

## Greetings from Carrie & Marilyn!

*Our summer newsletter has exciting information about our move, an invitation to our open house, dates for our summer holidays, gardening with allergies and a delicious rhubarb muffin recipe.*

## Summer Holidays

*We will be closed the following dates for summer holidays and moving:*

*July 18 to 21*

*July 29 to August 2*

*August 22 to August 25*



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@carriemeszarosnd.ca](mailto:reception@carriemeszarosnd.ca) with your request.

# We're moving!

On the first weekend of August, we will be moving from our Huron Street location to the Stratford Chiropractic & Wellness Centre at 288 Wellington Street, Stratford. At the new location we will be joining a wonderful team of health care providers: Chiropractors Dr. Tanya Chambers, Dr. Mike Chambers and Dr. Pip Penrose; Registered Massage Therapists Lynann Bernard and Paul Rhodes; and physiotherapist Derek Stephens. Below, you will find a picture of our beautiful new building. Because of the move, we will be closed from July 28<sup>th</sup> to August 2<sup>nd</sup>. We plan to reopen on August 3<sup>rd</sup> for our first day at the new clinic.

In addition to the change of location, we are delighted to announce that the name of the clinic has been changed to: The Naturopathic Care Centre. You may notice that the word "complementary" has been dropped for simplicity's sake.

Our phone number will remain (519) 271-2440 but our email addresses will be changing to:

Carrie: [carrie@carriemeszarosnd.ca](mailto:carrie@carriemeszarosnd.ca)

Marilyn: [reception@carriemeszarosnd.ca](mailto:reception@carriemeszarosnd.ca)

To celebrate our move to the new location, we invite you to drop by for an Open House on Wednesday, September 28<sup>th</sup>, 2:30-6:30 at 288 Wellington Street. Join us for refreshments and to learn more about naturopathic medicine. If you know someone who is curious about naturopathy and would be interested in visiting in an informal setting, please pass along my invitation to them.



## Our New Team



The Stratford Chiropractic & Wellness Centre Team

*from Left to Right:*

Front: Dr. Mike Chambers (DC) and Dr. Tanya Chambers (DC)

2<sup>nd</sup> Row: Derek Stephens (PT) and Lynann Bernard (RMT)

3<sup>rd</sup> Row: Angie Staples (CHA), Carolyn Klomp (CHA), Dr. Pip Penrose (DC)

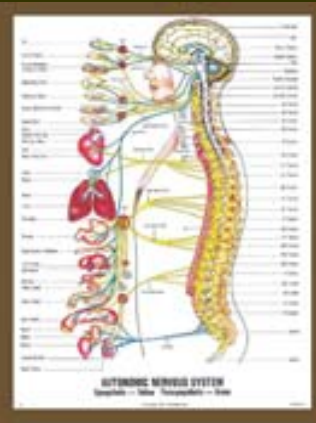
Back: Nancy MacSorley (CHA), Paul Rhodes (RMT)

*For more information visit [www.stratfordchiropractic.com/team.html](http://www.stratfordchiropractic.com/team.html)*

### ***Electrodermal Testing***

Nancy Britton's next date for electrodermal testing at the clinic will be in the new location Wednesday August 17<sup>th</sup>.

If you are interested in being tested for food sensitivities, please talk to Carrie and see if it might be a good idea for you.



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# Allergen Free Gardening

By Carrie Meszaros N.D.

Many allergy sufferers have trouble finding plants to put in their gardens that won't have them sneezing and wheezing.

Different pollens have different levels of allergenicity. Wind pollination requires light pollen – and lots of it – that can travel great distances. This is the troublesome kind because it is abundant, easily inhaled and likely to cause allergic reactions. When designing your low allergen garden it is best to avoid plants that rely on wind pollination. Many of the best low allergen plants reproduce with seeds and the ones that do make pollens tend to make sticky heavy pollen that relies on bugs and butterflies to do their pollination rather than the wind. Generally insect pollinated plants rely on attracting bugs' attentions by being bright and easy to see. Go for plants with big, bright, showy flowers. Also the shape of the flower matters, if the pollen is deep inside a big flower it is less likely to blow around and trigger reactions.

Be careful of flowers with strong scents such as roses if you are asthmatic as the fragrance can sometimes make it difficult to breathe.

Male plants make pollen, female plants do not make pollen. In general, if a tree or shrub is seedless, fruitless and podless it is probably male and could potentially make a lot of pollen. Look for shrubs and trees that have fruit or berries instead of flowers as these plants will be female.

Grass is a terrible allergy trigger. If you are very sensitive to grasses it might be worth replacing your lawn with a mix of flowerbeds and stone pathways. If you are sensitive to grass but enjoy having a typical green lawn make sure to mow it often so it doesn't flower and produce pollen.



## A Dozen of the Best Allergy-Friendly Plants

*Black Eyed Susan Vines*

*Foxglove*

*Gladiolas*

*Hardy Geranium*

*Hosta*

*Hydrangeas (big leaf variety)*

*Impatiens*

*Japanese Gentian*

*Pansy*

*Peonies*

*Periwinkle*

*Sweet Pea Vine*

## A Dozen Plants to Avoid if you have Allergies



Aster  
Alyssum  
Calendula (pot marigold)  
Daisy  
Echinacea  
Geranium

Ivy  
Japanese cedar  
Lavender  
Lilac  
Pee-Gee Hydrangea  
Privet hedge

Original Lists from [www.allergicliving.com](http://www.allergicliving.com)

### Featured Recipe: Rhubarb Muffins

This yummy recipe was found at [www.nourishingmeals.com](http://www.nourishingmeals.com). Applesauce can be substituted for eggs as a vegan option. Those with citrus allergies can replace the orange juice with apricot nectar or unsweetened apple juice, and omit the zest.

2 cups sorghum flour or brown rice flour  
½ cup tapioca flour  
2 tablespoons arrowroot powder or potato starch  
2 teaspoons baking powder  
1 teaspoon baking soda  
1 teaspoon xanthan gum  
½ teaspoon sea salt  
¼ teaspoon cardamom  
¾ cup freshly squeezed orange juice (or other 100% juice such as apple, white grape or apricot)  
½ cup applesauce or 2 large eggs  
½ cup maple syrup, agave nectar or honey  
½ cup grape seed oil, sunflower oil or melted virgin coconut oil  
2 teaspoons vanilla extract  
2 teaspoons grated orange or lemon peel or 1 teaspoon orange flavor  
2 to 3 cups chopped fresh rhubarb  
turbinado sugar, for topping each muffin (optional)



*These are so scrumptious, they'll be gobbled up with so much enthusiasm you'd never guess they are gluten, dairy and sugar free!*

1. Preheat oven to 350° F. Lightly oil a muffin pan or line with paper muffin cups. The recipe should yield one dozen large muffins or 18 small muffins.
2. In a large bowl combine the flour, tapioca flour, arrowroot, baking powder, baking soda, xanthan gum, sea salt, and cardamom. Mix well.
3. In a separate bowl, whisk together the juice, applesauce, maple syrup, oil, vanilla, and orange zest. Pour the wet ingredients into the dry, mix well.
4. Quickly add the rhubarb and gently fold into the batter.
5. Spoon batter into oiled muffin tin, you will fill each cup to the top. Sprinkle each with a little turbinado sugar if desired. Bake at 350 degrees F for about 20 to 25 minutes. Loosen sides with a knife and gently take out of pan and place onto a wire rack to cool.



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