

This Issue will be dedicated to the Autumn Season.



It's officially fall! The beautiful colours we see on the trees, getting back to the routine of school, a return to nourishing soups and stews and the spooky fun of Hallowe'en, are all fantastic things about fall in Ontario. With all this excitement, this fall there is something new to be excited about The Naturopathic & Complementary Care Centre's first e-newsletter. In this instalment of our newsletter we will share with you some ideas to keep your immune system strong this fall to protect you and your family from all the colds/flu and other illnesses of fall and winter. There will also be articles about packing healthy school lunches, hot stone massages, the benefits of therapeutic massages, a fall recipe and some tips on bringing your home into the fall season.

Greetings to All from
Carrrie, Jenn & Barb



To subscribe (or unsubscribe) to our newsletter email Barb @ reception@cyg.net with your request. (or email us to let us know what you think of our first newsletter).



The fall is one of the most challenging times for our immune systems. As children go to school they are exposed to many more infections than they are exposed to in the summer time (and they love to share these germs with their loved ones who aren't joining them for back to school!)

By Carrie Meszaros

Here are a few things you can do this fall/winter for yourself and your family to keep everyone strong and healthy.

1. **WASH YOUR HANDS** – this is one of the best ways to contain the spread of germs. It is especially important to teach your children/grandchildren (and yourself) to wash your hands with soap before eating and after sneezing, coughing, blowing your nose or using the bathroom.
2. One of my favourite immune boosters in the fall is to do a homeopathic flu prophylaxis kit. This is a popular preventive treatment I use in my office using a combination of two remedies **Thymuline and Influenzinum**. For more details on homeopathic flu vaccines, please read the article on page 2.
3. Eat more **garlic, oregano, onions and thyme** – these herbs are powerful antivirals, antifungals and antibacterials.
4. Eat your **fruits and veggies**. Aim for 5-10 servings daily!
5. **Avoid sugar**, which reduces your immune function.
6. Drink **lots of water** and minimize caffeine and alcohol.
7. **Stop smoking**.
8. Take a good quality **multivitamin** to fill in any major nutritional deficiencies in your diet.
9. Ensure you are getting enough **vitamin C and zinc**, as both are very helpful to strengthen your immune system.
10. Stay home, **take it easy** and rest if you are sick.
11. Have some **Echinacea, Bio Boost, Oscilloccinum/Dolicocciil, Esberitox, Cold Fx, Oil of Oregano or Olive Leaf Extract** in the house so that you can start at first sign of any symptoms. Please talk to your naturopathic doctor about which of these products is the best choice for you and if there is any reason why any of these may be a poor fit for you especially if you have major medical problems or are on medications.
12. If your immune system has been a major problem in previous years, talk with your naturopathic doctor about what support would be best for you to try to keep you healthy this winter. There are many options for immune support including **herbs, supplements, homeopathic remedies and acupuncture**.



Hot Stone Massage By Jenn Fetter

Stone massage involves the application of water-heated basalt stones of varying sizes to key points on the body, giving a deep massage and creating sensations of comfort and warmth. The direct heat relaxes muscles, allowing manipulation of a greater intensity than with regular massage. Smooth hot

stones, usually basalt, are used to massage the body. When heated stones are used muscles

Thymuline/Influenzinum by Carrie Meszaros N.D.

For over 100 years homeopaths have used various forms of homeopathic flu prevention. One of the most popular fall immune boosts involves Thymuline and Influenzinum. This protocol can be used as an alternate to the flu shot and by some who wish the added protection along with the flu shot. The kit is comprised of two remedies, which are both taken orally. Homeopathic remedies should be dissolved under the tongue at least 20 minutes away from food or drink. Influenzinum is a remedy made by dilute amounts of the expected current strains of flu without the preservatives such as thimerosal, aluminum and formaldehyde that are found in the injectable flu vaccines. The Influenzinum gives protection against the influenza virus. The other remedy in the kit is Thymuline, which gives the body a non-specific immune boost to protect against other forms of flu not specifically covered by the Influenzinum remedy such as colds, and other flu-like illnesses, which are not caused by the influenza virus. These remedies can be dosed according to various protocols. My most common way to prescribe them is to have people do ¼ vial of each remedy once a week for 5 weeks in October/November. Children and adults take the same dosage of these remedies. If you have any questions, please don't hesitate to call our clinic.

