

This newsletter will offer some helpful tips to those of us who need some help dealing with fall time stress. It will answer some questions about massage therapy, and it will also help to introduce you to two new members who'll join the Naturopathic and Complementary Care Centre this fall. Included are a few healthy recipes using some seasonal autumn ingredients.



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#### Clinic News & Updates

Fall has been very exciting at our clinic. There are lots of

### Fall Holiday Hours

**-Check your supplements and get refills if you need them-**

Carrie Meszaros N.D. will be away from the office from Thursday September 25<sup>th</sup> until Tuesday October 14<sup>th</sup>.

The office will be open for supplement refills on:  
Wednesday, October 1<sup>st</sup> (9:00-12:00 & 2:00-7:00)  
Friday, October 3<sup>rd</sup> (9:00-2:00)  
Wednesday, October 8<sup>th</sup> (9:00-12:00 & 2:00-7:00)  
Friday, October 10<sup>th</sup> (9:00-2:00)

The naturopathic medical office will be back to regular hours Tuesday, October 14<sup>th</sup>.

During this time both Jenn Fetter (Registered Massage Therapist) and Lyndsey Stewart (Certified Pedorthist) will be available by appointment during their regular business hours.

**The Naturopathic & Complementary Care Centre is excited to welcome Lyndsey Stewart to our clinic!**



### Lyndsey's Biography:

By: Lyndsey Stewart (C.PED).

I am happy to have returned to Stratford after being away for a number of years. I am a Kinesiology graduate from the University of Western Ontario and further continued my studies at UWO in Pedorthics. I have been living in Ottawa for the past few years working as a Certified Pedorthist (Canada) in a busy foot orthotic clinic, but am pleased to be joining the Naturopathic and Complementary Care Centre.

changes going on at the clinic right now!

We are pleased to Welcome Lyndsey Stewart, Certified Pedorthist to our clinic. As a pedorthist, Lyndsey assesses people with pain in their feet, knees and legs. She will be assessing to see if patients are wearing proper footwear for their feet and will produce custom orthotics if needed. Lyndsey will be working in the clinic on Thursdays.

As many of you know, Barb, our receptionist has left our centre and has taken on a full time job elsewhere. Good luck Barb, we'll miss you!

In happier news, we look forward to the week after Thanksgiving when our new receptionist Rhea will be joining our team.

**Rhea's Biography:**  
By Rhea Davidson

I have lived in Stratford all my life. I have been married to Robert Davidson for many years and we have two daughters. I have worked in the medical profession for many years and am really looking forward to learning more about natural medicine and its benefits.

Another happy announcement is that Carrie is getting married on September 27!



**Congrats Carrie!**

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Pedorthics involves, "the design, manufacture, modification and fit of footwear and orthoses to help deal with pain, discomfort and disabilities in the legs and feet." ([www.pedorthic.ca](http://www.pedorthic.ca)) Foot orthotics are custom made inserts that are placed inside the shoes which help to accommodate foot deformities, redistribute internal and external forces, and realign anatomical forces; thus helping to relieve many signs and symptoms associated with many foot and leg conditions, such as the following:

- Plantar Fasciitis (arch and heel pain)
- Bunions (painful growth at the big toe joint)
- Shin Splints (shin pain)
- Morton's Neuroma (sharp electric/dull ache in toes)
- Patellofemoral Syndrome (knee pain)
- Achilles Tendonitis (heel pain)
- Metatarsalgia (pain at the ball of the foot), and many more

If you are experiencing any foot or leg pain, please phone (519) 271-2440 to set up an appointment to see Lyndsey or email [LyndseyStewart@Hotmail.com](mailto:LyndseyStewart@Hotmail.com).

## **Seven Ways to Reduce Your Stress Level**

By: Carrie Meszaros (N.D.)

