



Newsletter Winter 2008

Dear Patients and Friends,

We want to begin this newsletter by wishing you a happy, healthy and abundant New Year for 2008 from all of us at Carp Ridge Natural Health Clinic.

It has been too long since our last newsletter and we plan to make up for it by sending one out on a regular basis to keep you informed and connected to the events happening at the Centre.

For those of you still new to us, the Centre, short for Carp Ridge EcoWellness Centre (or CREWC), is composed of three parts: the Clinic, a charity called Carp Ridge Learning Centre (the educational aspect) and a residential component. There are visions and goals for each part of the Centre, all of them related to healing and sustainability for our community and planet.

If you are interested in becoming involved with the Centre in some way, please contact us for a tour of possibilities – we would be delighted to share our dreams with you. In the meantime, we invite you to explore our beautiful website, www.ecowellness.com

~ Katherine Willow ND
CREWC Founder & Director

Winter Doesn't Have to Get You Down

The media often refers to winter depression as the “winter blues” or by the official name of Seasonal Affective Disorder (SAD), which sounds harmless enough – unless you happen to be severely afflicted. Unfortunately, this is the case for too many individuals living in our northern climate with its dark winters. Energy plummets and enthusiasm for everything except sleeping disappears. Depression can go so far that there is a frightening lack of motivation to do anything at all. This latter mind state can bring on panic for people in highly responsible positions such as parents who may find it difficult to care for their children as well as they would like during the winter months, or managers with complicated workloads and not enough energy or concentration to complete them. The result can be an urgent visit to their medical doctor and a prescription for antidepressants.

There are holistic solutions for winter depression ranging from the simple to the involved, depending on what causes it in the first place. Major causes include vitamin D deficiency, seasonal lifestyle imbalances and unresolved emotional traumas triggered by the winter season, combined with factors that are not specific to winter but contribute to depression – career or relationship stress, food or chemical sensitivities, liver congestion, adrenal exhaustion, hormonal imbalances, drug side effects and toxins which affect the brain and nervous system (pesticides, for example).

If your winter lows are mild to moderate, there is nothing wrong with experimenting with the standard SAD “cures”: full spectrum lighting for an extra hour daily, preferably on the face early morning or evening; vitamin D supplements up to 2000 IU/ day (a blood test with your MD can determine if you are deficient); the herb St. John's Wort, which has a long history of treating depression in general; and spending an extra half hour per day outside – even if it's cloudy – especially with movement such as walking or skiing. Other substances which can help include thiamine, royal jelly and sage (the latter should not be used during pregnancy or breastfeeding). Results can be expected in as little as a few days or a few weeks.

When winter depression is moderate to severe, an in-depth-assessment may be necessary in addition to the above strategies. At our clinic this would include a full history, naturopathic physical exam, metabolic analysis (food sensitivity testing) and if needed, a regulation thermography test. The treatment program would be totally individual, based on the assessment, and results would take longer, possibly up to two winters. The benefit of this type of medicine is that everything else improves and you learn fascinating health tips which can be used for the rest of your life for yourself and your family.

In the spirit of community, we offer Volunteer Work Parties one Saturday a month throughout the year. On these days interested people come together to work on projects such as the garden and making trails. As one participant said, **“These are more fun than they are work!”** Afterwards we gather for a hearty lunch prepared by Katherine Willow, the Centre's Director. Join us and bring a friend to meet like-minded people in a friendly atmosphere. Please RSVP Katherine at 613-839-5764, so we may include you in our lunch. Let us know if you'd like to be on our email/phone reminder list.

UPCOMING VOLUNTEER DATES **January 26th:** Creating cross-country ski trails and garden plans. **February 16th:** Trails and garden plans. **March 22nd:** A special date to celebrate the solstice in our sweat lodge. **April 19th:** Gardening.

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www.ecowellness.com info@ecowellness.com WINTER 2008

Looking for somewhere warm?

Our toasty Infrared Sauna is available for 30 minute sessions at the cost of \$20.

Sauna is an effective and enjoyable aid to detoxification, cardiovascular health, clearing skin conditions and easing joint pain.

Regular use of the Infrared Sauna is known to strengthen the immune system, reduce stress/fatigue and can be successfully used to support weight reducing programs.

Bring a large water bottle, loofah, shampoo, and we will supply the towels. Call the Clinic to book.

Staff Spotlight

Carp Ridge Natural Health Clinic welcomes Debra Weedmark to our full-time health care team. She will be working with our Naturopathic Doctors as a Wellness Practitioner to provide the complementary and holistic services that all work to restore balance in one's body.

Debra Weedmark, BA, Orth.

