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It's been a busy time of year for everyone, and we want to thank you all for your continued support as Naturopathic Medicine embarks on an exciting path. In April 2014, Bill 179 (the Naturopathy Act, which was passed in 2007) will be proclaimed by the Ontario Government. This means NDs will be able to prescribe certain medications like bioidentical hormones, and collaborate on par with other Regulated Health Care Practitioners in Ontario.



The Paleolithic Diet

In November, I attended the annual Ontario Association of Naturopathic Doctors' conference. I had the pleasure of meeting up with my colleagues (Drs. Laura Grant and Lisa Tabrizi); as well as learn in great detail about the Paleolithic Diet from Dr Loren Cordain, PhD. Dr Cordain has spent 20 years focusing on the evolutionary basis of diet, health and well-being. He coined the term, Paleo Diet, a "caveman" diet where hunter-gatherers would have consumed only wild plants and animals. In this newsletter I thought I'd share highlights of his presentation and how this prehistoric diet relates to us in the 21st century.

Over 10,000 years ago, Homosapiens across the globe were hunter-gatherers. Archeological dental findings indicate we should consume 25-30% of our diet from plants and approx. 65% from animals (wild fish and game) (remaining percent coming from fats). The only exception to this is the Eskimo population (4% from plant and 96% from wild fish/game (Cordain, 2002)).

What I found interesting was how humans transitioned from true hunter-gatherers to the malnourishing Standard American Diet (SAD diet). 10,000 years ago, homosapiens domesticated cows, sheep and goats, and began to cultivate wheat and barley. 9,000 years ago they began to include dairy in the diet, while approximately 7,000 years ago wine and beer were introduced. The first salt mines were established about 6,000 years ago, and only 2,300 years ago sucrose was introduced. This was the beginning of the end!

**Mindfulness Courses and
Wellness Nights will re-start
January 2014!**

Please watch for email updates

With the development of steam engines in the Industrial Era, feedlots were established and the commercial meat industry began (in 1858). Refined grains and refined oils were introduced in 1888 and 1900, respectively. Hydrogenated oils were introduced in 1918, while high fructose corn syrup was introduced in 1980.

The nutritional impact of the Industrial Era has been devastating. The consumption and impact of high glycemic foods has gone up (causing diabetes & metabolic syndrome),
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Welcome Nrinder!

We would like to welcome Nrinder Nann, a student at the Institute of Holistic Nutrition as she completes her professional placement in January & February in the clinic.

During her placement, Nrinder will offer the following services:

- Individualized assessments and detailed nutritional & lifestyle recommendations.
- Delicious recipes, as well as fun, hands-on food demonstrations to guide you in creating tasty and nutrient-dense meals.
- Provide you with researched-based facts on how to reduce your toxic load.

Nrinder lives in Hamilton with her family. In addition to her Holistic Nutrition schooling, she serves as the Vice-President of the Mustard Seed Cooperative Grocery, and enjoys being part of Hamilton's thriving arts-based community.

Nrinder understands the challenge of balancing work, family, community service and health. She also believes that tapping into our inner wisdom, and providing acts of love and courage, assist us along a path to personal healing.

Please call or email if you would like to book an appointment with Nrinder.

Holiday Hours:

We are open during the holidays. Please call ahead if you need to pick up a supplement

Dr Peters' hours

Dec 27, Dec 30, Jan 2, Jan 3: 9-5 pm, by appointment

Dr Griffith's hours

Jan 2, Jan 3: 9-5

Bobbi Jo's hours

By appointment only

Lori's hours

Closed for the Holiday Season



**Does your
Klean Kanteen
look like this??**



If you would like a new one, we are collecting orders for 18 oz, 24 oz and 32 oz bottles.

Please email or call the clinic to order

Construction update:

The Homewood Hilton Suites is scheduled to open February 17, 2014. We anticipate the east side of a George street will be open to traffic very soon.

**We Have Change of Season
Soup Available:**

Do you want to stay healthy this cold and flu season? Have a cup of this tasty herbal soup daily for 1 week.

[continued from page 1] trace nutrient (e.g. strontium and chromium) density and fibre content in foods have decreased, and there have been significant changes in our essential fatty acid ratio, sodium/potassium balance, macronutrient balance (e.g. calcium and magnesium), and acid/base balance. All of these changes contribute to inflammatory conditions such as arthritis, osteoporosis, hypertension, stroke, kidney stones and cancer.

So you could conclude that a lot of our diseases are due to these detrimental changes in our diet. Does this mean the Paleo Diet is the answer to all our health problems? We have to remember that Dr Cordain was referring to wild fish/game. If you were to have 60% of your diet from grocery store fish/meat you would be putting yourself at risk of hypercholesterolemia, osteoporosis, and cancer, just to name a few.

There are key take home messages from the Paleo Diet. We should not consume significant amounts of grains (gluten and non-gluten), dairy, sugar, salt and fat (wild fish/game is *much* leaner). The problem with 21st century non-organic fish/meat, fruits and vegetables is that they are contaminated with environmental toxins like PCBs, mercury, pesticides, and herbicides. These chemicals contribute to all sorts of diseases as well.

While the Paleo Diet makes sense academically, I am not sure that we can follow it 100% here in Southern Ontario, by purchasing our food from a grocery store. The best compromise is to eat mostly fruits and vegetables. If you have grains, eat the ancient and sprouted grains, eat wild/organic fish and meat, minimal to no dairy, sugar and salt, and absolutely no trans-fats.

Paleo Green Soup with Ginger



- 2 tablespoons olive oil
- 1 large onion, chopped
- 1 teaspoon celtic sea salt
- 2 large leeks, white and green parts, sliced
- 1 bunch collards
- 2 tablespoons fresh ginger, minced (plus more to taste)
- 2 quarts home-made chicken stock
- 1 tablespoon fresh lemon juice

1. Heat oil in a large pot and cook onion over low heat with salt until soft and golden, about 20 minutes
2. Add leeks to pot and cook for 10 minutes until soft, then add collards and ginger, sautéing for 5 more minutes
3. Add chicken stock, then cook for 10 minutes
4. Remove soup from heat and puree in blender in batches until creamy and smooth
5. Pour back into pot, heat and add lemon juice
6. Serve

From: <http://www.elanaspantry.com/green-soup-with-ginger/>

Naturopathic Perspectives

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