

Greetings from

Carrie, Jenn, Lyndsey,
Marilyn, & Dianne

Our spring newsletter offers information on shin splints, various types of massage offered at our clinic, and the necessity of including fibre in our diet. We have also included some fun recipes using healthy ingredients.



We appreciate your feedback! Call or email us to let us know what you think of our newsletter.

To subscribe (or unsubscribe) to our newsletter email Dianne or Marilyn @ reception@cyg.net with your request

The Naturopathic &
Complementary Care Centre
169 Huron Street
Stratford, ON N5A 5S9
519-271-2440
www.carriemeszarosnd.ca

Fibre and Health

By Carrie Meszaros ND

While we know eating grains and fibre is good for us, most of us don't get enough. Adults in North America today manage to only eat about 15 grams of fibre each day, less than half the recommended amount of 35 grams per day. However, in a world full of highly processed foods, it can be difficult to get the fibre we need.

As long as there is no sensitivity to wheat, then including wheat bran and whole grain breads to your diet daily are very healthy first steps to raising your fibre content. In some people who have wheat sensitivities, increased wheat (and bran) can actually make bowels less regular. Many people think that wheat bran is the only way to add fibre. There are many other ways to increase the fibre in your diet. There are many non-wheat fibres that can be fantastic including oat bran, rye, popcorn, ground flax seeds and psyllium. Some non-grain based ways to increase your fibre include eating fresh fruits and vegetables, including the skins, peels and membranes when appropriate. Choose whole fruits rather than juice. Beans and legumes are also a great way to get fibre into your diet; beans are often one of the major reasons that vegetarians have higher fibre diets than non-vegetarians. Dried fruits and nuts can also add to fibre intake.

An easy way to add a little extra fibre to your day is to mix 1-2 tbsp of ground flax seeds into applesauce or yogurt. For many people this little addition will help keep their bowels regular.

Fibre can:

- Prevent cancer. Eating lots of fibre speeds up digestion through the stomach, small and large intestines limiting the amount of time cancer-causing chemicals can get into the bloodstream.
- Lower "bad" cholesterol levels, raise "good" cholesterol levels and strengthen diseased hearts. Soluble fibre binds cholesterol as it moves through the intestinal tract, since the fibre is not absorbed, the bound cholesterol is not absorbed and out with the stool it goes. The Food and Drug Administration has reported that in recent studies, total cholesterol levels dropped between 0.5 percent and 2 percent for every gram of soluble fibre eaten per day. High fibre intake can also significantly lower the risk of heart attack. In one study, men who ate the most fibre rich foods (35 grams a day, on average) suffered one-third fewer heart attacks than those who had the lower fibre intake (15 grams a day). In this study each 10 grams of fibre added to the diet, decreased the risk of dying from heart disease by 17 percent.

Clinic News & Updates

We have some exciting news at the Naturopathic & Complementary Care Centre!

Carrie and Nelson are expecting their first baby together in late August or early September. We are currently looking for the right ND to see naturopathic patients through the fall and winter. Carrie expects to work until late in August and intends to return to work part time by Christmas.

Welcome to our two new receptionists Dianne Hern and Marilyn Schneider. Look for our more detailed introductions later in the newsletter.

Changes to Clinic Hours

Lyndsey Stewart is currently available **Thursdays 1pm-7pm** to offer advice on footwear choices, orthotics, and how to alleviate foot and leg pain.

Jenn Fetter is available to massage all your aches and pains, **Mon-Wed 9am - 8pm; Friday 9am – 6 pm and Saturday 9am - 2pm.**

Carrie Meszaros, our Naturopathic Doctor continues with her regular hours in the summer **Monday 9am - 7pm; Tuesday 9am- 5pm; Wednesday 9am -7pm and Friday 9am - 2pm.**

