



NATURAL HEALTH NEWS

YOUR KEY TO A HEALTHIER YOU!

Summer 2006

Happy 2nd Birthday Regina Rehab!

Julie Zepp ND

Doctor of Naturopathic Medicine



Regina Rehab and Family Medical Clinic is proud to be celebrating its **second birthday** this month! Warren Barry, R.M.T. started Regina Rehab and Family Medical Clinic in June of 2004 as a way in which to provide an integrative health facility to the Regina Community. Read on for a personal note from Warren Barry and his thoughts on the manifestation of his dream. ✨

When I was in college for Massage Therapy, I had a dream of a multi-disciplinary medical facility, and many years later, here we are. As I started in practice, I noticed a lack of communication between care providers, patients being rushed through the system, patients being pushed aside due to the shortage of answers regarding their condition and/or symptoms, and the shortage of proper referrals to meet the personal needs of the patient. This then drove me even harder to bring my dream as a vision, into reality. We are now the only facility of it's kind in Saskatchewan, and as far as I am aware of, in Western Canada. Regina is the place to make really big things happen!

The vision for the clinic is to continually excel in what we do best. It is our personal commitment to provide the best quality care to our patients, and to meet your needs, in a timely and effective manner, everyday. It is our goal to continue our growth, skills, and effectiveness, therefore enabling you to reach your health potential.

On a personal note, this has been a long road traveled, and one I have not traveled alone. I would like to personally thank everyone who has crossed my path to help me reach this milestone in my life. I would like to thank all of the patients of the clinic, as you are whom we are here for, as well as all of the unique professional caregivers here at the clinic, without you, we would not be where we are today. The whole is greater than the sum of the parts.

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Happy Anniversary!

Warren Barry RMT

RMT and proud clinic owner

It has been two years now since the inception of Regina Rehab & Family Medical Clinic. It is hard to believe that two years have passed already. Kind of like when your child is going to start school, and you wonder where the time went.

"We lift ourselves by our thought; we climb upon our vision of ourselves. If you want to enlarge your life, you must first enlarge your thought of it and of yourself. Hold the ideal of yourself as you long to be, always, everywhere- your ideal of what you long to attain- the ideal of health, efficiency, success."

- Orisen Swett Marden (1850-1924)

Wishing you all a wonderful, safe and healthy summer! Warren Barry, RMT☼

It's time to put your foot down...

Claude St Louis

Orthotics specialist

...And **FINALLY** relieve foot and body pain!

Relief is just an Orthostep away with CSL ORTHOTICS! A **custom-made orthotic** will correct or relieve pressure points and weakened areas of your feet. It can also help realign your entire skeletal structure and biomechanical function, resulting in improved body balance, posture and movement. Orthotics can reduce fatigued muscles and tendon strain and ultimately relieve the aches and pains you may be experiencing right now!

ORTHOSTEP orthotics are like no other on the market today! Here's why:

1. ADVANCED COMPUTER TECHNOLOGY means:

- No castings required
- Fast, comfortable, non-intrusive procedure
- High-resolution imaging
- Measurements include all contours of the feet in weight-bearing and non-weight bearing positions
- Immediate data transfer to the lab
- Precise, three-dimensional measurements

2. CUSTOM-MADE ORTHOTICS (SHOE INSOLES)

- Whole foot corrective support
- Thinner, lighter, more flexible and durable materials

- Individually milled from one piece composite block
- Designed to fit all shoe types
- Comfortable from the start; virtually adjustment free

Pain located in the joints (neck, shoulders, back, hips, knees and ankles) can result from continually putting your body out of alignment as you walk, run or even stand for periods of time. **Orthotics may help relieve and prevent common foot disorders** such as calluses, bunions, heel pain syndrome and nerve pain, as well as those resulting from accidents or disease.

Check your health plan for coverage and requirements and call 545-3700 for the next scheduled Orthostep Foot Clinic at Regina Rehab & Family Medical Clinic. ☼

Healthy Chocolate?!

Julie Zepp ND

Doctor of Naturopathic Medicine

This delightful recipe was submitted by our own Dr Jason Kraft, whose lovely wife is an infamous chocoholic. She is forever finding ways to use her much loved Bernard Callebaut chocolate in any number of recipes. We hope you enjoy this delicious recipe for a higher protein, low sugar (use dark chocolate!) decadent treat. Life is, after all, all about balance!