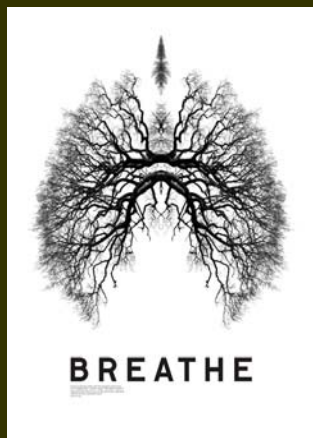
My wedding is days away and I think an appropriate topic for me to write about in this season's newsletter is stress reduction. There are many types of stress, some good and some bad but sometimes our bodies can't tell the difference. There are many stresses unique to fall. Autumn is the season that includes back to school, back to work, moving, going away to college/university, becoming an empty nester for the first time, and for some of us, fall weddings. Here are a few ways to help with any stress you might be going through:

1. Rescue Remedy is a Bach Flower remedy readily available at the health food store. Rescue Remedy is one of my favourite stress remedies; a few drops either in water or straight in your mouth can be wonderful to soothe life's stresses and worries. A standard dose would be 3-5 drops, 3-5 times per day or 1-2 squirts in a water bottle/glass sipped over a longer period of time. Rescue remedy is safe for children, grownups and pets. It's calm in a bottle.
2. B vitamins are soothing to the nervous system during times of stress and busy lives. A good B complex will have a variety of B vitamins including folic acid, vitamin B6, Pantothenic acid, B12 and many more. B vitamins are helpful for energy and help level out mood swings and PMS. A typical dose of B complex ranges from 50-100 mg/day. B vitamins should be taken with food and don't be



alarmed if your urine turns bright yellow – it happens to everyone. The yellow colour is the excess B vitamins being eliminated by your body.

- 3. Calcium and magnesium are both calming minerals to the nervous system. In addition to calming, they also help build strong bones, improve our sleep and help with muscle spasms and tightness.
- 4. Lavender essential oil is a calming scent that is often used to promote sleep and restfulness.
- 5. Get a massage. Massage helps both physiologically by helping decrease tension in your muscles and working out the kinks and psychologically by giving yourself a time out and a bit of pampering.
- 6. Get some physical activity. Some people are de-stressed by going for a walk, others yoga is a calming way to end the day and some people need vigorous exercise like an aerobics or spinning class to burn off their excess nervous energy.



- 7. Prioritize, try to remember sometimes it doesn't all need to get done right now. If it does need to get done right now, try to delegate if someone is willing to give you a helping hand.
- 8. Remember to breathe!

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*If you are on medication or have serious pre-existing health conditions, it is always a good idea to check with a naturopathic doctor before starting new treatments*

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### Massage Musings:

## Relax & Rejuvenate for the Cooler Months

By: Jenn Fetter (R.M.T)



Hello from your friendly neighbourhood massage therapist!

It is now September - bitter sweet isn't it? As the fall approaches it signals the start of a very busy time for most of us; gone are the days of summer. The light begins to recede and it seems like we all crank into warp drive right up to the winter holidays. The winter blues set in as well as those familiar aches and pains from those long hours of sitting and slogging it out at work, which makes it harder to keep going.

This year, why not try a new approach? You deserve regular workouts, down time, and a massage therapy treatment once a month to help you get through a stressful winter. Plan to make self-

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care a priority at the start of the fall this year by scheduling it in your day-timer as important appointments for you. Your body and mind will thank you and function better when you care for yourself in the midst of the chaos we live in. We all know how stress can accumulate and cause illness; keep it at bay this year by being good to yourself.

I will be happy to help you keep the balance. See you soon.

## **Plantar Fasciitis**

By Lyndsey Stewart (C.PED)

The plantar fascia is the soft tissue in the foot that attaches from the base of the heel to the ball of the foot. Plantar Fasciitis is an inflammation of the plantar fascia, which leads to pain in the arch and/or base of the heels.

Poor biomechanics including overpronation of the feet (fallen arches) can cause plantar fasciitis. When the foot is non-weightbearing, the arches are at their highest. If the arches start to collapse on weightbearing, the plantar fascia gets stretched away from the base of the heel and the centre of the soft tissue in the arch area can get micro tears. This causes pain and discomfort. Normally, the pain is most intense first thing in the morning stepping out of bed, because during rest, the feet relax. Rest allows the plantar fascia to tighten up overnight and first thing in the morning when stepping out of bed, the plantar fascia gets overstretched and causes pain.

