



NATURAL HEALTH NEWS: YOUR KEY TO A HEALTHIER YOU!

Spring 2009

Spring is in the air!

By Julie Zepp Rutledge ND

Welcome to the Spring 2009 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 email info@drzepp.com with your email address in order 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 you might have.☺



It's spring fever. That is what the name of it is. And when you've got it, you want - oh, you don't quite know what it is you do want, but it just fairly makes your heart ache, you want it so!

~Mark Twain

From symptoms to disease

By Julie Zepp Rutledge ND

Although it may sometimes feel as though disease states come on out of the blue, this is not often the case. Most of the time there are symptoms that begin to develop many years before we are diagnosed with any specific disease state.

One of the goals of Naturopathic Medicine—or of any other holistic and preventative therapeutic method such as massage therapy, chiropractic medicine, physical therapy or Traditional Asian Medicine—is to teach the patient or client how to recognize early symptoms before they manifest into more serious conditions or illnesses. Becoming aware of our body's early indicators of imbalance is critical in the process of healing.

Once we learn how to recognize the signs of imbalance or disharmony within the body, we can obtain the tools in order to set ourselves back on track to health and wellness. If we consistently fail to recognize these indicators, or if we choose to ignore them, or fail to seek assistance in dealing with them—they will certainly manifest into more serious and chronic conditions.

All illness stems from imbalance. The initial signs of imbalance in the body range

(Continued on page 3)

Inside this issue:

From symptoms to disease	1
Change your Mind—Part 2	2
Toxic skin care?	5
Recipes	7
Upcoming Events	8

Special points of interest:

- **Dr Hauschka products are soon going to be available through Regina Rehab by special order. These products are non-toxic, 100% parabens-free top quality skin care products. For detailed information on the products visit www.drhauschka.ca**
- **Email info@drzepp.com to place your order!**

Changing your mind—Part 2

By Warren Barry RMT

If you did not have a chance to read Warren Barry's first article Changing your mind in the Winter 2008 edition of Natural Health News, please email info@drzepp.com to obtain a copy, or inquire at the reception desk at the clinic for a print version.



Spring is in the air, and this always is a great opportunity for a fresh start. Kind

of like New Years, without the disappointing resolutions. It is always a great time for change, for renewal, and wardrobe!

I was reading a fascinating book on addictions while I was on holidays this winter called "In The Realm of Hungry Ghosts", by Dr. Gabor Mate. This book gave me a completely different perspective on addictions.

If you have any interest in addictions, or you suffer from any addictions, I suggest you give it a read. Interestingly enough, over the past few weeks I have been working with some patients in regards to their struggles with addictions.

It has been said that the two most difficult struggles in life are addictions and relationships. In working with these individuals, I discovered something very interesting about how they saw the world, and how that directly affected their addiction. In having conversations with these individuals, they saw the world as a scary, threatening, dark, and lonely place.

Now, this concept of the world only appears in their mind, and nowhere else. Sure, when we hear the news telling us of recessions, wars, famine, and all the

other negative trash, it is very easy to get sucked into that perception of the world. Now, mix that in with previous belief systems, dark pasts, and unresolved emotional wounds, there lies a great recipe for another excuse to numb out from the world.

When it comes to resolving issues in our life that we do not like, or that we are self-medicating to try and overcome, I have asked these patients "What would happen if you changed your mind"? What if you just stopped for a minute, reflected, and just looked at it differently? I have asked this question before to patients and they have said "Is it really that simple"? "It can't be that easy!" All I have to do is change my mind? My answer is always the same; it is only as hard as you make it! We are the only

"At each moment you choose the intentions that will shape your experiences and those things upon which you will focus your attention."

~ Gary Zukov

ones in charge of our thoughts, no one else. We have absolutely no control of the world outside of ourselves, but we do have control of everything inside ourselves. From our thoughts, our feelings, our emotions, our dreams, and ultimately, our health!

