



Carp Ridge Natural Health Clinic

Naturopathic Doctors | Osteopathy
 Massage Therapy | Orthotherapy | Reiki | Yoga
 Life Coaching | NLP | Hypnotherapy
 Journeywork | Nutritional Counseling
 German New Medicine
 Workshops

April

www.ecowellness.ca



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Dear Patients and Friends,

Looking through my window I have to admit the landscape (snowscape!) looks more like February than April. It makes me wonder what the summer will bring and how to protect the garden from weather extremes – drought, downpours, high winds? Ideas such as large water cisterns, protective covers and more rain barrels come to mind, especially since we just put in an order for dozens of medicinal herbs to grow for use in the clinic. It is an interesting challenge, this business of becoming a sustainable healing centre...

Even our spring cleansing becomes a little complicated by the unseasonable cold and snow. Whereas the sun signals our bodies to detoxify, the cold triggers a desire to eat heavier food to generate warmth. The result is often a feeling of not knowing what to eat and being more susceptible to colds and flus. The trick is to balance the two urges with moderation in order to emerge successfully from this season into the warm weather. It gets easier with practice!

This time around I had my own experience of falling ill – with both laryngitis and bronchitis. After trying to plough through without stopping I finally surrendered to the cough and canceled everything for a week. It was humbling. And educational: when my mind finally cleared I identified the emotional issues via German New Medicine which were the root causes and made some decisions which have transformed my (inner) life. It feels like the illness served a bigger purpose and I feel better for it.

Another impressive lesson for me has been the enduring effect of the acudetox. I had been terrorized by my desk and its piles of paperwork all my life. It would weigh heavily on me for days and weeks until I was able to clear it, often spoiling my evenings, weekends and holidays. In the middle of my three week acudetox experiment, my mind became more calm and clear. Out of the blue I started doing my desk work differently; the piles didn't build up as much and if they did, I easily sorted through them. The real test came at the beginning of the month after I had been ill and neglected work for a week. I thought of procrastinating [when I typically have extra to deal with], but instead took a deep breath and dug in. What I would normally have set aside several hours for took 40 minutes. I am amazed and now understand why Dr. Brian Bailey describes this type of result as transformational change.

To be honest, not everyone sees these changes through acudetox. In our trial Dr. Bailey estimated an 80% success rate. If I can suggest something, it is that you check in with yourself for a driving urge to do this program as an indication that you will probably derive the benefits.

That's it for now. I would like to end with a thank you to Barb Pierce for her initiative and beautiful design skills in making these newsletters happen. And a brief note that our next work party will involve planting seeds followed by a wholesome lunch on Saturday April 19/08 from 9:30 am to 1:30pm.

Katherine Willow ND



Our Services at a Glance

Here is a snapshot of what we can offer you at the clinic:

- Naturopathic Doctors who coordinate individual healing programs
- Osteopathic assessment and treatment
- Nutritional counseling
- Massage therapy & Orthotherapy
- CranioSacral therapy
- German New Medicine
- Life coaching
- NLP
- Hypnosis
- Journeywork/Emotional Healing
- Psychotherapy
- Reiki & Quantum-Touch
- Cleansing programs
- Healing group

Testing

Metabolic Analysis

This test analyzes urine and saliva to determine how well your metabolism is working. It helps us identify and correct metabolic imbalances, resulting in improved digestion and healing.

Biotron Sensitivity Testing

Sensitivity testing for 84 different food and environmental substances that may cause intolerance and/or irritation. This will assist your health care team in providing guidance on foods which optimally support your health.

Regulation Thermography

Thermography means measuring heat. This simple and risk-free diagnostic approach helps your health care team determine and treat functional disturbances years before they become obvious clinically. It is a proven screen for breast cancer.

Clinic Hours

We are open from 8am-5pm daily and until 8pm on Thursdays.

Still not sure how we can help you? Please call Kate or Collette at 613-839-1198 or email us at info@ecowellness.com with any questions you may have about our services or our staff.

New Director of the Learning Centre

We are very pleased to welcome Freya Struthers who will become the Director of the Learning Centre starting April 16th. Please feel free to contact her directly at 613-839-1179 with any questions related to booking the learning centre.

Welcome.



Introduction to German New Medicine (GNM)

What is German New Medicine ?

