

## THIS MONTH'S NEWS

- Fatigue: Tired of being tired?
- Food Labeling: New guidelines you may not have heard about
- Organic “Must-Buy” foods
- Staff News
- Coming Events:
  - Seminars/lectures
  - Naturopathic Medicine Week May 9-14, 2011
  - Armagh Fundraiser
  - Autism Conferences: Mississauga

## FATIGUE: TIRED OF BEING TIRED

Tiredness is the most common complaint mentioned in doctors offices. It is also the most complex symptom to relieve because it is very complicated to find the source (cause) of it. Let's look at the top possibilities, from a medical and naturopathic perspective (with additional food for thought):

- Poor sleep
- Hypothyroidism (underactive thyroid function) – often misdiagnosed
- Malnourishment/malnutrition: nutritional deficiencies that are not obvious from how you look, relating to your eating habits, undiagnosed digestive problems, food allergies, etc.
- Iron Deficiency
- Lack of fitness (i.e. lack of exercise)
- Stress: it's there even when you think it isn't, and Canadians tend to slough this off as a “badge of valour”



## FATIGUE (Cont'd)

- Anxiety or Depression
- Lifestyle factors: too much coffee or alcohol, obesity
- Seasonal change or jet lag: if you recently travelled through time zones (even 1) these simple time changes can have serious effects.

Okay, I think you get the idea: this is more complicated than it seems. If your energy has only lagged recently, it should be easy to find the cause. If it has been a longer-standing problem, finding the cause and the treatment could be more complex.

The Solution: First, consult with your doctor (and that could be Naturopathic Doctor). The physician should review your health, conduct a physical examination, and order basic testing (CBC, Ferritin (Iron stores), thyroid tests (TSH, T4, T3), DHEAs, Cortisol, fasting blood sugar, liver enzymes are a good start).

# TOUCHSTONE NEWS

STAYING HEALTHY BY BEING INFORMED

WINTER/SPRING 2011

**THERE ARE MANY CAUSES FOR FATIGUE – SOME CAUSES THAT EFFECT YOU EACH DAY WON'T BE CONSIDERED, OR COULD BE MISDIAGNOSED, BY YOUR FAMILY DOCTOR.**

## FATIGUE (Cont'd)

Through naturopathic or holistic doctors you can also arrange organic acid or nutritional assessment tests that provide more detailed information about your metabolism and possible nutrient deficiencies based at the cell level (tests for levels of nutrients in the blood may not accurately reflect what your body is lacking). Treatments can range from iron and vitamin supplements, to B12 shots, IV infusions (see Myer's Cocktail on [www.touchstonecentre.com](http://www.touchstonecentre.com)), to detox/cleanse programs, elimination diets.

If you're tired of being tired, it's time to get checked out! Book your appointment today with either myself, Ann Nakajima or Kimberly Gaule (our holistic nutritionist).

## TOUCHSTONE STAFF NEWS UPDATE:

Congratulations to Lois Johnson!

Lois is the Office Manager for Touchstone Naturopathic Centre, and currently works on our Reception Desk 3 days a week. Lois has been with Touchstone for 10 years, with her anniversary being the end of January, 2011.

*The way to keep your health is to eat what you don't want, drink what you don't like, and do what you'd rather not.*

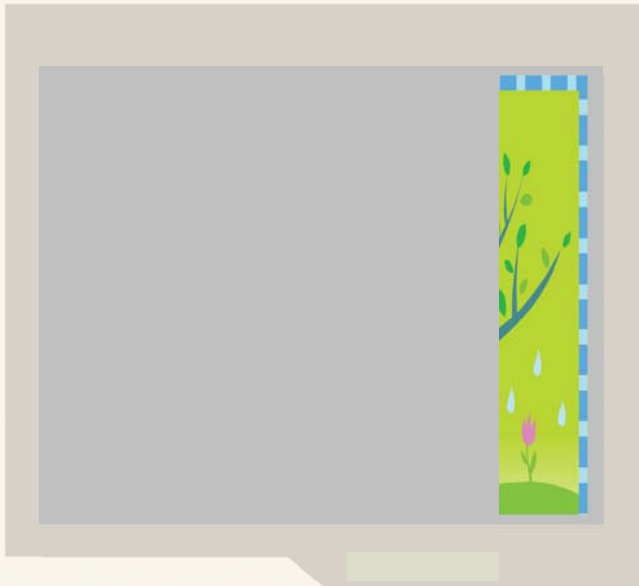
Mark Twain, humorist,

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## FOR FOOD ALLERGY PATIENTS:

### NEW FOOD ALLERGY LABELLING GUIDELINES:

February 2011 – Health Canada has released new guidelines to protect Canadians. Noted additions include clearer labelling if any food products contain Gluten, sulphites, soy, eggs or dairy. These guidelines should eliminate the risk of “hidden traces” or unclear wording (e.g. hydrolyzed vegetable protein must be labelled as soy). Spelt and kamut will be labelled as wheat because of their gluten content. Effective date: Fall 2012. Source: Health Canada, Food Allergens

## UPCOMING EVENTS:

Check our website for details:

- Naturopathic Medicine Week, May 9-16, 2011. We'll have evening lectures & demos, and a 2-hour open house on May 16.
- Armagh (Clarkson) fundraiser – details to follow
- First Line Therapy – Wellness & Weight Loss Program: weekly lectures by Scott Clack, ND & Kim Gaule, RHN.

# TOUCHSTONE NEWS

STAYING HEALTHY BY KEEPING INFORMED



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## **Autism Seminars Coming to the GTA:**

Two seminars that Touchstone patients should consider in the coming weeks are:

### **Autism: Hope in Action**

Mississauga Valley Community Ctr.

Saturday, April 2, 2011

Speakers: Julie Matthews, Nutritionist & Sonya Doherty, ND. Julie has a great presentation about diets for Autism.

Contact: [AutismHopeInAction.com](http://AutismHopeInAction.com)

### **2011 Autism Conference & Children's Health Fair**

Saturday, May 14, 2011

Burlington Art Centre

Speakers: Wendy Edwards, MD (Pediatrician), Julie Buckley, MD.

Info at : [TreatAutism.ca](http://TreatAutism.ca)

Due to prior commitments, Scott Clack, ND will not be able to attend either of these events. He will be pleased to discuss any of the information presented at these seminars, as they pertain to your children.

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