

NATUROPATHIC PERSPECTIVES

Redefining Your Health



In this issue:

- Stay Healthy - Get Outdoors!
- Benefits of Registered Massage Therapy during the cooler months
- Brain Boosting Foods
- Recipe: "Brain-iac" Salad
- Brainy Botanicals
- Clinic News
 - Yoga and Meditation courses start Oct 3rd
 - Treat yourself to our Wellness Spa Night, Oct 19th 5:30-9pm
 - Childhood Nutrition Seminar with Dr Caralei and Deanne, TBA
 - Meal Planning with the Seasons Seminar with Dr Lisa, Oct 18th

Stay Healthy - Get Outdoors!

Even though the weather has cooled off and we are no longer in summer mode, it is still important to get a healthy dose of nature every day.

Now we don't want to label you, but we do want to draw your attention to the work by psychologist, Richard Louv, who coined the term, *Nature Deficit Disorder*, in his book "Last Child in the Woods".

Nature Deficit Disorder identifies the disconnect between our society and nature, which is particularly evident in our children. Louv specifically defines *Nature Deficit Disorder* as the "lack of outdoor activity and its replacement with electrical devices and demanding schedules". There are significant health benefits of going outdoors this fall (and winter and beyond!), whether you take part in rigorous exercise or simply enjoy going for a leisurely walk.

Today children and adults spend more time indoors using electrical devices than thirty years ago. We

have also seen a significant increase in obesity, type 2 diabetes, asthma, vitamin D deficiency and attention deficit disorder over these last few decades.

According to a 2010 study, children ages 8-18 spend an average of 7.5 hours a day looking at an electrical screen (e.g., tv, computer, DSS, tablet, cell phone). Parents who grew up using electrical devices are more likely to let their children use these devices in excess, and do not see the health repercussions.

Although it seems like common sense, there is now research to highlight the benefits of nature. Time spent outdoors reduces the incidence of chronic disease, depression, anxiety and can improve childhood development (i.e., coordination), asthma, and chronic pain.

There is also a link between nature and overall happiness; in fact time spent outdoors improves one's mood. Furthermore, spending that time among trees and away from signs of technology (i.e., electrical devices and hydro towers), improves mood and health even more! So bottom line – Get Outside!!

Clinic News

Lori Goldblatt is available for Reiki and Hot stone relaxation treatments Fridays 8am-12pm And Wednesdays 12pm-8pm, unless classes are in session

Dr Caralei Peters ND and Deanne Dietz CNP, RNCP will be teaching a class on Childhood Nutrition (ages 6 months through to school age). Location and time TBA. Watch for future emails for details; we're planning for the beginning of November.

Regular Massage Therapy can help you survive the cooler months

Did you know that regular therapeutic massage can provide excellent advantages beyond relaxation? People who experience high levels of stress tend to get sick more than others. When stress is combined with a lack of sleep, poor nutrition, and lack of outdoor activity our body's ability to naturally protect itself against bacteria and infection is greatly reduced. A number of studies have indicated that massage increases the immune system's level of the body's natural "killer cells", the T cells, which improve the body's overall immune function. Regular massage therapy treatments help boost your immune system. When your immune system is stronger, your body is more prepared to defend itself against those cold and flu viruses going around your workplace, school or even your home during the cooler months. So keep yourself healthy during the long indoor season by scheduling regular massage appointments.

In Good Health, *Bobbi Jo Turner, RMT*



Clinic Events

Classes starting October 3rd
with Lori Goldblatt, Traditional Reiki Master, call to register today.

5 Tibetan Yoga
Wednesday evenings 5:30 – 6:30pm

Meditation and Relaxation Tools
Wednesday evenings 6:30 – 7:45pm



"Brain-iac" Salad

Make this brain-boosting salad for lunch that even your kids will love!



In a large bowl place:

3 cups of washed, organic Spinach

Add:

3 tbsp Hemp seeds

1 tbsp Lecithin granules

1 ½ cups Shredded Red Cabbage

4 Radishes, chopped

2 cups of Broccoli, chopped

1 Tbsp Raisins, washed and dried

1 cup Cucumber, chopped

And Enjoy with your favourite vinaigrette!

Best Brain Boosting Foods

Spinach - Aids in memory retention

Eggplant - Improves focus

Broccoli - Improves cognitive function

Eggs - Contain a high level of choline, which gives memory a boost

Wild Salmon - improves brain growth & function

Garlic - possesses memory-enhancing properties

We're hosting a Wellness Spa Night!

Friday, October 19th from 5:30 – 9:00 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

Brain Boosting Foods cont'd

Bananas - are high in antioxidants, dopamine (boosts memory and attention) and serotonin (boosts memory, learning and mood).

Blueberries - boost brain function and help to protect the brain from stress while improving motor skills and learning capacity

Apples - prevent the loss of acetylcholine, an important neurotransmitter important for memory and brain health

Hemp Seeds - are Rich in Omega 3's which are essential for brain and nervous system health. They promote memory, learning, and immune function.

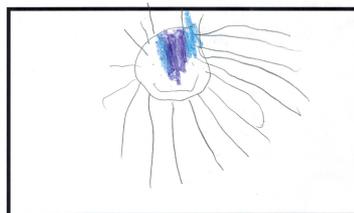
Lecithin - helps to increase acetylcholine levels in the brain which boosts memory. As a bonus, it is also helpful in reducing anxiety.

Nuts and seeds - help to improve cognitive function due to their high content of Essential Fatty Acids and acetylcholine.

Yogurt - (if you are able) contains a high level of calcium, which helps with memory and alertness, as well as an amino acid called tyrosine that produces dopamine. Dopamine is responsible for reward-driven learning.

Naturopathic Flu Clinic

Draw a Germ



I think germs are scary.

Do you find germs this scary? Then protect yourself by taking the Traditional *Change of Season Soup*, now available at the clinic.

Change of Season Soup, traditionally used in China in the spring and fall when we spend most of our time indoors, helps prevent colds and flues.

Each bag contains immune-boosting herbs and soup recipe (or you can make it into a tea). You should have 1 cup a day for 1 week, take 1 week off and repeat. Take continually through the fall and spring until the temperature levels out.

Brainy Botanicals

1. **Ginkgo:** Increases circulation to the brain and contains antioxidants that boost brain function (e.g. increases memory, attention span, problem solving and decision making skills).
2. **Green Tea:** Contains the calming amino acid L-theanine, which helps decrease anxiety while increasing mental focus and concentration.
3. **Withania:** Calms the mind and reduces the effects of stress on the body. May help prevent against Alzheimer's Disease.
4. **Lemon balm:** Gently calms the mind and can also strengthen memory.
5. **Rhodiola:** Enhances mental performance and improves concentration. Helps the body effectively "adapt" to stress.

Join Dr Lisa for a free talk:

Meal Planning with the Seasons at Goodness Me Locke St.
Thursday, Oct 18 from 7-8pm

We will be discussing healthy meal planning ideas and ways to optimize your nutrition through the seasons!

To register, visit

<http://goodnessme.ca/phpEventCalendar/event>

Naturopathic Perspectives

Dr. Caralei Peters MSc, ND

Dr. Lisa Tabrizi BSc, ND

Lori Goldblatt, BA

Deanne Dietz B.Ed. CNP

Bobbi Jo Turner, RMT

To book an appointment, contact:

202-10 George Street

Hamilton, ON L8P 1C8

Tel: 905.528.1661

Fax: 905.528.1991