German New Medicine (GNM) is the science behind understanding why and how our emotions have a direct impact on our health; it is a system of medicine with five biological laws linking the psyche, brain and tissue levels of all living beings into a coherent process of diagnosis and healing which can be used to accurately predict the causes and outcomes of illnesses (mental and physical).

The Importance of GNM

GNM can help us to see 'illness and disease' in a new light. Like the periodic table of elements for science, it brings a deeper order to medicine, helping us to understand situations which, until now, have baffled and/or frustrated us (traditional and complementary practitioners alike).

Learning the GNM principles can take the fear out of words like cancer and can help you to create vibrant good health by helping you understanding the link between emotional and physical health.

Background and Overview

GNM was 'uncovered' by Dr. Ryke Geerd Hamer. In 1979, Dr. Hamer's son, Dirk, was shot and killed. Shortly after Dirk's death, Dr. Hamer developed testicular cancer. Since he had previously been perfectly healthy, he postulated that the cancer was directly related to the shock of unexpectedly losing his son.

To date there had been no direct research which directly connected shocks on the brain to physical illnesses. Since he was working as the head internist of a cancer clinic at the University of Munich, Germany, he was in a perfect position to fully develop his theory and conduct scientific research, which later confirmed his theory that cancer is the result of unforeseen, significant, isolating emotional shocks (which he called DHSs – Dirk Hamer Syndrome, in honor of his son).

His research culminated in the publishing of the **Five Biological Laws of German New Medicine** which describe:

- the link between unexpected emotional shocks and how they impact the brain, the psyche and the organ/tissue (even if we had just a few seconds to prepare for the event, we would not have been 'caught on the wrong foot');
- the course of each significant biological special program (SBP - i.e. how the shock manifests itself) as it runs through the conflict and healing phases;
- the difference between 'old-brain' directed conflicts and 'new-brain' directed conflicts (i.e. as our brains evolved, the types of conflicts we faced became more complex and this is reflected in how they manifest themselves);
- how microbes are used by the body in the healing phase to 'clean-up', 'repair' or 'rebuild' after the conflict phase is over;
- how each disease is simply a predictable biological response to a significant, unexpected emotional shock & can be logically related to instinctual behaviours and patterns which were designed to protect our ancestors.

Using GNM in practice

Ideally, patients would be familiar with GNM before being diagnosed with a serious illness. Unfortunately, it is often at these difficult times when people become more curious and aware of possibilities other than those offered by conventional medicine, and so people will begin to learn about GNM in the midst of a major physical 'manifestation'. When this happens, people can approach GNM with fear or with conflicting emotions 'wanting to believe but not yet ready to believe' in GNM. This is a difficult position to be in because the patient must be completely comfortable with the philosophy and principles behind GNM.

How Fear Affects the Body

When a person is fearful for his/her existence, s/he will unconsciously activate the KCT (Kidney Collecting Tubule) Syndrome which will cause tumors to grow in size dramatically as they retain water. This in turn can cause even more fear, creating a cycle that is difficult to break. This is why it is best to learn GNM when you are healthy so that you can remain calm in the event of a diagnosis of cancer or any other illness.

Using GNM in Practice

The first step in the GNM therapy process is to determine the phase of the condition. This can be accomplished through the analysis of a CT scan, a biopsy and/or a physical examination. If the conflict is in the active phase, then patient will need to resolve or downgrade the conflict. There are many ways to move into resolution and these include:

- Talking it out either with another person or by writing in a journal - with the aim of finding a practical and sustainable solution to the shock,
- Creating a timeline to help the patient understand what conflicts or resolutions occurred before the symptoms manifested themselves. This will help the patient become more clear on what needs to be resolved, or what has already been resolved, and/or
- Seeking professional help from a coach, psychologist, psychotherapist or other professional to help the patient to resolve the conflict in a way that is meaningful to him/her.

If the conflict is in the healing phase, the role of the practitioner is to coach the patient to ride out the symptoms and/or treat appropriately to mitigate physical symptoms.

In GNM, it is very important to have regular contact with the patient to keep them calm and to answer any questions about physical manifestations of the DHS. In addition, patients are encouraged to learn more about GNM through reading, taking courses and/or consulting with GNM practitioners.