Healthy Chocolate

Ingredients:

- 8" piece of fine dark chocolate
- 1 scoop natural Vanilla protein powder (my personal preference is Absolute Whey by Interactive)
- 1 cup chopped nuts/ seeds (pumpkin, sunflower, almonds, flax)

Melt chocolate and add protein powder. Add nuts and seeds and mix together. Spread onto a metal tray and cool in a freezer. Serve, and enjoy! ☼

New Health Assessment Tools

Julie Zepp ND

Doctor of Naturopathic Medicine

As a Naturopathic Physician, I am trained in a variety of different diagnostic testing methods and am excited to have the opportunity to begin implementing these into my practice. Along with thorough history taking and physical examination, we also provide our patients with access to non-conventional laboratory testing methods. These methods are **designed to detect functional problems in the body before they have actually become disease states** and are detectable via conventional testing – such as routine blood work, X-rays, MRIs, CTs, etc. Such functional testing methods include:

- Urine testing: Urine analysis is an inexpensive method of screening for potential imbalances in gut flora, adrenal hormones, calcium balance, vitamin C status and for measuring levels of bowel toxicity. Answers are provided immediately!
- Salivary hormones: Symptoms like mood swings, low sex drive and hot flashes may be a sign of hormone imbalance. Saliva hormone testing may reveal hormone imbalances that contribute to chronic health problems or hormone conditions, such as thyroid or adrenal gland dysfunction, diabetes, etc. (www.rmlab.com is the lab I use for testing)
- Food sensitivity screen: IgG Blood spot – a painless finger prick is all that is standing in the way between you and discovering which of 96 different foods you might be sensitive to. Undiagnosed food sensitivities (which differ from anaphylactic type food allergies) can lead to a variety of symptoms from fatigue to headaches to digestive difficulties.
- Hair analysis: With just a snip of your hair, have your body's status of heavy metals and mineral evaluated.

- Finger prick test for H. pylori: Helicobacter pylori is a bacterium found in the stomach or upper duodenum and is associated with ulcers, GERD and other digestive disorders

For more information on how these testing methods could benefit you, please email me at info@drzepp.com or call us at the clinic for pricing details. ✨

TMJ and MFR

Warren Barry RMT

Registered Massage Therapist

"TMJ" is a very common condition in our society. TMJ stands for Temporal Mandibular Joint. This is the joint between the temporal bone in your skull, and your mandible, which is your lower jaw. TMJ as a condition is really an incorrect statement as we all have a TMJ, so the correct statement would be TMD, or Temporal Mandibular Dysfunction, which is the term I will use for this article.

TMD can be a very debilitating condition resulting in severe ongoing pain, headaches, and loss of the enjoyment of life. There are many different reasons for pain and dysfunction in this joint, and there is really no one clear cause for this condition. Some of the causes of TMD are motor vehicle accidents, direct trauma, increased stress resulting in clenching or grinding of the teeth at night, dental procedures, pelvic imbalances, and spinal or muscular imbalances. Some of the symptoms of TMJ are:

- Being unable to open the mouth comfortably
- Clicking, popping or grating sounds in the jaw joint
- Locking of the jaw when attempting to open the mouth
- Headaches
- A bite that feels uncomfortable or "off"
- Neck, shoulder and back pain
- Swelling on the side of the face

Additional symptoms may include: ringing in

the ears, ear pain, decreased hearing, dizziness and vision problems.

Most patients are often surprised when they come to the office for an initial assessment for their TMD. I always start with assessment of the pelvis and their standing posture, before even looking at their TMJ. As the TMJ is the last functional joint of the body, if we are looking from bottom up, any structural dysfunction underneath it can result in functional dysfunction of the joint and resulting in symptoms. I have found that many TMJ problems have been corrected by stabilizing the pelvis and spine underneath it, with minimal treatment to the joint itself. There are also cases where we have had to directly treat the joint itself, and in conjunction with a dentist or orthodontist, by providing splints or mouth guards to support the changes made.

As I mentioned previously, with the situation of clenching or grinding the teeth at night, I also believe that many of the TMJ issues are of stressful or psychological origin. It is not the stress itself that is causing the clenching or grinding, but our reaction to that stress that is causing the problem. Through the treatment of Myofascial Release, we are able to get at some of the underlying issues that may be the actual reason for the clenching, and therefore taking the pressure off the system, and relieving the symptoms.

Please contact me at the office if you have any questions regarding TMJ or Myofascial Release treatment, I would be happy to help.

Wishing you all a wonderful summer,
Warren Barry, RMT ✨

Symptoms of Inner Peace

Words of wisdom by Unknown Author

“Be on the lookout for symptoms of Inner Peace. The hearts of a great many have already been exposed to Inner Peace and it

is possible that people everywhere could come down with it in epidemic proportions. This could pose a serious threat to what has, up to now, been a fairly stable condition of conflict in the world.

Some signs and symptoms of Inner Peace:

- A tendency to think and act spontaneously rather than on fears based on past experience,
- An unmistakable ability to enjoy each moment,
- A loss of interest in judging other people,
- A loss of interest in interpreting the actions of others,
- A loss of interest in conflict,
- A loss of the ability to worry,
- Frequent, overwhelming episodes of appreciation,
- Contented feelings of connectedness with others and nature,
- Frequent attacks of smiling,
- An increasing tendency to let things happen rather than make them happen,
- An increased susceptibility to love extended by others, as well as the uncontrollable urge to love them back.” ✨

Improving Chronic Disease Management in Family Practice

Fouche Williams MD

We have joined the Saskatchewan Chronic Disease Management Collaborative of the Health Quality Council. Diabetes and Coronary Artery Disease have been chosen because both conditions are a growing concern in Saskatchewan. If not managed well, both can lead to complications such as stroke, kidney disease, heart attacks, lower limb amputation and death.

