



Carp Ridge Natural Health Clinic

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

March

www.ecowellness.ca

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Dear Patients and Friends,

Change is in the air: weather, climate, consciousness, ongoing births and deaths... Of course, change is always in the air, only sometimes it grips us harder than at other times. When it pushes us into our healing, change can definitely feel like a mixed blessing -- or not a blessing at all!

One of the most important roles we have at the clinic is to explain that healing can be tough, to prepare people for the ride and to offer encouragement and tools along the way. For this reason, *German New Medicine* introductions are taught regularly by Barb Pierce, who has been through the experience of nearly dying in her own process of healing from cancer. For the same reason we include *the Journey* to our repertoire, a technique for emotional healing which can resolve issues as deep as people are ready to go.



We have also recently decided to add the *AcuDetox* program as one of our offerings. During a recent three week trial, a group of twenty volunteers watched and supported each other's changes -- both gentle and intensive. Some have reached a harmonious plateau and others are still riding their waves. All of us were moved in some way. We will now enthusiastically incorporate *AcuDetox* into the regular clinic schedule starting with the next three week session in May as follows:

Mon May 5th to Fri May 23rd
8-9 am daily, Monday to Friday
\$300 per person (covered by ND insurance)
plus one follow-up appointment
 (cost varies according to who is seen and ranges from \$40 to \$145 - some of which is covered by insurance).

Katherine Willow, ND

Do you have a healing story that you would like to share?

Your story may be inspiring. It may give confidence to others and this might help them get through a difficult healing process. It may help someone else to see 'the light at the end of the tunnel' and it may even help someone decide to keep on trying.

If you are willing to share your healing story, and have it posted on our web site (don't worry, we can omit your name if you wish), we would like to hear from you. Please email or call Kate at: ecowellness@sympatico.ca or call 613-256-7862. Photographs are welcome.



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

Yin Yoga

Fridays

12-1pm

plus 1-1:15 pm learn to meditate.

Cost: \$80 for 8 weeks

April 4-May 23

Please check out

www.risingsunyoga.ca

to find out more about Yin Yoga

to sign up email Barb at coachinghorizons@sympatico.ca



AcuDetox - The Results

We recently completed a three week AcuDetox (ear acupuncture) program with 20 participants and are in the midst of the individual follow-up 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.



Testimonials

"During the process I resolved many prior physical pains by becoming aware of what was truly behind them at the emotional level. Once they were resolved I felt an inner calmness and peace that I had not felt in years. This helped me as well as my immediate family." Deb

"In general I feel better connected within myself and into the universe. (My colleague) has also noticed." K.F.

"It was a wonderful experience that I would recommend to anyone. It cleared the cobwebs from my brain and showed me not only the light at the end of the tunnel but that there is light all around us at all times. You just need to open your eyes to see it." Rowena

"I feel I achieved 3 years worth of counseling and therapy in 3 weeks in a relaxing, supporting and gentle environment! Amazing roller-coaster ride of intense learning and insights. Stunning for me!" Chris



Staff Profile - Barb Pierce, B.Eng, MBA, CD

Master Certified NLP Practitioner | Certified Hypnotherapist
Trained Life Coach | Certified Yoga Teacher

Barb has recently joined our team to provide German New Medicine introductions, as well as one-on-one coaching, NLP and hypnosis services.



Just as there are many forms of yoga, there are also many ways to practice coaching, NLP and hypnosis. Barb's approach is to first help you to find a practical solution to your issue and, in the process, teach you tools to resolve future issues more quickly and effortlessly. You will soon begin to see your behaviour patterns in a new light. Instead of holding on to issues for an extended period, you will learn to resolve them in a constructive way that works for you and for those around you. Typical reasons to work with Barb include:

General Stress and Anxiety • Preoccupation With an Unresolved Issue • Insomnia • Feeling Unbalanced or Overextended • Low Energy • Joint Pain/Arthritis/Back Pain • Digestive Issues • Unexplained Sore Body Parts • Dealing With and Healing From Life Threatening Illnesses

Please check out www.coachinghorizons.ca to learn more about Barb or coaching, NLP and hypnosis.