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relax allowing the massage therapist to work deeper into the muscle. Stones are heated in hot water and are placed on the back, along both sides of the spine, and on top of the torso. Heated stones coated in oil are then used directly in the hands of the therapist delivering various massaging strokes. Those experiencing a hot stone massage often notice a healing improvement of the following symptoms: muscular aches, pains, sprains, strains, poor circulation, arthritic conditions, fibromyalgia, MS, back pain, stress, anxiety, and tension.



Back to School Lunches.

By Carrie Meszaros N.D.

One thing that can be very helpful is involving your child (if they are old enough) in making choices about what goes in their lunches. I suggest letting them pick WHICH vegetable, WHICH fruit, WHICH healthy snack rather than WHETHER they want vegetables, fruits and/or healthy snacks. Give them multiple healthy options, kids are more likely to eat their lunch if they are involved in the process of packing/shopping. Here are a few tips to spice up your child's lunch.

1. On the weekend before the school week starts, clean and cut up some vegetables so they are easier to pack in the school lunches. This also encourages healthy snacking at home for both kids and adults. Some lunchbox friendly veggies are baby carrots, celery, red pepper strips, sugar snap peas, broccoli but don't limit your imagination. Kids also often love to dip their veggies, if this is the case pack a small container of your child's favourite low fat salad dressing for them to use for dipping. Many kids will also eat salad if it's presented as an option and they can add their own dressing at school.
2. Make sure you pack some protein that your little one will eat in their lunch. Protein helps balance blood sugar. When blood sugar gets low it's difficult to concentrate, pay attention and learn. Starting the day with some protein at breakfast and having more at lunch helps learning. Good protein options are leftover chicken/beef/fish, hardboiled eggs, hummus or other bean dip, cheese (if not dairy intolerant), yogurt, salmon, bean salads, better quality lunch meats (turkey, chicken, low fat ham, roast beef). Avoid bologna and very processed meats. A few protein options that are good once in a while but shouldn't be given daily are tuna (due to mercury concerns), pepperettes and kielbasa.
3. Avoid lunchables, make your own version instead with lower fat, better quality meats, whole grain crackers, real cheese (if desired) and fruit instead of dessert.
4. Pack whole grains. Use whole grain bread, crackers or wraps instead of white bread. Sandwiches get boring so give some variety by doing pitas, wraps, bagels or crackers instead of the same thing every week.
5. If your child doesn't like cold lunches, invest in a good quality thermos and pack soup/stews or leftovers.
6. Pack a variety of fruits. Choose fresh, local, in season produce rather than canned and packaged if possible. Unsweetened applesauce and fruit cups packaged in real juice can be a good option if produce is limited. Don't fall into a fruit rut of apples and bananas only. Don't forget about pears, grapes, kiwi, berries, melon, plums, pineapple, and mango!
7. When packing juices, pick 100% juice. Avoid beverages labeled as drinks that have little or no actual juice in them. Consider packing milk (if not dairy sensitive), soy milk or water.
8. Healthy snack ideas: fruit leather, yogurt, fruits & veggies, homemade low-

Clinic News & Updates

We are thrilled to welcome another massage therapist as of Nov.1/07 to our clinic. Bhojkiumari (Cara) Hopkins will be joining our team on a part-time basis. Cara is trained in the Swedish massage technique, which includes trigger point therapy, joint mobilization, remedial exercises and the use of heat or cold. She is certified in reflexology and also uses massage to stimulate acupuncture points during treatments. Cara will be available by appointment Thursdays from 9:00 am - 7:00 pm. Please call the office @ 519-271-2440 to book a massage with Cara.



