



NATURAL HEALTH NEWS: YOUR KEY TO A HEALTHIER YOU!

Winter 2006

Happy Holidays

From the professionals and staff at Regina Rehab and Family Medical Clinic

We all have our own reasons to give thanks and feel blessed and it is nice to have the holidays to allow us an opportunity to reflect on our lives and spend cherished time with family and friends. It is easy to lose perspective in the season's rush: with the falling of the snow driving becomes more treacherous, and we may start to feel the pressures of shovelling, planning holiday parties and buying Christmas presents. In this time of hustle and bustle, don't forget to slow down and enjoy the blessings of the season!



One such gift arrived October 12th, 2006. Some of you may remember our lovely receptionist Kristine, with her huge friendly smile and even huger belly! Well, we are excited to announce the arrival of her healthy baby boy, Kyeran Jace. This just happened to be on her own birthday....what a great present! He was 8lbs 1oz and 20 inches long. Mom and baby are doing great!

*One kind word can warm
three winter months.
- Japanese Proverb*

And speaking of giving thanks: we would like to take this opportunity to thank you, the patients of the clinic, for placing your confidence and trust in us to help you meet your healthcare needs. From everyone here at Regina Rehab & Family Medical

Clinic we wish you all a joyous, happy, healthy and prosperous holiday season! ☼

Hello Everyone!

By Paulette Millis RNCP

My name is Paulette Millis, and I am very happy to be joining the staff at Regina Rehab! It has long been a goal of mine to work with a team, in a holistic healing setting.

I will be providing services in the area of diet, nutritional assessments and counseling. I have experience with weight loss diets, balancing hormones, diets for depression, gluten free, dairy free, and candida diets.....as well as any special diet you require. My background in researching quality foods and food resources, as well as recipe building and conversion serves me well in helping you spice up an otherwise bland diet, or helping you plan tasty, easy menus while on a limited food plan.

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Special points of interest:

- Paulette Millis, Registered Nutritional Consulting Practitioner has joined Regina Rehab and Family Medical Clinic. Paulette will be traveling to Regina once a month, for two days, to consult with clients. For more information or to book an appointment with Paulette, please contact the clinic. We are very excited to have her join us!

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My counseling background includes experience with personal issues, self-esteem, assertiveness, parenting issues, relationship and family issues, depression, chronic illness and more.

I am a Registered Nutritional Consulting Practitioner and a Registered Social Worker. I am a speaker, author, and coach. I am available to speak to organizations, businesses, or associations regarding any health issue.

I have published three books available to you to help you on your healing journey:

- Eat Away Illness
- Nutrition, Cooking and Healing

- What Your Doctor Doesn't Tell You About Foods.

SCN is still airing 15 Cooking for Health infomercials that were produced in Regina.

I look forward to meeting all of you, and helping in any way to improve the quality of your life.

For more information please visit my website:

www.healingwithnutrition.ca.

Blessings and see you soon,

Paulette ☼



To book an appointment with Paulette, please call the clinic at 545-3700. Her cookbooks are available for sale in the reception area and at some local health food stores.

Psychoneuroimmunology – Part 2

Warren Barry—RMT

As noted in the last newsletter, I had promised to continue on with more information on the exiting topic of *Psychoneuroimmunology*. To summarize from the last newsletter, I discussed the concept of being addicted to your emotions and thoughts, and how that eventually plays out in your overall health and well being over time. These negative feelings and thoughts can then result in chronic pain and illness.

To expand on this, I have recently read a few books, namely “The Molecules of Emotion”, by Candace Pert; *Your Body is Talking, Are You Listening*” by Art Martin, and the one I am most enthralled with “*The Biology of Belief*” by Dr. Bruce Lipton. The reason that I am so enthralled by this book is the fact that science is now proving the facts of the mind-body connection,

rather than it being a new age idea or fancy! They have found in the United States that since 9-11, that the general health of the population has plummeted, and pharmaceutical companies profits have increased 100% in the last 5 years. This is a situation that is more than chance. As you look in the paper or watch TV, the media hype of terrorism, and the next heightened alert does that exact same thing to the human body; heightens your arousal, activates your neurological-immune system by the increased stress. This then if left alone, can result in the illness or pains that you are experiencing with no know cause. Take a look at two major illnesses that are plaguing our society today, cancer and depression. Take note over the next week of the people you talk to, and see how many times this topic

In order for the brain not to be overwhelmed by the constant deluge of sensory input, some sort of filtering system must enable us to pay attention to what our bodymind deems the most important pieces of information and to ignore the others... Emotions are constantly regulating what we experience as 'reality'.