**2386 Thomas Dolan Parkway
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The Team Approach

At the Carp Ridge Natural Health Centre, we work as a team to help patients identify and resolve their emotional traumas. Patients will typically choose to see both a naturopath to manage any physical manifestations as well as a life coach who specializes in helping individuals resolve emotional traumas.

All staff at the Carp Ridge Natural Health Centre either have training in GNM or direct access to a practitioner who can advise in GNM.

Katherine Willow has began learning about GNM since 2002 and has been incorporating GNM into her practice since 2003. Barb Pierce has been learning about GNM since 2002 and has been incorporating the GNM principles in her life coaching practice since 2004. We have weekly meetings with Ilsadora Laker (a student of Dr. Hamer and internationally renowned GNM specialist) to discuss patient diagnosis and care. We also take courses on a regular basis with Ilsadora Laker and Caroline Markolin - Canada's two approved GNM teachers.

Upcoming GNM Introduction Presentations

Thursday April 3 (7:15pm-9pm) Introduction to German New Medicine (GNM) with Barb Pierce

Location: Ottawa Citizen Bldg. 1101 Baxter Road (\$5.00 donation).

Focus: digestive disorders such as Crohn's, colitis, IBS, food intolerances.

Saturday Apr 19 (1pm-5pm) German New Medicine (GNM) Introduction and Workshop with Barb Pierce

Location: Hintonburg Community Centre 1064 Wellington (\$20.00 donation).

Focus: introduction plus you will learn practical techniques to release emotional traumas.

Sunday 25 May, 2-4pm GNM Introduction with Barb Pierce \$20

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

Focus: General Introduction - Bring Your Questions



April 2008

<i>Sunday</i>	<i>Monday</i>	<i>Tuesday</i>	<i>Wednesday</i>	<i>Thursday</i>	<i>Friday</i>	<i>Saturday</i>
		1	2	3 ** German New Medicine Intro 7:15 - 9 pm	4	5
6 ** Authentic Movement	7	8	9	10	11 Yin Yoga 8 week series begins 12-1 pm	12
13	14	15	16	17	18	19 volunteer work party 9 am - 12 pm
20	21	22	23 Spring Cleanse 8-9:30 am	24 AcuDetoX follow-up 8-9:30 am	25	26
27	28	29	30 Spring Cleanse 8-9:30 am	31		19 ** German New Medicine Intro & Workshop 1-5pm
			** call for location			

Please check out the web site for more details

Yin Yoga

Yin yoga is a rejuvenative form of yoga that opens up energy pathways, rejuvenates connective tissues and helps you to regain a range of motion that you may have lost many years ago. Yin yoga can help you to become more physically active by helping you to move with more comfort and ease. Although it can be intense at times, yin yoga is considered to be very calming and relaxing.

Fridays , 12-1pm

plus optional: 1-1:15 pm learn calming meditation and concentration techniques.

Cost: \$80 for 8 weeks, April 11-May 30

Please check out www.risingsunyoga.ca to find out more about Yin Yoga
to sign up call reception at 839-1198 or email Barb at coachinghorizons@sympatico.ca

Orthotherapy vs Massage Therapy - What is the Right One For You?

Orthotherapy

The word "Orthotherapy" comes from "Therapy"-- meaning to restore, and "Ortho"--meaning wholeness. Orthotherapy is a complementary and holistic form of health care that works to restore a balance in the body. Orthotherapy is designed to work on musculo-skeletal conditions. If there is an imbalance in one's muscles or joints, evidenced by muscular tension, joint stiffness and pain, then Orthotherapy is definitely an option. Any consultation is aimed at empowering individuals to take charge of their health rather than remaining dependent on health care providers for assistance. Orthotherapy can be divided into 3 main areas:

- Muscle Relaxation (massage),
- stretching, and
- joint mobilization

A basic premise of orthotherapy is that massage alone is insufficient to fully relax the muscles and ease the joints.

How Much Does it Cost?

Orthotherapy is provided at the clinic by Debra Weedmark, a registered Orthotherapist, for \$70/hour.

Is it Covered by Health Care Plans?

Many health care plans cover orthotherapy - please check with your provider to be sure.

Massage Therapy

Massage is one of the oldest and simplest forms of therapy and is a system of stroking, pressing and kneading different areas of the body to relieve pain, relax, stimulate, and tone the body. Massage does much more than create a pleasant sensation on the skin, it also works on the soft tissues (the muscles, tendons, and ligaments) to improve muscle tone. Although it largely affects those muscles just under the skin, its benefits may also reach the deeper layers of muscle and possibly even the organs themselves. Massage also stimulates blood circulation and assists the lymphatic system, improving the elimination of waste throughout the body.