Plantar fasciitis can be treated with custom orthotics. Orthotics help to support the feet and hold the arches in the same position as when they are non-weightbearing. This helps so that when standing, the arches do not collapse and therefore, the plantar fascia is not overstretched. Wearing supportive footwear inside and outside helps the plantar fascia to recover. Massage therapy and physiotherapy in combination with orthotics can also help relieve the symptoms of plantar fasciitis. Other methods of treatment that help include reducing activity, icing the foot for 10 minutes at a time, and stretching the feet.

To stretch the feet, sit with your legs straight in front. Take a towel and wrap it around the ball of your foot while holding both ends of the towel in your hands. Gently pull the towel towards your body, which will pull your toes towards you. This exercise helps to stretch the plantar fascia and calf area. Do this exercise first thing in the morning before getting out of bed and hold the stretch for 15 seconds on both feet.

## **What can I expect when I go for a massage appointment?**

By: Jenn Fetter (R.M.T)



On your first visit you will complete a confidential health history form. Your therapist will go over your health history form with you to determine your treatment needs and goals. You are always in control of a treatment and must be comfortable with what has been explained to you before commencing a treatment. Ask as many questions as you need. Your initial visits are essentially interviews to discover whether or not a chosen therapist is a good fit for you. Each therapist has a different style but should be able to adapt treatments to fit your needs.

### **Must I undress for my massage?**

Skin on skin contact is most beneficial and is recommended but Massage Therapists are required to cover/drape you with a sheet so that they expose only the area which they are working on. If you are uncomfortable with this, work can be done through clothing or through a sheet. You are always in charge of your treatment and if you are uncomfortable at any time, you can stop or request that the treatment be adapted so that you are comfortable.



### **I bruise easily; can I still get a massage?**

It is important to let your massage therapist know (this should be asked on the health history form you will be asked to fill out on your first visit). Massage therapy is not recommended for people who suffer from hemophilia.

### **Am I expected to talk during the massage?**

If you wish to have silence, you should say so at the beginning of the treatment. The therapist may, however, require verbal information pertinent to health findings during the treatment. They will also check in with you to ensure that the pressure is comfortable. This type of feedback is very important so that you receive the best possible health care.



### **After my appointment, is there anything I need to have on hand or anything specific I should do?**

An Epsom salt bath is recommended to soothe and to calm muscles, and enhance the benefits of the massage. It will help to alleviate stiffness you may feel the next day, and it is also recommended for use after workouts for the same reason. Most importantly, drink plenty of water to keep your tissues hydrated. Your Massage Therapist may also recommend certain stretching/strengthening exercises or hydrotherapy that will help with your particular complaint.

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## What is Myofascial Release?

Myofascial Release is a very effective hands-on technique that provides sustained pressure into myofascial restrictions to eliminate pain and restore motion. The theory of Myofascial Release requires an understanding of the fascial system (or connective tissue). The fascia is a specialized system of the body that has an appearance similar to a spider's web or a sweater. Myofascial Release is a technique that requires special training above and beyond basic massage and physical therapy curriculums.

## What is Deep Tissue Massage?

Deep Tissue Massage is accomplished by working the underlying layers of muscles, tendons, connective tissue, and fascia. It is the ability to manipulate these underlying tissues in order to lengthen, shorten, relax, and release holding patterns and unlock tissue memory. Separating and isolating a muscle or surrounding structure can release restrictions. Deep tissue does not mean working harder or stronger, the therapist simply works deeper and slower by sinking through superficial layers into the deeper structures using compression and lengthening techniques via the hands, fists, knuckles, thumbs, elbows and forearms. Little oil, lotion, or cream is used in order to appropriately manipulate these deeper structures. Deep Tissue Massage teaches the muscular and connective structures to let go, move on, and recalculate its position within the body. Deep Tissue work can relieve pain, promote healing, and realign the body. Along with Deep Tissue Massage, the therapist follows with a tutorial of strengthening exercises, proprioceptive neuromuscular facilitation (PNF) and stretches for at home self treatment.



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## Autumn Recipes

### Carrie's Caramelized Onion Quiche With Rice Crust

1 cup long grain rice  
7 eggs  
2 tsp. unrefined oil  
3 onions (you may use more)  
1 cup shredded cheese, Cheddar or other light cheese  
(you may substitute with rice or soy cheese)  
½ cup milk or milk substitute  
Salt and pepper

Optional: add any other cooked vegetables, fresh herbs or meats  
you would like in your quiche, e.g. mushrooms, red peppers,  
sun dried tomatoes, broccoli, spinach, asparagus, ham, bacon,  
chicken, smoked turkey etc.





