

# The Wellness Newsletter

MCLAREN NATUROPATHIC & WELLNESS CENTRE

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Winter 2007

## 10 Tips for the Onset of a Cold



Follow these 10 simple tips to help you beat a cold before it beats you.

1. **Vitamin C** boosts the immune system and helps fight off colds. The typical dose is 1000 – 5000mg in divided doses or to bowel tolerance (the stools become loose). Vitamin C can also be found in broccoli, brussel sprouts, cantaloupe, grapefruit, kiwi, oranges, peppers, and strawberries.
2. **Gargle with salt water** (recipe on page 2). This is prescribed for one of three purposes: to reduce tissue swelling, to help clear mucus from the throat and/or nasal cavities. Gargling should be done "deeply" so that the rinse penetrates deep into the throat.
3. **Nasal irrigation** has the same effect as a salt rinse but is done through the nose. The goal is to inhale (or squirt using a bulb syringe) the salt water deeply enough that you thoroughly wash your nasal cavities. Mix the salt solution in a small plastic container. Plug one nostril, dip the nose into the salt solution, tip the head back and inhale. Do not swallow but rather spit the solution out your mouth. Sounds horrible but it works!
4. **Emergen-C** is a powdered drink that contains 1,000 mg of vitamin C with 32 different mineral complexes plus B vitamins. The amount of vitamin C in these packets could be part of the typical daily dose. Take 2 – 3 packets (totaling 2000 - 3000mg Vitamin C) within 24 hours at the onset of a cold.
5. **Garlic Lemonade** (recipes on page 2) is effective in treating all aspects of general illnesses including colds, intestinal stomach viruses, and strep throat.
6. **Ginger Tea** is another excellent cold remedy. It prevents the body temperature from getting too high and reduces tension. When made into a mild tea sweetened with lemon and honey, it has a very pleasant taste.
7. **Echinaseal** is an herbal combination made by St. Francis Herb Farms. We often recommend it for the onset of a cold. We warn people that it tastes awful but it works like a charm.
8. **Avoid or at least minimize sugar, dairy, caffeine and alcohol.** Instead of these immune suppressing foods and beverages, go for more immune boosting soups, broths, steamed veggies, fresh herbs and lots of water.
9. **Steam inhalation with eucalyptus oil** can help to clear a cough, laryngitis, sinusitis, congestion, throat infections, and symptoms from colds and flu. The oil has an effect on a variety of bacteria that cause colds and sinusitis. Pour 4-6 cups of boiled water into a large bowl, followed by three drops of eucalyptus oil. Hold your head over the bowl so that you are looking down at it. Cover your head and the bowl with the sheet, ensuring that you **do not** bring your face too close to the hot water. Close your eyes and breathe slowly and deeply, continuing the treatment for about 15 minutes. If you start to feel overheated or uncomfortable, remove the sheet.
10. **REST**

### Influenza Truth

The most common misconception about the 'flu' (a generic term applied to almost anything that makes us feel unwell), is that flu-like illnesses are caused by influenza viruses. Laboratory confirmed tests conducted across Canada over the years have shown that the majority of flu-like illnesses experienced by people during the fall and winter season are **NOT** associated with influenza viruses.

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## Antibiotics Not for a Flu

Antibiotics are medications that kill bacteria. Being that the flu is a viral infection, taking antibiotics to fight the flu can be harmful to your health. Antibiotics contribute to the development of antibiotic resistance, which is a growing health concern.

## Homemade Chicken Broth

3 lbs Organic chicken parts  
(Raw or cooked  
backs, wings, neck,  
etc.)  
2 med. Onions, quartered  
2 med. Carrots, cleaned and  
chopped  
2 Bay leaves  
10 Parsley sprigs  
1/2 tsp. Black peppercorns  
1/2 tsp. Dried thyme  
16 cups Water

- Put all of the ingredients except the thyme into a large stock pot.
- Bring to a boil and skim the foam that settles on top. Now stir in the thyme.
- Reduce to low and partially cover. Gently simmer for 2 - 3 hours, skimming occasionally.
- Strain and use in soup or freeze for future use.