Eckhart Tolle said that all stress is caused by us wanting things to be different than they actually are. This statement says a lot about the concept of accepting things the way that they are. You may not agree to the way things are, but by accepting it, you rid yourself of the stress of wanting 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 running away from the problem, you paint a different picture? It is your canvas and your paint, and your mind! Change your mind and watch the world change around you!!

Wishing you all a wonderful spring season full of health, happiness, and a changed mind (if you choose).☺



From symptoms to disease

(Continued from page 1)

from mild fatigue, stomach upset, overindulging in “junk” foods—such as sweets, soda, or snacks such as chips or even salted nuts or any packaged food, strong and specific food cravings for sweet or salty or fatty or alcohol, feeling clumsy or noticing a foggy head or decreased memory, among others. In these cases your body is attempting to pass along messages to you. These messages might be saying: Get more rest! Eat more fiber! Drink more water! Stretch! Exercise!

Earlier in life our bodies’ ability to correct imbalances is stronger. We can survive 6 hours of sleep per night, we can eat more “junk foods” or drink more alcohol without feeling the negative effects of these foods and beverages. We can burn the candle at both ends. We can avoid dealing with unpleasant emotions and choose to suppress them for years. We can go without regular exercise or stretching for longer periods of time.

Stage 1—Signs of Imbalance:

- Fatigue
- Nervous tension
- Mild headache
- Overeating
- Indigestion
- Minor aches and pains
- Tense or cramped muscle
- Low sexual energy
- Feel chilled or flushed
- Itchiness
- Forgetful, confused
- Listless, no motivation
- Mildly depressed
- Irritable, frustrated
- Hyper or fidgety
- Can’t relax or unwind
- Uncomfortable weight gain or loss

However this ability to maintain balance in the body is limited. Bodily abuse cannot go on for a lifetime, in most cases.

Early signs of imbalance, such as those described in Stage 1 below, start to appear. If we fail to listen to and acknowledge and take action when these signs of imbalance appear, eventually Stage 2 (below) signs appear, indicating

Stage 2—Signs of Accumulation and Discharge

- Bad breath
- Body odor
- Sinus congestion
- Recurring cough or sneezing
- Oil or dry skin
- Difficulty sleeping
- Gas, belching
- Constipation
- Diarrhea or loose bowels
- Vaginal discharge
- Recurring infections
- Menstrual tension, cramps
- Overheat or perspire easily
- Hay fever or allergies
- Skin eruptions (pimple, rash)
- Recurring headaches
- Frequent pale urine
- Infrequent dark urine
- Damp hands or feet
- Fever
- Low blood sugar
- Bingeing
- Vomiting
- Mood swings, emotional outbursts
- Rigid mental attitudes
- Prone to serious accidents
- Deep depression, resentment or fear
- Chronic backache
- Stiff or painful muscles, joints, spine
- High blood pressure
- High cholesterol reading
- Obesity

imbalance is turning into compromised health. Generally by the 3rd decade of life—and in some cases even earlier—the body’s ability to maintain balance has become compromised, and symptoms are beginning to develop. Stage 3 (below) identifies those symptoms that indicate ill health is more prominent in the body than good health.

Obviously the closer you are to Stage 1, the easier it is to resume balance. This is why it is so important to pay attention to the messages your body is giving you, and to take action! That action may begin with consultation with

(Continued on page 4)

Stage 3—Common Signs of Trouble

- Chronic Digestive upsets
- Migraine headaches
- Persistent infections
- Debilitating pain
- Cataracts
- Loss of hearing
- Loss of memory
- Insomnia
- Eating disorders
- Arthritis
- Appendicitis
- Diabetes
- Herpes (cold sores, shingles)
- Osteoporosis
- Fertility problems
- Hysteria
- Manic depression
- Paralysis
- Kidney or gall stones
- Cancer
- Heart disease
- Other degenerative illnesses

(reference: Kristina Turner, *The Self-Healing Cookbook*)

From symptoms to disease

(Continued from page 3)

a health care practitioner who can assist you in regaining balance in the body. Achieving this is often through a combined approach of dietary therapy, cleansing, lifestyle counseling (exercise, fluid intake, sauna therapy, etc.), supplements (vitamins, minerals or herbs), body work (massage, stretching, chiropractic, acupuncture, reiki), personal counseling, meditation, journaling, and/ or reading.

