



Touchstone Naturopathic Centre

950 Southdown Rd, Unit B5
(Clarkson Crossing Shopping Plaza)
Mississauga, ON L5J 2Y4
Phone: (905) 822-2046
Fax: (905) 822-6228

News From The Spectrum

Winter Newsletter – 2010

Announcements:

Opening in Toronto: Scott Clack, ND of Touchstone Naturopathic Centre joins Ontario HBOT at a new integrative Wellness Centre as of March 3, 2010. Dr. Clack has been a Defeat Autism Now! Practitioner since Sept. 2005, but has been treating children with neurodevelopmental health problems since 2001. He completed the DAN! Physician Training Levels 1 and 2 in recent years.

Dr. Clack will be available for patient consultations at the Toronto location on Wednesdays from 9 am to 6 pm. The new location is 136B Cartwright Avenue, Toronto (west of Yorkdale Shopping Centre, west of Dufferin St., south of Hwy 401). Please call his Mississauga office (905-822-2046) to book your appointments for March and April. He will continue to see patients in his Mississauga office during his regularly scheduled days and business hours.

Dr. Clack will be joined at the new Centre by other Naturopathic Doctors. Currently, Tara Marcinkowski, ND is joining the Centre to see patients. She has been training along side Dr. Clack in recent months and plans to attend DAN! Physician training this spring. She will be available to see patients with other complaints, including ADD/ADHD, Parkinson's disease, Alzheimer's, Multiple Sclerosis, as well as Diabetes, Cardiovascular Disease (hypertension, coronary artery disease, and stroke), Metabolic Syndrome, Obesity, Chronic Fatigue Syndrome, Fibromyalgia and Autoimmune disorders. She is a certified First Line Therapy™ practitioner, offering Therapeutic Lifestyle Change advice for patients who benefit from this health optimizing program (please note: these services are also available at Touchstone Naturopathic Centre).

Autism Conference in Edmonton – March 26-28, 2010. Autism Today is holding a conference called *Hope, Healing and Possibilities* in Edmonton. Notable speakers include Dr. William Shaw of the Great Plains Laboratory; Shula Edelkind from the Feingold Diet organization; and Dr. Scott Clack, ND from Touchstone Naturopathic Centre. A brochure/overview for the conference is attached to this email. Please send this information to family or friends who have children with special needs, who may be interested in attending the conference.

This event will provide a comprehensive overview of latest biomedical breakthroughs and research in the treatment for ASD. Discussions will include the role of nutritional deficiencies and supplements, special dietary interventions, food allergies, heavy metal toxins, enzyme deficiencies, inborn errors of metabolism, immune deficiencies, the role of micro-organisms in the gastrointestinal tract, and much more. This will be one of the most comprehensive autism conferences in Canada in 2010.



950 Southdown Rd, Unit B5
(Clarkson Crossing Shopping Plaza)
Mississauga, ON L5J 2Y4
Phone: (905) 822-2046
Fax: (905) 822-6228

Touchstone Naturopathic Centre

News:

Health Canada changes make trouble for Canadians to access supplements:

It was recently learned that Folinic acid was re-classified as a drug. Therefore it is now available only through prescription from a medical doctor, or by purchasing it from the U.S. for personal use. An alternate, and potentially more effective supplement, is 5-methyltetrahydrofolate (5-MTHF). This is currently available from Metagenics under the name Folapro (other 5-MTHF products are available).

The wisdom of Health Canada's to re-classify supplements is difficult to follow. This happened over a year ago when L-carnitine (and the acetyl form) was re-classified after being available on the market for a few years.

Parents and suppliers/manufacturers have also been reporting in recent months that it is becoming increasingly difficult to order products from the U.S. for personal use. Most supplements get through if they are "legal" for sale over the counter (OTC) in Canada. Supplements that are OTC in the U.S. but classified as drugs in Canada (e.g. Folinic Acid, L-carnitine, DMSA and others) are more likely to be confiscated by Canadian Customs rather than being forwarded. This has resulted in most supplement companies advising Canadians that they must assume the risk of the product being confiscated (i.e. you pay for it before it is shipped; if Customs confiscates it, you won't be refunded because the supplement company may not get the product returned to them).

Currently your best options at this time for ordering any supplements from the U.S. are to order from Spectrum Supplements (www.spectrumsupplements.com; Tel: 1-514-835-6600). We are also working with local compounding pharmacies and Canadian supplements manufacturers to maintain a steady supply of the products you need, as best we can.

New Treatments - Supplement of the Month:

Vinpocetine: is an extract from the herb Periwinkle (Vinca minor). Research has shown that it enhances red blood cells to easily cross the blood brain barrier. This increases oxygen delivery, as well as releasing blood sugar, and increasing ATP (energy) production to brain cells. This supplement has been of benefit to some children with neurodevelopmental problems.

Other supplements to watch for:

- Vitamin E (gamma and alpha-tocopherol) for speech improvement
- Curcumin, a very effective antioxidant and liver cleansing herb
- Glycine, a critical amino acid that supports Glutathione metabolism – good for body & brain

Please contact Touchstone Naturopathic Centre for an appointment to discuss if these or other supplements are beneficial for your child.

Thank you for letting us into your home. Please share this email newsletter with others. We will be back with another newsletter next month.