- Lessen the risk of diabetes and improve already diagnosed diabetes. Fibre functions to slow absorption of glucose. It also increases insulin sensitivity, which can actually help *prevent* Type 2 diabetes. Eating a high fibre diet can keep us away from those fatty foods that can pack on the pounds. High fibre diets can be loaded with fruits and vegetables, both low in calories and high in fibre. Studies have shown people who eat a diet high in fibre have a very low risk of getting Type 2 diabetes.
- Help us to lose weight. High fibre food makes us feel fuller since fibres called cellulose and hemicellulose take up space in the stomach. Our total food intake is less. Since high fibre foods are low in fat, not only do we take in less food volume, we take in less food fat, too.
- Strengthen our immune systems. Studies have shown eating a high fibre diet can actually make white blood cells stronger and more effective disease fighters.
- Keep our bowels healthy and relieve constipation. Constipation is most often caused by lack of fibre. Fibre, especially insoluble fibre, keeps bowel movements large and soft. Large and soft stools are easier to pass and help improve hemorrhoids, too.
- Soluble fibre delays gastric emptying and slows the rate of digestion and absorption of nutrients, thus maximizing absorption.
- Lastly, fibre increases the excretion of endogenous estrogens by binding them, allowing the body to excrete them out of the stools. Women who are on vegetarian diets and who have higher intakes of fibre generally excrete 2 – 3x more estrogen than women on omnivorous diets. In addition, certain fibres can bind estrogen receptors, thus preventing estrogen from binding and thereby decreasing their ability to stimulate certain estrogen dependent tumors.

What is Dietary Fibre?

Fibre is the part of plant foods we can't digest or absorb. Fibre has no calories and is not recognized as an essential nutrient. However, it seems the very make up of fibre is the key to its healthy benefits.

Fibres are classified into two categories according to their structure and how they work in the body. Insoluble fibres, such as cellulose, hemicellulose, and ligin do not dissolve in water. Soluble fibres, such as gum and pectin, do dissolve in water. We need both types of fibre every day. Each form functions differently and provides different health benefits.

Foods high in soluble fibre include oat bran, oatmeal, beans, peas, rice bran, barley, citrus fruits, strawberries, and apples. Oat bran has the most soluble fibre of any grain. However, the whole oat grain is a good source of insoluble fibre as well.

Foods high in insoluble fibre include whole wheat breads, wheat cereals, wheat bran, rye, rice, barley, most other grains, cabbage, beets, carrots, brussel sprouts, turnips, cauliflower and apple skin.

Spring Holiday Hours

All offices will be closed
May 18, 2008 for Victoria
Day.

The Naturopathic Office
will be closed on June 8
and 9th but Jenn will be
available for massage
therapy on these days.

Lyndsey is currently on
vacation and will return to
the office June 18, 2009



The Naturopathic &
Complementary Care Centre
169 Huron Street
Stratford, ON N5A 5S9
519-271-2440
www.carriemeszarosnd.ca

Food Sources of Fibre

		Grams
Artichoke	1 medium	6.4
Broccoli	1 cup	5.2
Beets – fresh	1 cup diced	3.6
Kale – raw	1 cup chopped	3.2
Parsnips	1 cup	3.9
Potato – white	1 medium	4.4
Spinach – raw	1 cup chopped	4.2
Squash –	1 cup	4.9
Sweet potato or yam	1 small & skin	3.6
Turnips – cooked	1 cup	4.1
Peas – green	½ cup cooked	3.7
All-bran cereal	1 cup	8.0
Amaranth – whole	1 cup	6.7
Buckwheat	1 cup cooked	5.0
Cornmeal	¼ cup dry	5.0
Couscous	1/3 cup dry	5.0
Oat bran – dry	1/3 cup	4.2
Oatmeal – rolled oats	1 cup dry	8.0
Popcorn	½ c= 1qt	15.0
Quinoa	1 cup cooked	4.6
Rice – brown	1 cup cooked	4.5
Rice – wild	1 cup cooked	5.0
Fibre 1®	½ cup	13.0
Grape Nuts®	½ cup	5.0
Nutrigrain Wheat®	1 cup	4.0
100% Bran®	½ cup	12.0
Quaker Oat Bran®	1 cup	5.6
Oat flour	100 grams	9.6
Rice – brown flour	100 grams	4.6
Rye flour	100 grams	14.6
Wheat – whole flour	100 grams	12.6
Apple	1 med. & skin	5.0
Apricots	Dried – ½ cup	15.6
Avocado	1 medium	4.7
Banana	1 medium	3.2
Blackberries	1 cup	9.9
Blueberries	1 cup	4.3
Dates – dried	1/2 cup – 8	10.8
Figs – dried	½ cup or 4-5	7.6
Kiwi	2 medium	3.4
Mango	1 medium	3.1
Olives – ripe	100 gms	3.0
Pear	1 large	6.8
Raisins – dried	¼ cup	7.2
Raspberries	1 cup	5.2
Strawberries	1 cup	2.8
Spaghetti – spinach	¾ cup	5.3



