



NATURAL HEALTH NEWS: YOUR KEY TO A HEALTHIER YOU!

Spring 2008

Spring is in the air!

By Julie Zepp ND

Welcome to our Spring 2008 edition of Natural Health News. We make this newsletter available to the patients of the clinic, and welcome you to share it with others. If you wish to receive an email copy of the newsletter each quarter, please visit www.drzepp.com to subscribe.

We feel that sharing information and empowering our patients and the public is an essential component of health and healing. We hope that you enjoy the information presented and we welcome any feedback.

Though we don't purposefully theme our issues, many of the articles I received this month shared a common theme: that of letting go, of moving forward, of transformation. Life is about transitions and change. One of the most certain things is that nothing is certain – that we are always changing and transforming and are capable of growth. As humans we are dynamic in nature, we are flexible and adaptable. The ability to shed old patterns that no longer serve us, and to move into new awareness and ways of being is truly a gift to be embraced. As you read through the articles within the newsletter, take some time to reflect on old habits or old patterns you have had that you might be finished with. Gently acknowledge that they have served their purpose and you are ready to move on.☀



When you rise in the morning, give thanks for the light, for your life, for your strength. Give thanks for your food and for the joy of living.

- Tecumseh

Letting Go

By Warren Barry RMT

Over the past while in treating patients, I have noticed a commonality amongst them. They have all wanted to feel better, get rid of their pain, to get a better career, to find their passion and get their life back, but are so afraid off letting go of what they have now. " I may not like where I am, or what I have, but at least I know what it is. To let go of that scares me to death!"

Letting go can be the most terrifying experience we can have. Letting go means having no support mechanism for our egos. Put simply, when we let go, we trust that every-

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Special points of interest:

- *The Bowen Technique is a safe, gentle and effective way to free your body from chronic and acute pain. As of April 2008 we will have two certified Bowen therapists practicing at Regina Rehab: Naturopathic Doctors Vanessa DiCicco and Jonathan Bablad*

Letting Go

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thing is going to work out in our best interest even when we are in the middle of an experience that screams out to us to hang on. Our life flows from within. Life is not a series of unrelated cosmic accidents waiting to happen. The holes we fall into were dug by us at an earlier time, we just did not realize we were digging them. Our thoughts, words and actions were creating our future experiences while we were thinking, speaking, and doing them. You created your current experience. People are always looking for change, for improvement in their current situa-

tion, let are unable to let go of the past, and keep creating the same situation again and again. Einstein quoted insanity as "Doing the same thing over and over, but expecting a different result". In essence this is what we are doing. We stand there with closed fists, hanging on, and waiting for someone to give us something, or waiting for the change. Maybe we could just open our hands, let go of what we have held on to, and be ready to receive what we want.

Through Myofascial Release, we can then discover what it is that is holding us back, allow ourselves to go back to the time when that pattern was created, and then change it. We

cannot change the past, but we can change our perception of it. By doing this, we can face our fears, open up to new possibilities, and then be ready to make the change that we so desperately want. You create your experience, what is it you want? Maybe it is time to let go? Trust and enjoy the journey. Spring is always a time of renewal and growth. Why not start with you?

If you would like more information on Myofascial Release please refer to our website at

www.reginarehab.com or I can be contacted by e-mail at warren.barry@reginarehab.com ☼

The Benefits of Massage Therapy

By Matt Horejda RMT

Did you know that massage therapy has been scientifically studied for many years? Massage therapy is shown to have many positive effects on a variety of different health conditions.

Is there something massage therapy could help you with to benefit your overall health?

Benefits of Massage Therapy

- Relieves stress and promote an overall feeling of relaxation
- Helps to decrease pain and muscle tension
- Improves circulation
- Helps to provide swift recovery from injury (work, accident, sports related).
- Increases range of motion, mobility, and joint flexibility
- Decreases inflammation of muscle tissue

- Helps to improve blood circulation
- Relieves musculo-skeletal problems and improves posture
- Reduces anxiety and promotes and overall feeling of well being

Massage Therapy and Specific Health Conditions

Aside from the above listed benefits of massage therapy, there is much scientific research indicating that massage therapy can also assist in the treatment and recovery of the following:

- Back pain/Neck pain
- Chronic and acute pain
- Headaches
- Stress, anxiety and depression
- Sports injuries
- Musculo-skeletal problems
- Tendonitis
- Whiplash

"We see that we are not alone, that everything we do touches everybody else in some way, and that as we release our love to others, we each become the vessel God has chosen from the beginning."