Now this may seem overwhelming—that health is a full time job—well, it truly is a job and our responsibility to ourselves, our family and our community and society to keep ourselves as healthy as we can. The good news is that it does get easier the more you work on making changes in your life. And good health truly does become addictive. As we start to improve our health and reverse our body's imbalances we do gain more energy, making it all the more feasible to implement the necessary changes.

Begin with the basics and work out from there. Be patient with yourself as you make changes, years of accumulated bad habits and waste products in the system do not disappear overnight. It does take time to get rid of them and the discomfort of changing habits or eliminating toxins is not always easy or pleasant.

As you begin to remove processed foods from your diet, or begin an exercise program or commit to ridding your body of suppressed emotions like anger or grief—you will find you may experience symptoms like fatigue, headaches,

mood swings, etc as your body goes through the healing crisis. We have spent many years pushing these deep into the body—we will certainly feel them as they are released.

Step 1– Simplify your diet.

Eat more whole foods—whole foods are foods that have not been processed—meaning they exist in their natural form. These include organic fruits, vegetables, nuts, seeds, whole grains—generally high fiber and chemical free. Choosing these foods will help reduce toxins and fats in the blood, improve blood quality, get rid of excess mucus and fat, clean the intestines, release tension and stabilize moods. Avoid packaged foods, sugar and sweeteners, salt (do not use any more than a 1/2 tsp of an unrefined sea salt per day), soda, caffeine, dairy and red meats. For optimal cleansing, reduce all animal products including poultry and eggs, for at least a week.

Step 2—Be sure to drink more water. Water is very important in our bloodstream to flush toxins from our cells and to carry nutrients and oxygen to the tissues that require them. Sufficient water is 8-10 glasses daily. Adding fresh squeezed lemon juice to your water will help it's cleansing activity.

Step 3—Aim to get more exercise. Regular daily activity is crucial for moving blood through the body. Aim for a minimum of 30 minutes 5 times a week.

Step 4—Pay attention to muscle tension and stiffness. We often do not realize that we are clenching our muscles—be they are neck, jaw, back or shoulder muscles—if they are tight they will result in insuffi-

Take the complications, rules, shoulds, musts, have tos, out of your life. This will open a channel for the genius within to emerge.

~ Wayne Dyer

cient blood or nerve flow to areas of the body, resulting in pain or fatigue. Be sure to see a massage therapist and chiropractor on a regular basis to maintain tension free muscle and adopt deep breathing and stretching techniques to keep you limber between visits.

Step 5—Identify and eliminate other toxic stressors in your life. If you smoke, aim to quit. If you have negative friends or coworkers, try spending less time around them. Remove toxins (chemical cleaners, pesticides, perfumed air fresheners, etc) from your home (see also *Skin Care* article). Work to create the healthiest possible environment around you.

Step 6—Journal/ read/ meditate/ see a counselor. It is important to slow down and get in touch with underlying emotional stressors that may be contributing to our self-destructive behaviors. Learning new coping mechanisms and how to reframe (see also *Changing your mind* article) situations helps us deal with potentially unavoidable negative situations.

Two great resources to assist you on your journey back to balance are *The Detox Diet* by Elson Haas and *The Self-Healing Cookbook* by Kristina Turner—available through most bookstores or online.☀

Toxic skin care?

By Julie Zepp Rutledge ND

As you read this article, consider going to get a bottle of any of the skin care products that you are currently using from your bath or bedroom. Double check it to see if it contains one of the *many* possibly dangerous ingredients that are commonly found in commercial skin products. If so, especially if it contains multiple harmful ingredients, consider giving it a toss in favor of a non-toxic alternative.

