

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

Our spring newsletter offers information on *How To Control Your Blood Sugar through Diet, Coping with Allergy Season, Spring Revitalization, Electrodermal Screening, and Community Shared Agriculture.*

*New Naturopathic Clinic Hours (Effective May 1<sup>st</sup>)*

Monday 9 – 12 & 2 – 7  
Tuesday 9 – 12  
Wednesday 9 – 12 & 2 – 6  
Thursday 2 - 5

*Naturopathic Medicine week is May 3-9. Come celebrate with us at our open house.*



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](mailto:reception@cyg.net) with your request

the  
**naturopathic**  
and complementary care centre

*You are invited...*

*to our open house at  
The Naturopathic and Complementary  
Care Centre*

**Join Carrie Meszaros, ND, Naturopathic Doctor  
and Jenn Fetter, RMT, Registered Massage Therapist**

**Free demonstrations, door prizes and refreshments.**  
*Bring your friends and family to learn more about naturopathic  
medicine and massage therapy.*

Saturday, May 8, 2010

1:00 – 4:00 p.m.

169 Huron Street, Stratford

(519) 271-2440

[reception@cyg.net](mailto:reception@cyg.net)

## *Clinic News*

*Carrie is back from her maternity leave and increasing her hours. Starting in May, Carrie will be available Tuesday mornings from 9 to 12, Wednesdays from 9 to 12 and 2 to 6 and Thursday afternoons from 2 to 5.*

*And our other exciting news is that Renée is engaged.*

*Congratulations Renée. We look forward to hearing the plans for her special day in August 2011.*

*Starting in May, Nancy Britton of Koru will be offering electrodermal screening at our clinic. If you are interested to identify food or environmental sensitivities, call Marilyn to book an appointment. See more information later in the newsletter about electrodermal screening.*

*Starting in June, August Harvest's community shared program will be dropping off organic local fruits and veggies at our clinic for people who have arranged to be part of this wonderful*

## How to Control Your Blood Sugar Through Diet

By Carrie Meszaros, ND

Blood sugar control is extremely important for a healthy diet and healthy body. In an optimal state, the body maintains blood glucose levels in a fairly narrow range. When blood sugar is too low it is called hypoglycemia. Low blood sugar can lead to trouble concentrating, headaches, shaking, tiredness and mood swings. Stability of blood sugar is important because imbalances, particularly raised levels, can cause serious health problems. If blood sugar is too high it is called hyperglycemia or diabetes. High glucose levels can lead to severe complications such as cataracts, blindness, kidney failure and heart disease.

To remain healthy, the body does all it can to maintain normal blood sugar levels. It achieves this stability through the secretion of a hormone called insulin. Insulin is the vehicle that allows glucose to be transported from the blood stream into the cells. Glucose can't get into the cells without insulin. A complete inability to secrete insulin occurs in Type 1 diabetes. This results in drastic increases in blood glucose levels. For this reason, Type 1 diabetics need to take daily injections of this hormone.

Fortunately most people have the ability to produce insulin. However, many individuals don't respond to insulin like they should. Essentially, their cells don't respond to the insulin "signal" to allow glucose to move from the blood stream into the cell. Left unattended, this would cause blood glucose levels to rise. But because the body tries to keep blood sugar in a normal range, its first response to cells' failure to "get the message" is to secrete more insulin. This is called insulin resistance. Elevated insulin levels are considered a significant risk factor for high blood pressure, heart disease and adult onset diabetes. Elevated insulin levels may also be associated with weight gain, difficulty losing weight, hypoglycemia and other blood sugar problems.

Many factors contribute to chronically elevated insulin levels. Insulin resistance is usually a combination of heredity and environment. Certainly, genes (heredity) play a role in predisposing people to this problem. However, our lifestyle, the way we treat our genes, can have a profound influence. The standard North American diet, which is high in simple sugars, processed foods, saturated fats and low in fiber, is at least partly to blame.

Some things you can do to improve the way your body uses insulin:

- Avoid foods that cause high insulin release such as sugar, refined carbohydrates (starches such as flour and white rice) and starchy vegetables such as potatoes.

program. Please find more information about the program in our newsletter.



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starchy vegetables such as potatoes.

