



NATURAL HEALTH NEWS: YOUR KEY TO A HEALTHIER YOU!

Winter 2008

Reflections

Dr Julie Zepp Rutledge ND

As 2008 draws to a close and we look forward to ringing in 2009, Regina Rehab and Family Medical Clinic will be celebrating a 5 year birthday! It also marks a 4 year anniversary of my time in the clinic. Reflecting back over the last four years with fondness I can recognize the learning and growth I have experienced as a practitioner in that time frame. My clinical knowledge has increased substantially and I want to thank all of my patients, so dedicated to their health and well-being, for giving me the opportunity to learn from them. It is truly rewarding to witness people begin to transform their health, and thus their life. The process of “natural health,” as I have said multiple times before, is not an *easy* one. Though the principles are incredibly *simple*, it is by no means *easy* to incorporate them into our daily lives.

Unfortunately what I like to call the “disease of our time” challenges us every single day... This disease? *Busy-ness*. We all seem to be “busy”. We ask someone *how* they are and the inevitable answer that follows? “Well, I’ve been busy...” It is almost seen as a badge of honor! Something we have started to say proudly. However at the same time it provides us with a sense of panic, or urgency... a feeling that we will forget something, or run out of time. We then carry this feeling around with us on a daily basis and it drives us to skip meals, or grab quick food on the run, or neglect to sit down and really talk or listen to our loved ones. We are so caught up in the hectic feeling we are living with that we forget to exercise, to stretch, to breathe deeply. As we go



The lungs are the rulers over autumn. Since the lungs correspond to the large intestine, both organs have to be treated together. The lungs are the stronghold and the root of the breath. Their condition manifests itself in the skin and immunity.

CHINESE FOLK MEDICINE

about each day at a fast pace we no longer become aware of the subtleties of how we are actually feeling—are we tired or holding our breath or tensing our shoulders? Inevitably one day something will stop us in our tracks—a muscle so painful it causes a headache, or our breath becomes so shallow we experience dizziness or a feeling of anxiety. An instructor of mine is famous for saying “If we listen to our body when it whispers, we don’t have to hear it

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Special points of interest:

Welcome our new Registered Massage Therapist

• **Wendy Erikson**

Now working Mondays and Fridays at Regina Rehab!



Changing your mind

By Warren Barry RMT

With the Christmas Season coming upon us, it can be a very hectic time trying to accomplish all that we want to accomplish with apparently so little time. Christmas presents to buy, Christmas functions to attend to, finances, spending time with family and friends, all within the Christmas rush. It can be a very stressful time for all of us, and can throw you into overwhelm before you know it. It is very easy to get wrapped up (no pun intended) in it all, and the next thing you know, you can't wait for it to be over. The season can go from a very exiting and fun time to a very stressful time, which makes it very hard to enjoy. So, the question that I pose is, "What would happen if I CHANGED MY MIND about it?"

What would happen if we stopped for a minute and reflected on what was happening? Eckhart Tolle says that

all stress is caused by us wanting things to be different than they really are. You may not agree to the way things are, but by accepting it, you rid yourself of the stress of wanting it to be different. Which comes down to my point of "What if you just CHANGED YOUR MIND about the situation"? Could you look at it differently? Could you see the world from a different perspective? Could you change how you feel about it and instead of letting it take you over, you paint a different picture? It is your canvas and your paint, and your mind! Change yourself and watch the world change around you!!

So, when you are out in the hustle and bustle of the festive season, instead of getting caught up in the stress and strain of it, change your mind about it and be grateful for something. Be grateful for being able to find that perfect gift, for having your friends and family around you, for your health.

What about doing a random act of kindness for someone else? By doing something kind for someone else you cannot feel stressed yourself. This simple act of changing your mind can change everything, and the only person that can do that is you. Yes, it can be crazy in the outside world at times, but that does not mean that it has to be crazy on the inside. Change your mind and have it the way that you want it. You are the only one in control of your thoughts. So, when thinking about the Season upon us how about changing the word STRESSED to the word BLESSED and see how that feels, and the only difference is that you

changed your mind!!