The skin is the largest organ in our body. Sixty percent of what we put onto our skin is absorbed through the skin and into the bloodstream. If you have a hard time believing this, just think of the various types of medications that are administered through the skin: fentanyl (“pain”) patches, hormone patches – even nicotine patches to stop a person from smoking. In Chinese medicine we think of the skin as a “third lung” as it provides such direct access into our body.

Some of the most common suspicious ingredients include (adapted from – www.mercola.com and www.nottopretty.org), but sadly are not limited to, the ones listed below. For a more detailed listing please visit www.lesstoxicguide.ca.

Parabens – These are the scariest ingredients out there. Common examples include: methylparaben, propylparaben, ethylparaben, butylparaben. Widely used as preservatives in the cosmetic industry - most (about 99%) of all cosmetic and skin care products contain parabens. Studies implicate their connection with cancer. They have hormone-disrupting qualities – mimicking estrogen (known as xenoestrogens) – and have been found in the tumors of women with breast cancer. (*healthy alternate ingredients to look for: Vitamins E or C, Grapefruit seed extract*)

- **Mineral Oil, Paraffin, and Petroleum** – These are petroleum products that coat the skin like plastic would, clogging pores and creating a build-up of toxins, which in turn accumulates in the body and can lead to skin and other health issues. They slow cellular development, which can cause you to show earlier signs of aging. They are suspected causes of cancer. They are disruptive of hormonal activity. (*healthy alternate ingredients to look for: shea butter, coconut oil, aloe vera, mango butter*)

Phthalates - Phthalates are a group of man-made chemicals that are widely used as plasticizing additives in a broad range of consumer products, including cosmetic and personal care products, PVC consumer products and construction materials. These chemicals are also used in synthetic fragrances to extend the scents’ staying power. Phthalates are relatively persistent in the environment and have been found in drinking water, soil, household dust, wildlife, fatty foods (meat and dairy products) and in the blood and breast milk of people. Scientific research has shown that phthalates disrupt hormones, and can cause birth defects of male reproductive organs.

DEA and TEA - These proteins are used in products as preservatives or for pH balancing and the danger exists when they break down into nitrates and subsequently nitrosamines. Numerous studies link nitrosamines to cancer (liver and bladder), developmental or reproductive toxicity, immune system toxicity and nervous system toxicity.

Fragrance – When listed on a label, this can indicate the presence of up to 4000 separate ingredients – most synthetic. Symptoms range from headaches, rashes, coughing to asthma, nervous system disorders such as hyperactivity, irritability – even de-

pression. (*healthy alternate ingredients to look for: pure essential oils*)

- **Propylene glycol** – Used as a moisturizer in cosmetics and as a carrier in fragrance oils. Shown to cause dermatitis, kidney or liver abnormalities, and may inhibit skin cell growth or cause skin irritation, also shown to be toxic to the nervous system.

FD & C and D&C– These are known as coal tar dyes and are responsible for color in certain cosmetics. These have been found to cause cancer in lab animals and many people experience allergic reactions like skin irritation and contact dermatitis.

Sodium laurel or lauryl sulfate (SLS), also known as sodium laureth sulfate (SLES)– Found in car washes, engine degreasers, garage floor cleaners... *and in over 90% of personal care products!* SLS breaks down the skin’s moisture barrier, easily penetrates the skin, and allows other chemicals to easily penetrate. Combined with other chemicals, SLS becomes a “nitrosamine”, a potent class of carcinogen. It can also cause hair loss.

Toluene – Label warnings on industrial products indicate: *Poison! Danger! Harmful or fatal if swallowed! Harmful if inhaled or absorbed through the skin.* However these warnings do not exist on the nail polishes that commonly contain it. It causes headaches, dizziness, fatigue and can cause reproductive problems. Other names include Butylated hydroxytoluene (BHT), benzoic and benzyl toluene.