Registered Orthotherapist
Registered Massage Practitioner
CranioSacral Therapist • Reiki Master
Lymph Drainage Technician
Hot Stones/Reiki Therapist
Quantum-Touch® Practitioner



We are also delighted to welcome Dr Ed Ragan, MD, who practices functional medicine here at the clinic once every two weeks. In addition we are pleased to have Colette Gendre and Kate Glynn as support staff for our practitioners and patients in the front office.

Experience your authentic self

Authentic Movement is a physical practice where we unfold, unravel, reveal and revel in the sensory awareness of the self in the presence of others. It requires no previous training, it teaches people to be people through movement, it teaches us new ways of seeing ourselves and others. The practice has many applications such as dance therapy, meditation, creation and individual processes. Monique Léger has been teaching Authentic Movement for the past ten years. Her background is in dance, choreography and arts administration and policy. She is the co-founder of the Cassandra Project: www.cassandraexperience.ca. "I am grateful for the poetry that lives in us, always."

Dates: First Sunday of every month.

February 3, March 2, April 6, May 4, June 1, July 6.

Location: Carp Memorial Hall, 434 Donald B. Munroe St, Carp

Time: 10 am to 1 pm

Cost: \$20 per workshop or \$120 for seven.

For information and or registration, please call Monique at 613-842-5204 or mmleger@sympatico.ca

Did you know that your ear is a healing place?

We are planning a trial treatment session to investigate the benefits of a therapy called 'AcuDetox'. This is a 3 week program involving ear acupuncture needles in specific points that promote wellbeing, clear-thinking, increased creativity, and a capacity for new learning and relaxation. It has been used with great success to treat addictions of all kinds. In fact, it is recognized and covered by OHIP. The time commitment is one hour per day, five days a week, for three weeks. The trial will take place:

Monday, January 28, to Friday, February 15
9 - 10 am, Monday to Friday
at Carp Ridge Natural Health Clinic

Usually the cost for this program is \$450. We would like to offer it to you for free if you can commit for the entire time. It would involve filling out observational forms so we can gauge its effectiveness and decide whether to pursue certification and possible OHIP coverage. Please let us know ASAP if you would like to participate in this trial by calling 613-839-1198.

The Book Shelf available for purchase at the clinic

Winter is a natural opportunity to go within. It is in this spirit that we recommend the following books.

Lights Out by T.S. Wiley, with B. Formby

We are not just sick and tired – we are sick because we are tired. Find out how getting more sleep will help everything from weight to energy to your immune system.

Loving What Is by Byron Katie

An amazingly effective, simple and straightforward antidote to the suffering we create for ourselves. Learn to embrace yourself.

The Journey by Brandon Brays

Brandon shares her remarkable story of healing and offers us the tools to resolve old emotional traumas and live well in the present.

Spring Cleaning the Natural Health Way

It's already time to think about spring cleaning – not just your house but your body, too! If you start planning now, you will be ready when the time comes. Spring is an ideal time to detoxify the body by removing the waste that has built up over the long winter. We generally recommend a cleanse in spring and fall, but some people do one at every seasonal change and others may cleanse continuously through a specific regime.

How should I cleanse?

There are many ways of detoxifying the body. The method chosen will depend on the current health of the person, the desired goal and the lifestyle of the individual. You can choose to do a very gentle cleanse using gentle dietary changes or a more complex one incorporating major diet alterations and supplement use. Cleansing the body can be done over weeks or months or just for a few days. Most cleanses focus on the liver and colon, but some help with parasites, lymphatic drainage, weight issues, removal of candida and improving the pH balance in the body. At Carp Ridge Natural Health Clinic we will help you create the best cleanse for you – taking into consideration your age, health, lifestyle and also budget.

How will I feel?

Most people feel better, both physically and mentally after a cleanse. Some people do experience what we describe as healing symptoms during the cleanse – especially when there are a lot of built up toxins. As the toxins are released headaches, digestive symptoms and bouts of strong emotions like sadness or anger are not uncommon. If you do experience strong symptoms we will be ready to support you, although we do try to help create cleanses that are gentle and pleasant.

So start planning and look forward to feeling better and lighter – what a great way to celebrate spring!

Spring Cleanse at Carp Ridge Natural Health Clinic

This year we are trying something new – cleanse classes held during our clinic hours.

Date: Wednesday, March 19th and 26th

Time: 8 - 9:30 am

The two sections cost \$120 and include two Metabolic Analyses. Please register as early as possible to receive a preparatory package. The earlier you begin the better your cleanse results will be. Cleanse programs are also available on an individual basis with clinic practitioners.

Wake up to these tasty and healthy breakfast ideas!