Benefits include: relaxation, ease of tension, improved breathing, improved circulation and an enhanced feeling of well-being.

How Much Does it Cost?

Massage Therapy is provided at the clinic by Deborah Nason, RMT, for \$80/hour. Debra Weedmark, a registered Orthotherapist also provides massage, for \$70/ hour .

Is it Covered by Health Care Plans?

Many health care plans cover massage or massage therapy - please check with your provider to be sure.

Quick Tip

After a treatment for orthotherapy or massage, you should drink lots of water and have an epsom salt bath which will help in the elimination of toxins that were previously trapped in your system due to stress and muscle tension.

Guidelines for an Epsom Salt Bath

Add one cup of epsom salt to your tub, with the water comfortably warm. Relax in the water for 15 minutes (or more) as it takes 10-12 minutes for the pores in your skin to open up. Remember: your skin is your biggest organ of elimination.



Staff Spotlight, Martha Ahmadi, BASc, ND

Martha brings to her naturopathic family practice an interest in Women & Children's health. Since 2005, she has observed the effectiveness of basic naturopathic treatments in addressing a wide array of health concerns including stress management, anxiety, hormonal imbalances, eczema, ADHD, ear infections, chronic immune concerns, digestive disturbances, high cholesterol, & fatigue.

She believes that it is essential to consider the mind & body when providing care for clients, as true healing cannot be realized unless a sense of wellness is experienced in each area. Treatment plans are designed to provide the necessary support for achieving & maintaining optimal health, and often include referrals to other health care professionals. Martha truly believes the power & capacity to heal lies within each individual, and views her work with clients as a partnership—Martha acting as a guide and catalyst for change, and clients learning how to take control of their health.

Martha is a 2004 graduate of the Canadian School of Naturopathic Medicine. She is an Ontario registered ND, and a member of both the Canadian and Ontario Association of Naturopathic Doctors. Martha also holds a BASc in Family & Social Relations from the University of Guelph.

What is Bowen Therapy?

The Bowen Technique (Bowtech) is unique in the field of bodywork. Its relatively few, gentle "moves" over muscle and other soft tissue address the whole body, stimulating it to reset and heal itself. The Bowen Technique is so gentle that it can be used to treat babies through to the elderly. The healing experienced may occur at all levels as needed: physical, chemical, emotional, mental, energetic, etc.

Bowtech is a 'complementary' modality in the sense that it enhances and complements, but does not interfere with, traditional medical attention. Bowtech's input to the nervous system is very subtle, and the body responds over time. For that reason, it's best to avoid other manipulative therapies for several days before and after a Bowtech session lest they interfere with the body's response to the Bowtech.

A Bowtech session consists of several series of gentle moves through light-weight clothing (or on skin). In a Bowtech office or clinic, the client usually lies on a bodywork table or, for comfort, in a chair. However, Bowtech can be done anywhere -- on the sports field, in a hospital room, at the site of an accident, on an airplane or train.

A session may last from fifteen minutes to an hour. Most often, a surprisingly few sessions are needed to alleviate complaints, whether structural or functional, even if long-standing. And the results hold for a long time, generally until there is a re-injury.

Martha Ahmadi, BASc, ND, offers Bowen Therapy, as required, as part of her holistic health care treatments.

Healthy & Active: The Metabolism Program

"Although I don't eat very much, I can't seem to lose weight. It must be my metabolism". Sound familiar? We are introducing a new metabolic analysis system, through blood testing, that will help you and your health care practitioner determine your current physical and emotional state so that we can provide specific advice on how to improve your metabolic and glandular systems. As part of the program you will receive a personal nutrition program and suggestions for exercise and emotional work to help you improve your general state of health as well as to boost your metabolism and maintain weight loss. By optimizing your nutrition, you may see dramatic positive changes in your health such as:

- weight regulation without fasting or feeling hungry
- improved blood test results
- better digestion
- an increase in energy and general well-being
- improvement of chronic disorders

If you are interested in participating in this trial program, please call us at 839-1198 to book your appointment. Costs will include: blood test (approximately \$100), metabolic analysis report (\$160) plus any visits with Carp Ridge Natural Health Centre Staff (Naturopaths, life coaches, etc.)