Once in the body, toxic chemicals can act in a number of ways that can harm our health (source – www.toxicnation.ca):

(Continued on page 6)

Regina Rehab and Family Medical Clinic

On the web:

www.reginarehab.com

www.drzepp.com

NEW

Visit chiropractor Dr Dan Rutledge's **new** website for useful health resources including handouts on *Posture, Tension Headaches, Gardening, Workplace Ergonomics* and many others.

www.drrutledge.ca

Toxic skin care?

(Continued from page 5)

Hormone disrupting chemicals:

mimic, block or interfere with hormones such as estrogen, androgen and the thyroid. Can lead to reproductive defects, reduced fertility, and neurological, behavioural and developmental problems.

Carcinogenic chemicals: cause or aggravate cancer, which is the growth of abnormal cells that spread throughout the body.

Neurotoxic chemicals: cause damage to the brain. Can lead to developmental and behavioural disabilities, particularly in children because their brains are still developing.

Respiratory toxins: affect the breathing system. Can cause respiratory illnesses, such as bronchitis, pulmonary fibrosis, emphysema, cancer, and general breathing problems.

Reproductive toxins: can affect reproductive ability and sexual function.

Developmental toxins: can negatively affect normal childhood development and growth.

The solution?

First, go through your cosmetics and hair and skin care products looking for these ingredients. Dispose of all of those that contain them!

Next, source out some healthier ver-

sions for your lotions, creams, mascaras, gels, shampoos, etc. The following list can direct you to some healthier brands:

- ~ Dr Hauschka (One of the best super natural brands on the market is. They are organic, all natural and chemical free. Contact info@drzepp.com to purchase)
- ~ Weleda
- ~ Burts Bees
- ~ Aubrey Organics
- ~ Ecco Bella
- ~ Earth Science
- ~ Alba
- ~ John Masters Organics (please see Recipes on page 7 for a John Masters tip on natural highlights!)
www.lesstoxicguide.ca (This site provides great information on more non-toxic products— from skin care to cleaners)
- ~ www.cosmeticsdatabase.com
(On this site you are able to look up specific products and it will give you a rating on how potentially toxic they are. It is important to go into each product separately as the rating may be high, despite the fact that there are no chemical additives in the products. If the product contains a large number of herbal ingredients it will sometimes be given a high toxicity value,

even though they are minimal risk)

Given the exposure you have had to these harmful chemicals over your lifetime, consider doing a form of cleansing. Cleansing is best done with the guidance of a licensed health care practitioner, in order to determine the type of cleansing that will be best for you. Refer to the article *From Symptoms to Disease* to obtain information on clean eating and basic bodily support.

A very effective method for removing chemical toxins from the body is through far infra-red (FIR) sauna therapy – there are various FIR sauna locations around Regina. This method will assist your body in getting rid of the toxins stored in the skin and just below the surface of the skin – in the lymph system and the adipose tissue (fat!).

Sauna therapy is a wonderful and relaxing way to detoxify. Consider a session daily to weekly. Nature's Best Vitamins (on 14th and Lorne) is one of several locations that offers sauna therapy.

Wishing you well in your outer and inner spring cleansing this season!☀

Recipes

Raw Chocolate Hazelnut Brownies

Recipe from *The Whole Life Nutrition Cookbook* (available at Regina Rehab and Family Medical Clinic)

1 cup raw hazelnuts

1/2 cup raw almonds

1– 1 1/2 cups medjool dates, pitted

1/2 cup raw almond butter

4-6 Tbsp organic cocoa powder

3 Tbsp raw unsweetened coconut

Place hazelnuts and almonds into food processor and grind. Add the pitted dates, raw almond butter, and cocoa powder and process until completely mixed. Firmly press mixture evenly into an 8x8 inch square pan. Sprinkle with shredded coconut. Cut into squares when ready to serve.