Breathe!

Diaphragmatic breathing is one of the single most important things we can do to improve our physical and emotional health. It is also very natural once you learn the technique. Most people do not take full breaths (chest breathing) or breathe so quickly that they do not fully oxygenate their bodies.

Part 1 - Focus on the Breath

Try this breathing exercise each time you sit down, and notice how your concentration improves and how much calmer you will feel.

- Sit cross legged or in a chair with your feet firmly on the ground.
- Sit up tall, with your back neutral.
- Place one hand on your upper chest and one hand over your navel.

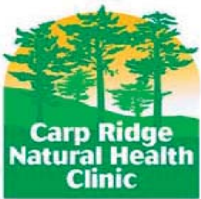
- Begin breathing through your nose without altering your breath in any way.
- Notice what you notice.
- As you focus on your breath, your breath will naturally begin to slow - don't force it.
- Practice this for a few breaths.

Part 2 - Deep Abdominal Breathing

Inhale deeply through your nose so that the hand over navel pushes out like a balloon before the hand on your chest is pushed outward.

Exhale deeply through your nose and notice how your navel comes back in towards your spine before your chest comes in.

Repeat this sequence as long as you want and notice how your breathing continues to slow, your concentration improves and your heart rate slows down.



March 2008

<i>Sunday</i>	<i>Monday</i>	<i>Tuesday</i>	<i>Wednesday</i>	<i>Thursday</i>	<i>Friday</i>	<i>Saturday</i>
						1
2 Authentic Movement	3	4	5	6	7	8
9	10	11	12	13	14	15
16	17	18	19 Spring Cleanse Day 1 8-9:30 am	20 German New Medicine Intro 7-9 pm	21 Sweat Lodge 10 am-3 pm plus dinner	22
23	24	25	26 Spring Cleanse Day 2 8-9:30 am	27	28	29
30	31				April 4th Yin Yoga 8 week series begins 12-1 pm	

Please check out the web site for more details

The Journey

A bigger potential exists inside every one of us. That joy and freedom you see in little children...it's really inside each one of us. Unfortunately for many, that potential has been covered over by layers and layers of protective masks, defensive strategies, limiting beliefs and painful memories.

If you find yourself trapped or limited -- whether emotionally, physically or behaviourally, The Journey can get you to the root of the issue and allow you to clear it out, leaving you more peaceful and able to feel joy and love.

The Journey is a simple yet profound process that guides you into your soul. It opens you into your own knowing and into the intelligence of the body. It's that same wisdom that can create healing in the body from emotional and physical conditions.

Deb Weedmark and Katherine Willow are now practicing Journeywork at the clinic. Please check out their biographies on-line to see who will be the most appropriate practitioner for you.



Spring Cleaning: Not Just For Your House

By Martha Ahmadi, ND

Just like our houses, our bodies can collect unnecessary clutter during the long winter months. Instead of dust, stagnant air and sand or salt tracked in from the outside - our bodies may retain their own metabolic by-products and unhealthy substances from the environment. This can result from decreased physical activity during the winter months - exercise ensures a good flow of blood and lymphatic fluids through the body. If the flow of these fluids is compromised, there will be reduced waste transportation out of the body and reduced nutrients into the body. Our environments can also be problematic during the winter months, as many buildings and homes are often kept closed to the outside due to cold temperatures. This means that daily use of chemicals for cleaning or other daily routines can have greater toxic effects on air quality and our bodies, versus warmer months when there is often increased air exchange between the outside and the inside.

During the spring months many of us will naturally begin to increase our activity levels and modify our food choices as a result of increased availability of fresh fruits and vegetables. At this point our bodies will typically begin their own cleaning process with unwanted substances being released from storage and sent into the bloodstream for proper elimination from the body. If your body is functioning optimally, it should be able to handle this increased workload by processing and eliminating toxins.

