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H1N1

You've heard the news, H1N1 is in Canada and everyone is susceptible! There is nothing we can do except Tamiflu...

But wait a minute, you are all naturopathic patients - there are lots of things you can do. More specifically, you can strengthen your immune system by eating properly, following ten easy steps to a healthy immune system by using herbs to strengthen your immune system just like you did last year to prevent against the seasonal flu.

If you get sick, your naturopathic doctor will use natural measures such as antiviral herbs, supplementation and hydrotherapy so you will recover faster and stop the spread the virus.

The symptoms of H1N1 and the seasonal flu are similar: headaches, chills and cough, followed by fever, loss of appetite, muscle aches and fatigue, runny nose, sneezing, watery eyes and irritated throat. Nausea, vomiting and diarrhea can occur in small children and adults. In severe cases complications, such as pneumonia, can occur.



Naturopathic Flu Clinic

Change of Season Soup and flu-preventing homeopathics are now available at the office. Drop by to pick up ingredients for you and your family/friends. Protect yourself now!



Butternut Squash Soup

- 1 Tbsp butter
- ½ cup chopped onions
- 1 tsp curry powder
- 1 ½ cups chicken or vegetable broth
- ½ cup apple juice
- 4 cups peeled, cubed butternut squash
- 2 cup peeled, chopped pears
- ¼ tsp salt
- 1/3 cup plain yoghurt
- Fresh parsley for garnish (optional)

1. Melt butter in medium saucepan. Add onions and cook over medium heat until tender (5 min). Sprinkle curry powder over onions and cook 1 minute more.
2. Add broth, apple juice, squash and pears. Bring to a boil. Reduce heat to medium-low. Cover and simmer for 15-20 minutes, until squash is tender.
3. Transfer soup to a blender or food processor. Pulse on and off until puréed. Return to pot and add salt.
4. Ladle soup into individual bowls and spoon a tablespoon of yoghurt in the centre. Garnish with fresh parsley.

Makes 4 servings
Adapted from: Podleski, J & Podleski G. *Looneyspoons. Low-fat food made fun!* Granet Publishing Inc, Ottawa, 1996. P 42.

Strengthen your GALT

The GALT, or gut-associated lymphoid tissue, works much like your tonsils and adenoids (MALT). It forms a barrier of circulating immune cells that detect and fight off harmful bacteria and viruses we ingest through our mouths.

Probiotics, such as *acidophilus bacilli* and *lactobacillus* play a part as well. That is why it is so important to replenish these bacteria; for example, if you have been on antibiotics or are having a difficult time digesting your food properly.

Healthy Foods Choices

Not only do you want to eat your veggies, but certain foods are antiviral such as garlic, onion, thyme and oregano. By including these to your diet you will be enhancing your flu-fighting repertoire. Also, keep dairy foods to a minimum. These mucus forming foods congest both the upper and lower respiratory tracts, making it a haven for viruses and bacteria.

Clinic News

RMT News

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

ND News

Dr. Laura Grant's office hours are:
Mondays and Wednesdays 8am-4pm

Tuesdays 1pm-7pm

Thursdays 11am-7pm

Fridays 8am-12pm

Dr. Peters' office hours are:

Tuesdays 9am-3pm

Wednesdays 10am-6pm

Thursdays 10am-6pm

Fridays 9pm-4pm

Saturdays by appointment

Office News

Feel free to browse our supplement displays for the convenience of getting your products at the clinic. Klean Kanteens are **BPA free** and are available in the display case. New colours arriving soon!



Ten Tips for a Healthy Immune System

- 1 Add **flax seed oil** to your food daily to decrease inflammation and to lubricate mucous membranes.
- 2 Do a **castor oil pack** daily or at least a few times per week. This stimulates your immune system and gives your skin a wonderfully healthy glow.
- 3 **Eliminate sugar** from your diet. 1 tsp. of sugar can depress your immune system function for six hours.
- 4 **Get active.** When you exercise lightly, white blood cells - the virus and bacteria killers of the immune system - are dumped into your blood from storage sites in the liver and spleen.
- 5 **Wash out your nose.** Using 1 cup of warm water and a half teaspoon of sea salt, pour or squirt the water into one nostril, letting it drain out the opposite nostril. This helps to tonify the mucous membranes and decrease inflammation and infection when done daily.
- 6 **Rest.** When you feel run down, stay home and have a rest. Rejuvenating your immune system takes 11 hours of sleep – so go to bed!
- 7 **Eat your greens,** and reds and yellows... many colours of fruits and vegetables are needed to supply you with antioxidants such as vitamin C, beta carotene and bioflavonoids, which defend your body from flu viruses.
- 8 **Address imbalance.** Sometimes the body is just out of balance, from stress or illness or poor diet, we are vulnerable to a host of problems. Often once these are cleared, so are symptoms and future flare-ups.
- 9 Use an **air filter** in your bedroom or office. When your body is not exposed to so many chemicals, inflammation decreases and energy increases.
- 10 Try **warming socks** before bed. Take a pair of light cotton socks, soak them in cool water, wring them out and put them on your feet. Put a pair of dry, wool socks over top of them. Go to bed and get cozy and warm. This helps to

move congestion away from the head and improve circulation.

Change of Season Soup

Historically, Change of Season Soup was consumed in the spring and fall to strengthen our immune system and ward off colds and flus. With the flu and H1N1 season fast approaching, this is



the perfect time to tonify and strengthen your energy or “qi”, build the blood and nourish body fluids. The Change of Season Soup herbs are now available at our clinic, and can be made into a soup or a tea (see below). The herbs in Change of Season soup have an immuno-modulatory, rather than immune boosting effect. This quality makes these herbs safe for those with autoimmune disorders.

Change of Season Tea

- Astragalus – 4 sticks, 15 cm long
- Codonopsis – 3 sticks, 10 cm long
- Fresh or Dried ginger – 1 tbs
- Chinese wild yam – 2 sticks, 5 cm long
- Chinese wolfberries – 3 tbs

Place herbs and 4 litres water in a pot and bring to a boil. Reduce heat and simmer for 4 hours. Add water as necessary. Cool and store in fridge. Have 1 cup daily to prevent colds and flu during the fall and spring.

Astragalus

Also known as *Huang qi*, astragalus builds energy, strengthens digestion and resistance to disease. It is used to treat upper respiratory infections, and the common cold. It helps to strengthen the immune system by increasing the production of blood cells and is also an antioxidant. Its many effects can be attributed to its content of polysaccharides and flavonoids.

Codonopsis

Codonopsis, known as dang shen, is the “poor man’s ginseng” and has many similar properties to the more well known Siberian ginseng. Codonopsis contains phytosterols and triterpenes which have been shown to exert an immunomodulatory effect. It has been used effectively to tonify weakness, nervous exhaustion and convalescence from disease.

Ginger

In China, ginger is called *gan jiang*. When it is dried it is more effective in expelling “interior cold” symptoms, and warms you up. Ginger is also used as an antimicrobial, helping to fight off colds and flus. Dried ginger should be used with caution in pregnancy, but fresh ginger can be used in its place.

Chinese Wild Yam

Chinese wild yam, or *shan yao*, has antispasmodic and anti-inflammatory properties. Wild yam helps heal the digestive tract which in turn strengthens our immune system.

Chinese Wolfberries

Chinese wolfberries, *gou qi zi*, are also called goji berries. These berries have been used historically to boost the immune system. They are high in antioxidants such as vitamin C, bioflavonoids and carotenoids.

Naturopathic Perspectives

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