

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

Our summer newsletter offers information on gluten free living, electrodermal screening, information on our facebook group, an exciting new technique Jenn has learned and two great new recipe – Kale Chips & Cornmeal Blueberry Pancakes.



Clinic News:

Baby Evora is turning a year soon and both Evora and Carrie would like to thank Renée for her great coverage of Carrie's maternity leave and for staying on the rest of the year to allow Carrie to spend a

What does it mean to be gluten free?

By Carrie Meszaros ND

People are talking and learning more about gluten free diets. It's exciting to see so many choices for people who are following a gluten free lifestyle.

The most serious reason for becoming gluten free is celiac disease. Approximately 1 in 100 North Americans has this hereditary, autoimmune disease and it's estimated 97% of them are still undiagnosed. The classic celiac symptoms include diarrhea, gas, bloating and weight loss. Many other symptoms are nausea, heartburn, constipation, headaches, fatigue, sinus issues, infertility, osteoporosis, anemia, skin rashes and certain forms of cancer. Patients with one autoimmune disease have a higher risk of celiac disease. It is important to have screening tests either through a doctor or naturopathic doctor if celiac is suspected *before* undertaking a gluten free diet. Blood tests can screen for celiac disease, however the definitive diagnosis is usually made from a small bowel biopsy. If a gluten free diet is started before having screening tests then if a person wants to be tested conventionally for celiac the tests will be inaccurate which may lead to issues down the road. At our office, we have a screening test available that can be done during a visit which checks for tissue transglutaminase (the main marker in celiac) with only a finger prick sized drop of blood. Results are available in 10 minutes.

Many patients, although not diagnosed with celiac disease, still feel much better gluten free. These people are gluten intolerant, carbohydrate intolerant, or wheat intolerant. Many people find their energy goes up, their bowels normalize, their headaches go away, their skin clears up and they just feel better.

Gluten is a protein that is found in wheat, spelt, kamut, rye, barley (often barley is listed as malt on labels) and many commercially available oat products. In the last few years, some farms have started to grow gluten free oats that are available at health food stores and are often safe for someone on a gluten free diet. Gluten will be in almost all baked goods and cereals unless they are specifically made to be gluten free. Aside from the obvious sources, gluten is often found in sauces as a thickener or used to flour meat or fish before cooking. Gluten in even tiny doses can cause severe symptoms in celiacs or people with gluten intolerance. If someone is eating gluten free they need to be careful about contamination from cooking on the same grill or using utensils that have been exposed to gluten. Some people are even sensitive enough that they will react to flour particles in the air. Many restaurants are learning more and more about gluten free diets, and people who need to eat gluten free should always ask their server to ask questions of the chef in make sure their meal will be a safe choice for them.

little more time at home. Renée is leaving us at the end of the summer to focus on her practices in New Liskeard and near her home in Guelph.

Starting in September, Carrie will be increasing her hours to allow her to see more patients. New Naturopathic Hours starting in September Monday – 9-12 & 2-5, alternate Mondays only, Tuesday – 9-12 Wednesday – 9-12 & 2-6 Thursday – 2-6. Marilyn will be the office the same hours as Carrie.

Marilyn, Carrie and Renee will be on holidays for the week of August 9th-13th. The naturopathic office will be closed for the week and will reopen on August 16th. Jenn Fetter will be available for massage by appointment during this time.

When eating gluten free, the healthiest choices are the choices that are naturally gluten free such as vegetables, fruit, eggs, meats, fish, seeds & nuts, beans and gluten free whole grains. Gluten free grains include rice, quinoa, buckwheat, millet, amaranth, corn, tapioca and sorghum. When cooking and baking there are many gluten free flour mixes that substitute nicely in for wheat flour. My favourite flour mix, which I find most versatile, is composed of 1 cup brown rice flour, 1 cup cornstarch or corn flour and 1 cup tapioca flour/starch. This flour mix can be substituted into recipes at the same amounts of flour the recipe usually requires. When using this mixture for baking, it is useful to add ½-1 tsp of xanthan gum to help with binding and help the baked goods hold their shape and not crumble too easily.

If you are having any of the symptoms listed above for celiac disease, especially if you have many of the symptoms or a family history of celiac, consider being tested and then seeing if you feel better gluten free.

This weekend, I made the most fantastic gluten free blueberry pancakes I've ever tasted. Here's the recipe. I think we'll be making these more often!

Gluten Free Cornmeal Blueberry Pancakes

1 ¼ cups milk/soy milk/almond milk/rice milk
2 tsp baking powder
½ tsp baking soda
¾ tsp salt
2 large eggs
1 ¼ cup cornmeal
¾ cup gluten free flour (¼ cup brown rice flour, ¼ cup tapioca starch, ¼ cup cornstarch)
½ tsp. xanthan gum
2 tbsp melted butter or dairy free margarine
1 tbsp maple syrup
1-2 tbsp sunflower oil
1 cup blueberries

In an electric mixer or blender, combine the milk, baking powder, baking soda, salt, eggs, cornmeal, ½ cup of gluten free flour, xanthan gum, butter or margarine and maple syrup. Whirl for about 30 seconds until well blended. Use a spatula to mix in any unmixed dry ingredients that may stick to the sides. Take the blueberries and toss with the remaining ¼ cup of flour to cover them. Stir the floured blueberries into the pancakes by hand.

Heat a tablespoon of sunflower oil in a large nonstick skillet. Pour the batter onto the skillet to make several pancakes about 4 inches in diameter and spread out fairly thin. Cook until browned on the bottom and then flip and brown the other side.



