



NATURAL HEALTH NEWS

YOUR KEY TO A HEALTHIER YOU!

Spring 2006

Spring Fever!

Julie Zepp ND

Doctor of Naturopathic Medicine



Welcome to another edition of Natural Health News! In this spring's edition we are pleased to offer you many interesting and informative articles once again.

Do you suffer from headaches? If so, you may be interested in Warren Barry's article on page 2: Headaches and MFR. Perhaps you are a seasonal athlete or are just beginning an exercise program and this spring marks the start of your training. You may want to read Kim Woycik's article on S.M.A.R.T. activities. Trina Stull has provided us with some helpful hints on coping with shoulder tension while sitting at your desk.

Be sure to check out the Calendar of Events, as there are many upcoming health seminars that you won't want to miss! From detoxification to weight loss... please visit page 5!

In addition, we at Regina Rehab and Family Medical Clinic have some exciting news. You will soon be able to visit us online at www.reginarehab.com. Our website is currently under construction, but please check back periodically – the site should be available early this Spring.

Spring is known for being the season of renewal and rebirth. Historically, and across cultures, humans have used the springtime as a time of cleansing. As the snow melts and the season changes from the cold of winter to the vitality of spring,

we feel the need to clean our garage, basement, kitchen cupboards and closets. There seems to be a biological urge within us creating the need to give everything a good overhaul. But what about your body? Have you ever considered giving your body a good spring cleaning?

In the Chinese medical tradition every organ is associated with a particular season: Springtime relates to the Liver. In Western Medicine physiology we know the liver to be the organ of detoxification. Doesn't it make sense then, to support this organ at this particular time of the year? In my practice the fasting/ cleansing/ detoxification process is the greatest and most effective healing tool I have found. It is an important component for the prevention of degenerative diseases and a key to transformation and healing.

As you read through this season's newsletter, consider using some of the information here to begin your own personal healing journey. You may be

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motivated to join me at my next detox class, or perhaps to finally begin your exercise program or to rid yourself of your headaches once and for all. Whatever your health goal, we hope that you might choose one of our practitioners to help you meet your goals! ✨

Headaches and MFR

Warren Barry R.M.T.
Registered Massage Therapist



Do you suffer from headaches? If you do, you are one of over 5 million people in Canada who do. Headaches can range from dull and nagging to downright excruciating. There are many different types and causes of headaches. I will expand on this topic in future issues, but for now I would like to discuss tension headaches.

Tension headaches are usually characterized by tension in the back of the neck and shoulders, into the base of the skull, and wrapping around the top of the head, as well as pain above and/ or behind the eyes. As previously mentioned, this pain be very mild or excruciating, but don't despair, there is help out there. Many people go through their daily lives with headaches thinking that this is just the way it is. Having to hide your head under the covers, staying away from any noise, missing days of work, secluding yourself from friends and family is not quality of life.

There are many different causes of tension headaches ranging from stress to diet to bad posture. Although the pain is obviously "in your head" so to speak, the cause may lie quite a distance away. Poor posture or a chronic lower back injury could be the cause, or a knee injury from that sporting event on the weekend 5 years ago could ultimately result in the headache that you have now. That clicking in your jaw, or

clenching your teeth at night that you are not aware of could be the cause. There are things that you may not even be aware of that are the result of the headaches that you are experiencing. Running to the medicine cabinet for your over the counter medication will give you some short term relief of your symptoms, but that is all it will do, is give you short term results. It is a great way to mask the symptoms, but will not get rid of underlying problem.

Unresolved emotional issues, the stress at home and work, the daily worries of life; all have a compounding effect on your body and can result in the increased tension in your body, and thus the headaches that you suffer with. Unless you know the cause of your headaches, how do you expect to do anything about it? This is where MFR and Massage Therapy come into play. An assessment of your posture, examining your medical history, and telling your story is a great start to ridding yourself of your pain. For example, that fall that you had on your tailbone years ago has now caused the pull all the way up your spine into the base of your skull, and is now causing that tension that you feel inside your head. Until you correct the problem in your tailbone by releasing the fascia pulling through your spinal column and into your head, you will not resolve the actual problem. Maybe there are unresolved emotional issues that are causing the tension that you are feeling every day, but are not really aware of what they are. Taking the steps to find out what these issues are will lead you to the actual cause of your headache, and thus the resolution to the problem.

If you are one of the 5 million Canadians suffering from headaches, I suggest that you consider MFR or Massage Therapy to get your life back. The most painful solution is doing nothing! ✨

Perspective

Julie Zepp ND

Doctor of Naturopathic Medicine



I recently had the opportunity to travel to the country of Panama for a welcome holiday. While visiting this beautiful and diverse country, I was able to reflect on the life that we lead here in our technologically advanced and money driven society. I often see people in my practice who are overwhelmed, depressed and/ or anxious. The number of stress related health problems I see is staggering. After visiting the countryside of this central American paradise, I would challenge anyone to find someone there suffering from depression! It seems to me these people have their priorities straight – water, fresh air, sunshine, exercise, healthy food and strong connections with loved ones.

