

Carp Ridge Natural Health Clinic

NEWSLETTER
Spring 2005

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Reflections on Natural Healing

KATHERINE WILLOW ND

We are here for a reason, each of us in a different way.

This is as simple as an apple tree growing apples and as profound as a human being with a particular destiny including specific life lessons, gifts, and the unfolding of spiritual awareness.

□ The apple tree grows from information in its DNA; human beings grow from instructions in our souls -- our spiritual DNA. When we can't follow these instructions, when we are off our path, so to speak, we experience dis-ease, suffering on various levels: physical pain, dysfunction, emotional stuckness, depression, mental confusion and alienation from our soul. The process of healing allows us to rediscover who we are and get back on our path. Or maybe find our path for the first time in this life. . . .

□ To be successful on this journey, it is important to know that healing involves all of our dimensions: physical, emotional, mental, energetic and spiritual, culminating in a harmony between them that is guided by the soul. continued inside

Romancing the Machine, 2005

Back in 1998 I wrote an enthusiastic article for a local health magazine about a diagnostic machine I'd fallen in love with. This was extremely unusual for me, as I tend to be a techno-peasant who prefers the phone over emailing and my flipchart to a PowerPoint presentation! I was thrilled because of the simplicity of the concept, the fact that results are independent of the influence of the tester, forty years of German research, and especially because it reveals such a wealth of information directly applicable to use in the clinic.

□ The **Regutherm**, short for regulation thermography device, has since then become solidly integrated with the rest of our assessments. We use it to screen for cancers, especially for breast cancer when women want an accurate substitute for the discomfort and radiation of a mammogram; hidden subclinical infections (foci) which can drain the body's immune system; unhealthy dental patterns; level of energy (depressed, normal or over-stimulated); expected rate of recovery; and danger signals.

□ Over the years my appreciation continues for this piece of technology in the context of a natural healing philosophy that is based on looking for the cause. We recommend it as a useful adjunct to an annual check-up, or more frequently to monitor serious disease conditions. If you are interested in a Regutherm test, please book it for the morning hours with reception. KW

An Invitation from Halima Gamblin, MA

"If we want to make a hole in the wall, [we] can beat [our] heads against the bricks. The goal is fine. But the means of reaching it is not too comfortable."

~Alfred Adler

It is a bit of a rub, since we all do it (bang our heads against the wall), and it is also an invitation: an invitation to consider for a moment that perhaps there is another way to make a hole in the wall. It can be a struggle to continually come up against a wall, so let's look for another way through that wall.

□ *My training is based on the work of Alfred Adler whose theory is a holistic, creative model of living and action-oriented problem solving. Many life experiences and struggles can be addressed through this model.*

□ *So who am I and what am I doing here? I'm a graduate of the Master of Arts in Counselling Psychology program at the Adler School of Professional Psychology. What this means is that I now offer individual psychotherapy services at the Natural Health Clinic for anyone 16 years of age and older. I also offer workshops. The upcoming Experiential Journaling Workshop will knock your socks off! It will be held at the Learning Centre on March 26th from 9:30 am until noon. The fee is \$25 per person. No experience with journaling is needed to attend.*

□ *Registration is through the clinic at 839-1198. I am looking forward to working with you.*

Natural Healing continued

By definition our soul is the essence that is a constant source of joy, wisdom, creativity and love. The soul doesn't usually need healing, however we can deepen our connection with it. When we are out of balance for some reason, we have trouble experiencing our soul and start to feel unhappy, restless, off-balance. If we try to feel better by grasping for solutions from the outside such as food, stimulants, sex, possessions or power, we worsen the imbalance and need more and more external stimulus to feel good. This is addiction.

□ When we realize the futility of that path, we can turn to the work of real healing: unblocking our internal source of happiness that is increasingly available as we move toward balance.

□ There are two main categories of dis-ease that block our soul. One is caused by chronic unhealthy habits, including diet, emotional extremes, negative thinking and spiritual neglect. These gradually deplete and poison us until we start to fall apart and become clinically sick. They are corrected by persistent lifestyle and attitudinal improvements appropriate to our specific body type. There is much information on this type of healthcare, both from ancient healing systems (i.e. Ayurveda and Chinese Medicine) and modern research. This is obvious to most of us, but sometimes we have difficulty following what we know is good for us. Which brings us to the next category.

□ The second type of disease is not well understood in our culture. It is addressed by complimentary medicine and to some extent by psychotherapy. This kind of disease is caused by a profound shock, either physical or psychological, which lodges in the person until brought to consciousness and dealt with in practical fashion with a deep-acting homeopathic remedy, psychotherapy or other modality specific to the shock. Many people don't realize that they are still affected by these physical and subconscious shocks, and therefore cannot address the cause of their dis-ease and suffering. They battle around with their symptoms, getting a little better, then a little worse, and not making substantial progress. There is the frustrating feeling of being STUCK!