May AcuDetox Program



**Mon May 5th to Fri May 23rd
8-9 am daily, Monday to Friday**

\$300 per person (covered by ND insurance)

**plus one group follow-up appointment
8-10 am June 4th**

Please note that you must be able to commit to at least 13 of the 15 daily AcuDetox sessions.

What is AcuDetox?

AcuDetox has been successfully used for 30 years to treat substance addiction. In recent years, it has been used for general detoxification with excellent results in helping people to achieve significant behavioural improvements in addition to resolving the substance addictions. The definition of an addiction is the inability to control a specific tendency or desire -- this desire can be for a substance as well as a behavioural pattern.

When we 'create' an addiction, we soon lose our spontaneity, flexibility and resilience in favour of the 'pattern'. The AcuDetox program -- a combination of ear acupuncture, during a daily hour long reflection/sharing/meditation coupled with a follow-up to help the participants keep moving forward with changes -- can result in significant steps forward for participants. This was verified during our recent trial. The majority of people reported significant improvements in self-awareness, clarity and calmness.

Please call 839-1198 to register for this program.

Expressing Life's Purposes With Passion

By Kaariina Saarinen who is visiting the Carp Ridge Natural Health Centre this spring

Once upon beyond time, Wimmen Dreamers dreamt of building villages where children are safe to grow up worthy and Mamas of the Earth, respected. Once upon beyond time, one of these Wimmen Dreamers, Katherine of the Willow Tribe, invited another, Monica of the Carpenters Clan, to plan and build two strawbale huts on land, called Carp Ridge Ecowellness Centre. One was dedicated to the Moon, the other to the Sun.

Like all ideas and seeds, some were strewn upon rocks and landed in dry places. Others sifted into sands and loam. Some take more nourishing, while others require fallow time. With the help of bees, insects, birds and critters, the seeds and ideas, swept by winds of conversations ended up reaching exactly the right souls. So these two huts sat, waiting until the messages of the Sun and the Moon, were received by another Initiate, another Womun Dreamer.

This Chief showed up to offer Sweat and Ceremony at the West Door Lodge, another great idea building magnets for exactly the right people. Replete with medicines of copper, corn, crystals, the lodge was waiting to be re activated. And so it was, that a group of Young Ones, really reincarnated Elders and Old Ones, not only came to purify them bones, but Councilled, Circled, Celebrated afterwards. They had found a place to decitify and get downright dirty and to feast on fresh air and clear minded skies once more!

With 3 Young Ones, Grandmother Eagle Wings flew down to touch base with Grandfather Pine who held the space for Sun and Moon huts, honoured Sister Sumach and Sister Cedar with her thanks, and realized after some deliberation, that she and her Young Ones had found a base for their Mystery School: what is Native in Sacradness of Woman.

Kaariina Natalie Saarinen has many credentials, certificates, awards and momentoes of careers gone by in both educational fields and healing studies, but what she brings to the land is her piece of the Sacred

Dream for Planet Earth. This knowledge and wisdom is deeply rooted in her Tuvan Siberian Mother Line, that the land is therapeutic, that nature is forgiving and the ultimate source of healing. Her mother taught her patience and the kindness that is common sense. Connected to the forest through her Father's Line, she brings a wholeheartedness to all peoples and a love for children and the Young Ones. Pentti taught her quietness and observation first..... A Karuna Reiki Master Teacher dedicated to empowerment, she has walked the path of self realization and attained a peace and now, two huts, the Sun and Moon are her resting place.

"It is my passion that we relieve each other of our suffering in whatever way we are able and that we express this creativity and acculturate non-violence. Here now, in the calendars of CREWC, you will see why I was born. I invite you to travel inwardly to reconceive of self as Co Creators."

Please contact Kaariina directly at kaariinaone@gmail.com for particulars of the following courses:

April

20	Sweat
22	Sacred Circle of Sound
29	Sacred Circle of Sound
9, 16, 23	Karuna Reiki Plus
25, 26, 27	Spiritual Autobiography

May

1, 2, 3	Healing Codes Intensive Retreat
4	Sweat
6, 13	Sacred Circle of Sound
7, 14	Karuna Reiki Plus

June

1	Sweat
14	Karuna Reiki Plus