From our family to yours wishing you all the best, and a very blessed holiday season. ☼



*Dear Lord....So far today, God-I've done alright
I haven't gossiped, Lost my temper,
Haven't been greedy, grumpy, nasty, selfish, or over-indulgent.
I'm very thankful for that.
But in a few minutes God,
I'm going to get out of bed
And from then on, I'm probably going to need a lot more help.
Amen*

-Anonymous

Submitted by Margaret Levitt PT

A Personal Note from Wendy...

By Wendy Erickson RMT

I would like to take this opportunity to introduce myself and give all readers and patients a brief background about my career.

My name is Wendy Erickson I am Regina Rehab and Family Medical Clinic's newest Massage Therapist. I am very proud to have been asked to be a part of this great team of health care professionals. I look forward to working closely with everyone.

I am married to a wonderful husband for the past 10 years—no children but we do have seven animals! Each one gets extra special care and attention daily. And yes, my hus-

band does too. We live in Fort Qu'appelle, on Katepwa lake. Four years ago we decided to build our dream home (a full traditional log home) and our dream was to live on one of the lakes, so we bought some property and 2 years later built our dream. I absolutely love it! It gives me great pleasure everyday to know that after a hard-days work this is what I have to come home to and nothing pleases me more.

I graduated from the Western College of Massage in 2001. I have had many great experiences over the past years and met wonderful people along the way. Some of those people have also become very close friends. My experiences have led me down different excit-

ing paths through massage therapy. I have had opportunities to work with individuals at Wascana Rehab, Sports Massage, the Allied Health Centre (U of R) and the 2005 Summer Games.

I am very passionate about what I do and as this next year approaches my intentions are to further my career in the field of Myofascial Release Therapy. I am quite excited and thrilled about this area of massage therapy. As I continue to explore this area further I can't wait for the opportunities to treat clients on a much deeper level and to aide in their healing journey. ☼

Reflections

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scream.” To bring about a point to all of my seemingly disjointed thoughts, what I have learned over the past four years is that the most important prescription I can suggest is to practice slowing down. To practice becoming, as you will hear in yoga class, *mindful*. To learn awareness. To relearn how to listen to your body. As soon as we learn to do this so many other things fall into place. We make healthier food choices when we are present as we stand before our fridge or kitchen cupboard, or restaurant menu. We check in with ourselves before making a

choice, rather than eating in auto-pilot mode and then regretting it once the food is gone and our tummy ache is starting. If we are aware of how tight our muscles are in the moment we might then choose to stretch them out or to go for a walk or to have a relaxing bath—rather than ignoring the subtle message and instead lying down to watch a tv program, perhaps making us feeling achier when we got up again. Becoming more aware allows us to change our reactions to people and situations and therefore potentially helping us to avoid feelings of sadness or anxiety. So in going forward this New

Year, consider making one of your resolutions to be “I resolve to become more aware, more mindful and to listen to and honor my body to a greater degree this year.” I can guarantee that this will help you feel better, physically and mentally. Resolve to quit using the word “busy” - remove it completely from your vocabulary. I recall last year deciding I was going to tell myself “I have time” - rather than “I don't have time” and it was amazing how much pressure I took off of myself and how much less stressed I felt! Rather than using the word “busy”, try using the words

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Recipes...

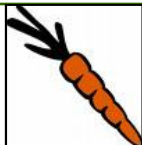
By Julie Zepp ND

Cleansing is a very valuable way to help care for and support our bodies and our health. As many of you may know, I often teach 3 week detoxification or cleansing classes. In these classes I guide you through a program designed to eliminate unhealthful foods from our diet and to support the cleansing process with a specifically designed supplement to cleanse and clear our inner organs. Most cleanses use dietary strategies that advise one to avoid the following foods and food groups: sugar, refined or processed foods, wheat containing foods, dairy products, alcohol, and caffeine. Many cleanses also suggest avoiding the key allergy-producing foods such as soy and eggs, in addition to wheat and dairy. These foods are eliminated in favor of naturally raised meat and meat products, whole grains such as rice, quinoa, millet and gluten free oats, fresh organic fruits and vegetables and raw nuts and seeds. This can be a difficult process and I am always attempting to source out resources to assist us in this endeavor. The most recent gem I have found is the Whole Life Nutrition Cookbook, from which I have pulled the following delicious recipe for Carrot Ginger Soup.