~ Betty Eadie

- Arthritis
- Fibromyalgia
- Carpal tunnel syndrome
- Repetitive strain injuries

If you suffer from any of the above conditions, or if you are looking for an alternative or addition to your current overall health regimen, I encourage you to consider a massage therapy treatment. I also encourage you to come in for a treatment if you just want an opportunity to relax and relieve tension. Most health plans cover massage therapy treatments. Most of all, do it because you deserve it! ☼

Acid-alkaline balance

By Paulette Millis RNCP, RHN, RSW

Question: What is pH balance?

Answer: It is a healthy acid-alkaline balance in the body. Acidity and alkalinity are measured according to the pH (potential of hydrogen) scale, and anything with a pH below 7 is acid and above 7 is alkaline. The human body's ideal range is 6.0 - 6.8, as it is naturally mildly acidic. PH below 6.3 is considered acidic and above 6.8 on the alkaline side.

Metabolic acidosis is responsible for an increase in free radicals, and a loss in cellular energy production. Viral and bacterial growth thrive in an acidic body as well, and these may lead to illness. An alkaline body is rarely diseased. Brenden Brazier states "the blood itself will always remain neutral, since this is imperative for survival. However, if the body is consistently fed acid-forming, denatured foods and sup-

plements or encounters stress from other sources, it must take measures to ensure a neutral blood pH is maintained. To do so, the body pulls alkaline calcium from the bones. Over time, the bones become weaker as a result of this survival mechanism." Acidosis may occur for several reasons, one being the lack of alkaline foods in the diet. Other possible causes of an acidic body are not allowing rest and recovery after vigorous exercise, stress, fear, emotional upsets, environmental toxins, alcohol consumption, smoking, and prescription drugs, to name a few. Any symptoms of illness are cause to consider the acidity of your body, and to adopt a healthier diet, particularly adding raw foods. Remember when changing your diet, to eat a balance of good quality fats, unrefined carbs, and good quality protein,

as well as 8 - 10 one half cup servings of veggies and fruits, with the majority of these being raw and vegetable based.

Although citrus fruits may seem to have an acidic effect on the body, the citric acid actually has an alkalizing effect in the system. It is best to consume these, and all fruits, away from other foods.

There are many natural remedies for over-acidity, in addition to the above dietary suggestions, found with a little research and/or the support of a health care provider. Something as simple as doing something for yourself that is not geared toward production may actually reduce your acidity and improve your overall health!☀

Acid forming foods:

- Alcohol/ coffee/ soft drinks/ tea
- Asparagus/ Brussels sprouts
- Beans/ Legumes
- Cocoa
- Cornstarch
- Cranberries
- Eggs
- Milk
- Fish/ shellfish/ meat
- Flour and flour based products such as breads, pasta etc.
- Shellfish
- Sugar and ALL foods with sugar added
- Many synthetic vitamin and mineral supplements
- Many of the sports supplements (highly processed and denatured isolates)
- Artificial sweeteners

Low-level alkaline forming foods:

(almost neutral)

- Almonds
- Blackstrap molasses
- Brazel nuts
- Buckwheat
- Chestnuts
- Lima beans
- Millet
- Soured dairy products

Low-level acid forming foods (almost neutral)

- Butter/ cheese
- Canned or glazed fruit
- Dried coconut
- Dried or sulfured fruit (most)
- Grains (most)
- Ice cream/ ice milk
- Seeds and nuts (most)

(reference: Dr. James Balch, *Prescription for Nutritional Healing*)

Alkaline forming foods:

- Most fresh vegetables
- Most fresh fruits
- Raw hemp seeds
- Raw sprouted legumes and grains
- Raw sprouted nuts and seeds
- Avocados
- Corn
- Dates
- Fresh coconut
- Sweeteners: honey, molasses, maple syrup
- Raisins

As a general rule, raw, whole, unprocessed plant foods are the most alkalizing.

