



NATURAL HEALTH NEWS

YOUR KEY TO A HEALTHIER YOU!

Summer 2005

Clinic Updates

Julie Zepp ND

Doctor of Naturopathic Medicine

We have had some exciting changes here at the Regina Rehab and Family Medical Clinic since the spring edition of Natural Health News: in the month of May we welcomed two new practitioners to the Team!

Trina Stull, registered massage therapist, joined us on May 3rd. She hails from Hudson Bay, Saskatchewan and has spent some time in both Saskatoon and Moose Jaw practicing as a massage therapist, before making the most recent move to Regina. Please read her personal story on page 3 of the newsletter.

On May 17th, **physical therapist Kim Woycik** came on board. She is presently working part-time evening hours at the clinic, and is hoping to begin with us full time within the next few months.

Kim graduated with distinction from the University of Saskatchewan with a Bachelor of Science Degree in Physical Therapy. She then went on to complete her post graduate studies in Orthopaedic Manual & Manipulative Therapy. She has some additional training in acupuncture.

Kim has worked in outpatient clinics, with experience in acute and long term care, treating clients of all ages. Her special interest lies in musculoskeletal rehabilitation and injury prevention. On page 4 of our newsletter, Kim discusses tips for an injury-free golf game.



We are excited to have both Trina and Kim as part of our team!

In expanding the number of practitioners within the clinic, our conference room has been lost! Going forward, I have elected to host my monthly seminars at the various libraries around the city. The next seminar will take place on June 8th, at the George Bothwell Branch in the Southland Mall. Please see the last page of the newsletter for more details.

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.

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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A quote from our chiropractor,
Dr. Jason Kraft D.C.:

*"Remember: Practice a Sedentary Lifestyle,
Don't Stretch,
Don't Bend your Knees
And always lift heavy objects on your own:
My wife has expensive tastes."*

What is Myofascial Release? – Part 2

Warren Barry RMT
Registered Massage Therapist

In the last issue, I introduced Myofascial Release, and promised a continuation of this interesting modality of treatment. If you have not read the last issue of the newsletter, I encourage you to do so.

Previously I mentioned that Myofascial Release encompasses the physical/ structural, mental/ emotional and spiritual aspect of our being. The fascial system is a three dimensional connective tissue webbing that surrounds every muscle, bone, blood vessel, nerve, organ, and our central nervous system. It is the soft tissue component that holds us together and gives us our shape. Through trauma, inflammatory processes and poor habitual patterns, this can result in compression of pain sensitive structures, and ultimately resulting in symptoms.

The fascial system has been referred to as the "container of the mind". This tissue has the ability to store memory of past trauma, whether physical or emotional resulting in the tissue tightening down to try and protect the individual from it happening again. This will result in the same pain

patterns happening over and over again, and the patient wondering why they are not getting better. An example of this would be: if someone were in a car accident; they walked away and thought that they were ok. Later 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, thus compressing the body's structures and creating symptoms.

Through Myofascial Release, the therapist can take the patient back into the traumatic event, allowing them to relive it, and ultimately change the holding pattern that they are bracing against. This can then allow the patient to release the emotions associated with the trauma, as well as change their sub-conscious belief system that was established at the time of the event. As these releases take place, the patient can then let go of the past trauma that has been holding them back, allowing them to move forward in their healing journey to a pain free active lifestyle.

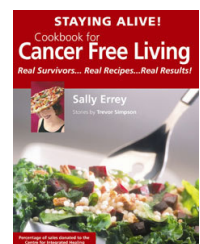
Should you have any questions in regards to Myofascial Release, I would be happy to answer them.

Wishing everyone a very happy and healthy summer!
- Warren Barry. ☼

Healthy Snacks

Julie Zepp ND
Doctor of Naturopathic Medicine

In the last newsletter, I included a recipe (*Signy's Homemade Power Bars*) from the [Cookbook for Cancer-Free Living](#), put out by the Centre for Integrative Healing in



Vancouver, British Columbia.

In making a number of batches of these healthy power bars, I noticed that they can occasionally be quite crumbly. I have found that by increasing the molasses to 2 Tbsp and adding 2 Tbsp of brown rice syrup (available from the health food store), the bars stick together much better and are very chewy and delicious. Extra molasses also adds a healthy source of iron and B vitamins. If you are interested in purchasing a cookbook I am selling them out of the clinic for the cover price of \$29.95 plus taxes. It is an excellent resource for any health conscious individual and a portion of the proceeds go to the cancer clinic in BC!

In this edition of the newsletter, I am including a recipe provided to me by a patient here at the clinic. This easy to make snack is a healthful alternative to the old favorite- Puffed Wheat Squares.