The cookbook is available at the clinic at a cost of \$25.95 plus GST. ☀

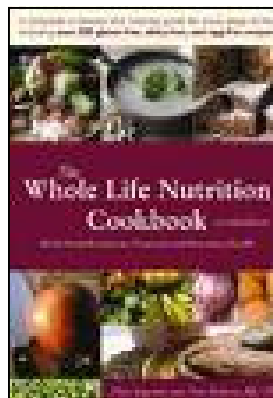
Carrot Ginger Soup

Submitted by Julie Zepp ND



Ingredients:

- 1 tablespoon butter or coconut oil
- 1 medium onion, chopped
- 2 Tbsp grated ginger
- 1 tsp cumin
- 1/2 tsp cinnamon
- 1/4 tsp allspice
- 2 lbs. carrot, peeled and grated
- 6 cups water or broth
- 2-3 Tbsp lemon juice
- 1-2 tsp sea salt or Herbamare
- 1 can coconut milk



Directions:

Heat a large saucepan over medium heat and melt the butter/coconut oil. Add in the onion, ginger, cumin, cinnamon and allspice and sauté for 1-2 minutes. Add the chopped carrots and cook for 3 to 4 minutes. Add the water or broth, lemon juice and sea salt/ herbamare. Cook for 30 minutes. Remove from heat and blend in batches. Return to saucepan and rewarm, adding coconut milk just before serving for a nice creamy consistency. ☀

Reflections

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“rich” and “full”. It will change the energy you feel when you reflect on your day. Rather than having it feel pressured and intense, it will feel much more relaxed and enjoyable. These changes take practice so do be patient with yourselves as you

work on changing old habits and old programs. The number one thing standing in our way of making changes in our lives is the guilt and judgment we put on ourselves when we slip back into an old pattern. Once we learn to release ourselves from this judgment and be

compassionate with ourselves on our journey the changes will finally start to come. Begin to work on slowing down, on developing an inner calm—this does not mean you have to take things off your plate—it simply means you will feel less stressed as you go about your

Preventing atherosclerosis

By Jonathan Bablad ND

Atherosclerosis is a condition of the arteries in which the arteries harden and narrow due to a slow buildup of plaque on the inner walls of the arteries. Diseases caused by atherosclerosis are heart disease and strokes, two of the leading cause of illnesses and deaths in North America.

An atherosclerotic plaque consists mainly of cholesterol. The deposits that accumulate and protrude into your arteries are called plaques; they can be seen on an angiogram or an x-ray of your arteries. However, the angiogram is only seeing a very late stage of the development of atherosclerosis. By the time 25 percent of the artery flow has been blocked by hard plaque, 85 percent of the unseen inner artery is filled with soft fatty plaque, which is actually the more dangerous of the two, this does not show up on an angiogram.

The hard plaque may cause discomfort by gradually clogging up your arteries and decreasing oxygen supply, creat-

ing angina or brain dysfunction. But it is the soft, hidden plaque underneath the hard plaque that is more likely to suddenly break off and enter the bloodstream. The resulting clot may partially or totally block the flow of oxygen-carrying blood. If the blood supply to the heart is cut off, a heart attack can occur. Blocked blood supply to the brain can result in a stroke. When blood supply to the legs, arms or pelvis is affected, you may have symptoms of peripheral arterial disease. If the arteries to your kidneys are blocked, you may suffer from renal vascular hypertension. Scientists believe that cholesterol buildup results from damage or injury to the lining of arteries. A probable cause of this damage to the arterial inner walls is lipid peroxides. Your liver cells have two sets of enzymes for detoxification: Phase I and Phase II enzymes. The Phase I enzymes create peroxides, a normal biochemical step which should be quickly neutralized by the Phase II enzymes. Ideally, the Phase I and Phase II enzymes should work in

sync with each other. If the Phase I enzymes make peroxides faster than the Phase II enzymes can neutralize them, the peroxides may bind to cholesterol or fatty acids (lipids) in the liver creating lipid peroxides.

