

Carp Ridge Natural Health Clinic

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

June

www.ecowellness.ca

Carp Ridge Natural Health Clinic
2386 Thomas Dolan Parkway
Carp, Ontario K0A 1L0

613-839-1198
info@ecowellness.com
www.ecowellness.com

Dear Patients and Friends,

We are very excited to welcome Rebecca Word who joins us in June as a naturopathic doctor and assistant director of the clinic.

You may already have heard about Bill C-51, a bill which will have a significant impact on the health care choices that you will be allowed to make in the future if it is passed. It will affect access to naturopathic doctors as well as the ability for naturopathic doctors to prescribe and/or sell natural health products. If you wish to preserve and maximize your personal health care choices, please go to our web site to download more information or keep an eye out for our special newsletter devoted to providing you information about Bill C-51.

Freya has been busy making plans for expanding the use of our learning centre as well as our various accommodation facilities which include several new cabins and a yurt.

You may be interested in trying out Cindy's delicious spring feast menu and

recipes. This may even inspire you to join us for the June lunch.

Interested in taking a more active role in your health? Consider joining Barb for an upcoming German New Medicine introduction as she explains the link between emotions and your health.

In July, we will begin sharing plans for our fall courses which will include: emotional and self-hypnosis skills to help with weight loss; Beyond Cancer -- a course to help you become stronger, both physically and mentally, after your cancer experience; finding your purpose; and much more

Finally, after much effort, we are launching our *Healing House Canada* program. Inside you will get a taste for this innovative program and, over the next several months, we will be sharing more stories and information about this very important program.

In health,

Barb Pierce (on behalf of Katherine Willow, N.D. who is traveling)





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. This 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 Colette at 613-839-1198 or email us at ecowellness@sympatico.ca with any questions you may have about our services or our staff.

Exercising Healthfully

There is vital energy/chi/prana running through all living things. This energy flows through the entire universe, through our planet, through all humans. Within humans, the chi or life force runs through our meridians – lines of force that run through our bodies. These meridians circulate through the body and are used in oriental medicine to balance the internal energies and so maintain health. Exercise can be a very effective way to increase the flow of chi, life force or healing energy -- and there are ways of exercising that are more healthful than others.

I Thought Exercise Is Always a Good Thing?

Exercise is mostly a good thing but sometimes, we can take things too far. For example, when a person chronically over-exercises to the point where they are constantly injured.



How to Choose Appropriate Physical Activities

Before choosing a specific activity or activity program, keep in mind the goal of the movement and exercise program: **to improve the flow of energy within the body.** This means that you should consider the following:

- **Balance:** enough movement to stimulate the flow of energy but not so much that it hurts your body;
- **Energy flow where you want it:** you need to cultivate self-awareness to determine the best type of activity to create the type of energy flow that you need (think: yoga, t'ai chi, qigong);
- **Easy to do:** the activity must fit in with your lifestyle, access to classes/instruction, equipment, etc.; and
- **Compelling:** Yes, exercise is most effective if you actually enjoy it:-)

What is CranioSacral Therapy?

For nearly 30 years, osteopathic physician and researcher, John. E. Upledger, D.O., O.M.M., has been a proponent of using the rhythm of another body system -- the craniosacral system -- to enhance body functioning, and help alleviate pain and discomfort.

The craniosacral system consists of the membranes and cerebrospinal fluid that surround and protect the brain and spinal cord. It extends from the bones of the skull, face and mouth, which make up the cranium, down to the sacrum, or tailbone area.

Craniosacral Therapy is a gentle method of detection and correction that encourages your own natural healing

mechanisms to dissipate these negative effects of stress on your central nervous system. You also benefit from better overall health and resistance to disease.

You can book craniosacral appointments at the clinic with Deb Weedmark (registered orthotherapist) or Deb Nason (registered Massage Therapist).

