



NATUROPATHIC PERSPECTIVES

Redefining Your Health

In this issue:

Spring Detox Time
Get the Most out of Your Detox
Foods to include
Detoxifying Herbs
Top Ten ways to Enhance your Detox!
Recipe: Hypoallergenic buckwheat pancakes
Clinic News
Welcome from Dr. Tabrizi ND
Clinic Events
Our 1st Ever Wellness Spa Night!

Spring Detox Time!

Spring is practically here (even though we had an exceptionally mild winter!) and symbolizes a time of renewal, so we decided to discuss detoxification in our newsletter. A detox (or cleanse) is often used to wean ourselves off all the refined sugars, processed foods, and caffeinated beverages we indulged in over the winter. These chemicals fail to provide us with any nutrition; in fact they can lead to malnutrition, poor sleep, weight gain and digestive disturbances.

Here we outline ways to augment your spring detox, including specific foods, herbs, as well as lifestyle and hydrotherapy techniques. Once you have completed your detox you can then slowly reintroduce foods you avoided during the process. These foods may turn out to be intolerable to your system. Food intolerance symptoms vary, but often present as bloating, diarrhea, constipation, skin rashes or worsening of current skin conditions, mood changes, and weight gain. Common food intolerances include: wheat, dairy, eggs, sugar, and soy.

By detoxing, you too can identify your aggravating foods. So, read on for ways to get the most out of your Detox!

Get the Most out of Your Detox

Dark green leafy veggies: these foods are stimulating to the liver, an important organ involved in detoxification

Ground flaxseed: this fiber-rich food helps increase elimination of toxins through the bowels

Pomegranate: high in anti-oxidants, this juice will help neutralize harmful free-radicals produced by chemicals, stress, and a poor diet

Spirulina: this micro-algae helps bind heavy metals so that they can be eliminated from the body

Brown rice: rich in fiber, this grain will help encourage elimination of toxic compounds trapped in the bowels



Clinic Events

6 Week Relaxation Sessions with Lori Goldblatt, Traditional Reiki Master, call to register today

Classes begin week of March 19th:

Rise and Shine Yoga

Mondays mornings 7 – 8 am

Friday mornings 7:30 – 8:30 am

Meditation and Relaxation Tools

Wednesday evenings 5:45–7:00 pm

M.O.V.E.: Movement Opening to
Vitality and Energy

Wednesday evenings 7:15 – 8:30 pm

Men's Relaxation & Gentle Yoga

Monday evenings 6:30 – 7:30 pm

Level 1 Reiki Training Course, space limited

Thursday April 12th 7:00 - 9:30 pm

Friday April 13th 7:00 - 10:30 pm

Saturday April 14th 1:00 - 5:30 pm

Sunday April 15th 1:00 - 5:30 pm

Detoxifying Herbs

Silybum marianum (Milk Thistle) - this herb can be consumed in tea, tincture or capsule form and helps protect and regenerate liver cells

Galium aparine (Cleavers) - best consumed in tincture form, this herb helps cleanse the blood and lymphatic systems

Arctium lappa (Burdock) - this bitter tasting herb helps cleanse the blood and is best consumed in tincture form

Avena sativa (Oatstraw) - this herb can be consumed in tea or tincture form and is calming to the body. It helps promote "rest and digestion", which is necessary to encourage proper elimination

Schisandra chinensis (Magnolia Vine) - best consumed in tincture form, this herb has a strong effect on the liver and increases production of glutathione, an anti-oxidant that prevents damage to cells caused by toxins



Clinic News

Dr. Lisa Tabrizi's 2012 hours:

Mon: 9:00am – 4:00pm

Tues: 1:00pm – 8:00pm

Wed: 9:00am – 4:00pm

Thurs: 1:00pm – 8:00pm

Dr Peters 2012 hours: remain the same

Lori Goldblatt is available for Reiki and Hot stone relaxation treatments
Wednesdays 2pm-5pm
Fridays 8am-12pm

