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Spring is here, so get Outdoors!

It's finally Spring! That means we need to get outdoors and exercise after the long winter. This newsletter focuses on ways to motivate you to exercise, as well as natural ways to treat aches and pains.

Exercise is essential to a healthy lifestyle. It helps us shed excess weight, maintain a healthy weight, relieve stress, act as an adjunct during a spring detox, regulate our blood sugar, and get our heart and lungs in shape. Another benefit is that we produce endorphins when we exercise, so outdoor exercise will certainly help us shed those winter blahs!

Now, we don't mean "no pain, no gain". If you are just starting to exercise or get back into an exercise routine, you may experience some aches and pains. Here we outline some natural remedies and hands-on techniques to buffer the pain, heal injuries and relax after a job well done.

How else does exercise help? It enhances the movement of oxygen and nutrients into cells. At the same time, it enhances the movement of carbon dioxide and waste products from the cells to the bloodstream and eventually to the organs of elimination – hence cleansing! Sweating during exercise also increases the excretion of waste products through the skin.

Exercise is not only important for adults, it is also important for children. The gym is not the only form of exercise; running in the playground, jumping rope, learning to ride a bicycle are all great.

Exercise Tips

- Exercise regularly; 3-4 times per week
- A morning workout pushes your metabolism for 1-2 hours
- Vary your exercise; e.g. bike, walk, jog, rollerblade, dance, swim; this will minimize overuse injuries
- Whole body activities are better than isolated activities
- Remember to stretch before and after you workout! This will prevent injury.
- Consume adequate water. You should aim to drink half your body weight in ounces every day (i.e. 120lbs drink 60 oz water/day).
- Exercise with a buddy, someone you can count on to motivate you!
- A healthy, whole foods diet is an important adjunct!



If you have a heart condition, please consult your Naturopathic doctor before starting an exercise regime

Wellness Day!

Please join Naturopathic Perspectives for our Wellness Day Open House.

**Thursday, April 21st
10am-1pm & 3pm-7pm**

All are welcome to come and meet our practitioners and learn more about all the services our clinic has to offer.

Demos include acupuncture, bower, reiki, craniosacral, myofascial release.

This is a free event. There will be door prizes, special promos and healthy snacks!

Apple Energy Bars

- 3** large red apples, such as Spy, cored, diced into 1/4-inch cubes
- 3/4 c** rolled oats
- 3/4 c** unsweetened flaked coconut
- 3/4 c** raw sunflower seeds
- 3/4 c** raw pumpkin seeds
- 3/4 c** puffed rice or puffed quinoa
- 1 c** Medjool dates, remove pit and chop
- 1/2 c** sunflower butter

Preheat oven to 275F.
Spread apples on parchment lined sheet. Bake 1hr 30min, let cool.
In large bowl, combine all ingredients, until mixture holds shape when squeezed.
Line 8x11-inch dish with parchment paper, fill with mixture, pressing firmly to compact.
Refrigerate 1hr, remove from dish and cut into 16 pieces. Store in container in fridge for up to 2 wks.

How does exercise help with weight loss?

It does so by increasing the percentage of lean muscle mass, which is the primary user of fat calories, hence fat burning. When weight is lost by dieting and not exercising, you lose lean muscle mass, which eventually will decrease your ability to burn fat.

Clinic News

Upcoming Event:
Naturopathic Perspectives Wellness Day!
Thursday, April 21st
10am-1pm & 3pm-7pm
See box for details
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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 5pm-8pm  
Fridays 9:30-11:30am

20% off Hot Stone Treatments  
with Lori during the month of May.  
Contact the office to book.

Klean Kanteens  
New 27oz spring colours have arrived!



**Alternative Modalities to Buffer your Pain**

**Acupuncture** aims to normalize energy flow to promote health, alleviate pain, increase mobility and maintain balance throughout the body. Acupuncture is very effective at decreasing inflammation in acute sports injuries quickly, thereby lessening the pain associated with these injuries. Effective for bursitis, tendinitis, as well as tendon and ligament tears, sprains and strains.



**Bowen technique** is a gentle hands-on technique used to realign the body. Think of it as a "reset" button for all your tight muscles and sore joints following exercise. Bowen works well for frozen shoulder, sciatica, back and foot pain, among other non-exercise induced complaints. Dr Caralei Peters offers this service as a Specialized Bowenwork Practitioner. She often uses TCM principles in her Bowen treatments.

**Biopuncture** (i.e., injection therapy), now offered by Dr Caralei Peters, is a very effective way to administer ultralow, physiological doses of plants and minerals to heal muscles, joints, tissues and cells. Natural substances are injected directly into the upper layers of the skin that surround the affected area as well as acupuncture points. Biopuncture is an eloquent way of combining acupuncture, botanical medicine and homeopathy. You will want to consider biopuncture to speed healing of sport injuries, for osteoarthritis, herniated or bulging discs, neck or back pain.

**CranioSacral Therapy (CST)** is a gentle, hands-on therapy. It is effective for relieving pain associated with sports injuries, falls and chronic misalignments. It is safe for adults and children, and also in pregnancy where it calms the nervous system of both mother and baby. CST is extremely relaxing, and has long-term beneficial effects on the body.

**Registered Massage Therapy (RMT)** is aimed to develop, maintain, rehabilitate or enhance physical function, not only for elite athletes, but also for those who are generally active. RMT is also aimed at relieving and preventing physical discomfort and pain, as well as relaxing tight and tense muscles.

**Sylvie Hebert** is a Registered Massage Therapist and practices CranioSacral Therapy and Myofascial Release. She is currently enrolled at the Canadian College of Osteopathy.

**Reiki** is a Japanese holistic, light-touch, energy-based modality. Reiki is aimed at stress reduction and relaxation, which triggers the body's natural healing abilities, and improves and maintains health. It can benefit acute and chronic conditions including injuries, as well as encouraging emotional clearing.

**Hot Stone Relaxation Technique** uses small warmed basalt stones with oils and gentle massage techniques to promote deep muscle and tissue relaxation, alleviate stress, release toxins, relieve pain, and improve circulation.

**Lori Goldblatt** is a Reiki master, as well as a facilitator of Hot Stone Relaxation Treatments and Mindfulness Meditation.

**Natural Remedies for Pain**

**Arnica**, the homeopathic remedy that should be in everyone's first aid kit. It is indicated for bruises, tissue trauma (i.e. tearing), and pain.

**Traumeel** is a topical ointment, containing arnica along with a number of other plants for sore muscles, bruises and other traumas. Never finish the first workout of the season without it!

**Epsom salts** (magnesium sulfate) in a bath is an excellent way to detoxify lactic acid after strenuous\* exercise. Dissolve 1-2 cups in your bath and soak for 20 minutes to relieve achy muscles.

**Magnesium** is a mineral we all can use for tight muscles. 150 mg 2-4 times a day is an effective dosage.

**Glucosamine sulfate** is one great way to decrease pain and increase mobility in your joints. You need to have 500 mg three times a day for it to be effective. If you have difficulty regulating your blood sugar, glucosamine is not for you.

**MSM** (methylsulfonylmethane) is a very effective anti-inflammatory agent. It is often combined with *Chondroitin sulfate*, which rebuilds damaged cartilage.

**Herbal rubs** are an effective way to relieve muscle pain and start the healing process after a strenuous\* workout. Include Arnica, essential oils for rosemary, camphor, & clove.

Naturopathic Perspectives  
*Dr. Caralei Peters, ND*  
*Dr. Laura Grant, ND*

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

\*Please note you should be exercising within your abilities and may need to consult your naturopathic doctor before starting any exercise program.\*