Rates:

Deb Weedmark
\$80 for one hour

Deb Nason
\$80 for one hour

Read more about craniosacral therapy at www.upledger.com



Upcoming German New Medicine Workshops

What if diseases and illnesses are not a result of immune system dysfunction but simply predictable biological responses to emotional shocks? German New Medicine offers a completely new way of thinking about what we commonly call "diseases". Come & learn more about these principles so you can create vibrant good health without fear of words like 'cancer' and other similar illnesses.

Thursday 19 June, 7-9 pm

Introduction to German New Medicine with Barb Pierce www.coachinghorizons.ca
Cost:\$20

Location: Carp Ridge Ecowellness Centre,
2386 Thomas Dolan Pkwy, Carp (www.ecowellness.com)



Sunday 22 June, 1:30-3:30 pm

Location: New Life Retreat
RR 4, 453 Dobbie Rd, Lanark, Ontario
Register: nlrinfo@newliferetreat.com
telephone: (613) 259-3337
www.newliferetreat.com

June AcuDetox Program

**Mon June 23rd to Fri July 11th, 8-9 am daily, Monday to Friday (except July 1st)
plus one group follow-up appointment 8-10 am July 16th**

\$300 per person (covered by ND insurance)

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

Register with Collette at 613-838-1198

Staff Profile - Rebecca Word, ND

Hello, my name is Rebecca Word (call me Reba), and I am so pleased to be joining the staff here at Carp Ridge. It's been a journey to get here; I'd like to share a bit with you:

I hail from the ancient Appalachians, where I spent my summers and lazy afternoons exploring the woods of the Tennessee Valley. In university I flourished under the influences of Humanities and Fine Arts, and received my Honours B.A. in 1997. I then worked for the City of Chattanooga as Cultural Arts Specialist where I taught and facilitated community art programs introducing children (and adults) to their creative spirits. In 2003 my muse led me to the art of Naturopathic Medicine, and that same muse has led me here. I look forward to growing and learning with you all.



Learning Centre Update

We have recently accommodated an exciting group called **The Otesha Project** – a youth group cycling across Canada for two months, while delivering plays and presentations that promote responsible environmental care. We also hosted a practicing Shaman and his special ceremonies.

Danielle Doucet Strickland has begun a Core Strength and Stability Class. This fall we can anticipate more classes with Danielle. These will be advertised within our centre.

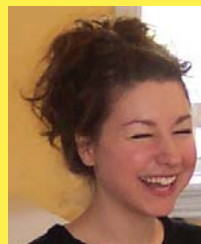
Contact and Rental Info:

Individuals and groups are welcome to rent space in our Learning Centre. The naturally lit, open area is ideal for a variety of workshops, conferences, discussion groups, creative activities, children, youth and adult programs, and overnights. New ideas are welcome!

Learning Centre Fees

- Learning Centre \$200/day, \$125/half day, \$30/hour
- Kitchen (accommodating groups of up to 10) \$50/session
- Cabins \$75/night/cabin (sleeps 3)
- Yurt \$75/night (sleeps 4)

For more information, please contact Freya at 613-839-1179 or programs@ecowellness.com for inquiries and reservations.



Freya Struthers
Program Director, Learning Centre



Learning Centre



3 person cabins



June 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	4	5 May course AcuDetox follow-up 8-10 am	6	7
8 ** Authentic Movement	9	10	11	12	13	14
15	16	17	18	19 German New Medicine Intro 7-9 pm @ CRNHC	20	21 volunteer work party 9:30 am - 12:30 pm
22 German New Medicine Intro 1:30-3:30 Lanark	23 AcuDetox begins 8-9am daily	24	25	26	27	28
29	30					31
					11 July AcuDetox ends 8-9am	

Kindness is Good For You!

Numerous scientific studies show that acts of kindness result in significant health benefits, both physical and mental. Here are some key points:

- Stress related health problems improve after performing kind acts;
- Helping reverses feelings of depression, supplies social contact and decreases feelings of hostility and isolation that can cause stress;
- Helping can enhance your feelings of joyfulness, emotional resilience and vigor and can reduce the unhealthy sense of isolation;
- A decrease in both the intensity and the awareness of physical pain can occur;
- The health benefits and sense of well-being return for hours or even days whenever the helping act is remembered

From Allan Luks. The Healing Power of Doing Good: The Health and Spiritual Benefits of Helping Others.

