

HEALING THE NATURAL WAY NEWSLETTER

Summer 2006

Detoxify: Consider an Annual Cleanse

We are all exposed to thousands of toxins and chemicals on a daily basis at work, in the home, through the air we breathe, our food and water supply, and through the use of pharmaceutical drugs. In addition, we are eating more sugar and processed foods than ever before in human history and regularly abuse our bodies with various stimulants and sedatives. The best time to cleanse is before winter approaches. Start with cleaning up your diet and then consider supplementation to scrub up any build-up.

Family Solutions To a Healthier Life

Do you find that your household is chaotic and unbalanced? Here are some general recommendations for maintaining a family unit:

1. Delegate Family Chores: Post a family to-do list where everyone can see it, outlining each family member's weekly responsibilities; try stickers for each completed task while offering bigger rewards, such as a bowling night.

2. Cut Down On The Taxi Service: if your kids are old enough to walk or bike, encourage that independence. If not, arrange a carpool with other parents.

3. A Sit-Down Family Dinner: Turn off the TV, set a time and sit down with the whole family. Use the time to talk to each other. Get everyone involved in the meal preparation and clean up.

4. Go Unplugged: Pick a night (weekly or monthly) to turn off the TV, the computer, and the video games. Spend the time together as a family - play board games, get active outside, or just visit.

5. Fit Family: Spend quality time with the family and get everyone moving at the same time. Take the dog for a walk, go for a family bike ride, play backyard sports - whatever suits your style. Set an example for your kids and make physical activity a priority.

6. Health Check: Go beyond booking an annual appointment with the naturopath and the family doctor. Check your child's hygiene-make sure they're washing, brushing and flossing daily. Hand washing is especially important to stop the spread of germs and promote good health!

7. Homework Habits: Help your kids develop a proper studying routine! Set-up a workspace for them and make sure they have all the supplies they need on hand. Be there to help them if they need it and encourage healthy study habits.

Oat Bran Muffins (wheat-free)

1 cup organic oat bran
1 cup organic oat flour
1 cup organic spelt flour
1 1/2 tablespoons organic baking powder
3/4 cup organic soy beverage
1/2 cup water
2 organic eggs
1/3 cup honey or molasses
2 tablespoons organic vegetable oil

Mix all the ingredients together until mixed well. At this point you can add 1/2 cup organic raisins and/or 1 cup chopped nuts. Pre-heat the oven to 350 °F and be sure to grease the muffin/cupcake pan or use paper baking cups. Fill the paper baking cups 1/2 to 3/4 full. Bake approximately 20 minutes. Makes 22 to 24 muffins. Enjoy!!!

RATES UPDATE...

Please be advised that, effective September 1, 2006, rates will be adjusted to reflect rising expenses and to accommodate emergency/acute appointments:

Initial appointment (up to 2 hrs): \$120+GST
Follow-up appointment (up to 1 hr): \$60+GST
Emergency/Acute appointment (up to 1/2 hour): \$45+GST

Thank You For Your Understanding!!!

Remember....www.850heal.com



Melissa:
Making the Moves!

8. Stop The Morning Mayhem: Take 20 minutes in the evening to plan ahead for the morning. Set out your clothes and lunches and get your kids to do the same.

9. If They're Safe, You're Sound: Discuss emergency procedures as a family and give each of your children age-appropriate safety lessons. Equip your home with a fire extinguisher and a fully stocked first aid kit. Homeopathic first aid kits are also available!

10. One-On-One Time: Family life is busy. It's both important and rewarding to make the time to build your relationship with them. Get really well acquainted with who they are and how things are going in their lives, and let them get to know you better as well

Colourful Facts of Fruits & Veggies:

- Yellow-orange: contain *carotenoids* and other phytochemicals that may improve heart health and vision.
- Green veggies: have *lutein* and *zeaxanthin* that may help preserve eye health.
- Blue-purple: contain *anthocyanins*, improve blood vessel health, preserve urinary tract health and memory function and contribute to healthy aging.
- White: may help maintain healthy cholesterol levels and reduce the risk of certain types of cancer.

Massage therapy is the manipulation of muscles, tendons, and skin of the body. A massage therapist uses their palms, fingers and forearms to knead and massage the painful areas to help relax the muscles. You will be required to fill out a health history form which your therapist will go through with you to assess what type of treatment would be best for you. Your massage treatment will be done in a private setting and the therapist will only ever work to your level of comfort. Massage therapy is beneficial for a number of conditions including headaches, muscular aches and pain, stress, pre/post natal discomforts, and tendonitis to name a few.

Acupuncture is the application of hair-thin needles to certain points in the body, to help balance excess or deficient Qi or energy in the body. The body has channels of energy that run up or down the body, these channels or meridians can be likened to arteries, veins and capillaries. When the body is experiencing pathology, it is due to either a deficiency of or excess energies in the body. Acupuncture can help digestive disorders, anxiety and depression disorders, sciatica, muscular disorders, arthritis, headaches/migraines and gynaecological /urogenital disorders and much more.

To inquire about massage therapy or acupuncture or to book appointments please call,

Melissa Leverre R.M.T., C.Ac.
519 - 630 - 5310



Sleep is Fundamental

Sleep is a natural part of everybody's life. Sleep, like diet and exercise, is important for our minds and bodies to function normally. In fact, sleep appears to be required for survival. Rats deprived of sleep die within two to three weeks, a time frame similar to death due to starvation.

When we get less sleep (even one hour less) than we need each night, we develop a "sleep debt." If the sleep debt becomes too great, it can lead to problem sleepiness – sleepiness that occurs when you should be awake and alert, that interferes with daily routine and activities, and reduces your ability to function. Even if you do not feel sleepy, the sleep debt can have a powerful negative effect on your daytime functioning.

To get a good night's rest consider these options:

- Restrict the amount of time spent in bed as close as possible to the actual sleep time
- Go to bed only when sleepy, not just fatigued but sleepy
- If unable to sleep (e.g., within 20 min), get out of bed and go to another room and return to bed only when sleep is imminent
- Use the bed and bedroom for sleep only
- Maintain a regular sleep schedule, particularly a strict arising time every morning regardless of the amount of sleep the night before
- Avoid daytime napping
- Eat more essential fatty acids
- Avoid: sugar, alcohol, coffee and smoking
- Consider increasing intake of Vitamin C & B's
- Get a massage or come in for a Naturopathic Visit for a more complete overview