Paulette is an author, speaker, and nutritional consultant with 20 years experience of helping people through life issues and healing challenges. For speaking engagements, to buy her books, or for nutritional counselling, contact Paulette @306.244-8890, eatingforhealth@sasktel.net or www.healingwithnutrition.ca.

Alkalinizing sports drink

By Paulette Millis (from her recipe book: *Cook Your Way to Health*)

SPORT DRINK

- 3 cups coconut milk
- 1 serving of protein powder (no preservatives or additives)
- 2 large dates, soaked in warm water to rehydrate

- ½ banana
- 1 tsp. dulse leaves
- optional: few springs of fresh or dried mint

Blend well and pour into thermos to carry with you to the gym. Start sip-

ping during workout. Great snack anytime; great for traveling.

Dulse (trace minerals and iodine) and coconut milk supply electrolytes. Banana and dates supply high quality carbohydrate. Protein powder supplies energy. ☼

When your past is hurting your present

By Karen Jensen BSW RSW

Is your past impacting how you live in the present? Are you doing the same things over and over again, expecting a different result? Are you desiring to move on to a happier life, but find it impossible to do so?

Please don't despair, for whatever reason the majority of us will have some experience(s), from our past that affect or hurt our present day living.

"The past is a bucket of ashes, so live not in your yesterday, nor your tomorrow, but in the here and now"
Carl Sandburg.

Now that sounds easy but how does one actually do that? First and foremost, is to know there is always hope and no matter how hopeless your current situation may seem, you can change. To do this, a willingness, to relinquish your past is a requisite. To let go of what was and have an openness to new way of being. The thought of letting go can conjure up feelings of fear in most of us, and one can vacillate between wanting to change and holding onto the familiar for a very long time. Will you let go?

Once that decision is made, the door to change can swing open.

Awareness is the key that opens the door of change. Without awareness

there is no choice, but only an unconscious repeating of the same old patterns, leaving one feeling like a victim, and wondering, "why does this always happen to me"?

With awareness then can come choice. I can choose to begin to act in new ways, so I can get a different result.

Often times there will be an emotional component attached to the change. It is important that the emotions be dealt with, so that the emotional charge will no longer hold you hostage to your past thoughts, & actions, or pull you back to the place that once again leaves you thinking, "why does this always happen to me?"

There are a variety of techniques and therapies that deal with thoughts and emotions, so one can begin to be and act in the manner they so choose.

Personal change requires daily practice of the new thoughts, feelings, and actions. The goal is to keep practicing, as opposed to getting discouraged if we find ourselves repeating the "same old pattern".

If I stop practicing the change, I am assured then of getting what I always got! There is a quote that goes something like this... "It doesn't matter how many times I fall down, I am

"Watch your thoughts for they become words. Choose your words for they become actions.

Understand your actions for they become habits. Study your habits for they will become your character. Develop your character, for it becomes your destiny".

-Author unknown

only a failure when I stop trying to get up!!! The true goal is to make a commitment to oneself to get up, and never give up!!!!!!

Rebuilding your future can be an exciting adventure; learning to build a new destiny day by day. I like to think of change as simply adding on to what one already knows. Are you tired of your past hurting your present? Are you ready to embrace this exciting adventure of change?

I would like to close with this quote on the essence of destiny.....☼

Orthotics- support for more than your feet!

By Daniel Rutledge DC

Lack of proper care, ill-fitting shoes and general foot neglect are responsible for the majority of foot, knee, leg, hip or back problems.

It's important to understand your feet have direct impact on the rest of your body and support you with each step. A small abnormality in foot function can have a large impact on joints higher up in the body, causing pain and discomfort.

When you are running, the pressure

on your feet can be three or four times your body weight. Even walking can produce more pressure than the sum of your body weight. The American Podiatric Medical Association says that the average person takes 8,000 to 10,000 steps a day. That adds up to about 115,000 miles in a lifetime or more than four times the circumference of the globe. That is a lot of walking with ill-fitting shoes or painful feet!

Orthotic shoe inserts can be a very im-

portant aspect of your foot, leg and back health. Having an assessment done by a practitioner trained in fitting orthotics may be just what you need to help you move pain-free. A full foot and leg exam is done and a fitting taken for your orthotic. Within a few weeks your custom made orthotic will be ready for you.

