

NATUROPATHIC PERSPECTIVES

Redefining Your Health



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Since we have been having a very dry start to summer, we decided to dedicate this issue to Water! Water is so important; in fact we are made up of up to 90% water. We need it to hydrate all of our cells, to detoxify, even as a tool to heal when we are sick. But what type of water should we drink? Here we outline various water sources and their pros & cons. We will also discuss why water is so important to our body, and finally how to use it to heal. Biggest take home message – Stay Hydrated!

Drinking Sources

Alkalinizing: filters out toxic substances (i.e., mercury, benzenes & xylenes) while remineralizing the water with calcium, iron, potassium and zinc. It also helps improve alkalinity of your body, which reduces inflammation and improves bone health.

Reverse osmosis and distilled: removes unwanted substances such as toxic minerals, i.e., lead, but makes the water devoid all minerals, even the necessary ones, such as calcium.

Drinking Sources Cont'd

Tap: contains important minerals, however, it also has toxic substances such as residual pharmaceutical waste. It also contains fluoride, which when ingested may actually decrease bone strength.

Bottled: although this has a label ensuring its content, bottled water is stored in plastic. Over time the plastic breaks down and exposes you to harmful toxins such as bis-phenol A (BPA), which in turn disrupts your body's hormones.



Asian Medicine and the Water Element

In Traditional Chinese Medicine, the Water element is associated with the Kidneys. We can nourish our Water element by incorporating the following foods:

- *Water*
- *Salty-flavoured foods:* such as miso, seaweeds, sea salt & sauerkraut (all in moderation)
- *Blue and black coloured foods:* such as blueberries & black berries
- *Beans:* such as kidney beans & black beans

On an emotional level, the Water element is also affected by too much or too little fear. Explore if you have any fears that may be holding you back from living life to its fullest!

Healing Hydrotherapy!

Water can be used in healing ways including:

Alternating hot and cold

showers: help boost your immune system and rev up your metabolism.

Nasal lavage (Neti pot):

effective to clear out your sinuses and reduce allergy symptoms.

Steam inhalation: great way to open and cleanse your pores while clearing out your sinuses!

Warming socks: helps draw congestion out of your head; it even has great anti-fever effects.

Meet Dr. Lisa

If you have not had the opportunity to meet with Dr. Lisa yet, consider booking a **free** 15-minute "Meet the ND".

As well, Dr. Lisa is giving a free workshop Thursday, June 21st, 7-8 pm on **Natural First Aid Remedies** at Goodness Me (Upper Gage) Learn how to keep your family safe & healthy with:

- Natural First Aid remedies
- Natural bug repellents
- Safe sunscreens

**Please call the store to register
905.388.8400**

You can also visit Dr. Lisa's blog for your weekly dose of naturopathic medicine at

<http://drlisatabrizind.wordpress.com/>

and like her on Facebook at

<http://www.facebook.com/LisaTabriziND>

Recipe:

Mint and Lemon Balm Tea

Stay hydrated this summer with this refreshing caffeine-free tea that can be enjoyed iced or hot!



- ½ tsp dried mint or spearmint (or 1 tbsp fresh)
- ½ tsp dried lemon balm (or 1 tbsp fresh)
- ½ a Lemon, *squeezed*

Steep the mint or spearmint and lemon balm in 1 cup water for 5 minutes. Add lemon juice to taste. Enjoy tea iced or hot!

Please Welcome Our Certified Holistic Nutritionist – Deanne BEd, CNP

We are pleased to welcome Deanne Dietz, Holistic Nutritionist to our clinic. She works with individuals to generate a daily dietary plan, while taking in to consideration their current Naturopathic Plan. She'll even help generate a shopping list and organize your pantry! Please talk to your Naturopath to see if you should consult Deanne to accelerate your healing journey.

Why Stay Hydrated?

Water is a crucial component to many organs and systems in your body:

Bowels: If you are constipated, ask yourself if you are drinking enough water. Water is needed to help keep your stool moving and easy to pass. It also ensures regular toxin elimination from your body.

Urination: As a general rule of thumb, if your urine is a pale yellow, you are drinking an appropriate amount of water. Flushing out your kidneys and bladder are important for eliminating metabolic wastes from your body such as ammonia, and various medications. It also prevents urinary tract infections.

Sweating: Adequate water intake is important so that you are able to sweat effectively, enabling you to release toxins from your body when you exercise. Water is also vital to nourish your skin and help your skin maintain adequate moisture and elasticity.

Respiration: Water is necessary to help maintain the mucosal lining of your respiratory system, which helps prevent infections. When you are sick with a cold, or suffer from allergies, your body is using water to produce extra mucous - meaning it is even more important to follow your ND's instructions to stay hydrated!



New Registered Massage Therapist – Bobbi Jo Turner

We are also happy to introduce Bobbi Jo Turner, RMT.

Bobbi Jo graduated from Everest College and has experience in hydrotherapy, prenatal massage, lymph circulation/drainage, myofascial trigger point therapy, joint health, and rhythmic joint mobilization. She also has significant clinical experience with injuries like frozen shoulder, joint replacements, repetitive strain injuries, and motor vehicle injuries.

Bobbi Jo will be available Mondays (9 am -4 pm) and Thursdays (10 am – 8 pm). Please call the clinic if you are interested in booking an appointment.

Prepare for Allergy Season!

If you haven't done so already, this is a great time to see your ND and start your anti-allergy plan so you can breathe-easy and stay healthy and active this summer!

Naturopathic Perspectives

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