The trip brought to mind this thought provoking parable of a Mexican fisherman. I hope it may provide some food for thought for you and that it may inspire you to take time to refocus and realign your own priorities.

A businessman on a Mexican seaside holiday was complimenting a fisherman on the quality of his catch.

But why, asked the businessman, didn't the fisherman stay out longer and catch more fish?

"Senior" said the Mexican. "I sleep in, fish a little, play with my children, take a siesta, sip wine in the village and play guitar with my amigos. I have a full and busy life."

The American scoffed.

"I am a Harvard MBA. I could help you. You should spend more time fishing. With the extra money you could buy a big boat, and then even a bigger boat, then a fleet. You could open your own

fish plant, make and distribute your own products. You would need to leave this little fishing village, move to Mexico City, then Los Angeles, eventually to New York City to run your fish empire. Finally, 30 years later, you could sell your company and become a millionaire!"

"Millions, Senior?" said the fisherman.
"Then what?"

"Then" said the American bursting with enthusiasm: "you could retire! Move to a small village on the coast of Mexico, where you could sleep late, fish a little, play with your kids, take a siesta, sip wine in the village and play guitar with your amigos."

Think about it. ✨

*The work won't run away from you
When you show your child the rainbow*

*The rainbow won't wait
Till you're done with the work.*
- Anonymous

Coping with Shoulder Tension

Strategies to implement from your desk!

Trina Stull RMT

Registered Massage Therapist

First and foremost, become aware of your posture. At the top of every hour tune in and adjust to proper posture.

For example: "Oh! It is 10:00, how is my posture?" Adjust. "Oh, it is 11:00!"....

This brings your awareness to it and soon you will notice when your shoulders are slowly rising to your ears and your head is inching closer to the computer monitor.

Next, begin to implement a variety of simple exercises to improve posture.

Range of Motion:

- Roll your shoulders in circles forward and backward and raise them up and down.

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- You can bend the neck to both sides, turn to look over each shoulder and bring your chin to your chest and look at the ceiling.
- You can also make circles with your head in both directions. Do this slowly and if you feel pain back off, do not try to go through it. If you can only move your head up to a painting hanging on the wall instead of the ceiling, that is your range and as far as you go.

This series allows tension in the muscles to release and blood to flow freely to them.

Stretch:

Stretching should be done a few times during the day and once at the end of the day. Be sure to have your body in proper alignment, move slowly into the stretch and stop when you feel the start of one. Hold this for a minimum of 30 seconds to allow the muscle to fully lengthen. Slowly, come out of the stretch. Stretch out all ranges of the neck, this can be done in the same positions as the ranges mentioned earlier.

For example: Sitting straight, hold on to the underside of your chair with one hand. Slowly bend your head to the opposite side.

Heat:

Unless there is pain, redness, inflammation or swelling; heat is what you want to apply to your muscles. If you are experiencing any of these, apply cold.

Apply this at the end of the work day to relax muscles and bring blood and nutrients to the area. You can use a range of applications such as heating pad or water bottle or you can have a shower, bath, or steam for a whole body effect.

Regular massage:

Regular massage keeps your tissue healthy by decreasing tension and flushing waste out of the area as well as bringing in nutrients.

The key is to come in before you feel pain or have lost mobility of the neck and/or shoulders. ✪

Recipe - Corn Tortillas

Julie Zepp ND

Doctor of Naturopathic Medicine

In the spirit of my travels in Latin America, this newsletter's recipe is for corn flour tortillas. Corn is a staple grain in Panama and in its non-genetically modified form is a healthy alternative to wheat! Try this recipe for a healthy breakfast alternative. Serve with some white cheese, such as a goat feta and enjoy a typical Panamanian meal!

Ingredients:

- 4 cups of masa harina (corn flour)
- ½ tsp salt
- 2 ½ cups hot but not boiling water

Place flour and salt in a large bowl. Add the water and mix with your hands to make a dough that comes together in a soft ball. Continue mixing and kneading until the dough is elastic enough to hold together without cracking.

To form the tortillas, divide the dough into 18 portions and place a portion of dough between 2 pieces of plastic wrap. Flatten with a rolling pin into a circle 6 or 7 inches in diameter. Continue with the remaining portions.

To cook the tortillas, heat a griddle over high heat. Place the tortilla in the pan, reduce heat to medium high and cook for 30 seconds. Turn and cook the other side for 1 minute. Turn again and cook until the corn tortilla puffs a bit but is still pliable, not crisp, about 30 seconds more. Remove and continue until all the corn tortillas are cooked. Serve immediately as this is when they are best. ✪

GET S.M.A.R.T.

Kim Woycik B.Sc.P.T.

Physiotherapist

Longing to swing those golf clubs? Thinking about your garden?

Spring is just around the corner and many of us are anxious to get outside and get active. However, a few months of inactivity over the winter can leave you vulnerable to injury.