Candace Pert, *Molecules of Emotion*

comes up. It has reached epidemic proportions, and to be honest don't see it slowing down anytime soon. Now take a look at the latest catch phrase of the 21st century, “oh, I am so stressed”. The reality of this is, we are all stressed to some degree, in fact, we need stress in order to

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Eat Your Way to Better Health

By Paulette Millis RNCP

Help! I want to make a healthy Christmas cake!

It is easy to make natural, uncooked, or cooked fruit cakes for the holidays. Stock up on dried fruits that have not been sulfured and sugared. Some health food stores carry unsulfured and unsweetened, or fruit sweetened dates, apricots, apples, cherries, blueberries, cranberries, figs, raisins, currants, pineapple, papaya, and mango. Sulfites are preservatives, often used in salad bars as well, and many people are allergic to them, particularly asthmatics, who may have a severe reaction.

Sugar sweetened dried fruits are unhealthy and unnecessary, as the dried fruit itself is very sweet, and you could add natural sweeteners to

the cake if desired as well. Try agave syrup, brown rice syrup, or blackstrap molasses instead of the sugar called for in the recipe.

Use whole grain flours such as whole wheat pastry flour, buckwheat, kamut, or spelt, to name a few. Substitute coconut butter or butter for the unhealthy fat, use organic vanilla, and organic eggs for the healthiest cake choices.

The recipe below is a natural fruit cake. Another option is to make a special torte called Vinartarta, with whole grain flour, prunes, and honey. A version of this can be found in *Nutrition, Cooking and Healing*. The original recipe, which contained white flour and sugar, was given to me by someone from Iceland, and it has been a

regular yearly treat for my family. *Eat Away Illness* has information about sugar and using natural sweeteners, and all of the recipes use whole, natural foods.

Reference: *No More Allergies*, Gary Null ☼

Sugar and refined flour products are too toxic to allow in the diet of any child!

- *Nutrition, Health and Disease*,
Dr. Gary Todd

Recipe: Natural Fruit Cake

Ingredients:

- 2 ½ cups whole wheat pastry flour
- 1 tsp. baking powder
- ½ tsp. celtic salt
- 3 cups of chopped unsulfured fruit:
- currants (soaked and drained), raisins (soaked and drained), dried apricots, dried pineapple chunks, dried ginger pieces, chopped prunes)
- 1 ½ cups slivered almonds
- 1 cup unsalted butter
- ½ cup honey
- 5 eggs
- 1 large organic lemon
- 2 tbsp. Scotch whiskey (omit if desired)
- 1 tsp. vanilla extract
- Scotch or wine for soaking cheese-cloth (may be diluted with water).

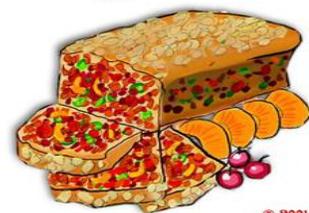
Directions:

Mix flour with baking powder and salt in a bowl. In a larger bowl, combine currants, raisins, apricots and almonds. Add the flour mixture to the fruit, mix well and set aside. Cream butter with honey, then beat in the eggs one at a time. Pare the lemon and chop up the rind. Squeeze the juice from the lemon and combine with the chopped rind in a saucepan and simmer until the rind is soft. Add the lemon juice and rind, whiskey if using, and vanilla to the butter mixture, then stir into the flour fruit mixture.

Spoon the cake batter into a greased 9 x 5 loaf pan that has been lined with greased brown paper.

Bake at 275 degrees F for at least 2 hours, until the top is lightly browned. Cool thoroughly. Remove paper, then wrap the cake in cheese-cloth (or any absorbent cloth) soaked in Scotch whiskey or wine. Wrap tightly in aluminum foil or a plastic bag and allow to mature in the refrigerator. The cloth can be periodically resoaked as it dries out. The cake should age for at least 2 weeks, and will keep for up to 2 months ☼

merry christmas



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Christmas gift ideas

Looking for a Christmas gift for that hard to buy for friend, family member or co-worker?

