



NATUROPATHIC PERSPECTIVES

Redefining Your Health

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 - Yoga and Meditation classes Wednesdays, Drops in welcome!
 - 8 week Detoxification Program, Thursday evenings starting in March
 - Treat yourself to our next Wellness Spa Night, March 8th 5:30-9pm

Hormonal Happiness

Last November I attended the yearly Naturopathic Doctors of Ontario (NDO) conference and spent five plus hours of my time in an intensive session discussing one of my favourite topics, *Endocrinology*, also known as *Hormone Physiology*. Since I find the inter-relationships of our endocrine glands so fascinating I wanted to dedicate this winter newsletter to *Endocrinology*.

The adrenal, thyroid, pancreas, and reproductive organs are all interconnected; like one big family that we need to keep happy. Each of our endocrine glands (the children in this family) receives instructions from the pituitary gland (mom), who receives instructions from the hypothalamus (grandma).

"Oh the web they weave"

These children also communicate with each other. For instance, your TSH (thyroid stimulating hormone) will rise beyond a healthy level if your cortisol level is too low, the latter a direct result of adrenal fatigue; i.e., without proper amounts of cortisol T4 (pre-thyroid hormone) cannot be converted into T3 (functioning thyroid hormone). What does this mean? Basically, if you are suffering from adrenal fatigue you are more than likely going to suffer from a type of hypothyroidism (low thyroid function).

Cortisol can interfere with our pancreas' ability to control blood sugar. When our blood sugar drops, cortisol levels increase until our blood sugar levels are normal again. Chronic stress (elevated cortisol) increases blood sugar causing the pancreas to produce excess insulin, and if not addressed will lead to diabetes. High cortisol also decreases our dopamine, which in turn elevates our estrogen; this contributes to PCOS (polycystic ovarian syndrome) and affects fertility in some women.

What does this mean?

We need to keep our adrenal glands happy so that Cortisol can carry out its various functions such as: maintaining healthy glucose levels, inducing liver enzymes for proper detoxification, acting as an anti-inflammatory, regulating our heart and nervous system, and regulating our immune system. This is why your naturopath keeps reminding you to de-stress through reading, journaling, yoga, meditation, or plain old R & R!

Clinic News

We are pleased to welcome Dr Jiselle Griffith ND. She is currently in the clinic Thursdays 1-7 pm, Fridays 9-4 pm, and Saturdays 9-4 pm by appointment only.

Hormone Disrupting Chemicals

We need to take care of all of our hormones; however for the sake of space I am going to focus specifically on Cortisol and thyroid hormone (T3). There are many hormone disrupting chemicals in our environment. Some you are probably aware of, some you are not.

Cortisol interruption: Many environmental toxins try to undermine our cortisol, such as: cadmium, mercury and cobalt.

T3 disruptors: There are numerous nasty chemicals that interfere with the conversion of T4 to T3 (specifically interrupt the thyroxidase enzyme), resulting in hypothyroidism: BPA, PCBs, DDT, red food dye #3, herbicides, dioxins, phthalates, pentachlorophenol, perchlorates, and even brominated flame retardants (on mattresses, carpets and even children's PJs!!).

Even gluten and mercury are suspected to play a role in disrupting the thyroperoxidase enzyme, therefore reducing T3 production.

Fact: Autoimmune thyroiditis can even cause diabetes, since the anti-thyroid antibodies fight not only the thyroid gland but the pancreas as well.