Refrigerate in a covered container for up to a week.☼

Raw foods are wonderful to start to incorporate into the diet as the weather begins to warm up. Raw foods have not been cooked—instead are soaked, dehydrated and ground—or simply eaten in their most natural form the way Mother Nature has given them to us. In this state they are filled with a wide range of nutrients including vitamins, minerals, antioxidants and very importantly enzymes—something cooked food lacks. When foods are cooked enzymes are destroyed— and enzymes are important for every process in the human body, from digestion through to immune function and breaking down inflammation (swelling) in the muscles, joints and tissues. This spring and summer, try to incorporate more raw foods into your diet. Be sure to look for organic versions of fruits, veggies, grains, nuts and seeds wherever possible and at the very least, wash them well.☼

Recipe for Unhappiness—Fred Moramarco, author

1 cup What Is

1 cup Inability to Accept What Is

3 Tbsp Complaints

1 tsp Light whining

1/4 lb. Alternate scenario (preferably unattainable)

1 bunch-Actual reality

1 pint Idealized worldview

2 tsp Perfection

4 springs-Envy (minced) for garnish

In a large bowl, whisk together What Is with an equal amount of Inability to Accept What Is. Stir in complaints and let sit until brooding and sulk set in. Add a dash of Light whining, especially in the company of friends, but be careful not to overseason, or they won't hang around.

In a separate bowl, add Alternate scenario to Actual reality from your garden and separate leaves from stems. Then try to reattach leaves in exact pattern that existed before separation. Pour in Idealized worldview and process in food processor using on and off turns. When mixture is pureed, add to What Is and Inability to Accept What Is blend. Add exactly 2 tsp of perfection and let stand until tears form. Garnish with minced envy and serve immediately.☼

John Masters Make it At Home Natural Highlights

Brew 2 bags of chamomile tea in 2 cups water; strain and let cool. Squeeze in fresh lemon juice (use the juice of at least 2 lemons, more if you have a lot of hair). Pour the mixture over clean hair. Do not rinse. Sunlight will accelerate the lightening process, so for the fastest results, put this mixture in a spray bottle and pack it in your bag when you head to the beach. The more often you spritz the more highlights you'll see.☼

Upcoming Events

Soltura Workshops are coming...

Join us!

Soltura offers personal growth workshops for men women and young adults. Participants range from people struggling with new challenges in life to those who are stuck in old patterns of living and find that the choices they are making are not working for them in a fulfilling way. Soltura offers an environment where participants can slow down, face life issues, break through barriers and find meaningful ways to move forward.

Men's Workshop: April 15-19, 2009

Women's Workshop: April 29 - May 3, 2009

Location: Camp Lutherland, near Fort Qu'Appelle, SK

To learn more and register
for your workshop, visit
www.Soltura.net

Soltura
A Heroic Journey to Personal Freedom

Develop your Habits of Health

Presented by: Dr. Julie Zepp Rutledge ND

Wednesday May 6th, 2009 from 7 to 8:30 PM

George Bothwell Library—Southland Mall

Have you ever felt overwhelmed, unhealthy, lacking energy and wondering what you can do about it? Have you stepped into a health food store only to be more confused at the options out there? If so, please consider joining Dr Zepp Rutledge at her next seminar.

Come and learn 10 Health Habits that will be guaranteed to assist you achieve better health. These strategies will be simple to learn and easy to implement in your daily life. Cost is \$10 and includes handouts and healthy snacks.

Please email info@drzepp.com to pre-register, or call the clinic at 545-3700.

Habits of Health will be taking place during Naturopathic Medicine Week 2009. This Nation-wide event runs from May 4-10th 2009. In addition to the Habits of Health presentation, Dr Zepp Rutledge will also be presenting a FREE LECTURE during NMW on Thursday May 7th at Chapters Bookstore. This lecture will be on the Basics of Naturopathic Medicine.

Please check the Canadian Association of Naturopathic Doctors Website at www.cand.ca
for event listings in your area.