Call the clinic to book your assessment today!☀

The Bowen Technique: Heal what ails you

By Vanessa DiCicco ND

Bowen Technique is a gentle, non-invasive physical therapy that allows the body to attain its natural balance and healing. Bowen is effective as a structural treatment for pain and addresses the body as a whole. The beauty of a Bowen treatment is that it can often extend beyond healing the presenting symptom to the healing of underlying physical, emotional and mental causes of chronic illnesses. Bowen acts upon the body's autonomic nervous system to enable it to achieve homeostasis at a cellular level and regain its own natural balance. The Bowen Technique was created by Tom Bowen (1916-1982) an Australian man, who was purported to have treated 13,000 patients per year in Oz with remarkable outcomes.

The actual Bowen movement consists of a subtle rolling of muscle, nerve, tendon or connective tissue. Bowen moves go no deeper than fascia on superficially accessible muscles, and are able to do so with gentle pressure. Stretch reflex, Golgi reflex and reciprocal enervation may be involved in the muscular releases and can occur

on a cellular level and expand out physically. In fact, people may fall asleep during a session, and many will not feel the effects of the Bowen Technique for several days after the treatment.

During a Bowen session, the patient relaxes on the treatment table, while the therapist applies orchestrated movements along the spine and at specific points throughout the body. The therapist leaves the room between each pattern in the series to allow the patient maximum integration of the information received.

The Bowen Technique is safe to use on everyone, from the newborn babe to the elderly, as there are no vigorous manipulations employed in the treatment. The soothing and restorative effects of the Bowen Technique have been found to reduce physical, emotional and mental stress; improve joint mobility, increase circulation of lymphatic and venous fluids and the assimilation of nutrients; and eliminate toxins.

Bowen Technique has shown to have profound, rapid and lasting relief from a wide spectrum of conditions:

Musculoskeletal pain, Respiratory problems, Arthritic Pain, Carpal Tunnel Syndrome, Sinusitis, Foot and Ankle Problems, Frozen Shoulder, Digestive Disorders, Gait Disorders, Hammer Toes, Colic, Hamstrings, Constipation, Headaches, Gynecological problems, Knee and Hip Restrictions, Infertility, Plantar Fasciitis, Pelvic Problems, Bed Wetting in Children, Sciatica, Chronic Tinnitus, Tennis Elbow and TMJ Syndrome. In place of the illness and discomfort experienced with these conditions, Bowen introduces a state of ease and wellbeing.

The Bowen Technique is practiced in Regina by Naturopathic Doctors Vanessa DiCicco and Jonathan Bablad. If you are interested in learning more about the Bowen Technique please call 501-1561; or visit:

www.ndaccess.com/HeadtoHeal

If you would like to book an appointment for Bowen therapy, please contact the clinic at 545-3700. ☀

Regina Rehab and Family Medical Clinic

On the web:

www.reginarehab.com

www.drzepp.com

www.healingwithnutrition.ca

www.ndaccess.com/HeadToHeal

Cancer

By Julie Zepp ND

The cancer statistics are alarmingly high. You likely hear of someone on virtually a daily basis who has been diagnosed with this frightening disease. So what can we do? How can we protect ourselves? How do we deal when a loved one is dealing with this diagnosis? How do we ourselves cope with our own diagnosis?

In this article I hope to provide you with some insight into cancer, from a holistic health care perspective, and some self-empowering tools you must implement into your life now – before or even following the possible fateful diagnosis.

The cancer process

In brief, cancer is cell division “gone mad”. In our bodies we have trillions of cells. Each cell has a specialized function – some are designed to contract (muscles cells), some are designed to carry nerve impulses (nerve cells), some are designed to produce messenger molecules; eliminate waste, take in nutrients, metabolize toxins, and so on. One exceedingly important class of cells in our bodies are the ones designed to protect us from foreign invaders (immune cells). The health of your im-

mune cells is critically important in dealing with cancer.

