



# Naturopathic News

Winter 2011 Newsletter

Brrrr! Enjoy the read! It's longer, because...

There are so many things going on at the clinic to improve your health!

## Clinic News

Dr Wales is very excited about her sabbatical to New Zealand February 15- April 15<sup>th</sup>. She will be doing her best to relax and rejuvenate on her time off so she can be ready and excited to address any concerns when she is back. Dr Bunzenmeyer in the interim is taking her B vitamins and is here to focus on any of your concerns! Her office hours are Tuesday, Wednesday and Fridays. Please let our front desk know if you would like an appointment to check on your naturopathic program or address concerns you may be having.

We are happy to welcome our new part-time office administrator, Kristen, to our front desk team! She brings a very competent assurance and is very quickly picking up on the many tasks that happen at the front desk! Layle, our team leader, is happy to continue to make sure everything is running smoothly in the office (we are very thankful to have her amazing organizational skills and intellect). And of course we are happy to have Whitney here part-time with her fast-paced skills and smiling face.

## Santevia Water Filters are on sale

The Santevia Water Filter System produces pure water utilizing a long-contact gravity water system. The Santevia Water System combines a ceramic water filter and a charcoal water filter system with six other layers of filtration to provide the best water purifier available, right on your countertop. The Countertop Water System have been carefully tested at Maxxam Analytics, a Canadian independent laboratory and Applied Speciation and Consulting, a US-based independent laboratory and have shown the following reduction rates for the listed contaminants. Be assured that the family of Santevia™ water purifiers are tested and proven to provide pure, great-tasting **alkaline water** to keep you healthy and hydrated. The Santevia Countertop Water System produces pure, **alkaline water** by reducing the following contaminants:



Aluminum	Barium	Chlorine	Chloramines	Copper
Iodine	Lead	Nickel	Silicon	Tin

**Drs. Wales and Bunzenmeyer's water challenge to you:** challenge yourself daily to consume your recommended daily intake of water. Recommended daily intake = your weight (lbs)/2= oz of water per day. i.e. 120 lb woman should drink 60 oz (7.5 glasses) of water per day.



### **Water Facts: Why It's good for you!**

- Human brain is 85% water and is extremely sensitive to dehydration – think headaches!!
- In dehydration, 66% of water loss is from the interior of the cells
- Mild dehydration slows metabolism by as much as 3%
- Thirst signals are often interpreted as hunger pains
- Lack of water is the number one cause of daytime fatigue
- Water is the main source of energy
- Water increases the efficiency of the immune system
- Water is the main lubricant in joint spaces
- Water helps prevent arthritis and back pain

Reference Text: **Water for Health, For Healing, For Life** by F. Batmanghelidj, M.D

### **Upcoming Winter Educational Seminars:**

**Naturopathic Family Health Seminar** with Dr. Jennifer Bunzenmeyer ND

Feb 28, 2011 6:30-8:30 PM

To register contact Chinook College [www.chinooklearningservices.com](http://www.chinooklearningservices.com) or call 403-777-7224 Fee \$49.

**Learn about natural prevention and treatment solutions to help you and your family stay healthy. Learn nutrition principles to increase energy, concentration and improve your mood. Discuss naturopathic techniques to help you adapt effectively to the stresses that life brings. Use natural approaches for boosting the immune system - great health promotion for the whole family.**

Please register soon as spaces are limited.

### **Our Current Favourite Recipe: *Fibre-Rich Bean Muffins***



**In addition to the fibre benefits, the beans in tomato sauce add a rich moistness to these delicious muffins. Makes 2 dozen muffins.**

#### **Ingredients:**

1 cup raisins

1 cup boiling water

3 eggs

1 cup oil

1 cup unsweetened apple sauce (add Stevia if sweeter taste needed)

1 can (14 oz./398 mL) Beans in Tomato Sauce

1 tsp vanilla

3 cups whole grain flour (try a combination of non-wheat flours like barley, oat, quinoa, rice)

1 tsp salt                      1 tsp baking soda                      ½ tsp baking powder                      1 tsp cinnamon

1 cup walnuts or sunflower seeds (optional)

**Preheat oven to 325°F (160°C).**



Mix raisins with boiling water, stir and set aside. Beat eggs, oil, apple sauce, vanilla and beans until beans are broken. Mix dry ingredients. Add them and remaining ingredients, including raisins and water. Spoon batter into large paper muffin cups. Bake for 30 minutes.

Cool and eat or ice with your favorite icing, or try this icing recipe using tofu for an even healthier dessert option (***Creamy Tofu Frosting Recipe*** at <http://vegetarian.about.com/od/desertrecipes/r/tofufrosting.htm>)

For the original recipe & more recipes using beans, visit [www.ontariobeans.on.ca](http://www.ontariobeans.on.ca). Many are gluten free. **As a food, beans can play a role in reducing the risks of developing some chronic conditions and diseases.**

**Edible beans give us the richest source of vegetable protein within our food supply. They are cholesterol free and low in fat, as well as a very high source of dietary fibre.** Beans are also an excellent source of energy containing complex carbohydrates as well as a host of vitamins, minerals and other phytonutrients. The bean's mix of dietary fibre and complex starches give beans an attractively **low Glycemic Index (GI)**. Bean-rich diets have been shown to prolong satiety. Because they are digested slowly blood sugars rise slowly and do not peak at levels as high as starch rich diets. For this reason beans are recommended in the management of weight and diabetes. Beans have been noted to impart other health benefits in that they help in the control of intestinal disorders (colorectal cancer, and irritable bowel syndrome) and cardiovascular disease (CVD).