- Emphasize foods that produce only a low insulin response such as legumes, proteins and non-starchy vegetables.
- Fish (including fish oil supplements) and flaxseed are rich in omega-3 oils, which help the body use insulin properly.
- Minimize saturated and trans fats that interfere with the body's ability to use insulin effectively.
- Eat mixed meals and snacks, which contain protein, carbohydrate and fat, rather than carbohydrates eaten alone. Protein, fiber and good oils all help maintain blood sugar and help minimize spikes in blood sugar and also prevent against blood sugar lows (hypoglycemic episodes).
- Use healthy oils like olive, flax, sunflower and walnut oil.

## ***Ahhhh Choooo!*** ***Oh no ... Is it allergy season?***

*By Renée Paradis, BAsC, ND*

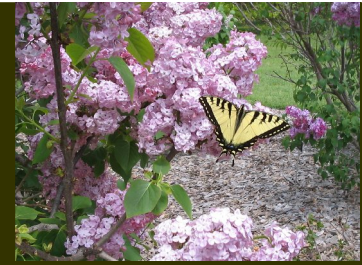
Although most Canadians look forward to the end of winter, for millions this time of year may be marked with the sniffing, sneezing and itchy eyes triggered by trees and grasses that are coming back to life in the milder spring weather. More than one in six Canadians suffer from seasonal allergies.

### **What does the climate have in store for allergy sufferers this season?**

The weather during the spring and summer of 2009 was cooler with more rain than usual. Such a climate reduced the intensity of seasonal allergies for Canadians, keeping the pollen counts low and the sinuses clear. Yet according to David Phillips, senior climatologist with Environment Canada, the spring and summer of 2010 may be a difficult year for people who suffer with allergies. Those in the weather business have rarely seen a winter as the one of 2009/2010. It has been one of the shortest winters on record lasting only three months, which is likely going to bring a warmer and dryer summer. The highest pollen counts generally happen in hot, dry and windy weather. This means that allergy sufferers may get hit hard this season.

### **What is pollen?**

Pollen is a collection of pollen grains, the tiny egg-shaped cells of flowering plants. Depending on the plant, pollen is either released into the air or carried by insects to other plants. Grasses and weeds, such



as ragweed, have airborne pollens and it is these airborne pollens that cause allergy symptoms including a runny nose, itchy eyes, nasal congestion and sneezing. Pollen is responsible for most cases of hay fever, which is seasonal because it occurs only when the allergy-causing plants are in bloom.

### **How can I prevent and/or reduce my allergy symptoms?**

Pollen allergies are commonly treated with medications such as antihistamines, nasal corticosteroid sprays, decongestants and leukotriene receptor antagonists. Alternatively, natural products and practices can also be very effective in the prevention and treatment of seasonal allergy symptoms. Your naturopathic doctor may prescribe anti-inflammatory and immune boosting supplements, homeopathics, acupuncture and at-home practices such as steam inhalations and nasal irrigations.



### **Tips to prevent or lessen my allergy symptoms**

- Avoid going outside in the morning and evening because this is when outdoor pollen levels are the highest.
- Keep windows closed in your home and in the car.
- Do not dry your clothes outside.
- Regularly wash your hands and face to remove pollen.
- A humidifier may help remove some of the allergens out of the air.
- Change furnace and air conditioning filters regularly.
- Sleep with the windows closed.



***May your spring and summer be as enjoyable and “allergy – free” as possible.***

## **HAPPY SPRING**

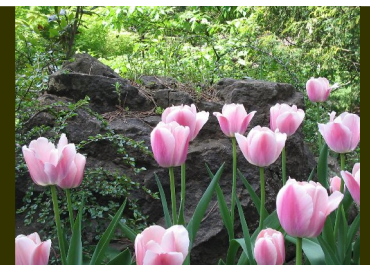
By: Jenn Fetter RMT



I hope that the warm weather and blue skies have been rejuvenating you! Spring is my favorite time of the year because of that wonderful sense of renewal that is in the air. It has this way of making us take a deeper breath - of inspiring us with motivation and new energy.

It is so important during difficult times to be aware of your stress reactions and to be proactive with your health. When concerns and worries occupy your mind frequently, your body subconsciously kicks into a fight or flight mode. Continuously being in this state absolutely has a negative impact on your health – your blood pressure, your immune system, your body’s natural ability to right itself.

I know it couldn’t be more significant during these times... Find something in your life that re-sets you, lets you internally rest for a while



and breathe. Something that nudges your body out of “fight or flight” and back into “rest and digest” mode.

These days there’s lots of talk out there about getting back to basics - re-prioritizing what’s important in life. Family, friends, health. This season I invite you to really notice and support your health and well being, and to encourage your loved ones to as well.