## Cold Recipes

### Garlic Lemonade

Steep 4 - 6 cloves of chopped garlic in 1 quart boiling water, cover and steep for 30 minutes. Add the juice of 1 - 2 lemons and honey or maple syrup to taste. Drink warm, up to 1 cup every 2 hours. If you don't find this tea palatable, try steeping the garlic as above, but add a couple of bouillon cubes or 1 Tbsp. of miso to the tea instead of lemon and honey.

### Ginger Tea

Steep 1 tsp. of freshly grated raw ginger in 1 cup boiling water for 15 minutes. Steep covered to retain the volatile oils, which are antiseptic. Sweeten and add lemon if desired. You can take a hot cup of this tea every 2 hours. It is also soothing for a sore throat and eases respiratory congestion.

### Salt Solution

1 tsp. salt and baking soda  
1 pint of water (preferably distilled or filtered)  
Mix the ingredients, boil, and store the solution in a clean, air-tight glass container. Home-made solutions should be discarded after one week then prepare a fresh batch. If the solution looks cloudy, or if you see particulate matter floating in it, make yourself a fresh batch.

## Lentil Soup

Lentil soup is quick and easy to make and it freezes well too!

2 Tbsp. unrefined extra virgin olive oil or organic butter  
3 carrots, diced  
2 celery, chopped  
1 onion, chopped  
1 garlic clove, minced  
1 1/2 cups green lentils, rinsed  
6 cups vegetable or chicken broth\*  
1 tsp. lemon zest  
1 bay leaf  
1/2 tsp. salt  
1/4 cup fresh lemon juice  
1/2 cup fresh parsley, finely chopped  
1 tsp. cumin

- In a large pot, heat oil over medium heat. Add carrots, onion, celery and garlic, cook for 5 minutes.
- Place rinsed lentils in the pot, add stock, lemon zest, bay leaf and salt. Bring to a boil.
- Reduce to medium heat and cook 35~45 minutes, until lentils are tender. Remove bay leaf and add parsley, lemon juice and cumin. Stir well and serve.

\* Be cautious when purchasing bouillon cubes or broth. Many contain numerous additives and preservatives including food coloring and MSG.

## 21st Century Stress

If you experience a short term stress such as being chased by a bear, your adrenal glands (two glands on top of the kidneys) produce hormones (adrenaline, cortisol, DHEA) to conquer the stress. Most of us are not being chased by bears however we are continuously being bombarded with low levels of stress. We are faced with mortgage payments, credit card bills, polluted environment, loneliness, poor nutrition, too much noise, not enough time, traffic, family commitments, etc. which is STRESS. This leads to chronically elevated stress hormones, specifically cortisol which has been linked to increased: appetite and cravings, body fat, anxiety, mood swings, depression, PMS, menopause and decreased:

muscle mass, energy, bone density, memory, sex drive.

To keep stress hormones balanced:

- Get 8 – 9 hours of sleep per night.
  - Move your body 30 minutes per day, 3 – 4 days per week.
  - Book a self care appointment such as massage, reiki, reflexology, shiatsu, etc.
  - Try yoga or meditation.
  - Stimulants such as coffee, tea, chocolate, sugar, alcohol, and cigarettes increase cortisol levels. Use infrequently, if at all.
  - Fast-releasing carbohydrates such as white bread, sweets, breakfast cereals, etc. stimulate the release of cortisol. Eat more slow-releasing carbohydrates such as whole grains, fruit, beans, nuts, etc.
- Vitamin C which can be found in citrus fruits, tomatoes, broccoli, and peppers, helps to lower cortisol levels.
  - A B-complex vitamin supports the adrenals.
  - Slow down, and take your time. Talk, walk or drive at a slower pace.
  - Stop thinking “must” “should” and “ought to” for 15 minutes/day!
  - Cancel all your appointments, take a day off and enjoy an afternoon nap.
  - Reach out and ask for help. Talk to a friend, family, or seek out professional assistance.
  - Plan a mini vacation and go away for a long week-end; alone or with someone you love!