A number of key measures were chosen to determine the quality of care currently provided. In order to improve care, the key measures will be tracked over time to measure how we are doing.

If you have diabetes and/or coronary artery disease, talk to your doctor to check the following:

- Blood pressure – Goal: equal or lower than 130/80
- Hemoglobin A1C - a test used to monitor blood sugar management and gives an average of levels over the past 90 days. Goal 7.0 or less
- Kidney function: measured by the albumin to creatinin ratio urine test. Goal less than 2.0 for men and less than 2.8 for women.
- Cholesterol – Goal Total: HDL cholesterol ratio less than 4
- Smoking – Goal: no smoking
- Eyes – yearly examination of retina for changes
- Your medication

Have you been referred for diabetes education or cardiac rehabilitation? We have a nurse (Lynnise Davidowitsch) who visits our practice once a month for our patients who needs help with management of their diabetes. We are also working on improving access to timely appointments in order to help improve the care we are providing. ☺

Pain between your shoulder blades?

Jason Kraft DC
Chiropractor

Do you experience an annoying chronic pain beside or underneath your shoulder blade? Does this seem to get worse the longer you sit at your desk? Chiropractic treatment may be able to help. Restoring spinal and rib mobility will often alleviate this discomfort. ☺

In and around Regina

Local resources to help you optimize your health and well-being!

Julie Zepp ND

Doctor of Naturopathic Medicine

It has been roughly 17 months since I had the good fortune to once again call Regina “home”. Born and raised here in Regina, I had the opportunity to complete my post-secondary education in Calgary, Alberta where I remained within the work force for a couple of years before packing up and heading to Toronto Ontario where I began my post-graduate training in Naturopathic Medicine. Having been away from Saskatchewan for more than a decade, I was uncertain what to expect in the way of health resources here in the province. Would I have access to the healthy organic foods so easily accessible in Toronto? Would I be able to find practitioners to assist me on my own healing journey? What resources would I have available for me to offer to my patients?

Well after a year of practice in the city I have found I have been blessed with a resounding YES to my questions! I have decided to include some of these resources within this newsletter in hopes that they may help you with all of your health pursuits. By no means is this list exclusive – I am only at the beginning of exploring the city and province to capitalize on all it has to offer! Should you have any feedback or input or any local resources you feel I should know about, please don’t hesitate to contact me at info@drzepp.com !

Your local resource guide (Part 1):

- Old Fashioned Foods (5 Regina locations with a new one opening up soon on Rochdale Blvd!): great location for purchasing supplements and some groceries (no produce). The friendliest staff in the city will greet you at their Dewdney Ave location!

- Nature's Best Market (14th ave and Lorne St): great selection of organic foods – including meats, produce, bulk grains, wheat and gluten free products; as well as a wonderful juice bar.
- Popeye's (13th Ave and Albert St): great spot to purchase your protein powder at great prices with friendly staff!
- Pine View Organics: Supplier of all natural meats to local health food stores. Sell direct from their farm near Saskatoon. See www.pineviewfarms.com for more details.
- Spirit Haven Retreat Center: a health and learning center located outside of Craven, SK that offers personal retreat experiences and life enhancing workshops. Visit <http://www.spirithavenretreatcenter.com>
- Melody Jones Conscious Living Seminars: a series of seminars designed to transform your thoughts, emotions and energy patterns around a specific topic. – guiding you to create a stronger connection with your own authentic power. www.melodyjones.ca
- Body Fuel Organics: Organic food boxes made to order. Contact bodyfuelorganics@sasktel.net for more details.
- J's Specialty Bakery (Regina Ave and Elphinstone)/ Butters Tart Bakery (Broad St and 4th Ave N): J's sells fresh gluten free bread products while Butters Tart has a wide selection of frozen gluten free products.
- Sprouts to Go: Susan Risk grows and sells a wide variety of sprouts. Contact 525-9097 for more details.
- Regina Farmer's Market: Look for local growers and producers selling their produce and meats. Every Wednesday and Saturday from 9 am to 1 pm on Scarth Street, beside Victoria Park.
- Care from the Core: A non-profit organization that offers regular meditation classes, seminars and spiritual cinema circles. Visit www.carefromthecore.com
- Healthy Horizons: A non-profit organization that is committed to providing the local public with health information and resources through the distribution of a quarterly health publication and annual conference. For more info please email healthyhorizons@sasktel.net
- Yoga Haven/ Prairie Yoga Center/ The Yoga Den/ Yoga Mala – all wonderful yoga studios located in and around Regina. Contact them all for schedules and find one that best suits your relaxation or fitness needs.
- Infrared Sauna Therapy: Available at Circuit of Friends, Fitness Fixx, Wascana Remedial Massage Therapy clinic. Also available for purchase through local supplier at <http://www.spirithavenretreatcenter.com>

As you can see we have an abundance of talented and dedicated individuals in this city. Our community is changing and more and more people are becoming interested in regaining control of their health and well being through natural methods and a healthy lifestyle. We at Regina Rehab and Family Medical Clinic are proud to be a part of this growing movement by being here to assist you with your health needs. ☺