

# NATUROPATHIC PERSPECTIVES

*Redefining Your Health*



## In this issue:

- The Power of Greens
  - Office Updates
- Good Fats, Bad Fats
  - Tea – what are the differences
- Recipe: Sesame Salmon

## The Power of Greens

Due to the length of time it takes for produce to reach your local supermarket, the nutrients contained in these vegetables have already degraded to a fraction of what they contained when they were picked! Given that green leafy vegetables provide a direct source for vitamins, minerals, and other crucial nutrients buying greens from a local organic farmer (or growing them yourself) will help ensure that you are getting the most nutrients possible.

Four greens in particular provide the greatest nutritional benefits per serving...

### Kale

- high in magnesium
- high in vitamins A, C and K



#### *Health benefits include:*

1. protects against cataracts
2. fights cancer
3. maintains strong bones
4. protects lungs
5. decreases susceptibility to migraines

#### *Preparation hints:*

You need to pay attention when you cook kale because you want it to release the healthful carotenoids, but you don't want to destroy its anticancer properties.

- slice kale leaf from stem
- let it rest for 5 mins
- lightly steam the leaves for 5 mins

### Swiss Chard

- has colored stems
- has a nice flavour - slightly bitter and salty
- stem is crunchy, just like a celery



#### *Health benefits include:*

1. prevents digestive cancers
2. prevents iron deficiency

#### *Preparation hints:*

- for larger leaves, cut the leaves from the stem
- cook the stem for a few minutes
- add the leaves
- don't need to remove stems for smaller leaves

### Greens Recipe

#### *Instructions:*

Add 2-4 cloves minced garlic with 1 Tbsp olive oil to pan, then add 1 bunch washed greens and sea salt and freshly ground pepper to taste. Sauté, stirring frequently, until wilted.

### Spinach

- rich in iron, magnesium, vitamin E
- contains Kaempferol & neoxanthin, which protect against ovarian and prostate cancers

#### *Health benefits include:*

1. prevents headaches
2. keeps your heart healthy
3. gives you energy

#### *Preparation hints:*

- large spinach leaves are better for cooking
- small spinach leaves are good for raw dishes



# Quarterly Newsletter Spring 2009, Issue 15

### Turnips

- the leaves are edible, just like the roots
- the leaves have a spicy heat similar to radishes, that mellows out when cooked

#### *Health benefits include:*

1. guards against rheumatoid arthritis
2. helps prevent heart disease
3. reduces colon-cancer risk
4. high in folic acid and vitamin B6

#### *Preparation hints:*

- to enjoy the leaves, you can cut some off before the root has matured
- make sure you leave some on so the roots have energy to grow
- be careful of overcooking the leaves' spines, or else they'll turn mushy

**Source:** Organic Gardening, March 2009

### Office Updates

#### RMT News

Sylvie Hebert is available for CranioSacral therapy on Tuesdays from 11am-5pm.

#### ND News

Dr. Charlene Kush will be staying on in the office. Her office hours are:  
Mondays 10am-6pm,  
Tuesdays 11am-7pm,  
Fridays 9am-5pm,  
Saturdays by appointment

Dr. Laura Grant office hours are:  
Mondays and Wednesdays 8am-4pm  
Tuesdays 1pm-7pm  
Thursdays 11am-7pm  
Fridays 8am-12pm

Dr. Peters is back at the office!

Her hours are:  
Tuesdays 9am-1pm  
Wednesdays 11am-7pm  
Thursdays 11am-7pm  
Fridays 1pm-5pm  
Saturdays by appointment

#### Clinic News

Feel free to browse our supplement displays for the convenience of getting your products at the clinic. Klean Kanteens will continue to be available in the display case



**19 Essential facts everyone needs to know about fats and oils**

- 1 Omega-3 and omega-6 essential fats are ESSENTIAL because they are the only fats we must eat to live and because the body cannot produce them on its own.
- 2 Having appropriate and balanced amounts of these essential fats is important for optimal health.
- 3 SOURCES OF OMEGA-3 FATS include: flax and algae oil, hulled hemp seeds, and fatty fish (salmon, tuna, sardines, mackerel, trout, etc).
- 4 FAT FREE DIETS lead to a deficiency in essential fatty acids (EFA), which causes many serious health problems.
- 5 BENEFITS of EFAs include: brain and nervous system nourishment, improved energy, elevated mood, increased calmness, reduced hyperactivity, enhanced concentration, improved mental processing, accelerated learning, reduced depression, and stress alleviation.
- 6 SKIN, HAIR & NAILS appear noticeably healthier with improved EFA intake.
- 7 The risk of major DEGENERATIVE HEALTH CONDITIONS is reduced with balanced daily supplementation of omega-3 and 6 fats.
- 8 WEIGHT management can be significantly and largely supported by omega-3 fats, and slightly supported by omega-6 fats.
- 9 DIGESTION and intestinal absorption of nutrients improve with EFA intake.
- 10 ALLERGY SYMPTOMS are reduced when EFAs are supplemented.
- 11 EFAs increase the speed at which HEALING occurs and reduce inflammation.

**Essential facts (con't)**

- 12 Omega fats alter the response of the IMMUNE system, which can help prevent autoimmune conditions.
- 13 Essential fats support glandular and HORMONAL functions.



**Sesame Salmon**

- 1 large Salmon fillet
- 1 Tbsp Sesame oil
- 1Tbsp soy sauce or Bragg's
- 1 Tbsp lime juice
- 1 clove garlic, minced
- 2 Tbsp sesame seeds

Mix oil, soy sauce, lime juice and garlic together, pour over salmon. Marinate for 60 minutes or overnight. Salmon can be broiled, BBQed or baked. Sprinkle with sesame seeds and serve with greens.

**Caffeine Content Comparisons**

- Coffee (5 oz. Cup): 80 mg
- Black Tea (one tea bag): 40 mg
- Oolong Tea (one tea bag): 30 mg
- Green Tea (one tea bag): 20 mg
- White Tea (one tea bag): 15 mg
- Decaf Tea (one tea bag): 2 mg
- Herbal Tea (one tea bag): 0 mg

Sources:

- \*<http://www.mayoclinic.com/health/caffeine/AN01211>
- \*[http://www.silkroadtea.com/tea\\_caffeine\\_content.htm](http://www.silkroadtea.com/tea_caffeine_content.htm)

**What is Caffeine?**

- A substance that is naturally found in the coffee bean, tea leaves and the kola nut

**How much is safe?**

- 400-450mg/day – is thought to be a moderate daily intake, although does cause an adrenal release similar to a stress response
- A fetus' liver takes 24hrs to metabolize the amount of caffeine in 1 cup of coffee

**Caffeine effects on the body?**

- Caffeine is a stimulant - It works by blocking the effects of adenosine, a substance found in the brain. Adenosine binds to its receptors and **slows down** nerve cells, causing drowsiness. Caffeine has a similar shape to adenosine and therefore binds to the receptors and **speeds up** nerve firing. This is why we feel energetic after consuming caffeine.

**Ways to decrease caffeine intake**

- Gradually decrease coffee by 1 cup/day



Naturopathic Perspectives  
Dr. Caralei Peters, ND  
Dr. Laura Grant, ND  
D. Charlene Kush, ND  
Sylvie Hebert, RMT

To book an appt, contact:  
202-10 George Street  
Hamilton, ON L8P 1C8  
Tel: 905.528.1661  
Fax: 905.528.1991

NATUROPATHIC PERSPECTIVES  
*Redefining Your Health*



Quarterly Newsletter  
Spring 2009, Issue 15