If you consider how many cells your body is made up of, and how many complex functions they have – you can hopefully understand how important it is that the environment in which these cells live be as healthy as possible. If you think of a house filled with many people, the house itself needs to be kept clean and with good air flow. As soon as something in the house breaks down – for instance the windows get stuck shut/ the sanitation system no longer works – then one or more of the people inside run the risk of getting sick. When this happens, this sickness can very easily spread to other people in the house. In this case we might have a system in place to recognize a person being sick, open the windows, let fresh air in, move the person outside to rest and recover. In doing so, harmony and health are restored to the people in the house. This example is analogous to the function of the immune system in cleaning up our “house” – our body.

In the case of cancer, we have all of these trillions of cells in the body and anything can cause a “sickness” to set into one of these

cells – it might be a destruction of the cell from an environmental toxin, a diet filled with processed foods, nutrient deficiencies, constant recurring stress, emotional toxins, etc. These “triggers” are known as “carcinogens” (cancer causing agents) and the scientific community recognizes that they will activate a gene within the cell called an “oncogene”. It is known that within certain families there exist more oncogenes for a specific type of cancer, therefore when a person from that family’s body has been overwhelmed with carcinogens, those cancer causing genes may be turned on and the cancer can begin to grow.

Each and every one of us has this process happening within us at any given moment. We are affected by absolutely everything in our environments in either a negative or positive way. Fortunately we have in place this wondrous system, called the immune system, that I alluded to earlier. This is the system that essentially patrols the body, looking for “cells gone bad” – and to put it simply, gobbles up or destroys those cells that no

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Cancer

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longer function as our body needs them to. It's a "clean up" system. Much like a waste disposal division in a city, however, this system can too become over-taxed if the demands placed on it override its ability to handle its responsibilities. If the capacity to react is exceeded, then disease will set in.

The more negative carcinogenic things/ ideas/ thoughts/ emotions, the more overwhelmed the system gets. And some people (those with a genetic tendency to cancer) are able to tolerate less than those with a different family history. So while it is important that EVERYONE be proactive in reducing risk for cancer, those with a family history must take particular care.

Keeping the pathology in mind when considering what we can do to help protect ourselves, our goals are twofold: 1) reducing our exposure to carcinogenic substances 2) keeping our immune system in top form.

Because each of these points is an article (book!) in and of themselves, the information included here is by no means comprehensive.

1) Reducing our exposure to carcinogenic substances:

Nutritional – what we put into our mouths is perhaps the easiest area of influence we have on reducing our risk for cancer development. Avoid cancer causing foods: processed foods (foods with artificial preservatives/ coloring agents/ flavor enhancers); refined foods – eg. white sugar, white flour (cancer cells love the

sugar they get from these highly refined foods); foods that stress the liver (alcohol, caffeine, nicotine, soda pop, fatty/ greasy "junk" foods); non-organic meats/dairy and non-organic dairy products. Switch your diet to "whole" foods – I like to say "If you can imagine how Mother Nature gave it to us, you can eat it" (eg. an apple vs. a pop tart... which one can you imagine growing/ flowering?). This includes whole grains (rice, oats, millet, rye, barley, quinoa, etc), vegetables, fruits, organic meats and meat products, nuts and seeds. Emphasize lots of fresh water, pure juices without sugar added, herbal teas.

Environmental – an author and "eco-theologian" by the name of Thomas Berry once asked: "How can we have healthy people on a sick planet?" . It is like going back to our example of the body, as a house, now on an earthly scale. If our earth is our "house" then it is our duty to keep it as clean and healthy as possible. One doesn't need to become an activist, but for our own health and for the health of future generations, we must become proactive. Recently we have heard the negative impact of drinking from plastic bottles – well, plastics in general are carcinogenic for ourselves and for the Earth itself. Reduce your purchase of foods and beverages in plastic containers, take cloth grocery bags to the store with you. Walk, run, or bike to work. Garden, compost. Buy locally grown foods whenever possible (the transport of vegetables from California to our store

shelves generates enormous amounts of pollution).