Regina Rehab and Family Medical Clinic may be able to help! We have cookbooks for sale by Paulette Millis as well as **gift certificates** for Myofascial Release, Massage Therapy, Naturopathic Medicine— even Chiropractic and Physiotherapy gift certificates!

Stop by the clinic today to pick up a gift certificate in any denomination.

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Psychoneuroimmunology — Part 2

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survive, we need to fight the sabre tooth tiger to protect our family, we need to kill the animal in order to eat, it's called survival. But when we let our environment dictate what our stress levels are, this is not our environment that is the cause (although sometimes blaming our boss or co-worker is really easy), this is our reaction to our environment, in which we are purely responsible. Therefore, WE are ultimately responsible for our health and well being. I believe that this response to our environment is responsible for these issues such as cancer and depression; we need to take accountability for our health.

- *How are you looking at your world?*
- *How do you see your relationships?*
- *What are those first thoughts that enter your mind when you wake up in the morning?*
- *What is your purpose?*
- *What are you grateful for?*

These may be tough questions to answer, but I strongly believe that they deserved to be asked. What answer do you get when you ask them?

Take a look at your thoughts and how you see the world; should you notice that they are on the negative side, you and only you can turn that

around. I like to call it forking off, when a thought enters your mind or a situation comes up, either you can fork positive or fork negative, only you can do it for you. Which way are you going to fork? Try forking positive and enjoy a healthy, joyous, and abundant life.

If you would like more information on Psychoneuroimmunology or Myofascial Release, please do not hesitate to contact me.

Wishing you and yours a very happy, healthy, and prosperous holiday season and all the best for 2007.

Warren Barry, RMT☼

Winter Reading List

Clinic Favorites

In gathering contributions for this season's newsletter, one of the suggestions put forth (by Denise Barry) was to include a section on recommended reading. Some of the favorites from the clinic include:

- The Four Agreements by Don Miguel Ruiz

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- The Mastery of Love by Don Miguel Ruiz
- The Voice of Knowledge by Don Miguel Ruiz

Don Miguel Ruiz writes simple truths from the Toltec Wisdom. These books provide a code by which to live your life such that it may be filled with love, happiness and abundance. The series will help liberate you from past patterns and beliefs and will help enrich your life and relationships. Check them out this holiday season! ☼

The more you read, the more things you will know. The more that you learn, the more places you'll go.

- Dr Seuss

Words of Wisdom

By Julie Zepp ND

The following words were sent to me by a couple of different friends via email, quoting the words of Rev. David Ault. Every once in awhile, such forwards contain words filled with insight and wisdom, this being one of those times. I wanted to share these lines with you, as they hold much truth and perhaps the "secret" to a peaceful healthy existence. Hold these words in your heart this holiday season as you say Good Bye to 2006 and ring in the New Year!

"The Good in Goodbye"

Self Doubt

I tell you good-bye. I know that your presence within me has caused my intuition to have to sleep on the couch. It doesn't work anymore. Intuition is moving into the suite in which you somehow were mistakenly assigned. I need you to pack your things now and leave. Be sure and take every shred of second-guessing with you 'cause we won't be using it.

Lack

I know you've held one of the prime rooms with a view in my world but we are now in the process of extensively remodeling and your beliefs no longer fit into the new décor. I have to let you go. Resilience, unlimited possibility and the experience of thriving have all teamed up to do my Extreme Soul Make-over. On your way out, please don't forget to take any and all unworthiness with you since it doesn't go

with any of the new choices.

Blame

Gosh, it's been fun not taking responsibility and all but you know, that is just so last paradigm. I've really discovered that the light in others and in the world does exist. It's just that with you, the drapes were always drawn. Personal responsibility and owning my projections have given me the vitality I had as a child. I really need room for them to grow now and get reacquainted with their original surroundings. Part of me would like to keep in touch but I feel it's best to make a clean break. Ciao.

Illness

You've been so faithful, showing up season after season - the only one who could really get me to stop. But now, I think I've found a better companion to spend my time with - Balance. I adore the permission you gave me to slow down - but I'm ready to try it without all the congestion, diagnosis and emotional despair. I believe Balance is healthier for me and I feel like I'm ready for a long term commitment.