Many of us do not take the time to eat in the morning. However, for most of us, eating soon after waking provides the energy and nutrients needed to face the challenges of the day. Hunger is satisfied, blood sugar levels are stabilized and mental alertness and concentration are improved.

Eating a breakfast that includes protein, healthy fats and whole grains is a great way to start the day. If you can't face food first thing in the morning try easing into it – a mid-morning snack is better than not eating at all.

Here are a few fast-and-easy ideas to get you energized:

- Oatmeal or non-wheat cereal (sprinkled with fruit) with milk of your choice (soy, rice, almond or organic dairy)

- Fruit smoothie made with milk or yogurt and an oatmeal muffin – add protein powder if you need a little something extra
- Healthy cereal bar, yogurt and a container of juice
- Whole grain non-wheat toast with almond butter and sliced banana
- Soft boiled free range egg (this only takes 3 or 4 minutes!) with whole grain toast and a container of vegetable juice (like V8)
- Bag of mixed dry cereal with nuts and dried fruit, and juice or milk
- Fruit cup and a piece of whole grain toast or even a rice cake with nut butter

Eating a good breakfast helps increase your overall nutrient intake and getting children to eat breakfast introduces healthy eating habits.

An alternative view of illness & healing: German New Medicine

German New Medicine ties together emotional shocks and disease, leading to an extraordinary new model of understanding how to heal from even so-called terminal illness.

Katherine Willow has been practicing and teaching

GNM at the clinic since 2003, and this year welcomes Barb Pierce as our teacher of GNM introductions and special topics. If you haven't yet discovered GNM, we encourage you to come to a session with Barb and gain a truly alternative view of disease and healing.

Sunday, January 20, 2-4 pm

In addition to an introduction to GNM, Barb will present an overview of the emotional root causes of breast cancer. \$20, No pre-registration necessary.

Location: Carp Ridge Ecowellness Centre, 2386 Thomas Dolan Pkwy, Carp

Sunday, February 17, 2-4 pm

In addition to an introduction to GNM, Barb will present an overview of the correlation between 'Self-Devaluation Conflicts' and the development of osteoporosis, arthritis and bone cancer.

\$20, No pre-registration necessary.

Location: Churchill Seniors Centre, 345 Richmond Road, Westboro, across from MEC & lululemon.

Thursday, March 20, 7-9 pm

In addition to an introduction to GNM, Barb will present an overview of the correlation between 'Profound Loss Conflicts' and the development of ovarian cysts, ovarian cancer, endometriosis and testicular cancer.

\$20, No pre-registration necessary.

Location: Carp Ridge Ecowellness Centre, 2386 Thomas Dolan Pkwy, Carp

Thursday, April 3, 7:15-9 pm

Introduction to GNM: What if diseases and illnesses are not a result of immune system dysfunction but simply predictable biological responses to emotional shocks? \$5

Location: Ottawa Citizen Bldg. 1101 Baxter Rd, Ottawa

Saturday, April 19, 1-5 pm

GNM Introduction and Workshop, \$20

Join Barb as she presents an overview of GNM and more detailed information about 'Morsel Conflicts' (diseases of the digestive tract such as crohns, IBS, colitis, etc).

Location: Hintonburg Community Centre, 1064 Wellington, Ottawa

Sunday May 25, 2-4 pm

GNM Introduction and Workshop, \$20

Location: Churchill Seniors Centre, 345 Richmond Road, Westboro, across from MEC & lululemon.

Thursday June 19, 7-9 pm

GNM Introduction and Workshop, \$20

Location: Carp Ridge Ecowellness Centre, 2386 Thomas Dolan Pkwy, Carp.

You can find out more about Barb Pierce by visiting www.coachinghorizons.ca & www.spiritualfrontiers.ca

Testing Spotlight: Metabolic Analysis

Affectionately nicknamed the "pee and spit test", metabolic analysis offers a screening of various body functions and is used to monitor the success of your health program. It only requires a three hour fast from food and drinking your usual amount of water, so it is quite practical to do before each visit.

The values of saliva pH as well as urine sugars, pH, salts, urea and nitrates give an overview of the pancreas, liver, kidneys, adrenals and intestines. A computer program generates a percentage for metabolic efficiency, showing you how much energy you are extracting from your food. As you strengthen inner organs and

release congestion, the percentage increases and you feel lighter and more energetic. This makes sense as digestion is the biggest energy requirement of the human body, and making it more efficient always brings positive results for general well-being as well as specific disorders.

Patients are welcome to come in for this test independently of practitioner visits to evaluate the success of your own efforts or simply find out what your metabolic efficiency is at this time. We have a sheet you can use to determine what the values mean. The cost: \$20 for the first test and \$15 for follow-ups.