Take the S.M.A.R.T. approach to your activities this spring. It can help you stay injury free and make the most out of the warm weather ahead.

S – Stretch – take time to work on your flexibility

M – Move – get up and move your feet; don't spend too much time in one position

A – Add it up – 10 minute chunks of activity throughout the day are just as effective as one 60 minute activity session

R – Reduce Strain – avoid repetitive motions that may strain your back (ex: bending over from the waist to pick weeds)

T – Talk to a Physiotherapist – your Physiotherapist can answer all your questions about getting active and treat any injuries that may occur.

For more information about S.M.A.R.T. Golfing, Gardening, Running and Walking visit www.physiotherapy.ca or come into the clinic and talk to me! ☼

Upcoming Events

From detoxification to weight loss

Julie Zepp ND

Doctor of Naturopathic Medicine

As dedicated readers of Natural Health News, you are likely aware that one of my main mandates in practice as a Naturopathic physician is to provide quality

education and information to my patients and the public. My goal is to inspire individuals to reconnect with themselves and to become empowered to take charge of their health.

For these reasons it is very inspiring for me to see the growing interest that the public has in my seminars. The first seminar I ran was February of 2005, when I presented Naturopathic Medicine and Your Immune System. There were 7 participants and this took place in one small office here in the clinic. In just one year I now have upwards of 60 to 80 attendees, and have moved to the large presentation rooms at various city libraries!

In response to this growing interest I have started giving seminars in various workplaces around the city. If you are interested in having me present to your place of business, please don't hesitate to contact me to discuss this option.

In addition, this spring I am excited to be involved in a number of very informative and inspiring events. If you are interested obtaining more information or to participate in one of these events, please contact the clinic (306-545-3700) to register.

Calendar of Events – Spring 2006

Naturopathic Medicine and Detoxification

Place: Sunrise Library; Sandra Schmirler
Leisure Center

Date: Wednesday, March 29, 2006

Time: 7 pm to 8:30 p.m.

For those of you that missed this seminar in January, I will be repeating this lecture on March 29.

Toxins from our food and environment will become stored in our bodies and result in a

variety of symptoms: from headaches to fatigue to muscle aches and pain to weight gain, among many others.

I will be speaking on the impact that toxin exposure has on your health. I will discuss the various symptoms that can manifest due to toxic overburden and will provide a variety of detoxification strategies to help you return to optimal health.

Cost: \$10.00 (light refreshments will be provided)

BNI Health and Wellness Day

Place: Sunset United Church; 177 Sunset

Date: Saturday April 22, 2006

Time: 10 am to 3 p.m.

This total body wellness event will feature myself, along with a number of special guest lecturers:

Karen Wells (Individual, Family and Marriage Counselor - Karis Counselling Services)

Dr Shyla Robertson DC (Albert Park Chiropractic Clinic)

Jessica Fitzpatrick RMT (Revitalize Massage Therapy Clinic)

Donna Lendzyk (Professional Business Coach – www.OvercomeOverwhelm.com)

Dr Julie Zepp ND (Regina Rehab and Family Medical Clinic)

We will be speaking on a variety of subjects related to your mental, emotional and physical health.

You won't want to miss this informative day!

Cost: \$15 per person or \$20 per pair

Naturopathic Medicine, Weight Loss and Holistic Nutrition Workshop

Place: Sunset United Church; 177 Sunset

Date: Saturday May 6th, 2006

Time: 9 am to 4 p.m.

This workshop promises to be a fun, informative and inspiring day to those aspiring to lose weight.

Dr Julie Zepp, Doctor of Naturopathic Medicine and Paulette Millis- Registered Nutritional Consultant have joined forces and will be presenting a day long workshop on Healthy Weight Loss. Dr Zepp will focus on theory behind healthy weight loss and will introduce some key concepts on how to begin your weight loss journey.

A healthy nutrient dense weight friendly lunch will be served and Paulette Millis will teach weight loss protocols, tips, tricks, menu plans, guidelines, portions, food choices, food substitutions, and more designed to facilitate weight loss.

For more information on Dr Julie Zepp, please visit www.drzepp.com and for information on Paulette Millis go to www.healingwithnutrition.ca.

Cost for the day long workshop is \$100.

This price includes lunch, and many helpful handouts. A deposit is required by April 21.

Please call **306-545-3700** to pre-register for any of these events. ☼

Naturopathic Medicine Week in Canada

www.cand.ca

Every year during Naturopathic Medicine Week Canadians have an excellent opportunity to learn more about naturopathic medicine and the services offered by naturopathic doctors. This year Naturopathic Medicine Week is May 1 – May 8, 2006.

Special events will be held in communities across the country including open houses at Naturopathic Clinics, lectures and free testing to name just a few. See what is happening in your community by visiting the following websites:

Canadian Association of Naturopathic Doctors: www.cand.ca, 416-496-8633 or toll free 1-800-551-4381. ☼