We Now Offer Electrodermal Screening at The Naturopathic and Complementary Care Centre

The Naturopathic & Complementary Care Centre is pleased to announce that **Nancy Britton** has joined our health care team. Nancy is available for electrodermal screening appointments on the second Thursday of the month.

Nancy has been providing **electrodermal screening** services to a variety of naturopathic clinics for nearly 15 years. Nancy trained in electrodermal screening with a Toronto naturopathic physician and one of the most experienced electrodermal screening (EDS) technicians in Canada. In addition, she has completed numerous training sessions provided by the software manufacturer, Biomeridian International.



Although relatively new to Canada, Electrodermal Screening (EDS) is understood, accepted and widely used in many other countries including Germany, France and England. Today's testing equipment is the evolution of 30-years of research using modern computer technology, a sensitive ohm meter and a signal generator. In clinical practice, EDS instruments are useful as diagnostic supplements to blood tests, radiographic images and case histories. The integration of reliable and valid bioelectric medical instruments into the clinical setting augment the ability to rapidly evaluate tissues.



In the month of August, Nancy will be doing electrodermal screening for food and environmental sensitivities on August 20th.

Although the simplest method of treating a food sensitivity would be to eliminate all pertinent foods, determining the foods that affect you most may be a long and difficult process. Food sensitivity testing, through electrodermal screening, is a quick and reliable resource to determine specific food sensitivities. Armed with a list of over 200 of the most common foods, and your readings on each of those foods, you will be able to make better and more appropriate nutritional choices. This information will assist you in attaining and maintaining optimum health.

If you are interested in booking an appointment with Nancy, please talk to Carrie or Marilyn to see if it is appropriate for you.

We appreciate your feedback!

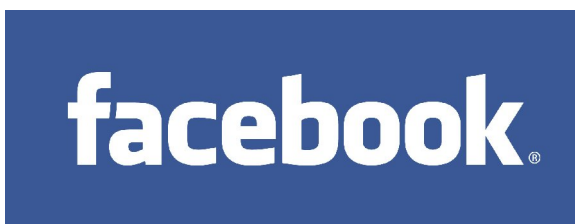
Call or email us to let us know what you think of our newsletter.

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

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We've made a facebook group, if you would like to join our group click this link:

<http://www.facebook.com/group.php?gid=106690849384582>





Our Spring Open House

On Saturday, May 10th, The Naturopathic & Complementary Care Centre held an open house. It was to celebrate spring, to welcome Nancy to our clinic, to have a chance to socialize and celebrate Naturopathic Medicine Week. We'd like to thank the people who braved the unusual spring blizzard to join us for our demonstrations and our yummy treats. If you weren't able to join us this time, feel free to stop in and take a look at the clinic if you haven't been in to see us yet and hopefully you'll be able to make it to our next open house.



left to right: Marilyn Schneider, Nancy Britton, Carrie Meszaros ND and Jenn Fetter RMT.

Posture, what's a body to do?

By Jenn Fetter RMT

Desk jobs are notorious for wreaking havoc and causing postural impairments. Sitting for hours on end staring at a computer screen is likely one of the worst things you can do to your body. If you spend a lot of time sitting, make sure both feet are flat on the ground to give yourself a "tripod" of stability for the spine to rest on. Also, be sure to take frequent breaks, even if it just means walking to the window for a moment, or getting a glass of water. And when standing, distribute weight evenly between both feet, and don't lock the knees or ankles. Good posture takes practice, practice, practice and constant reminding. Wroblewski suggests leaving reminders in places where you will run into them throughout your day. Old habits die hard, and this is true for muscular habits too. Be sure to schedule a series of massage treatments to help retrain the body. And talk to your practitioner about stretches and posture tips that can enhance your massage sessions. As you progress, you will notice less joint and muscle pain, fewer headaches, more energy, and possibly even stronger immunity and better digestion. Finally, you will develop a stronger awareness of your body and an increased sense of well-being.

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.

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Jenn Fetter RMT has a new technique to incorporate into massage treatments!

Neuromuscular Integration And Structural Alignment (NISA)



Neuromuscular Integration & Structural Alignment, also commonly referred to as NISA, aims to stretch, loosen and soften the body's fibrous tissues that surround the muscles and organs in our bodies. This stretching and loosening is important in order to restore function and maintain muscle elasticity.

NISA consists of 12 sessions for a complete therapy. It approaches the body gently to accomplish structural alignment. In fact, NISA is basically a softer version of **Rolfing**, a massage technique that aims to improve balance and flexibility with deep manipulation of rigid muscles, bones, and joints. The NISA technique is designed to affect the fascia by separating and stretching it. Please contact Jenn if you have an interest or questions regarding NISA.

Recipe for the Summer

We got this fantastic recipe from our friends at the August's Harvest CSA <http://csaagustsharvest.com>. Our clinic is a drop off location for this fantastic local agricultural program. At first I was skeptical about the kale chips but once I made them I couldn't believe how fantastic they were – a very tasty snack and an easy way to add a little bit of extra green to kids' diets. Our girls beg us to make them!



Kale Chips

1 bunch Kale – wash and remove stems and tear into 3 to 4 inch pieces.
2 tbsp. grated parmesan cheese
½ tbsp. apple cider vinegar
1 tbsp. olive oil
pinch of sea salt

Heat oven to 375 degrees. Mix vinegar and oil. Pour over kale and toss to coat. Sprinkle in cheese and salt. Toss again until kale is evenly coated. Spread onto a baking sheet and bake approximately 15 minutes or until crispy and brown around the edges. Enjoy them by themselves or try crumbling them up over baked potatoes, pasta dishes or salads. Eat the day you make them, as they don't store very well.