Lipid peroxides damage cell membranes, including those that make up the inner lining of your arteries. To repair the damage, the blood will immediately deliver a convoy of fats—such as lipoprotein(a), LDL cholesterol, and HDL cholesterol to the membrane.

Lipoprotein(a) acts like the rescue ship of the blood, carrying apoprotein, a sticky substance used to hold the damaged area together, much as you would use a sticky bandage to hold the sides of a wound together. LDL cholesterol is the freighter that carries the cholesterol needed to repair the damaged membrane. To protect its cholesterol cargo from oxidation (rancidity), LDL cholesterol is only lightly armed with weak antioxidants. HDL cholesterol

Preventing atherosclerosis

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is a more heavily armed, sent to protect both the LDL and the damaged membrane from further lipid peroxide damage.

HDL carries peroxide-damaged fats back to the liver for detoxification.

A well-equipped membrane repair crew consisting of these three important fats is more than capable of patching up lipid peroxide damage to your membranes. However, if lipid peroxides continue to assault your membranes over and over again, your weakly protected LDL cholesterol can get damaged by the peroxides.

With ongoing lipid peroxide damage to your membranes, your liver will have to increase its production of fats (LDL cholesterol) into the blood to meet the demand. The increased levels of LDL cholesterol—if not given adequate antioxidant protection in the face of a barrage of lipid peroxides will quickly get oxidized and run aground in your arteries, giving it the unjust nickname “bad” cholesterol. While high levels of LDL have long been considered a sign of pending heart attack or stroke, high levels of lipoprotein(a) are much more dangerous because its stickiness can cause clots. An Oxford University study found that people with high levels of lipoprotein(a) were 70 percent more likely to have a stroke or heart attack because, due to lipoprotein(a)’s stickiness, high levels begin to deposit plaque in the arteries. Linus Pauling, who won the

1985 Nobel Prize in Medicine for his research on lipoprotein (a), theorized that vitamin C deficiency weakens the connective tissue—particularly collagen—of the arteries. This deficiency leaves the arteries more prone to damage, and to patch them up requires more lipoprotein(a).

The problem in the arteries can become much worse when your immune system gets involved. Immune system scavengers called macrophages go in to rescue the damaged LDL. The macrophages eat the damaged LDL, but the rancidity can be so severe that the macrophages themselves can bloat up and die, becoming foam cells. This triggers a further immune response, causing even more damage to the artery membranes. Atherosclerosis does not begin when your heart bothers you—for example when you shovel snow at age 65, or when your legs start cramping up after you turn 60. Atherosclerosis is a slow, progressive disease that can start during childhood and that usually does not cause symptoms until it’s often too late; namely when your arteries are severely narrowed or totally blocked. **It is, however, a reversible disease, particularly in the earlier stages.**

To reduce your risk of atherosclerosis it’s important to decrease your liver’s production of lipid peroxides by avoiding things that speed up Phase I enzymes while increasing the activity of the Phase II enzymes. Some of the factors that make your liver work harder,

and should therefore be avoided as much as possible are:

Sugars and refined carbohydrates: these slow down your Phase II enzymes and lack the nutrients that your body needs to stay healthy. Phase II enzymes need all vitamins and minerals to work properly, so the more refined a carbohydrate is, the more it slows down these enzymes.

Alcohol, tobacco and coffee: these speed up Phase I enzymes.

Coffee: Not only does coffee speed up Phase I enzymes, but it increases peroxide activity in most consumers.

“Bad” fats: these include hydrogenated oils, trans fats and too many saturated fats.

Chemicals such as pesticides, additives and preservatives.

Toxic heavy metals, such as mercury, which is present in silver dental fillings and some vaccinations including the flu shot.

Overgrowth of yeast in the small intestine: this creates even more toxins for your liver to handle, increasing the amount of peroxides produced.

Healthy eating, controlling your weight, exercising, getting the sleep you need, handling stress, taking vitamins and supplements that your body needs will also help to reduce your risk of atherosclerosis.☼