For many of us, our bodies are under constant stress due to our lifestyles -- emotional stress, work stress, chronic health concerns, lack of sleep, lack of routine exercise, excessive caffeine intake, and the list goes on. This means that our main pathways of elimination (liver, kidneys, skin, lungs, bowels) are constantly working to keep up with daily stressors, and will ultimately have a decreased capacity to effectively deal with the annual spring cleanse. Some very basic measures can be taken to support our bodies, through the springtime as well as year round.

- Drink water throughout the day (it can be in the form of water or herbal teas);
- Move every day - even gentle movement such as walking can be highly beneficial. Aim for at least 20 consecutive minutes each day;
- Do deep breathing every day to support the lungs in their role of the cleansing process -- oxygen in and carbon dioxide out;
- Herbs and hydrotherapy can also be used effectively and gently to further support the body. Contact a qualified health care practitioner to help you find appropriate and safe herbs for your use, as well as appropriate hydrotherapy methods; and
- Keep a positive outlook - research continues to show the powerful connection between mind and body. Staying calm and upbeat will help mediate the effects of stress on the body and contribute to optimal functioning including cleansing.

Incorporating these supportive measures can lead to increased energy, mental alertness, improved moods and improved overall health.

Spring Cleanse Class, Wednesday, March 19th and 26th at the clinic, 8 - 9:30 am

The two sessions 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.

Sweat Lodge

**March 21st - 10 am - 3pm
with Kaariina Saarinen
\$50 Donation
Must be over 18 years old**

"If you are on a healing journey, the sweat is a good place to begin; here you are sitting at the center of all four directions," says Traditional Medicine Woman, Kaariina Saarinen. Kaariina will chief the upcoming Sweat Lodge being held here at the Carp Ridge Natural Health Clinic on March 21st, the first day of spring. The date of the spring equinox is of particular significance this year, coinciding as it does with both Good Friday, a full moon and a Native event called 8,000 drums. "These," explains Kaariina, "are all synonymous with transition".

The sweat lodge is a ceremonial sauna and an important ritual used by North America Native people. "However", she believes, "they are for all generations, all cultures, all people".

This is an opportunity to clear toxins and gain what is needed for the mental, emotional, physical and spiritual. The process is different for everyone.

The ceremony will begin at 10:00 am in the Learning Centre, with teachings. At 12:00, high noon, the group will be led into the lodge. The formal



sweat portion can last anywhere from 2-3 hours. Participants are required to bring an offering of loose tobacco for prayer. Suitable clothing of cotton material would be a T-shirt, sarong or loose fitting cotton pants for men. Some may wish to wear a bandana and we will provide cotton carpets to sit on in the lodge. Our chief will provide water infused with specific herbs for the process.

Participants are encouraged to eat lightly the day before the sweat and to fast the day of. We will partake in some light nourishment following the ceremony. This experience can be a wonderful reminder of our connection to all that is. We welcome you to join us as we celebrate this time together. Space is limited and we advise you to secure your spot by calling Carla at 613-839-5764. Participants may bring drums and/or rattles to use during the sweat. **Please bring a complete change of clothing.**

Quick Tip

Lemon Water

Drink one glass of water with half of a fresh lemon 15 minutes before eating in the morning. It will help get digestion going for the day and supports your liver function. Add lemon water to all water that you drink during the day if possible. Rinse your teeth after each lemon drink.

Quick Tip

Alternating Temperature in Shower

Toward the end of your daily shower, alternate the water temperature. Start with one minute of hot water then 30 seconds of cold water. Repeat this procedure three times during each shower. Make sure to expose all of your body to both hot and cold water. Always end with cold water.

This will help improve your overall circulation, increase your energy and boost immunity.



Children's Cough Treatments

By Kim Callaghan, ND

Since the fall there has been quite a lot of controversy over children's cough and cold medicines. In October, an advisory panel to the U.S. Food and Drug Administration called for all over-the-counter pediatric cough and cold medicines to be banned. The advice from the independent experts was unequivocal: these drugs should never be given to children under the age of 6 because they are potentially dangerous. The panel members were also clear about this key point: the drugs don't work in children. They don't make a cough go away and they don't alleviate any other cold symptoms.