Puffed Rice Cake

Ingredients:

- 2 Tbsp organic butter
- ¼ cup maple syrup
- 2 Tbsp olive oil
- 2 Tbsp Demerara Sugar
- 2 Tbsp honey
- 3 Tbsp carob or cocoa powder
- 1 tsp vanilla
- 5 cups puffed rice/ puffed millet or puffed kamut (health food store)

Bring 1st five ingredients to a boil. Add carob/cocoa and stir in puffed rice – pour into a greased 9 x 9 pan. Press down firmly and cool, serve, and enjoy! ✨

A Personal Note from Trina

Trina Stull RMT

Registered Massage Therapist

Hi there! I am the newest registered massage therapist here at the clinic. Born

and raised in Saskatchewan, I am originally from Hudson Bay. I received my massage therapy training in Saskatoon from the McKay Massage and Hydrotherapy Program. Through my training I learned how to treat a variety of conditions, such as: tension headaches, tendonitis, carpal tunnel syndrome, TMJ, sinusitis, and many more. Upon graduation, I spent some time in practice in Saskatoon before deciding that I was ready for a change of scenery. Wanting to be closer to family, I looked into jobs in Moose Jaw and Regina; both of which were near my sister and two nephews. I spent some time doing relaxation massage at Temple Gardens Spa in Moose Jaw before joining the Regina Rehab and Family Medical Clinic in Regina. This opportunity has allowed me to practice my therapeutic massage skills, and I chose this clinic for its unique quality of having many healthcare professionals working together for the benefit of the client.

I enjoy all aspects of massage therapy but I am most interested in Myofascial Release (MFR). I have taken an introductory course in MFR and plan to further my education in this direction. One of my favorite treatments is notably beneficial for runners. In this technique I work on the legs and incorporate the soft tissue mobilizations from MFR with standard massage skills.

As a recreational runner, I have found that while receiving this type of treatment, I noticed a remarkable difference. My legs felt much looser and my performance also increased.

For more information on MFR, please refer to Warren Barry's articles in the Spring and Summer (current) issues of the newsletter, or feel free to inquire at the clinic.

I look forward to meeting and treating many of you! -Trina Stull, R.M.T. ✨

Fore!

Staying injury free through the golf season.

Kim Woycik BSc PT

Registered Physical Therapist

Warm weather is finally upon us (we hope!) and it's time to get out those golf clubs. Golf is a great way to maintain flexibility and range of motion. Golfing gives you the benefits of aerobic and strengthening exercise programs through walking, lifting and repetitive arm motions. However, improper technique, ill fitting equipment or increasing your level of activity too quickly can lead to injury. The Canadian Physiotherapist Association suggests the following to keep you injury free this golf season:

- Stretch before, during and after golfing
- Stretch to the point of discomfort, not pain, and hold each stretch for 15-20 seconds
- Start off slow, especially if you have been inactive over the winter. Play 9 holes initially instead of 18
- Wear comfortable clothing that doesn't restrict your movement
- Use proper body mechanics by bending your knees and keeping your back straight when placing golf balls or picking up tees
- Use a golf bag with two straps instead of one
- Hold clubs in a loose comfortable grip to reduce hand and forearm strain

Physiotherapists are the health care professionals dedicated to enhancing and restoring your mobility. If you would like further information on injury prevention or are currently injured, make an appointment with a Physiotherapist. For more information about Physiotherapy in general, visit the Canadian Physiotherapist website at www.physiotherapy.ca ✨

The Power of Love to change bodies is legendary, built into folklore, common sense, and everyday experience.

Love moves the flesh, it pushes matter around... Throughout history, "tender loving care" has uniformly been recognized as a valuable element in healing.

- Larry Dossey (submitted by Chloë Olsen).

An Introduction to Acupuncture

Eastern medicine meets Western science.

Fouche Williams MD

Acupuncture is part of a system which originated in China several thousand years ago. The principal method of treatment is by insertion of very fine needles to points which lie beneath the skin. These points may also be treated by warming with a burning herb in a method known as Moxibustion or by gentle electrical stimulation. Low energy laser can also be used to stimulate acupuncture points.

Acupuncture has a solid scientific basis and it has been proved to stimulate the release of "endorphins" in the body. These chemical messengers have wide ranging effects including relief from pain. It is applied to regulate body functions and promote the restoration of health. It is a safe and effective form of treatment for a variety of chronic disorders as well as many acute diseases.

The response rate to treatment is high, especially in patients with musculoskeletal or other pain conditions. There are very little side effects and low rate of complication.

It can be used to relieve pain, to treat allergies, headaches, arthritis, neuralgia, sciatica, digestive problems, anxiety and

depression and to rehabilitate addicted patients.

Once the exact points have been selected and located, needles are inserted into the skin to varying depths, according to the points and the condition to be treated. They are left in place for various lengths of time ranging from a few seconds to several minutes.

The needles are so fine that very little discomfort is felt, usually a slight tingling or mild electrical sensation as the needle reaches the point. I must stress that only disposable needles are used once and then discarded. There should be no fear of contamination.

There are currently three practitioners here at the clinic who utilize acupuncture as a treatment method:

- Dr. Fouche Williams MD.
- Dr Julie Zepp ND
- Kim Woycik BSc PT

Contact the clinic for further information or to discuss treatment on its own or as part of a health management protocol. ☼

Treating Tennis Elbow Naturally!

