



NATUROPATHIC PERSPECTIVES

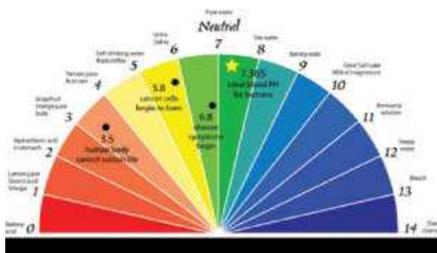
Redefining Your Health



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 - Treat yourself to our next Wellness Spa Night, May 3rd 5:30-9pm
 - C.O.P.E. May 4th & 5th

pH Balance and Disease Prevention



Happy Spring Everyone! Spring is a time of renewal, and since I had the pleasure of speaking to the Osteoporosis Society this month on the issue of bone growth and healing, I thought we should focus this newsletter on acid-base balance. Plus there are so many foods and activities that come up in the spring to make acid-base balance achievable!

For those of you that aren't familiar with the concept of acid-base balance, Acidic-promoting foods and activities lower our body's pH while Basic-promoting foods and activities raise our pH. Acidic foods create acid in our body when we metabolize them, not because they taste acidic.

So what is the significance of the acidic or low pH? Low body pH promotes cellular breakdown (pH less than 7.0) pain/inflammation and chronic conditions such as osteoporosis, allergies and cancer. Neutral (7.0) or elevated body pH (pH greater than 7.0) promotes cellular growth and healing.

So I can hear a lot of you thinking "How do I know if I am acidic or basic?" A year ago I would have said, check your salivary or urinary pH, but stick to one method and make changes accordingly. Now I am fussier. I have been enlightened to the fact that urinary pH is superior to testing salivary pH, albeit not as convenient, at showing how healthy your body is overall. Urinary pH is the result of what metabolites your kidneys are buffering and eliminating from your blood. Your urinary (and salivary) pH will be more acidic in the morning after fasting all night (6.0-6.5). Urinary pH should be more alkaline later in the day based on your foods and activities that day (7.0-7.5). Salivary pH mainly shows digestive enzyme activity. If you do choose to use salivary pH you should aim to stay in the 6.5-7.5 range.

It's Spring – So head outdoors!

Keep yourself from injury by not overdoing it your first few times out in this nice weather. Wake up those sleeping muscles slowly and take your time with your outdoor activities. Overdoing it at the beginning can take you out and shorten your nice days in the outdoors. So be sure to stretch and keep those regular visits with me!

Wishing you all a fantastic Spring and I look forward to hearing all about your activities!

In Good Health,
Bobbi Jo

Clinic News

Bobbi Jo, RMT and Lori Goldblatt are now available by appointment any day of the week! If you would like to book an appointment please call or email reception.

Goodbye Deanne

Deanne Dietz, our holistic nutritionist, and her family have moved back to Newfoundland. Although I am sorry to have Deanne leave, I know that Newfoundland is gaining a remarkable resource on nutrition, orthomolecular supplements and personal fitness training. Good luck Deanne, you will be missed!



Naturopathic Perspectives now offers cosmetic 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.*

Upcoming Classes

- *Five Tibetan Yoga*
Wednesday evenings 7:30 – 9 pm
- *Meditation and Relaxation Tools*
Wednesday evenings 6:15 – 7:00 pm
- *COPE*, an emotional freedom technique workshop for women Sat May 4th and Sunday May 5th 10-4 pm



Miso Soup

Adjust your body's pH by having a cup of this yummy soup!!

Ingredients

3.7 litres filtered water
1/3 to 1/2 package of Bonito flakes (Japanese fish)
1 oz Wakame (or Kombu) Sea vegetables
1 Red Pepper, deseeded and deveined, cut into thin, lengthwise slices
3 pieces Celery, quartered lengthwise
3 Shitake Mushrooms, halved
3 Basil leaves or 1/2 tsp dried
1/2 tsp Oregano (fresh) or 1/4 tsp dried
4 cloves garlic, smashed
2 Cripolina onions, quartered, with skins on (can substitute yellow onion)
3 carrots, quartered lengthwise, then cut into 2 inch pieces
3 inches of leeks, white pieces, cut into 1/2 inch pieces
2 parsnips, quartered lengthwise, and then cut into 1/2 inch pieces
4 leaves Chinese cabbage, cut into 2 inch pieces
6 pieces Italian Parsley
4 inch pieces of ginger, about 1 1/2 inches diameter, cut into 1/4 inch slices



Directions

Bring to a boil, simmer for 2-6 hours, cool, strain and store in the refrigerator.
Reheat, bring 4 cups of broth to simmer, serve as Clear Dashe Broth or Miso Soup (see below).
Can add thinly sliced kale, shitake mushrooms, scallions, cilantro, etc...

For Miso Soup, in a soup bowl place 1 cup of warmed broth and add 1 Tbsp Mellow White Miso paste and 1 Tbsp Red Miso paste, stir well, then add back to broth, turn off heat source.

NB: do not boil the miso paste, since it will lose its therapeutic qualities as a natural probiotic

Fight Seasonal Colds & Flus 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 soup recipe (or you can simply simmer the herbs in water to 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.

Reiki Information Night!

Come learn all about Reiki from Lori Goldblatt, our resident Reiki Master!

When: Monday May 6th, 6 – 7 pm
at Naturopathic Perspectives

Contact the Clinic if you are interested

Reiki Level 1 Class offered at Naturopathic Perspectives

with Lori Goldblatt,
Traditional Reiki Master

Will be held on Four Consecutive Mondays
from **6:30 – 10:00pm**

May 27th, June 3rd, 10th, 17th

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

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

Our next Wellness Spa Night!

Friday, May 3rd from 5:30 – 9:00 pm

Treat yourself or a friend to a sampling of pampering with:

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

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

So you are probably thinking, *I want to balance my pH, but how?*

We balance our body's pH through balancing acidic and basic-promoting foods and activities. Essentially you want to reduce acid-promoting foods and activities to approximately 20% or your day and increase the base-promoting foods and activities to approximately 80% or your day. You can tailor this further by measuring your pH and adjusting your acid- and base-promoting foods and activities.

Acid-Promoting Foods and Activities

Animal: fish, chicken, beef, veal

Grains: oatmeal, brown rice, millet, cornmeal, buckwheat, barley

All Beans: **except** kidney, adzuki, soy & string beans, which are basic

Alcohol, Fried Foods, Chocolate, Black Coffee or Tea, Peanuts, Walnuts

Activities: lack of exercise or vigorous exercise, Shallow breathing, Hot showers or baths, medications, stress, lack of fresh air

Base-Promoting Foods and Activities

All Fruits & Vegetables, wheatgrass, egg white, flax oil, Greens products

Protein: soybeans, tofu/miso, organic yogurt & milk

All sprouts, Apple Cider Vinegar, Nuts, Seeds (pumpkin, flax, Sunflower)

Activities: Cold showers or baths, Sea salt baths, Gentle stretching, Tai chi, Yoga, Reiki, Deep breathing, Massage, Meditation, Walking in the forest, dietary fiber

Naturopathic Perspectives

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