



Naturally Healthy News

Touchstone Naturopathic Centre

Winter/Spring 2009
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Looking Forward in 2009 - *Scott Clack, N.D.*

"It's time to remember that old saying:

If you have your health, you have everything you need."

Special Interest:

- **National Nutrition Month** takes place in March
- **Naturopathic Medicine Week** is May 2-10
- **Get ready for spring!** Book an appointment with one of our nutritionists and see how eating better can improve the health of you and your family!
- **Do you have a healthy alternative recipe to share?** E-mail it to us for our next issue!

It's February 2009. It's cold outside. Everyone is nervous, recovering from "Christmas bills blues" while surviving each day's reports of the global financial crisis. It makes you want to crawl back into bed and hide.

If that's not enough, my daily routine brings a steady stream of people, mostly children, who are suffering from new health epidemics that have been unleashed in recent decades. You know you're ill – whether it's Autism, AD/HD, chronic fatigue syndrome, heart disease, Crohn's disease, chemical hypersensitivity, or Allergies. This list is but a small part of the growing list of chronic diseases – including Cancer – that is straining Canadian health care.

Each day I am faced with a dilemma: To offer quick relief to people who have been taught that health care is provided through a medicine or treatment procedure, where health care providers with MD after their name are the ultimate authority, and science is the only means of proving that a treatment is effective. The other side of the dilemma is my strongly held belief and experience that true health is based on lifestyle management, and that treatment and relief of health problems is a long, complex and sometimes arduous process. It seems my challenge is not in prescribing natural treatments and medicines; it's getting people to believe that what they

are asked to do is worth the time and effort.

In the coming year, our Team at Touchstone Naturopathic Centre will be bringing you information to help you understand and learn that good health and wellness is a lifestyle process, not a single medicine.

It's time to remember that old saying: if you have your health, you have everything you need.

It's not expected that you're going to change your lifestyle overnight – success in this goal is achieved over time, in steps. You will need to open your mind to information that conflicts with the opinions of people who are currently deemed "the experts". Our efforts are intended to help each of our patients learn what they can and incorporate it in their lives. The list is long: improved diets, purified water, probiotics, exercise, detoxification of our bodies, homes and workplaces, mindfulness and spiritual wellness. We'll recommend books to help you understand, and offer seminars that prove our side of the health care crisis with research as well as experience from treatments that have been used for centuries – long before modern pharmaceuticals became the norm.

Our goal includes acknowledging that modern health care can and should be an integrated process. The two extremes of medicine - mod-

ern, conventional medicine (known as allopathic medicine) and alternative medicine (including Naturopathy and other systems of natural medicine) – should co-exist for most patients in a safe and effect manner known as Integrated Care. Some of you are taking and would continue to take prescription medicines. Cancer patients should still receive chemotherapy if it's truly shown to be effective. Patients shouldn't be denied the benefits of vitamin therapy that is proven in research by scoffed at by Oncologists. You will need to learn what's right for you, and who the real expert of any given field is.

I look forward to providing the patients of Touchstone Naturopathic Centre with the tools and treatments to live healthier lives.



Adrenal Function: What Happens When They Are Out of Balance?

- Ann Nakajima, N.D

Do you often feel tired despite having a good night's sleep? Do you find yourself feeling irritable or depressed? Are you less able to cope with stress? If so, these may be signs that you are suffering from adrenal fatigue.

By secreting the hormones of adrenaline and cortisol, the 2 walnut-sized adrenal glands help us manage to deal with the stress in our lives. Adrenaline regulates the fight-or-flight response: when faced with a threatening situation, blood is shunted towards the brain and large muscles groups so that one is able to react immediately. In time, the adrenals release high amounts of cortisol, which frees up stored energy and helps the body physically

resist the stressor. With prolonged stress or repeated stressful situations, the adrenal glands eventually become exhausted, resulting in various hormonal imbalances.

Other signs of adrenal dysfunction include:

- Sleep disturbances
- Slow recovery from colds/flu
- Chronic or multiple allergies
- Impaired memory
- Weight gain around the waist

At Touchstone Naturopathic Centre, we offer various forms of testing to assess adrenal function including: salivary cortisol testing, urinary Koenisberg

test, and Vega testing. Under the care of a naturopathic doctor, adrenal function can be restored through lifestyle changes, nutritional supplementation, and herbal remedies.



"In order to change we must be sick and tired of being sick and tired."

- Unknown

Alternative Grains... What is Spelt? - Arja Pennanen Lytle, C.N.P.

As more and more people discover sensitivities to the conventional whole wheat used in pasta, bread and other baked goods alternative grains, like spelt, are becoming more commonplace. An ancient cousin to modern wheat, spelt was commonly used in biblical times as seen in the recipe for Ezekiel Bread.

Sometimes called *farro* by modern Italians and *dink* by Germans and the Swiss, Spelt can be used alone for baking or making pasta unlike other alternative grains. Its familiar, wheat-like texture lends itself well to loaves of bread, cookies and pizza dough.

Spelt is an excellent source of complex carbohydrates, fibre and B Vitamins. It is also a complete protein, unlike other grains, mean-

ing it contains all 8 essential amino acids. It actually contains double the amount of protein of conventional wheat!

For those who are sensitive or intolerant to wheat, spelt makes a wonderful alternative grain. Although it still contains gluten, the gluten is far more fragile than that in wheat and is therefore more easily digested. Spelt also contains a special type of carbohydrate called *mucopolysaccharides* which stimulate the immune system, help lower cholesterol and play a role in blood clotting.

Some ideas for using spelt flour or spelt products include pasta, bread, pizza crusts and baked goods like cookies. Spelt flour can be used in place of conventional wheat flour, but re-

quires less mixing time.

Spelt berries can be cooked and added to soup, veggies, substituted for rice, or eaten as a hot cereal.

If you are looking for other tasty and healthy food ideas for you and your family, why not book an appointment with a nutritionist at the clinic? We've got all kinds of ideas to help keep you healthy and happy!



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Touchstone Naturopathic Centre

Practitioners:

Scott Clack, N.D.—*Naturopathic Doctor*

Ann Nakajima, N.D.—*Naturopathic Doctor*

Andrea Raposo, R.H.N.—*Nutritionist*

Arja Pennanen Lytle, C.N.P.—*Nutritionist*

Evelyno Braganza, D. Ac.—*Acupuncturist*

Services Offered:

- Naturopathic Medicine
- Acupuncture
- Nutrition
- Massage Therapy
- Allergy Desensitization Treatments
- Biofeedback Therapy

Granola Balls – Makes approx. 40 balls

2 cups rolled oats	1 cup nut butter
½ cup dried coconut	1/3 cup honey or agave nectar
½ cup sunflower seeds	1 tbsp cinnamon
½ cup pumpkin seeds	2 tbsp sesame seeds
½ cup dried blueberries	2 tbsp flax seeds
½ cup dried apricots	1 tbsp pure vanilla extract

Step 1 – In a large bowl combine all dry ingredients, then mix in wet ingredients.

Step 2 – Moisten hands with water and form golf ball sized balls from mixture (will be very sticky!).

Step 3 – Place in freezer for 20 minutes to set. Store in the fridge for easy snacks.

Options – Mixture can also be spread into a pan or sheet then put into the freezer to set. Cut into small squares for serving. You can also substitute dried fruit and berries for others of your choice.

Clinic Hours:

Mon	9-7
Tues	9-7
Wed	9-6:30
Thurs	9-7
Fri	9-7
Sat	9-3
Sun	Closed

By Appointment Only