With fall comes more hearty food, eating indoors and cozy evenings in front of the fireplace. To make your table reflect the new season, add some seasonal decorations for colour and interest. Gourds, fresh coloured leaves, natural wicker, dried branches, grasses & cattails and lots and lots of candles. Colours should be warm: golds, oranges, browns, reds, rusts, burgundy and greens. Have fun with your decorating. Enjoy! By Barb Persad

sugar cookies, sunflower seeds (if allowed at their school), pumpkin seeds, applesauce, fruit cups, mini rice cakes, protein bars, protein shakes (for older kids only) and cereal.

Squash, Carrot, Sweet Potato Soup Recipe

Unrefined olive oil
1 squash e.g. butternut, acorn etc.
1-2 large onions, chopped
3 - 4 large carrots, chopped or a few handfuls of baby carrots
2 large sweet potatoes, peeled and chopped
1 bunch fresh parsley, chopped
1 - 3 tsp. ginger
Salt & pepper
1 tsp. cinnamon
½ tsp. each, nutmeg and cloves
1 Tbsp honey or molasses (optional)



Preheat oven to 350°F. Cut squash in half lengthwise and remove seeds. Lightly oil the cut side and place face down on baking pan. Bake approximately 1 hour or until you can pierce the squash with a fork. When squash is cooled, remove the insides and set aside. In large soup pot, heat a little olive oil over medium-high heat. Add carrots, onions, garlic and sweet potatoes. When vegetables begin to be cooked, add water up to a few inches away from the top of the pot. Add cooked squash, parsley, ginger, salt, pepper, cinnamon, nutmeg and cloves to the soup. If you like sweet soup add honey, molasses or an apple. Continue to simmer for an hour or until all of the veggies are tender. Alter seasoning to taste with salt, pepper and additional spices if desired. Purée in blender. To create a creamer version, add milk (cow, soy, rice, etc.) as desired.



What are the Benefits of Therapeutic Massage?

By Jenn Fetter

The relationship of stress and illness is of interest to anyone maintaining their health. We all have stress in our daily lives relating to work, family, environment and society. Mental tensions, frustrations, and insecurity are among the most damaging. Stress causes the release of hormones that create

vasoconstriction – vessel shrinking -- and reduced circulation. Stress can also cause the heart to work harder, breathing becomes rapid and shallow, and digestion slows. Nearly every body process is degraded. Psychosomatic studies show how stress factors can cause migraines, hypertension, depression, some peptic ulcers and so on.

Researchers have estimated that 80% of disease is stress related. Soothing and relaxing massage therapy can help by counteracting stress effects. Massage has a definite psychological effect. It works with the tactile sense, the body's primary sense. Massage therapy brings people into the here and now and away from tension generated by constant preoccupation with problems. Also, loosening of muscle tension or "armoring" – the physical counterpart to how we defend and protect ourselves from psychological pain – can lead to freeing of repressed emotions.

Users of massage therapy as a healing tool quickly realize that they have found a form of drugless therapy. Headaches, insomnia, digestive disorders including constipation and spastic colon, arthritis, asthma, carpal tunnel syndrome, sinusitis, and minor aches and pains are some of the problems that can respond to massage therapy. Massage can have an excellent effect on nervous people who have been dependent on their pharmacy for rest and

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relaxation. Massage therapy essentially promotes health by boosting the body's own processes.

At some point in our lives most of us will experience some sort of low back discomfort. It may be from a traumatic injury or simply from positions that we use everyday at home or at work. Try this stretch that can alleviate that discomfort. It involves simply gently pulling your knees (one at a time) toward your chest and holding for 30 seconds. Repeat with the other leg. You can do this while lying on your back or also in standing position. There are many exercises to help alleviate or diminish your discomfort that a massage therapist can show you.