Health Canada in turn, issued an advisory warning that the drugs were not suitable for toddlers under the age of two. It also vowed to review labelling and safety standards of all cough and cold medicine intended for children. So here's some information on pharmaceuticals intended for children's coughs and colds and some naturopathic alternatives.

Over the Counter Pharmaceuticals

- Expectorants contain guaifenesin, which is a common ingredient in cold medicines, and is supposed to help loosen mucus. They have never been proven to be helpful in children.
- Decongestants are meant to relieve symptoms of a runny nose or stuffy nose. They include ingredients like phenylephrine and pseudoephedrine. Phenylpropanolamine (PPA) was a decongestant that was removed from the market in 2000, and should be avoided. Decongestants often cause hyperactivity and irritability.
- The most popular cough suppressant is dextromethorphan (DM). DM is centrally acting, which means it works directly on the brain to stop coughs. Alternative remedies have been proven to be more effective.
- Antihistamines are added to cough and cold medications for their sedative effect and because they dry out airways. They include diphenhydramine, brompheniramine, chlorpheniramine, and carbinoxamine, and are usually found in allergy and 'night time' cold medicines.

Here is a list of some side effects: (please note this list is not comprehensive) confusion, blurred vision, rigid muscle tone or involuntary muscle movement, headache, nausea, vomiting, irregular heart beat, loss of consciousness, hallucinations, dizziness, disturbed coordination, irritability, palpitations.

Each of these drugs is used to quiet symptoms, which does not help the body get rid of the infection. The cough is an excellent reflex designed to move viruses, bacteria, and mucus out of the chest and the runny nose gets rid of microbes in the nose and sinuses. The body knows what it's doing, but it can be pretty uncomfortable -- especially at 3 a.m. when no one is sleeping.

Naturopathic Remedies for Coughs

Breast Feeding

Mom will have been exposed to the same virus or bacteria which has caused to the child to cough. She'll produce all kinds of antibodies and immune factors which are passed through the breast milk.



Breast milk is warm and soothing and has components to help kids sleep. Such an ingenious system indeed.

Hot or cool mist

If your child wakes up with a “barky” or “croupy” cough in the middle of the night, take him or her into the bathroom, close the door, and let the shower run on hot for several minutes. After the room steams up, sit in the bathroom with your child for about 20 minutes. The steam should help your child breathe more easily. Try reading a book together to keep your child occupied. A cool-mist humidifier in your child’s room might help him or her sleep through the night.

Honey

The Archives of Pediatrics and Adolescent Medicine published a study in December that compared the efficacy of honey, dextromethorphan (DM) and no treatment at all for coughs for children. The researchers investigated how each of these remedies or lack thereof, affected the cough, the child’s sleep and the parents’ sleep. Honey was the winner on all counts beating out DM and beating out no treatment at all. Not too surprising for us NDs and moms and dads. Honey is soothing to the red, raw tissues of the throat irritated by a cough but it is also antimicrobial. While it soothes and helps the cough directly, it also helps the body fight off the virus or bacteria causing the cough. Pretty great stuff. Of course, honey shouldn’t be given to kids under the age of 12 months and unpasteurized is best.

Homeopathics

Homeopathic remedies help the body to fight the infection and calm the tissues irritated by the cough. Single remedies specific to the child and situation may be prescribed by your naturopathic doctor or qualified homeopathic practitioner. Combination remedies may be on hand for quick but less individualized help.

Foods

Lime, onions and garlic and excellent remedies to help with coughs for children and adults alike. They are all safe for kids and help in ways similar to honey. Lime, onions and garlic can directly soothe irritated tissues, and, they are each antimicrobial. They kill viruses and bacteria and help the body get rid of the infection – that is, the root cause.

Here’s a lovely cough recipe:

2 onions

3 cloves of garlic

¼ lime

1 Tbsp honey

chop up the onions and garlic and steam them until they are translucent

use the water, now infused with onion and garlic drippings, as a base and add lime and honey

sip warm or cold to ease the cough

The onions and garlic may be eaten on their own or added to soups or stews

Here’s hoping your family doesn’t catch cold this year but if they do, I hope this information helps.