What Can You Do?

Simple is best

- Volunteer at a school reading program;
- Cut your neighbor's lawn after you cut yours;
- Thank your children's teacher;
- Drop off dinner for a single parent or someone who is ill; or
- Bring flowers for your receptionist.

Anonymous is even better! Sneaky Ways of Being Kind

- Send/leave a gift certificate to someone anonymously; or
- Pay for the person behind you when you buy a coffee.

Read more about kindness at
www.helpothers.org or
www.actsofkindness.org

Recipes From Our May Monthly Lunch

**Please Join us at Our June lunch:
Thursday June 19th**

Cost: \$5

Come and meet our staff and other interesting guests from all walks of life who join us for our monthly lunches. Here is a snapshot of the wonderful feast prepared by Cindy at the May lunch. **Space is limited, please RSVP at 613-839-1198.**

May Menu

- whole spelt bread
- vegetables and hummus (recipe provided)
- colorful roasted beet and spring vegetable salad (recipe provided)
- spicy lentil soup (recipe provided)
- tahini cookies (recipe provided)
- fruit salad
- lots of nice people



Hummus for a Crowd

Ingredients

- 1 can chickpeas drained & rinsed
- 1 head garlic roasted or 1 raw clove garlic
- 1/3 cup tahini paste
- 1/4 cup freshly squeezed lemon juice
- 1/4 cup olive oil
- 1 tbsp italian parsley leaves
- 1/8 tsp ground cumin

Directions

In a work bowl fitted with a metal blade, process chickpeas, garlic and tahini paste until smooth (about 30 seconds). With the motor running, drizzle lemon juice and olive oil through the feed tube and process until desired consistency. Add parsley and cumin and process until smooth. Serve with chopped vegetables, cracker bread or flatbreads.



Roasted Beet and Spring Vegetable Salad

Ingredients

Salad

- beets
- lettuce, in bite sized pieces
- red and yellow peppers, cut in chunks
- tomatoes, cut in chunks
- carrots, cut in chunks
- green onion, thinly sliced
- any other favourite vegetables
- goat or feta cheese (optional)
- chopped pecans (optional)

Dressing

- 1 tbsp maple syrup
- 4 tbsp balsamic vinegar
- 8 tbsp olive oil
- 1 tsp grainy mustard
- 1 tsp crushed garlic
- 1 tbsp fresh or 1 tsp dried herbs
- salt & pepper (optional)

Directions

Beets

- preheat the oven to 350F
- wash & trim the beets and place them in a small covered roasting pan
- cook for 45 - 60 minutes (until tender)
- cool, peel and cut in chunks
- set aside

Mix salad ingredients and the dressing.





Spicy Lentil Soup

Ingredients

- 2 tsp olive oil or coconut oil
- 2 onions, chopped
- 3 cloves garlic, finely chopped
- 2 tsp ground cumin
- 1/2 tsp paprika
- 1/4 tsp cayenned pepper
- 7 cups vegetable broth
- 1 1/2 cups dry lentils, rinsed
- 2 tbsp tomato paste
- 1 bay leaf
- 1 1/2 cups unsweetened soy milk
- salt and pepper
- chopped fresh coriander

Directions

In large heavy saucepan, heat oil over medium high heat. Add onions and garlic to pan. Cook and stir until softened.

Stir in cumin, paprika and cayenne and stir 1 minute. Stir in flour until moistened. Stir in broth, lentils, tomato paste and bay leaf. Cover and bring to a boil, stirring occasionally. Reduce heat and simmer 25-30 minutes or until lentils are tender. Discard the bay leaf.

Pour half of the soup into a blender or food processor container. Cover and blend until smooth. Return to saucepan, stir in the soy milk and simmer for 5 minutes or until hot.

Add salt & pepper to taste. Garnish with coriander.

