

**Greetings from Carrie,  
Jenn, Lyndsey, Renée &  
Marilyn**

*Our winter newsletter offers information on our new winter hours, how to stay healthy this flu season, diabetic foot care and rejuvenating massage therapy.*

**WINTER HOURS**

**Naturopathic Office:**

*Marilyn will be here to book appointments and refill supplement orders:*

*Mondays 9 – 12 & 2 – 7  
Tuesdays 9 – 12  
Wednesdays 1:30 – 6  
Thursdays 2 – 5*

*Renée will be here Mondays  
9 – 12 & 2 – 7*

*Carrie will be here on  
Tuesdays 9 – 12,  
Wednesdays and Thursdays  
2 – 5.*

**Massage Therapy**

*Jenn will be available on  
Mondays, Tuesdays &  
Wednesdays from 9 – 8;  
Fridays 9 – 6 and Saturdays  
from 9 – 2*

*The Naturopathic &  
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519-271-2440*

*www.carriemeszarosnd.ca*

## Back from Maternity Leave and Other Clinic News

By Carrie Meszaros ND

I am back in the office and looking forward to catching up with my patients and finding out how Fall went for all of them. For the winter my hours will be: Tuesday mornings; Wednesday afternoons and Thursday afternoons. My hours will increase in the spring when I will resume working some evening hours. This is a picture of my new little one, Evora Grace Couto Meszaros who was born on September 13<sup>th</sup>.



I am happy to let everyone know that after doing a great job covering my maternity leave through the fall, Renée Paradis will be staying on Mondays to continue with her patients as well as anyone who prefers to come to the clinic on Mondays.

In other clinic news, Lyndsey Stewart will be leaving our clinic after the holidays. Lyndsey will be going back to school at University of Toronto to study to become a physician's assistant. This is a very exciting move for Lyndsey, we are sad to see her go but we all wish her lots of luck.

Through the winter, Marilyn will be in the office to book appointments and fill supplement orders on Mondays, Tuesday mornings, Wednesday and Thursday afternoons. On Fridays, the office will be closed for naturopathic services but will be open for massage appointments with Jenn Fetter RMT.

## CHRISTMAS HOURS

*Naturopathic Office closed for holidays from December 24 to January 1, 2010. No one will be available for supplement refills or appointments during this holiday season.*

*Massage Therapy Office Closed December 25, 26 and January 1st*



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 Marilyn reception@cyg.net with your request

## What YOU can you do to Stay Healthy this Flu Season

By Renée Paradis ND

To be or not to be ... vaccinated, that is the question Naturopathic Doctors have been bombarded with throughout this flu season. Many people are fearful and confused about the new strain of H1N1 and are faced with a very difficult choice of choosing or not choosing vaccination.

Public Health officials have undertaken the challenging task of formulating guidelines that they believe are right for most Canadians. One of the roles of a Naturopathic Doctor is to educate people about the benefits of boosting their immunity and reducing their exposure to prevent illness. This is important whether or not you decide to get vaccinated. Naturopathic Doctors are prevention care specialists. Whether it is H1N1 or the regular flu season, a virus will pose the greatest risk if natural defenses are weak. Supporting your immune system does not only reduce your risk of getting the flu, it also reduces the severity of the flu if you do get sick. Also important is that there are many other conditions that are prevalent during the winter months other than the flu such as the common cold, strep throat, respiratory diseases, and so on. A strong immune system can help prevent or lessen the severity of these conditions.

### What is the H1N1 virus?

The H1N1 is an influenza A virus subtype. It is the most predominant strain of circulating flu virus this season. The body responds to this virus very much as it would to other flu viruses and the severity of the illness is also similar. Why this flu strain has received great attention in the media this season is that it is a 'new' strain meaning that the body may not have natural immunity to it, which may cause serious illness in some individuals. The severity of the flu symptoms associated with H1N1 will vary depending on the strength of the individual's immune system.

### What can you do to boost your immune system?

- Good hand hygiene is the best way to prevent the spread of all flu viruses.
- Wash your hands with soap and water thoroughly and often.
- Gargle with hot salty water on a daily basis.
- Perform nasal lavage with a neti pot or bulb syringe on a daily basis.
- Keep an alcohol-based hand sanitizer handy at all times. An effective sanitizer must contain at least 60% alcohol to be effective.
- Cover your mouth and nose with a tissue when you cough or sneeze. If you do not have a tissue, use your elbow sleeve.
- Avoid going to places with large crowds where viruses can spread easily.
- Stay at home when you are sick and avoid people who are sick.
- Food is fuel for your immune system. Consume plenty of fruits and vegetables, foods containing essential fatty acids, zinc, vitamin C and vitamin D.
- Avoid foods that deplete the immune system (e.g. foods high in sugar, processed foods).
- Supplement with vitamins, minerals, herbs and probiotics to boost your



immune system.