*Alzheimer Society of
Perth County's
6th annual charity golf
tournament*

The Alzheimer Society of Perth County is holding its 6th annual charity golf tournament on Monday, June 1, 2009 at the Stratford Country Club. Besides supporting a worthy cause, every registered golfer will enjoy a BBQ lunch, 18 holes of golf with power cart, a pair of tickets to the Stratford Shakespeare Festival, a stainless steel water bottle, a chance at the \$10,000 Hole In One contest, and a delicious Prime Rib dinner. Most of all, golfers will have helped raise the funds needed to provide support, education and counselling for people with Alzheimer Disease and related dementia.

Registration is \$125 per person or \$105 for Stratford Country Club members.

For more information or to register, phone 519-271-1910 (toll free 1-888-797-1882) or email ncouto@wightman.ca.

Spaghetti – spinach	¾ cup	5.3
Spaghetti – whole wheat	¾ cup	5.9
Black beans	½ cup	4.0
Black-eyed peas	¼ cup dry	10.0
Chickpeas	½ cup cooked	5.5
Kidney beans	½ cup cooked	9.7
Peanut butter	3 Tbsp.	6.6
Split green peas	¼ cup dry	7.0

Our New Staff Members

The Naturopathic & Complementary Care Centre would like to welcome two new staff members. Now instead of just one receptionist to help you, we have two new smiling faces to greet you, assist you with anything you might need and answer your calls. Dianne Hern will be here to help you on Mondays and Fridays. Marilyn Schneider will be here to assist you on Tuesdays and Wednesdays.

Marilyn Schneider has been a receptionist in the medical field for many years. Marilyn, her husband Wayne and son Greg operate a dairy farm near Harmony. Greg's wife Sherry operates Orchard Valley Spa at the farm. Marilyn's other son, Steven and his wife Trisha live next door to the family farm. Marilyn loves to spend time with her three grandchildren, Paige, Blake and Lucas.

Marilyn is looking forward to expanding her knowledge of naturopathic care and products and looks forward to meeting and assisting our clients. Marilyn also works a few days a month at the Lindor Store at Festival Mall, so you may see her there as well or in the Gift Shop at the Stratford Hospital where she volunteers.

Dianne Hern is a recent retiree from the field of Human Resources. She and her husband Brian who is also semi-retired, are residents of Stratford.

Dianne has long been a proponent of healthy living and naturopathic care and enjoys the contact with our clients. She is a member of the Stratford Zonta Club, the Stratford Y, and volunteers for the Stratford General Hospital and various other health-related organizations in our community.

Let's get that "Spring" back in your step...

By Jenn Fetter, R.M.T.

A common sentiment heard is that clients don't realize how much they were in need of a massage until after they'd had one. Massage therapy can alleviate hidden tension and help reduce headaches, increase concentration, improve your sleep and make you feel generally more healthy and balanced.

Administered skillfully, the benefits of massage therapy are both physical and mental.

Calling All Gardeners!

By Carrie Meszaros N.D.

Now that spring is here, many people are planning their gardens for the upcoming planting season.

Antioxidants are components in many plant-based foods that are protective against many diseases such as cancer, diabetes and Alzheimer's. This year when planting your garden consider these high anti-oxidant superfoods:

Fruits: blackberries, strawberries, raspberries, grapes (especially dark skinned grapes), black currants

If you have space for fruit trees consider: cherry, apricot, dark plums or prunes, apples

Veggies: kale, peppers (all colours), tomatoes, red cabbage, beets, spinach, parsley, artichoke, russet potatoes, beans (kidney, red, pinto, black), carrots

Herbs: parsley, oregano (though beware that oregano can become invasive very quickly in your garden, container gardening for this herb might be smart)

Happy Gardening!