□ This concept is unconventional and foreign to most people, so here is a simple example on a physical level which impressed me deeply: *When I was training at naturopathic college 23 years ago, a middle-aged woman came to the clinic presenting with epilepsy. The seizures had started immediately after hitting her head in a fall on ice nine months previously. She was prescribed the drug Dilantin to control the seizures, which she faithfully took, but suffered side effects from. On the advice of our supervisor, we gave her the homeopathic remedy Arnica, which helps the body resolve the effects of physical trauma such as hard blows. Within a week, she was free of seizures and no longer needed the drug. A letter from her a year later indicated that she remained cured.*

□ Most cases are more complicated and involve the psyche, requiring deep analysis and resolution of a person's imbalances on both levels: shocks and living habits, in careful, orderly layers. With each resolution, the person feels more themselves and is able to recover another piece of their path. Successful treatments need to match the cause exactly, and can include nutritional supplements, homeopathic remedies, herbs, acupuncture, osteopathy, psychotherapy and energy healing, to name a few.

□ From a scientific perspective, there have been discoveries in Europe connecting shocks with disease via lesions seen on brain catscans. Five related laws of healing, some of them quite startling, were uncovered by medical doctor Geerd Hamer, and are known as New Medicine, or lately, German New medicine. This system offers the best promise to bridge complimentary and modern medicine I have yet seen. So far 40,000 cases have been verified and a greater understanding given to diseases of all sorts, especially cancer. □

□ At our clinic we are integrating naturopathic medicine, New Medicine, Ayurveda, and spiritual principles into a more thorough protocol, and are seeing improved results in our healing journeys, patients and practitioners alike.

□ If you are interested in learning more about these topics to facilitate your own healing, please come to our monthly talks on Natural Healing Laws. May you be well -- we wish you peace on your journey in 2005!

Introducing Katia Baileffi, ND

Katia joined our team in January to help restructure the clinic towards more thoroughness and excellence. Katia's gentle presence, keen mind and healing intuition make her a complimentary addition to the clinic. Her support will allow me (Katherine) to reopen my practice after several years of working minimal hours. □

□ *We are both excited about the integration of several healing systems into a more clear, easy-to-understand process for patients. Katia recently graduated from the*

Canadian College of Naturopathic Medicine in Toronto and is licensed to practice naturopathic medicine in Ontario. She brings experience in emergency medicine and working with special populations such as individuals with developmental disabilities, psychiatric illnesses and geriatrics.

□ *She has also been recognized for various community building efforts at the Canadian College of Naturopathic Medicine and the Humber College of Applied Arts and Technology. KW*

Carp Ridge Learning Centre Schedule: spring 2005



NOTE: We ask that you pre-register for events. For more info and to register for most events, call Louise De Luca at 839-1179. A few events below have different contact info which is noted after the listing.

FEBRUARY

Fri-Sun, Feb 11-13, Winter Renewal Retreat, Galilee Mission in Arnprior, with the theme of Spiritual Renewal. \$205 single occupancy, \$185 double occupancy per person includes lodging, meals, informal classes and talks.

Sat, Feb 19, 9:30-11 am, Natural Healing Laws (incorporating German New Medicine), Katherine Willow ND, \$10. Principles and tools to facilitate the healing journey.

MARCH

Sat, March 12, 9:30-11 am, Natural Healing Laws (See Feb 19 for description & cost.)

Fri-Sun, March 18-20, Kelly Tobey Workshop. Personal development, emotionally and spiritually, in an exuberant environment. Friday evening and all day Saturday/Sunday. Free introduction on Thursday, March 17. Location to be announced. Cost of weekend, \$300 if you pre-register, and \$350 at the door. We have two early bird tickets left for \$250.

Sat, March 26, 9:30 - noon, Experiential Journaling Workshop with Halima Gamblin, MA. Learn, hands-on, how journaling can help with problem-solving, reflection, and self-awareness. No experience required. \$25.

Thurs, March 31, 7-8 pm, Homeopathic First Aid for Children with Kim Callaghan ND. Learn how to treat children's minor injuries and ailments the homeopathic way. \$8.

APRIL

Thurs, April 14, 7-8 pm, Introduction to Naturopathic Medicine During Pregnancy & Childbirth with Kim Callaghan ND. An introduction to naturopathic medical support for mom and growing baby. Learn how nutrition, homeopathy, herbal medicine and acupuncture can be incorporated into pre and postnatal care. \$8.

Sat, April 16, 9:30-11 am, Natural Healing Laws (See Feb 19 for description and cost).

Fri-Sun, April 22-24, Spring Cleansing Retreat at the Galilee Mission in Arnprior. The focus will be cleansing physically, mentally and emotionally. \$205 single occupancy, \$185 double occupancy per person includes lodging, meals and classes.

Saturday, April 23, 9 am-4 pm, "I'm a Great Me. . ." A one day workshop packed full of hands on activities designed to help girls 9-13 love and accept themselves based on WHO they are; not WHAT they look like. Participants will take home their own creative ideas about what makes them unique. Moderated by Jen Charbonneau, RDH, CMC, Disordered Eating Awareness Consultant. \$45.

MAY

Sat, May 14, 9:30-11 am, Natural Healing Laws (See February 19 for description and cost).