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

Hypoallergenic Buckwheat Pancakes



1 heaping cup buckwheat flour
1/4 cup tapioca flour
1 tsp baking powder
1/2 tsp baking soda
1/4 tsp sea salt
1 - 1 1/2 cups almond, hemp or rice milk
1 organic egg or 1 heaping tbsp ground

flaxseed whisked in 3 tbsp boiling water
2 tbsp melted virgin coconut oil
1 tbsp maple syrup or agave nectar
virgin coconut oil for cooking

1. In a medium bowl mix dry ingredients together. In a separate bowl whisk wet ingredients together. Add the wet to the dry and mix gently until combined. Let batter sit a few minutes to thicken up.

2. Heat cast iron skillet over medium heat. Add few tsp of coconut oil. When heated, add 1/2 cup of batter, cook for 1-2 minutes or until top bubbles, flip and cook for 1 minute more until cooked through.

Makes 5-7 pancakes, Enjoy!

10 ways to Augment Your Detox

Drink lots of water – water facilitates toxin elimination through your kidneys and bowels

Epsom salt bath with a cup of yarrow tea – Yarrow opens up your pores as the Epsom salts pull toxins out of your body

Dry skin brushing – light, circular motions from the tips of your toes and finger tips to your heart assist in lymphatic and skin detoxification

Alternate hot & cold showers – a 3 minute hot blast followed by 1 minute cold blast moves your circulation and helps liver and skin detoxification

Castor oil packs over your liver – this increases blood flow to your liver, further augmenting liver & skin detoxification

Drink a greens drink – chlorophyll and spirulina in the greens drink mop up toxins, helping bowel & liver elimination

Meditate with some gentle yoga or stretching – these cleanse & relax your mind as well as drain your lymphatic system

Eat fibre – 2 tbsp. of ground flaxseed every day will bind up toxins and promote healthy bowel movements

Sauna – 3 minutes of sauna followed by 1 minute cold, helps you sweat out toxins out of your lymphatic system

Take an antioxidant supplement – antioxidants such as vitamin C, vitamin E, Beta-carotene & selenium protect your cells from the toxins as they leave your body

Welcome from Dr. Tabrizi

I am so pleased to have joined the team at Naturopathic Perspectives and to have continued to assist you in your Naturopathic journey. For those of you who have not had the chance to meet me, I wanted to take this opportunity to introduce myself.

I have a general family practice that includes a focus on mood, digestion, women's and men's health, pain management and stress reduction. I frequently use nutritional counseling, herbs, supplements, acupuncture, homeopathy, meditation, and talk therapy as my main treatment tools.

My goal is to inspire and empower you to make the best health choices. We will work together as a team to address your health concerns and improve areas of your life that need extra support and nourishment so that you are able to live a life full of health and vitality.

If you haven't already done so, please consider booking a free 15-minute "meet and greet" or a 45 minute consultation where we can address your health concerns. You can also visit my blog at <http://drlisatabriziind.wordpress.com> and obtain access to numerous articles and resources. I look forward to meeting you!

We're hosting a Wellness Spa Night!

Friday March 23rd from 6:30 - 10 pm

Sample one or more of the following:

Chair Massage
Indian Head Massage
Foot Reflexology
Reiki

Hot Stone Treatment
Black Pearl Relaxation Techniques

\$25 for each half hour; healthy snacks and tea provided

Come gather with others and receive an evening of self-care and healing work.
Call the Clinic to register.

Food Intolerance Testing

If you want to test your food intolerances without going through the hypoallergenic detox, please ask your Naturopathic Doctor!

Naturopathic Perspectives

Dr. Caralei Peters, ND
Dr. Lisa Tabrizi, ND
Lori Goldblatt, BA
Sylvie Hebert, RMT

To book an appt, contact:

202-10 George Street
Hamilton, ON L8P 1C8
Tel: 905.528.1661
Fax: 905.528.1991