### *Calm Down Aromatherapy Blend*

*Next time you are at the centre, why not pick up one of our aromatherapy blends. Our aromatherapist has created a “Calm Down” blend that does exactly what it says, calms you down.*

## **Bowen Therapy: A Gentle and Effective Technique for Pain and Injury, Chronic or Acute**

Bowen is a dynamic system of muscle and connective tissue therapy that is revolutionizing health care world wide. For more than 40 years it has been used to successfully treat thousands of people suffering from a variety of illnesses.

The gentle moves on soft tissue stimulate physiological changes and bring the body back into balance. It is safe for all ages and produces long lasting relief from pain or discomfort. Due to the effectiveness of the technique, Bowen is currently being researched around the world by several universities including Yale.

### **Bowen Can Help:**

Arthritis  
Asthma  
Back Pain  
Carpal Tunnel  
Colic  
Constipation  
Fibromyalgia  
Frozen Shoulder  
Hayfever  
Hip & Knee Problems  
Migraines  
Neck Pain  
Sciatica  
Shoulder Pain  
Sinusitis  
Sports Injuries  
Tinnitus  
Sciatica  
Well being and more!

### New Office Hours

Monday	Closed
Tuesday	11:30 - 7:00
Wednesday	10:00 - 6:00
Thursday	11:30 - 7:00
Friday	10:00 - 6:00
Saturday	Once/month
Lunch	1:00 - 2:00

Due to the recent changes at the office, the hours have changed. We apologize for the inconvenience.

We have a new **children's book** available called **Do You Love ME** authored and magnificently illustrated by the sister of Tammy Grime. Author Laura Grime is a teacher, mom and artist.  
<http://www.lulu.com/llgrime>

## Our Wellness Team

*Tannis McLaren - Naturopathic Doctor, Clinic Director*

*Tammy Grime - Naturopathic Doctor, Bowen Therapist*

*Virginia Presseault - Receptionist\*\**

*Shelley Graham - Receptionist\*\**

*\*\*Both Virginia and Shelley are dually trained. Virginia is also a Homeopathic Doctor and Shelley is an Aromatherapist.*

*There have been many changes at the office over the last few months. Our osteopathic therapist moved to B.C. and our massage therapist took the leap and started her own business. We wish them both the best of luck on their new adventures.*

## Naturopathic Doctor Joins the Centre

The McLaren Naturopathic and Wellness Centre welcomes **Tammy Grime**.

All of us at the centre feel that Tammy will be an excellent addition to the team. She will help us as we continue to strive to be your community resource centre for increased personal health, satisfaction and well-being.

We have **BIG PLANS**, we will be holding seminars on topics that are of concern to you. We will continue to publish educational articles and newsletters, supply food tips and recipes, encourage healthy living and ecological awareness. We also want to be a link for the community and to be a place for

you to access or connect to the information you need.

Tammy completed her premedical training at the University of Guelph and later continued her education at the Canadian College of Naturopathic Medicine.

Tammy is also a Certified Bowen Practitioner and uses Bowen Therapy to effectively and gently address pain, injury and chronic pathologies in muscle and bone.

She uses Traditional Chinese Medicine, Herbal Medicine, Hydrotherapy and Homeopathy. She considers food as medicine and uses Nutritional therapy through food choices, proper combining and

maintaining proper digestion. She utilizes supplementation only where necessary. Tammy will address various lifestyle issues that may be affecting your health, such as stress, poor sleep, toxicity etc.

She can also work with you to shift destructive patterns of thinking by exploring connections between mind body and spirit.

Tammy is also an avid musician, bicycler and admirer of the outdoors. You may find her playing her bass or exploring High Park in her spare time. She currently teaches Anatomy, Physiology, Biochemistry and Environmental medicine.