Some physical benefits include relief of muscle tension, increased joint mobility, improved blood circulation, posture improvement and acceleration of post-operative and injury healing. Some mental or emotional benefits include stress release, reduced anxiety, increased capacity for focused concentration and a general sense of inner balance. Often overlooked but very important are the emotional benefits you receive from simply being touched in a considered caring manner.

Some specific conditions that can benefit from massage therapy include:

Arthritis	Insomnia
Asthma	Joint strains and sprains
Back Pain	Myofascial pain
Carpal Tunnel Syndrome	Pregnancy support
Chronic and acute pain	Repetitive strain injuries
Fibromyalgia	Lymph circulation support
Gastrointestinal disorders	Sports injuries
Headaches	General stress
Immune system disorders	Temporomandibular joint (tmj) dysfunction and other jaw problems



Myofascial Release

This is a very gentle, relaxing massage that serves to alleviate pain and tension caused by injury, sport or just life in general.

The fascia are layers of thin connective tissues that bind together your muscles and other organs. The activity of everyday life can often lead to minor, or in some cases serious muscle injury. When our muscles are injured the fascia surrounding the muscles become tight and restricted, causing tissue tenderness and pain.

Myofascial Release Therapy involves locating the specific troubled areas in your body and manually stretching the affected fascia, which decreases the tension and relieves the associated discomfort.

This therapy is incredibly relaxing and you may find your self pleasantly drifting off during treatment.

Swedish Massage

Swedish Massage is very popular for its ability to simultaneously invigorate and deeply relax your body and mind. The therapy utilizes five basic strokes that relax the muscles by directionally manipulating your body's soft tissues following your blood flow back to the heart.

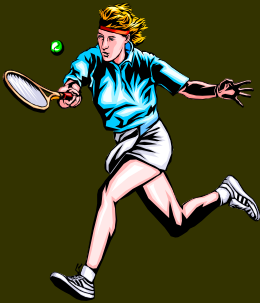


This activity increases oxygen in the blood and helps to flush toxins from the muscles, providing an energizing yet soothing effect on the body as a whole.

Swedish massage also reduces pain in ligaments and tendons, stimulates the skin through friction and can serve to calm your central nervous system.

Sports Massage

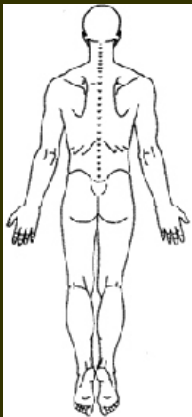
Sport specific massage can enhance your athletic performance, help reduce injury risk and accelerate recovery from injuries that have already occurred.



The repetitive movements inherent in most sporting activities can cause tension and pain in your muscles and joints. Imbalance in muscle development also results from these often-unnatural repetitive actions. These imbalances can affect your entire musculo-skeletal system, which can lead to performance-hindering discomfort, increased injury risk and in some cases development of more serious chronic conditions. Sport Massage involves the assessment of your specific issues through consultation and the employment of the appropriate massage techniques to soothe the affected muscles, increase joint mobility and restore the your body's overall balance.

Trigger Point Therapy

We have all experienced the pain and tenderness caused by what we often call "knots in the muscle". Technically referred to as Trigger Points, these knots can be caused by injury, over exertion, poor flexibility, nutritional deficiencies and mental stress.



Trigger Point Therapy involves locating these knots and applying direct, sustained pressure to the affected muscle and surrounding fascia. This process is repeated five to six times to all affected areas during the treatment session. The intensity of pressure application is determined by the sensitivity of the trigger point and is established verbally between you and your therapist. The massage serves to loosen and eventually dissipate the problematic trigger points which reduces pain caused by swelling, increases range of motion, improves blood circulation and helps relieve stress.