- Drink plenty of water and use a humidifier in your home and/or office to moisten your mucous membranes. The mucous membranes inside of your nose and mouth act as a barrier to eliminate viruses, such as regular flu viruses and/or H1N1.
- Blow your nose once a day to clear any stagnation.
- Disinfect and frequently clean common surfaces.
- A stressful life can increase your chance of getting the flu. Ensure plenty of sleep and enjoy relaxation activities regularly.
- Take 1000 – 2000 IU Vitamin D through fall and winter. Talk to your Naturopathic Doctor to determine the right dose for you.

***To be or not to be vaccinated is a personal choice, it's your choice!***

***Be informed, proactive, and prepared this flu season and take steps to boost your immune system.***

## **Diabetic Footcare**

by Lyndsey Stewart, Pedorthist



People living with diabetes often have reduced circulation and sensation in their feet (called neuropathy), and are not able to feel if something in the shoe is irritating their foot. If the foot is irritated by the shoe, it can cause a wound or ulcer, which can be very dangerous for a person with diabetes. Shoe selection and footcare are vitally important. For patients with diabetes, the following footcare and shoe fitting tips are recommended:

### **Footcare:**

- Check your feet daily by visually inspecting them. Be alert for redness, swelling, broken skin, sores or bleeding. See your doctor immediately if any of these problems arise
- Wear shoes around the home - as well as outdoors - to protect feet from injury
- Wash your feet with soap and warm water every day, but do not soak them
- Avoid heat pads or hot water bottles even though your feet might get cold easily. With a lack of sensation it is easy to burn the feet without noticing if the water is too hot
- Avoid socks with heavy seams, as they can cause irritation of the skin and lead to breakdown or ulceration
- Avoid tight constrictive socks and clothing that can limit blood flow to the extremities.



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### Shoe Selection:

- Key features for diabetic footwear include soft uppers with minimal seams, deep and wide toe boxes to reduce abnormal pressure, firm but cushioned soles, removable insoles, a strong heel counter, and a rockered sole.
- Lace up shoes offer a versatile fit and should be used if possible or alternatively use Velcro closures if tying laces is difficult.
- Avoid slip-on and restrictive footwear such as high heels with pointed toes or shoes that are narrow in style as they depend on a tight fit to stay on the foot
- When buying new shoes, a good practice is to remove the insole from the shoe and stand on it to see if your foot overlaps the insole, indicating that the shoe is too narrow or short for your foot
- There should be a full finger width between the end of the longest toe and the end of the shoe
- Avoid seams over the toe area of your shoes. Seams resist stretching and create bumps that can rub against the skin and cause it to break down or ulcerate
- If you have a problem with lower limb swelling, graduated compression stockings can help control swelling and improve the fit of shoes over the course of a day

### Rejuvenating Massage Therapy

by Jenn Fetter RMT



Massage therapy treatments can:

- |                               |                         |
|-------------------------------|-------------------------|
| -reduce muscle tension        | - alleviate back pain   |
| -improve athletic performance | - stimulate circulation |
| -increase range of motion     | - decrease headaches    |

Many health issues can benefit from massage therapy due to the manipulation of soft tissue, which affects all of our body systems; in particular the muscular, circulatory, lymphatic, immune and nervous systems. The soft tissues include muscles, skin, tendons, and associated fascia, ligaments and joints. These hold the bones of the body together and create movement of the joints.

Overall stress levels can be managed safely and effectively with massage therapy. Stress upsets the delicate balance of our bodies' functions and massage helps to normalize them. Massage therapy also relieves pain, relaxes stiff muscles and smoothes out muscles knots by increasing the blood supply to the affected area. It can also help reduce **inflammation**, relieve pain and calm fatigued muscles. Massage therapy is an effective way to create a sense of relaxation and overall well-being.

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## **Cranberry Pecan Oatmeal**

This makes a hearty winter breakfast that serves 2

1 ½- 2 cups unsweetened almond milk (rice/soy/cow's milk or water)

1 cup large flake oatmeal

1-2 handfuls frozen cranberries (you could use any berry you like)

1-2 handfuls chopped pecans (you could also use walnuts)

pinch of salt

½ tsp. cinnamon

Heat the almond milk, frozen berries, nuts, salt and cinnamon on medium high heat until it begins to boil. Then turn down the heat to medium low, add the oatmeal, stir. Cook covered on medium low for 5-7 minutes. Add more liquid if desired. Eat warm, if desired add a little maple syrup

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## ***SEASON'S GREETINGS TO ALL***

