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Where in your life are you not saying "No"?

Carrey and I recently attended a conference, and had the pleasure of hearing Gabor Maté, MD speak about the costs of hidden stress on our body-mind health. We wanted to share some insights from this seminar with you so you can understand that stress plays a huge role on your overall health and wellbeing.

Stress plays a huge role in our overall health and wellbeing

Research has shown since the 1940's that our health is very much related to our stress levels – perceived stress and hidden stress. The emotional centres of our brain, our nervous system, our immune system and our hormonal systems are strongly connected to one another. This means it's all connected; impacts on one system, absolutely affects others.

Stress does not only mean tight work deadlines...

This is why when you visit with your Naturopathic Doctor, we try to gain an understanding of your levels of stress, and why we place emphasis on helping your body to deal better with stress. Stress does not only mean work deadlines, or commuting 60 minutes to and from work; it can mean having demands placed on us from our families or friends, or going out with a friend because you'd feel guilty staying home.

Here is an activity to help you gain a better understanding of your core beliefs.

Ask yourself:

- 1) **What am I not saying "no" to, when I feel there is a "no"?**
- 2) **What is the impact of my not saying "no"?**
- 3) **What is the story behind my inability to say "no"?**

E.g.:

- I am responsible for how others feel
- I'm not lovable if I'm angry
- Everyone depends on me to get things done

Now that you have identified some of your core beliefs, it is important to recognize that these beliefs for the most part are not true; e.g., no one is responsible for how *others* feel, only how we feel ourselves. Emotions help us to distinguish what is welcome and invited from what is unwelcome or unwanted. The idea is not to be unkind in the expression of your emotions.

Know who you are and just be you!

Positive Affirmations

There are several ways to de-stress: by meditating, through positive affirmations, exercise, even journaling. Self-talk or inner dialogue can affect our moods and health. By creating personal and positive affirmations you are deactivating negativity, encouraging self-esteem, and therefore enabling yourself to say "No".

Think of two short positive statements that roll off your tongue easily, e.g., "I breathe in, I am alive" and "I breathe out, and I smile". Repeat them over and over while you use diaphragmatic breathing. This is a form of mediation. You can even put your first finger and thumb together while you do this. The longer you practice this, the more second nature it will become. Eventually, all you will need to do when you are stressed is put your finger and thumb together - you will relax!

Diaphragmatic Breathing

Diaphragmatic breathing is the healthiest form of breathing. It is also the most natural - observe how a very young baby breathes. They will use their diaphragm and full torso for each breath. By utilizing your diaphragm you activate your natural means of emptying and re-filling your lungs effectively.

Spend a few minutes a couple of times a day practicing using your diaphragm:

1. Put one hand on your upper chest and the other over your belly.
2. Breathe in - focusing on the lower hand and feeling it rise *first*, then allowing the upper hand to rise. Pause for 1-2 seconds.
3. Breathe out fully – allowing your abdomen to fall to your core. Pause for 2-4 seconds.
4. Allow the air to naturally flow in again. Slowly and calmly repeat this cycle a few times.

Clinic News

Upcoming Workshop:
4-Part Meditation Workshop with Lori Goldblatt
Beginning Wednesday, Jan. 19th
Limited availability - Contact the office for details

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Welcome to our newest Intern – Lisa Tabrizi. Lisa will be seeing patients on Fridays in the clinic under Dr. Grant's supervision.

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

Lori Goldblatt is available for Reiki and Hot stone relaxation treatments Wednesdays & Fridays 9:30 to 4pm.

Holiday Office Hours:
The office will be closed:
Dec. 24th – Jan. 3rd
Dr. Grant will be available:
Dec. 29th 9am-4pm

Holiday Sale
25% off all Klean Kanteens
Stock up for stockings!



**Energetic support for the Body
Mind & Soul**

Reiki

The word Reiki (pronounced Ray-Key) is a Japanese kanji for universal life-force energy.

Reiki is a Japanese holistic, light-touch, energy-based modality. Working as a support mechanism to the body, Reiki re-establishes a normal energy flow of Qi (life force energy) throughout the system, which in turn can enhance and accelerate the body's innate healing ability. Through a series of hand positions either directly on or just above the body, the energy worker allows for the flow of energy through their body. The client's body then draws off the amount of energy that is required.

The client, fully clothed, lies on the treatment table. The practitioner's hands remain in a stationary position, gently on or slightly above the body through several positions from head to toe. Some practitioners do not use the prescribed hand positions, preferring to use a more intuitive approach. There is no manipulation of the skin or tissue.

Reiki energy works in concert with all other forms of therapy. It is a wonderful complement to other treatments.

Reiki & Hot stone relaxation treatments offered by Lori Goldblatt Wednesdays & Fridays 9:30am – 4pm. Call the office to book an appointment



**Physical support for the Body
Mind & Soul**

Hot Stone Relaxation Treatment

Small, warmed basalt stones are used with oils to relax and both create harmony and positive energy flow on all levels. The stones are placed in water and slightly heated before placement on the body allowing the muscles to relax. This technique is gentle and relaxing; in combination with the warmth of the room and the stones, this experience is remarkably nurturing. This technique can be used in conjunction with Reiki to create a unique experience.

Progressive Muscle Relaxation (PMR)

Doing this before sleep or each time you wake up in the night will help you to relax and focus on yourself instead of what is going on around you.

- 1) Get in a comfortable lying position on your back
- 2) Breathe slowly using the diaphragmatic breathing technique and establish a pattern to clear your mind with each breath
- 3) Next, beginning at your feet, on the inhalation, become aware of the tension that you hold in your feet, then on the exhalation release the tension and let your feet relax and become heavy on your bed
- 4) Now move to the calves, on the inhalation, become aware of the tension and release it on the exhalation, let your calves relax and become heavy on your bed
- 5) Move slowly through your body parts focusing on the shins, thighs, buttocks, pelvis, back, abdomen, chest, shoulders, arms, neck and lastly the face and head. Breathing through the tension and relaxing your body more fully with each breath.
- 6) Your body should feel extremely relaxed when you are finished; you should feel heavy on your bed as though you are sinking in further and further.

Quinoa Stuffing with Cranberries and Pecans

- 2 c cooked quinoa
- 1/2 c chopped onion
- 1/2 c chopped celery
- 1/2 c chopped pecans
- 1/2 c dried cranberries
- 1/4 c minced fresh parsley
- 3/4 tsp poultry seasoning
- 1/4 tsp sage
- 1/2 tsp salt
- 3 tbsp melted butter
- 1 tbsp tamari
- 1/2 c water or stock
- Fresh ground black pepper

Rinse quinoa in cold water. Add rinsed quinoa to a pot of 4 cups of boiling water. Cover and let simmer for 20 minutes. Turn off heat, cover until water absorbed. Combine cooked quinoa with melted butter. Sauté onion and celery until tender. Mix in seasonings. Add to quinoa and toss lightly. Warm and serve.

Casserole Style: Place all ingredients in a covered casserole dish and bake for 20 minutes at 350F.



Naturopathic Perspectives
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