*The Naturopathic &
Complementary Care Centre
169 Huron Street
Stratford, ON N5A 5S9*

519-271-2440

www.carriemeszarosnd.ca

Shin Splints

By: Lyndsey Stewart, C. Ped(C)



What are Shin Splints?

Shin splints are pain along the shin bone. Often the pain is most intense with physical activity, such as walking and running.

What causes Shin Splints?

Poor biomechanics, including overpronation (fallen arches) cause shin splints. There is a muscle that attaches from the shin bone to the arch of the foot. When the arch collapses, it results in the muscle being overstretched. Small micro-tears result at the shin bone causing pain.

How can Shin Splints be treated?

Custom foot orthotics help to support the arch, which decreases the stretch on the muscle. Wearing athletic shoes with the proper level of support is very important for alleviating shin splints as well as reducing activity, icing, and stretching.

Tasty and Fun Recipes For Spring!

Easy to make Hummus

1- 15oz. can of chick peas (garbanzo beans) - drained and rinsed
6 Tbsp. lemon juice or juice of 1 lemon
½ cup tahini (optional)
1 Tbsp. - 2 Tbsp. olive oil
2 cloves pressed garlic or to taste
Salt and Pepper

This spread is super healthy and easy to make.

Puree in a food processor until smooth. Add small amount of water to adjust consistency if desired.

Hummus makes a fantastic dip for crackers, pita bread or vegetables.

*The Naturopathic &
Complementary Care Centre
169 Huron Street
Stratford, ON*

519-271-2440

www.carriemeszarosnd.ca



Roasted Garlic

Take 20 - 30 whole peeled garlic cloves, place in a ramekin or small Pyrex dish. Toss garlic in olive oil to coat cloves.

Bake at 200° F. for 45 minutes. When done, cloves can be eaten as is or mash to spread on crackers, toast, grilled vegetables or serve with meat or chicken.

Gluten- Free Pizza Crust

One of the things many people who have trouble with wheat miss most is pizza. Try this easy to make crust at home to make homemade gluten free pizza.

1 1/2 c. gluten free flour mix (any gluten free mix will do but one of my favourites is 1/2 cup corn flour, 1/2 cup rice flour, 1/2 cup tapioca starch and 1 tsp. potato flour)

1 tsp Xanthan gum

1 1/2 tsp. baking powder

1/2 tsp salt

1 1/2 tbsp olive oil

1 egg

1/2 tsp vinegar

1 1/2 tbsp. brown sugar

3/4 c. warm water

2 1/4 tsp dry yeast (or 1 packet)

Whisk together flour, xanthan gum, baking powder, salt. Set aside. Place oil, vinegar, 1 tbsp brown sugar and egg in a large bowl and mix slightly.

Measure water and 1/2 tbsp. sugar into large cup measure and add yeast.

Beat the egg/oil mixture and then add the yeast/water mixture. Beat in half the flour mixture and then stir in the rest of the flour mix and beat until smooth.

Spray a pizza pan with vegetable oil spray. Preheat oven to 425°F . Spread the dough onto the pan with a wet spatula or wet hands and add pizza sauce and toppings (get creative you can use goat cheese, sun-dried tomatoes, pesto, roasted garlic, chicken, sautéed mushrooms or anything else you like on your pizza!).

Bake for 20 minutes. Makes 6 slices.

Carrie's "Tastes Like a Daiquiri" Smoothie

This is one of my favourite drinks to make during strawberry season, it's non-alcoholic, fresh tasting, slushy and delicious!

3 cups strawberries, partially frozen (or 2 1/2 cups fresh + 1/2-1cup ice cubes or frozen strawberries)

juice of 1 lime

1 tsp. raw sugar (optional)

Water to thin if needed

Blend until smooth in a blender or with a hand-held blender. Enjoy!



We appreciate your feedback!
Call or email us to let us know
what you think of our
newsletter.

To subscribe (or unsubscribe) to
our newsletter email Dianne or
Marilyn
@reception@cyg.net with
your request

*The Naturopathic &
Complementary Care Centre
169 Huron Street
Stratford, ON*

519-271-2440

www.carriemeszarosnd.ca