Sat-Sun, May 21-22, 10 am - 5 pm both days. New Medicine (German New Medicine) for Practitioners Level I with Ilseadora Laker from Toronto, the only Hamer trained practitioner in North America. New patient demonstrations with catscans. \$300 per person. \$175. for previous Level I attendees.

JUNE

Sat, June 11, 9:30-11 am, Natural Healing Laws (See Feb 19 for description and cost).

JULY

Sat, July 9, 10 am-5 pm, A Day on the Land. Natural living and wilderness survival. Children & youth welcome. \$50.

Sat, July 16, 9:30-11 am, Natural Healing Laws (incorporating German New Medicine). Katherine Willow ND, \$10. Principles and tools to facilitate the healing journey.

AUGUST

August 13, 9:30-11 am, Natural Healing Laws (See Feb 19 for description and cost).

An August Retreat will be held in the Toronto area for several days. Exact time and location to be announced. Call for info.

OCTOBER

October 21-23, Youth Retreat at Galilee Mission in Arnprior. For young people who want to learn tools to nurture their spiritual growth. \$205 single occupancy, \$185 double occupancy per person includes lodging, meals and classes.

Ted's Life

Kim Callaghan, ND

Ted is a 6 year old boy whose mom was concerned about his behaviour - he was having trouble focusing and listening. He also had a sensitive stomach, vomiting fairly often. He had headaches, was sensitive to noise and woke 3-4 times at night for up to 2 hours each time. Ted was in a constant state of irritation. I suspected certain foods were throwing him into overdrive and, after food sensitivity tests, we modified his diet.

□ I also prescribed a constitutional homeopathic remedy. On the first follow-up visit, Ted's parents reported about a 30% improvement. Now, 30% doesn't sound like much. In fact, if this were a test score, it would be a dreadful failure. But let me tell you what had changed in Ted's life. He was sleeping

through the night, which he'd never ever done, and there were fewer complaints about his sore, sick tummy. Most striking though, Ted sat quietly and worked on crafts and painted pictures which, previously, he had not been able to do. When I asked Ted directly about his artwork, he looked up at me with a beaming smile and told me all about it.

□ Since then, he's slept every single night for nearly a month and he's finally getting positive feedback, for the first time, from his teacher. Ted was a good reminder for me to have patience and trust the healing power of nature. Small results can mean big improvement. And, even though it can be frustrating for patients, parents and practitioners, the body will move forward according to its own healing process. I'm very much looking forward to Ted's continued improvements.

Services at Carp Ridge Natural Health Clinic: 613-839-1198 or crnc@cyberus.ca

A large range of naturopathic personalized assessment and treatment programs are available at Carp Ridge.

Areas of specialization are listed below:

Naturopathic Services

Osteopathic Services

Psychotherapy Services (Gestalt & Adlerian)

Naturopathic Group Sessions (6 people maximum)

Rebuilding and Balancing through Homeopathic Remedies

Herbs and Nutritional Supplements

Testing: Food Sensitivity, Hair Mineral Analysis, Regulation Thermography, Metabolic Analysis

Detoxification

Sauna Sessions

Massage Therapy

Acupuncture

Ayurvedic Assessments & Lifestyle Suggestions

Reiki Healing

Men's & Relationship Groups

Would you like to be on our email list to receive information or upcoming event news at CREWC or the Clinic? Email or call Louise De Luca: crewc@cyberus.ca, or 613-839-1179

Your email address is strictly confidential and will not be given to any other person or organization.

WANTED:

Carp Ridge Clinic is actively seeking a holistic doctor to join our practice. If you are interested in meeting with us, contact Louise De Luca at 613-839-1179, or email ldl@cyberus.ca

CREWC Update:

The year 2004 proved to be busy at Carp Ridge EcoWellness Centre. In May, CREWC began preparations for submitting the final phase of a Site Plan Adjustment to the City of Ottawa. To this end, we drafted the location of four residences on the 19 developable acres of our 190-acre property. In compliance with provincial and municipal regulations, a hydro-geological study was performed, surveying and engineering reports prepared, and the draft site plan drawn. It has all now been submitted to the City of Ottawa for review (sigh of relief).

□ The process generally takes 12 to 14 weeks, during which time the CREWC Board of Directors have begun studying potential alternative housing styles to model. CREWC board member Christie Unitt has been researching home designs, construction methods, and alternative heating and power sources, as well as potential suppliers.

□ In September, members of the board of directors began a pilot project for an Emergency Preparedness Network. Members contacted a small group of neighbours who were invited to a one-hour meeting. Once gathered, individuals were provided with a copy of the City of Ottawa's directions for preparing an Emergency Home Survival Kit including food, water, first-aid and car, special needs, and important family documents to collect. Participants were also asked to complete a brief questionnaire to assist organizers in developing a permanent program. To date we are gathering data and assessing how we can develop more networks and provide them with support.

□ CREWC is also currently preparing a Sustainability Map that will be posted on our website in the spring. For further information about these or any other issues of interest to you, please call, or log on to our web page at www.ecowellness.com. Check us out!