**A note from Drs. Wales and Bunzenmeyer regarding the SIDE EFFECTS OF BEAN CONSUMPTION:** If you're apprehensive about increasing your bean intake, try rinsing canned beans (without sauce) or use a digestive enzyme blend such as Digest Plus or M7 (vegetarian capsule & enzymes).

## Healthy Snacks for Kids

Chopped raw vegetables and dip, hummus	Chunks of avocado, cucumber, or cooked sweet potato
Breadsticks or pita chips with hummus	Pretzels or popcorn
Tortilla chips with bean dip	Cheerios, granola, or other cereal in a bag
Toasted whole grain breads/crackers with nut butters	Graham crackers or gingersnaps dipped in applesauce
Mini rice cakes with peanut butter	Apple slices with almond butter
Fresh fruits (try freezing bite-size portions)	Dried fruits, especially raisins
Frozen bananas blended with a little non-dairy milk	Applesauce or other fruit cups
Nuts, especially mixed with dried fruit	Soy yogurt
Soy ice cream	Individual boxes of soymilk, rice milk, or fruit juices
Homemade muffins or cornbread	Fresh cooked soybeans (edamame)

### **Getting off Antidepressants**

Antidepressants are one of the most commonly prescribed medications in the world. While helpful to individuals with major psychological disorders, many people end up addicted to medication for short term problems, are on the wrong antidepressant medication, or are suffering from side effects, and are looking for natural alternatives. It is very difficult to wean off of antidepressants as they are addictive, and support is necessary. Naturopathic doctors can support your nervous system before and as you decrease your dosage with your MD to ensure your safety and success.

Naturopathic doctors treat the cause of depression effectively with herbs, acupuncture treatments and homeopathy. When lifestyle stressors are addressed, long term resolution is possible without antidepressant medications or side effects. These include weaknesses in the diet leading to deficiencies, low energy and sleep issues, and social stress.



# Featured Article!

## What are Natural Solutions to Help Improve Mood?

Dr. Jennifer Bunzenmeyer ND

This is a common question we get as naturopathic doctors in our practice - people seeking natural solutions to depression or low moods. Many people suffer with low moods or depression affected by weather and lack of natural light during the winter months, known as seasonal affective disorder (SAD), or an on-going low mood throughout the year. Sadness, crying, anger, and withdrawing from social activities are common symptoms of depression but physical symptoms such as poor concentration, fatigue, decreased libido and a loss of interest in activities that usually were found pleasurable are also very common.

From a naturopathic perspective, there can be many factors contributing to depression and so can be many angles to approach the situation from, simply meaning there are many different solutions to look at:

**Diet is a first approach** – Refined carbs and sugars trigger a decreased mood and increased anxiety. A balanced diet with protein with each meal (legumes, raw nuts, chicken, fish, turkey, eggs, tofu), complex carbohydrates (veggies, fruits, brown grains such as rice, quinoa, spelt, kamut) and healthy fats (olive/fish/flax oil, avocado and raw nuts and seeds) will put energy in your step and help boost mood.

**Stress management** – We live in a world of high stress - rushing with kids, responding to work emails on all our new “techy” gadgets and upkeep of daily responsibilities leaves many people in a state of adrenal fatigue. Symptoms of **adrenal fatigue** are similar to depression.

**Routine** is the number one activity essential to supporting the adrenals. Any time you change your routine, the adrenals help you adapt to that change. Eating times, bed/wake times and work times plus balancing blood sugar with diet through the day - keeping these consistent helps to regulate the adrenals.

**Prioritizing your “To Do” list** - what can be delegated to your children, spouse or a friend? Or can you possibly drop a couple things from the list - lower your standards of what “must” be done!

**Yoga** has been shown to increase GABA, a neurotransmitter that helps improve mood and decrease anxiety in studies. Many naturopathic remedies such as B complex and adaptogenic herbs (rhodiola, licorice, Siberian ginseng) also help support adrenals.

**Thyroid** – It is imperative to check thyroid function in cases of depression. Depression is a prominent symptom of low (hypo) thyroid activity. Your naturopathic doctor will want to do lab work but also check basal body temperature and iodine levels. In our clinic, we also use the ThyroFlex instrument to accurately measure reflex response time to monitor optimum thyroid activity throughout the body.

**Physical chemical imbalances** – For many people, there is a chemical imbalance that can be treated naturally through various nutritional and herbal remedies. **Vitamin B6** is a co-factor needed to produce serotonin. From a naturopathic perspective, working on digestion is key to helping with optimal absorption of these important nutrients for mood. **5-HTP** or **St. John’s Wort** can also be used to increase serotonin levels.

We would be happy to discuss further with you *individual* natural solutions to help elevate mood and feel your ultimate best throughout the day in your next visit. We look forward to helping you along your journey of health one step at a time!