Jason Kraft DC
Chiropractor

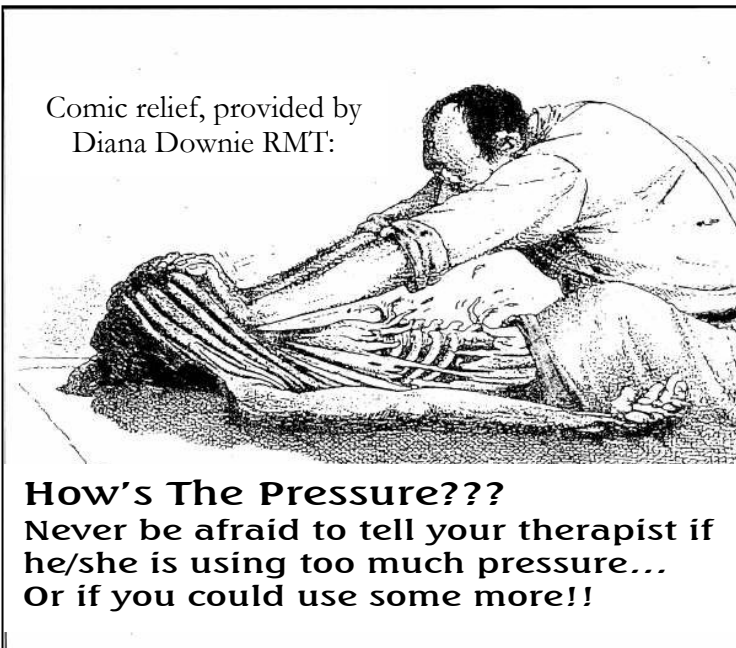
Throughout the course of my career, I have developed a special interest in the treatment of tennis elbow, formally called "lateral epicondylitis". I employ a combination of Active Release Technique (ART™), adjustment procedures and stretching exercises. This often stubborn condition has been treated very successfully through this treatment protocol – even when the problem has been long standing. ☼

About the clinic

Julie Zepp ND
Doctor of Naturopathic Medicine

The Regina Rehab and Family Medical Clinic is 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. 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.

Currently, our clinic boasts four registered massage therapists, two family physicians, one chiropractic doctor, one naturopathic doctor, one physiotherapist, and one orthotics specialist. 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 at cslorthostep@sasktel.net or call 1-877-375-5318. ☼



Still Stressed?

Stress, its negative impact on the body and obtaining relief: Part Two

Julie Zepp ND

Doctor of Naturopathic Medicine

In the Spring edition 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. These might include: 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.

Adrenal Fatigue is characterized by a loss of energy – usually worse in the late afternoon - cravings for sugar or salty snacks, dizziness on standing, lack of motivation, lowered sex drive, PMS or menopausal symptoms, getting a "second wind" later in the evening and difficulty in losing weight or inexplicable weight gain, especially around the middle.

Unfortunately, stress is pervasive in our society. We are encouraged to rush from one activity to the other, we are praised for being high achievers, we find we no longer have the time to cook healthful meals and instead find ourselves reaching for highly processed or "fast" foods, which contain many additives and preservatives and are lacking the nutrients we need to maintain healthy adrenal gland function. Often we use substances such as coffee or chocolate or nicotine to give us a "boost". While these substances may give us temporary relief, they contribute to the depletion of the adrenal glands in the long term.

In order to properly nourish the adrenal glands and restore their function, we must consume a diet rich in fresh fruits and

CALENDAR OF EVENTS

Dr. 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. The seminars will be held at various libraries around the city.

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

NATUROPATHIC MEDICINE AND WEIGHT LOSS

PLACE: GEORGE BOTHWELL LIBRARY – SOUTHLAND MALL

TIME: 7 PM TO 8:30 PM; WEDNESDAY, JUNE 8TH

Dr. Julie Zepp ND will be speaking about how to lose weight permanently, while preventing illness, increasing energy levels and improving general health through a non-fad-diet approach to attaining your optimal weight.

She will discuss proper dietary strategies, nutritional supplements that will assist weight loss, and the necessary hormonal support that will ensure weight loss is achieved and lasting.

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

vegetables, complex carbohydrates such as brown or wild rice, whole grain breads, whole grains, legumes, nuts and seeds, fish and chicken. The B complex of vitamins are vital, namely vitamin B5. The B vitamins are found in abundance in nutritional yeast, blackstrap molasses and whole grains. Supplementing with a high quality B complex may also be necessary. Magnesium, found in leafy green vegetables is another important mineral for adrenal function and helpful for relaxation. A liquid calcium magnesium supplement taken at night can help promote a restful and restorative sleep. These are just some of the supplements needed for healthy adrenals.

Stay tuned for more tips on how to recover from Adrenal Fatigue in future issues of Natural Health News! ✨