Disappointment

Ah, you and I, well, we've certainly been around and back. You were the one who tried to first protect me from how awful the world can be and how undependable people are. It was you who sat while I had my first good cry. Yet, I have to say, I'm just not feeling it anymore

with you. Since you pal around with Blame and Self Doubt so much, I don't see how we can continue seeing each other. How do I know you won't try to bring them along? Besides, I hear there's a new world out there - one that gives you what you focus on and I'd like to go exploring with a new friend named Fulfillment. Auf Wiedersehen.

Shame

What are you doing here? I told you to get out years ago. Well, aren't you the sneaky little devil? Security!!!!

Resentment

Gosh, can I be honest? You have GOT to go on a diet. You are simply too heavy for me to tote around - especially when you want to hang out in my heart. I'm impressed by all the names, dates and events that you have meticulously catalogued inside of you but it's simply getting to be too much. I hear Forgiveness is in - light, breezy, almost Zen-like and it just seems to appeal more to my new found sensibilities.

Despair

We're sorry. You have reached an attitude that is no longer in service. Please check the owner of the attitude and try again. We're sorry. You have reached an attitude that is no longer in service. Please check the owner of the attitude and try again. We're sorry...

~c2006 Rev. David Ault~☼

Calendar of Events

Naturopathic Medicine and Menopause

Menopause can be accompanied by hot flashes, mood swings, weight gain and insomnia. These imbalances are as a result of declining hormone levels, poor liver function and adrenal (stress) gland overload. Dr Julie Zepp ND will be speaking about easing the transition into menopause, through the use of supplements, dietary strategies, and lifestyle habits and supporting the systems that are out of balance safely, naturally and effectively.

Place: Sunrise Library - Prince of Wales Dr. (Sandra Schmirler LeisureCenter)

Date: Wednesday, December 6, 2006

Time: 7 pm to 8:30 p.m.

Please call the clinic at 306-545-3700 or reply to this email to pre-register.

Cost: \$10.00 (light refreshments will be provided)

Naturopathic Medicine and Weight Loss

In January 2007, Dr Julie Zepp will be offering her seminar on Naturopathic Medicine and Weight Loss. This one and a half hour evening seminar will cover the theories behind healthy weight loss from a holistic perspective. Emphasis will be on placed on losing weight slowly, but permanently—while preventing illness, increasing energy and improving general overall health and well-being. The Naturopathic Medicine weight loss program is not a fad diet! It is aimed at teaching our bodies to use food as fuel rather than storing it as fat; through the use of a whole foods diet and nutritional supplementation.

The location and date are TBA, but keep checking your email and the clinic notice board for details and pre-registration information. Cost is \$10 and light refreshments will be provided.

Detoxification Classes

Dr Julie Zepp will be hosting her Detoxification classes once again this winter. The next three week course will begin next Tuesday, January 16th 5:30 to 6:15 pm. Classes take place at Nature's Best Health Store (at 14th Ave and Lorne St) and run for four consecutive Tuesdays. Cost is \$200, and includes your detoxification supplements and educational materials. Pre-registration is mandatory as class limit is 6 participants. Please call the clinic or email info@drzepp.com for more details or to register.

Holistic Cooking Classes

Healthy Holiday Desserts: Wendy Smith, mother of a child with many food allergies is offering a class on preparing health holiday snacks that are gluten, dairy, egg and sugar free AND tasty! This class fills up quickly, so call her early to get a spot. She will offer this session on Saturday December 9th from 10am to 11:30 am and again on Saturday December 16th, at the same time. Please call Wendy at 757-6815 or email silkforrest@hotmail.com to register. Cost for the class is \$25, and includes instruction, recipes and samples.

Holiday Feasting: Sandra Brandt is once again offering her famous holistic cooking classes. The first series will focus on healthy holiday fare and will be held Saturday December 9th from 11:30 to 1:30 pm OR Monday December 11 from 7 to 9 pm. Cost for either class is \$25. To register, please contact Sandra at 359-1732 or email brandt.s@sasktel.net

Holistic Cooking and Nutrition Workshop: Sandra Brandt's basic wholistic cooking class will be offered once again in the new year. Whole grains, legumes, baking, natural food products, traditional food wisdom, and more. This class will run Wednesday evenings from 7-9 pm starting January 17, 2007. Cost for all four weeks is \$80. To register, please contact Sandra at 359-1732 or email brandt.s@sasktel.net ☀