Emotional – this is probably the most overlooked area in which we can exert a powerful influence on our health. It has been noted that individuals with psychotic disorders, such as schizophrenia, typically have a next to 0 rate of cancer. It is believed that (though to a pathological extent in these cases) these individuals are constantly expressing their emotions/ feelings that they do not remain dormant in the body and act as carcinogens. Those people the most disconnected from their emotions, those less likely to express their feelings (often working with cancer patients, they observe more often than not "I don't know how I feel" and this was a central theme of their lives) are the ones that seem to have higher incidences of cancer. I am sure you all know how it feels to be deeply saddened about something, and feel you mustn't express it and therefore suppress it. It is like a feeling of tension in the guts or in the throat. If this occurs too repeatedly, we get out of touch of the feeling in the first place, and it is buried in the body where it will act as a carcinogen. Resentment is another feeling, that if you experience this on a regular basis – for example the mom who does everything for her family and takes no time to nurture herself might become resentful of her family and angry towards others for not helping (though she rarely asks for help, wanting to "do it all" herself) might feel resentful most of the

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time. This block of energy will stimulate a cascade of potentially cancer-causing stress hormones.

Building the immune system: Of course ensuring proper immune function is vitally important. This is done through good nutrition, good hygiene – including “water, sunshine, fresh air and exercise”, reducing stress and workload, ensuring a minimum of 8 hours of quality sleep per night, taking sick days when feeling run down – in order to rest and recover. Eating foods that boost the immune system: garlic, oregano, onion, tumeric, green tea, reishi mushroom, and antioxidant rich fruits and vegetables.

This isn't to say that these strategies are foolproof in preventing cancer – what I am seeing as increasingly most important in your personal journey is the development of your spirit. In working on spiritual growth, acceptance and surrender, we learn that there is an ultimate plan in place for us. And though we may not have any clue what this might be or why cancer might be a part of this plan it is absolutely critical to surrender to your spiritual nature – to trust and have faith in your Source energy (be it God, the Great Spirit, Buddha, Allah... or a combination there of) that this is part of a Divine plan and there is teaching going on each step of this journey. When faced with impending death, I admit this would seem a daunting task. Which is why, more and more often, I am suggesting people delve into palliative teach-

ings every day of their lives – whether faced directly with their own mortality or not. We are all, in fact, facing our mortality daily. There is not a single person that you know today, including yourself, that isn't going to die at some point. So why not begin the process of coming to terms with this fact now? In the Buddhist tradition it is taught to accept death in your healthiest days. Unfortunately in our culture – the living and dying are separated. We are isolated from the dying experience, which creates fear. To be with someone who is dying is a powerfully spiritual experience – there is a grace and acceptance that is incredible. If we all had the honor of witnessing this, perhaps we would not fear the process to the extent we do. As we learn to accept death as simply another transition in our lives, many of our daily worries and anxieties leave us and we are free to live our lives to their fullest. I often say – consider the “worst case scenario” – really consider it (rather than avoid the thought of it, like most people tend to do) and as you can become “okay” with that outcome you have really nothing

left to fear and life becomes easy.

To close, you are a Divine being that is simply living your life as a human right now (you're in “Earth School” according to author and teacher Caroline Myss). Which means you will have human struggles that are meant to challenge you to become your highest self. As a human, you have been given a body that is your responsibility to care for as you walk your path on earth.

This, in brief, means Water, Sunshine, Fresh Air, Exercise, Good Food and Healthy Relationships (with yourself and others). Commit yourself to self care because you NEED to not because you “should”.

For further assistance on your journey and some reading suggestions:

- *Beating Cancer with Nutrition* by Patrick Quillin
- *Cancer and the Lord's Prayer* by Greg Anderson
- *On Death and Dying* by Elizabeth Kubler-Ross
- *The Journey Home* by Kryon
- *The Power of Intention* by Wayne Dyer
- *The Power of Superfoods* by Sam Graci
- *The Tibetan Book of Living and Dying* by Sogyal Rinpoche
- *You Can Heal Your Life* by Louise Hay ☼

Naturopathic Medicine Week – May 4-11, 2008

Naturopathic Medicine Week (NMW) is an annual awareness initiative held throughout Canada that focuses on disease prevention and health promotion. Over the course of the week, licensed naturopathic doctors host workshops and lectures to educate the public about the benefits of naturopathic treatment.

On **Wednesday May 7 from 7 to 8 pm** and again on **Saturday May 10 from 2:30 to 3:30 pm**, licensed Naturopathic Doctors Jonathan Bablad and Julie Zepp Rutledge will be giving a **free** lecture on **Naturopathic Medicine** at **Chapters** Bookstore.

We hope to see you there! ☼