Enjoy a vibrant spring!

## **Electrodermal Screening for food and environmental sensitivities will now be offered at the clinic**

By: Nancy J. Britton



During electrodermal screening (EDS), a blunt, non-invasive electric probe is placed on the patient’s hands or feet at specific points. These points correspond to acupuncture points, which are the beginning or end of energy meridians.

Energy transfers its signal through an acupuncture meridian to the nervous system. Minute electrical discharges from the acupuncture points are measured and indicate the condition of the body’s organs and systems.

EDS is painless, non-invasive, and accurate. Electrodermal screening allows up to 500 foods to be tested painlessly, quickly at a rate of about 200 per hour. EDS measures both histamine and non-histamine responses to substances which many tests are not able to do. Non-histamine responses are particularly important in food sensitivities, since many reactions are non-histamine related, such as bloating, fatigue and headaches.



Koru uses the Biomeridian BEST system. The system measures electrical resistance and polarization at acupuncture points and meridians. The EDS reading is a measurement of how much energy makes it through the circuit. The lower the resistance, the higher the reading will be. EDS uses a scale of 0 to 100 with 45-55 being considered "normal" or "balanced".

If you are interested in booking an appointment with Nancy to have your food sensitivities tested, call Marilyn at our clinic to book an appointment.

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## Jenn's Trip to El Salvador



Jenn Fetter RMT was away on an amazing trip to El Salvador in Feb this year. She was building houses for 2 weeks in an area that is full of poverty and affected by natural disasters with the organization called Homes 4 Hope. Ten people from Stratford, London, and surrounding areas teamed up to assemble 10 houses for families who are single mothers without work. Each team member donated \$1200, which was enough to pay for the cost of 1 house. Donated clothing and any fundraising were distributed to the locals in need.

It was an amazing experience and definitely life altering. Jenn would like to aid the team for their next trip to El Salvador in November 2010 or Feb 2011. *Please contact Jenn if you would like to make a donation towards Homes 4 Hope in El Salvador.*



## August's Harvest Community Shared Agricultural Program

August's Harvests a local farm located just outside of Stratford is offering a Community Shared Agricultural (CSA) Program. The CSA is a program that forms a direct relationship between families and local food producer. Registered members will receive a basket of fresh, local, organic vegetables once per week. You can pickup baskets here at **The Naturopathic and Complementary Care Centre** Wednesdays from 2.30 – 5.45 p.m. The baskets will feature a wide variety of items weekly



with over 100 different varieties of fruits and vegetables. Some of the benefits of such a direct relationship to your food producers include fresher tasting vegetables and fruit, most crops will be picked the day before (or even the same day) they arrive to you versus weeks on a truck. Supporting local farms helps strengthen the local economy, while reducing your carbon footprint. August's Harvest uses natural sustainable agricultural practices and is certified organic.



The CSA is scheduled to start the beginning of June and run for 22 weeks from the start date, taking you into the beginning of November.

You can also check out their website [www.csaugustsharvest.com](http://www.csaugustsharvest.com) for more information on the program and pictures of some of last years crop. To sign up please email [cssa@augustsharvest.com](mailto:cssa@augustsharvest.com), call 519-393-5550 or log on to the website [www.csaugustsharvest.com](http://www.csaugustsharvest.com) to download the application form.

### **Gluten free, Vegan Buckwheat Carrot Muffins**

The recipes was originally found on [www.sheletthemeatcake.com](http://www.sheletthemeatcake.com)



- 1 ½ cups buckwheat flour
- 2 tsp cinnamon
- ½ tsp sea salt
- 1 tsp baking soda
- 1 tsp baking powder
- 1 ½ cups grated carrot (or zucchini)
- 1 mashed banana
- ½ cup sunflower oil
- 3 tbsp ground flax combined with 9 tbsp hot water (or 3 eggs)
- ½ cup raisins (optional)

Preheat your oven to 350 and line a muffin tins with liners.

In a large bowl, combine buckwheat flour, cinnamon, salt, baking soda and baking powder.

Add shredded carrot to dry ingredients and combine.

In a medium sized bowl combine honey, mashed banana, sunflower oil and flax-hot water mixture.

Add wet ingredients to dry ingredients. Mix until combined. Add raisins if desired.

Bake 25 minutes. Remove from the oven and let cool to the touch.

*We appreciate your feedback!  
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what you think of our newsletter.*

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