Upcoming Clinic Classes

- *Five Tibetan Yoga*
Wednesday evenings 6:00 – 7:00 pm
- *Meditation and Relaxation Tools*
Wednesday evenings 7:15 – 9:00 pm
- *8 week Detoxification Program*, starting March 7th, 6:15-7:15 pm
- *COPE*, an emotional freedom technique workshop for women
Tuesday Feb 12th, 7:00-9:00 pm
- *Traditional Level 1 Reiki Course* Feb 21-24th, call for details

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Quarterly Newsletter
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Kombu Egg Soup

Support both your thyroid and adrenals with this tasty soup



Ingredients

3-4 C water
2 C organic beef or chicken stock
1 five-inch long piece of dried kombu, cut into thin 1/2" strips
1/2 tsp (or to taste) miso paste
1 carrot, pre-cooked or raw, sliced into discs
4-6 hard boiled free-ranged eggs, peeled but left whole
Sea salt to taste

Directions:

Bring water and kombu slices to a gentle boil. Add miso paste and stir. Simmer for four minutes. Stir once more, then remove kombu pieces from broth or leave them in. Add carrots and whole eggs, and simmer for four more minutes. Turn off heat, add salt to taste and stir well. Pour into large soup bowls and savor. You can sprinkle a little dulse on top of for additional taste.

by Aaron Blaisdell in the [Primal Cookbook Challenge](#)

Naturopathic Perspectives now offers Facial Rejuvenation Acupuncture!

Gain health and turn back the clock with this relaxing facial rejuvenation treatment. For more information and a consult to find out if facial rejuvenation is right for you, contact info@naturopathicperspectives.com or (905).528.1661. Please note many extended health benefits cover acupuncture.

Fight Seasonal Colds & Flues with Change of Season Soup!

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 a soup recipe. You should have 1 cup a day for 1 week, can take 1 week off and repeat if necessary.

Specific Nutrients to Support your Hormones

Vitamin B5 – helps mitigate the effects of high stress on adrenal glands; found in whole grains

B12 – normalizes cortisol & circadian rhythm; found in meat & eggs

Magnesium – deficiency induces anxiety, depression, and insulin resistance; consumption of caffeine, alcohol and stress reduce magnesium; sources include dark green leafy veggies & whole grains

Iodine – for proper thyroid hormone production, deficiency is a common cause of subclinical hypothyroidism; found in seaweed (kombu & dulse)

Zinc – for thyroid and male reproductive system; found in pumpkin seeds & seafood

Phosphatidylserine – normalize the elevated cortisol-related insomnia and elevated cortisol post physical stress; found in eggs, fish & meat

Chromium – if deficient, helps pancreas maintain healthy blood sugar levels; found in onions, brewers yeast & whole grains

Traditional Level 1 Reiki Course offered at Naturopathic Perspectives

with Lori Goldblatt, Traditional Reiki Master

Thursday Feb 21st 7:00-9:30 pm

Friday Feb 22nd 7:00-10:30 pm

Saturday Feb 23rd 1:00-5:30 pm

Sunday Feb 24th 11:30-3:30 pm

Cost: \$250 (includes manual, snacks and ongoing support)

Reiki helps with relaxation, self-healing, emotional wellbeing, balancing energy, and much

Our next Wellness Spa Night!

Friday, March 8th from 5:30 – 9:00 pm

Try a Sampling to a Pampering with one or more of the following treatments:

Chair Massage
Indian Head Massage
Black Pearl Relaxation Techniques
Foot Reflexology
Reiki

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

Come gather with others and receive an evening of self-care and healing work

Healthy Hormone Herbs

Adrenal Herbs:

1. *Ocimum* – decreases both cortisol and glucose; prevents stress-induced adrenal release. It is best to use this herb in tea or tincture form.
2. *Eleutherooccus* – binds to cortisol receptors so you don't experience the effects of elevated cortisol. This herb is best in tincture or tablet form.
3. *Rhodiola* – moderates cortisol levels, prevents infection, increases virility & fertility. This herb is best used in tea or tincture form.

Thyroid

1. *Commiphora Guggul*: used for hypothyroidism and lowering cholesterol. This herb is best used in tincture form.
2. *Bladderwrack* – a natural source of iodine, helping the thyroid make T4 and then T3. Best in tincture form.
3. *Withania*: supports the thyroid gland function as well as modulates cortisol production. Best in tincture form, but also available in capsule.



Withania somnifera

Naturopathic Perspectives

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