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Cook rice according to the instructions on the package.

Beat 2 eggs, ½ tsp. salt and ¼ tsp. pepper together in a bowl.

Stir egg mixture into cooked rice. Press into bottom and up the sides of a greased 9" pie plate, stopping ¼" from the top. Bake on bottom oven rack for 15 minutes at 350° F

In a skillet, heat oil at medium-high heat. Cook onions, stirring occasionally, for 10 minutes. Reduce heat to medium and cook for another 10 minutes until onions are golden and very soft. If using additional vegetables and/or meats, add them at this point. In a bowl, whisk together 5 eggs, cheese, milk and ¼ tsp. each of salt and pepper. Stir in onions/veggies/meat and pour into crust. Bake on bottom oven rack at 350° F for approximately 35 minutes or until golden.

## Curried Pear and Butternut Squash Soup

6 Servings

Dairy-free

1 Tbs. vegetable oil  
1 cup chopped onion  
1 clove garlic, minced  
1 Tbs. curry powder  
1 Tbs. brown sugar  
1 tsp. ground cumin  
6 cups vegetable broth  
1 1/2 lbs. butternut squash, peeled and diced  
4 ripe Bartlett pears, peeled, cored and diced  
Chopped fresh cilantro for garnish

In large pot, heat oil over medium heat. Add onion and cook, stirring often, until soft, about 5 minutes. Add garlic, curry powder, brown sugar and cumin and cook, stirring, 30 seconds. Add broth, squash and pears.

Bring to a boil. Reduce heat and simmer, covered, until squash and pears are tender, 25 to 30 minutes. Purée mixture with immersion blender or transfer to food processor and process in batches.

Garnish with cilantro if desired.

Serve warm.



## Gluten-Free Spice Cake

- 2 c. gluten-free flour blend (see below)
- 1 1/2 c. milk (cow, rice, almond or soy)
- 1 1/2 tsp Xanthan gum
- 1 3/4 tsp baking soda
- 3/4 tsp. salt
- 1 tbsp ground ginger
- 1/3 c. molasses
- 2 tsp. cinnamon
- 1/2 tsp nutmeg
  
- 1 1/2 c. light brown sugar
- 1/2 c. butter or non-hydrogenated margarine
- 1/4 cup vegetable/sunflower/almond oil
- 1 tsp. vanilla
- 2 large eggs, lightly beaten
- 1/4 tsp ground cloves



1. Preheat oven to 325°F. Grease 9" round pan.
2. Sift the dry ingredients into a large bowl
3. Combine the milk and sugar in a heavy saucepan and bring just to a boil over medium heat. Remove from the heat and add the butter, oil, molasses and vanilla.
4. When the butter has melted, add the butter mixture to the dry ingredients and mix until thoroughly blended. Add the eggs and mix until blended. Pour the batter into the prepared pan.
5. Bake for 50 minutes or until a toothpick comes out clean. Cool the cake in the pan on a wire rack for 5 minutes. Invert the cake onto a plate and cool completely.



**\*Gluten free flour mixes** – there are many different gluten free flour mixes on the market and many that can be made at home. I use featherlight mix most often and mix it up to keep in a tupperware in my cupboard and use it in place of wheat flour in most recipes, including this one.

Featherlight gluten free flour mix – 1 cup tapioca starch, 1 cup rice flour (brown or white), 1 cup cornstarch (or extra tapioca starch), 1 tbsp. potato flour.

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This cake is delicious iced with cream cheese icing (or soy cream cheese icing).



## Cinnamon Maple Cream Cheese Icing

8 oz of cream cheese or tofutti (soy cream cheese)  
1/2 cup of butter or dairy free margarine  
2 cups icing sugar  
2 tsp vanilla  
2 tbsp. maple syrup  
1/2 tsp. cinnamon

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Whip cream cheese, maple syrup and butter till fluffy.  
Add sugar. Blend well. Add vanilla and whip for 20 seconds more.

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