clinic throughout the spring and summer months. Watch for posters in the clinic, and clinic bulletins for dates, times and topics of these upcoming presentations.

Thank you to all of those who have been so supportive of the previous evenings, we have had fantastic turn-outs!

NATUROPATHIC MEDICINE AND STRESS

PLACE: REGINA REHAB AND FAMILY MEDICAL CLINIC

TIME: 7 PM TO 8:30 PM; TUESDAY, APRIL 5TH AND WEDNESDAY, APRIL 6TH.

Dr. Zepp will focus her next seminar on the physiology of stress, the effects of stress on the body and she will provide some basic guidelines for stress management.

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

FUTURE SPECIAL EVENTS:

Upcoming topics for the spring/ summer include:

- Naturopathic Medicine and Arthritis
- Naturopathic Medicine and Attention Deficit (Hyperactivity) Disorder
- Naturopathic Medicine and Menopause

- Decreased muscular strength and stamina.
- Lowered immune function.

As you can see from this brief overview, how well you live depends a great deal on how well your adrenal glands function. Stay tuned for tips on how to increase the health of these glands in the Summer issue of Natural Health News, or make an appointment with your Naturopath today! ✨