Makes about eight, one cup servings

Tahini Cookies

Ingredients

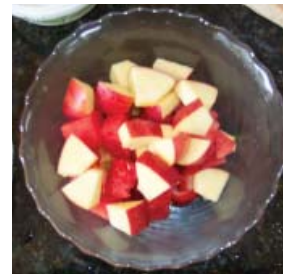
- 6 tbsp tahini
- 1/4 tsp sea salt
- 1/2 cup maple syrup
- 1/2 cup sunflower seeds (unsalted/unroasted)
- 1 1/2 cup rolled oats
- optional - small amount of dried cranberries and/or chocolate chips

Directions

Preheat oven to 350F

Stir the tahini, salt and maple syrup together until well blended. Stir in the sunflower seeds and oats. Drop by teaspoonfuls onto a baking sheet (not oiled). Bake 10-13 minutes until edges are brown. Let cool on baking sheet a few minutes, then carefully remove to cool more.

Makes about 36 cookies



Fruit Salad

Easy! Cut up some fruit, put it in a bowl, serve.





Introducing...

HEALING HOUSE CANADA

Our team has been busy preparing to launch our 28-day *Healing House* Host training program to train Hosts to become part of our international community of registered Healing Houses. *Healing House Canada* was conceived and founded by Katherine Willow, owner and director of the Carp Ridge EcoWellness Centre in response to her desire to create safe and effective inpatient spaces where people can do intensive healing on all levels.

What are Healing Houses? They are places to:

- recover from stress;
- rest, rejuvenate, detoxify;
- recover from a life threatening or serious illness;
- resolve a significant emotional issue; or
- die peacefully.

Our program is based on the beliefs that:

- Holistic healing is effective and sustainable.
- Patients benefit from participating in their own healing.
- A nourishing environment promotes healing.

We look forward to sharing additional details about our program over the next several months. In the meantime, please feel free to check out our web site at www.healinghousecanada.com



Healing House Canada
 28-day Host Certification Program
 Ottawa, May 16 - June 12, 2009

It's Spring, Think Green

What a glorious few weeks it has been, and you can see the spring in everyone's step. As Martha mentioned in the May newsletter now is the time the body naturally begins to cleanse. In Spring we initiate the shedding of physical as well as emotional and spiritual residues that winter's introspective hibernation brings. Often the focus of spring cleaning is on what to take to foster the cleansing process. I'd like to take a few moments to focus on what we can take in that is just as important in the process of rejuvenation.

Traditional Chinese Medicine provides an elegant and complex understanding of life, not only of human life, but of our connection to the whole web. In this ancient healing paradigm the colour green is associated with the season of Spring, the Liver and Gall bladder acupuncture meridians and organs, and the Wood element. Keeping that in mind here are a few green things you can do to accelerate the cleansing of body and soul:

Eat Green: We all know that we should eat our greens, but now is the season that it is so crucial. Nature provides the correct foods at the correct times, as tender spring greens push their way out of the cool soil saturated by the recent snowmelt. Green vegetables help to cleanse the colon with fiber, but more importantly increase the efficiency of enzymatic detoxification

pathways in the liver. Their bitter flavour also supports the release of bile to bolster digestion for maximum nutrient assimilation.

See Green: Ottawa and the surrounding communities are ideal venues to witness the majesty of nature unfolding. Get out and let the green in through your eyes. Take a long walk in the woods. Walk barefoot in the grass. Gently stroke new leaves and buds. You can actually smell the colour of green in the air. Communing with nature as she explodes into life will produce the same result in you.

Walk Green: Let's start walking our green talk. Nature is struggling to continually reproduce the bounty that we often take for granted. Now that winter's chill is dissipating let's make an even greater effort to walk more and drive less, to shop for local produce and support local agriculture, to plant as well as to harvest. We can no longer languor in the role of selfish child; it is time to connect with and nurture our green Mother.

Take in all of the green around you, and feel your limbs as well as your roots expand and celebrate.

Yours in health,
Reba Word, ND