



Cathedral Village Wellness News

2146 Robinson Street • Regina, SK. • (306) 757-HEAL



Summer Newsletter

Summer 2013
Volume 2, Issue 2

By Dr Julie Zepp Rutledge ND

Here at the Cathedral Centre for Wellness our team of Naturopathic Doctors is committed to empowering our patients through education, information and awareness. We compile this newsletter as a way to deliver quality health information to you in order to help you achieve your optimal health of mind, body and spirit. If there are any topics you may enjoy information on, or if you have feedback for us, please don't hesitate to email us at info@cathedralwellness.ca.

We welcome your comments! Please enjoy the newsletter and we thank you for your continued commitment to your health and wellness!♥

The Zone—part 1

By Dr Julie Zepp Rutledge ND

Through good genetics, a strong constitution, wonderful parental modeling of good health habits, a strong and passionate personal interest in the pursuit of the health of mind, body and spirit, the acceptance of things as they are (most of the time!), a generally healthy outlook on life and lots of past work with naturopathic doctors, counselors, psychologists, energy therapists and a personal coach and mentor—I have the good fortune to feel strong and balanced much of the time. And have the tools and strategies that I need in order to get to that place fairly quickly when I am thrown off of my game, which definitely happens!

There is a concept in counseling referred to as a “Window of Tolerance” and what I described above represents me with the ability to exist (most of the time!) within my own window of tolerance. I have

attached a diagram that visually describes this concept on page 2. The window of tolerance describes an ideal state of living that allows us to most effectively take in information and respond effectively to it. When we are within our window of tolerance we are not too activated (*Hyper-aroused*) nor we are shut down (*Hypo-aroused*) in response to a difficult set of circumstances.

In the hyper-aroused state we may find ourselves being chronically “on the go”. We might feel like we constantly need to be busy or doing something and find we don't know how to, or can't, seem to slow down and relax. In a more ex-

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The Zone—part 1—Continued

Window of tolerance

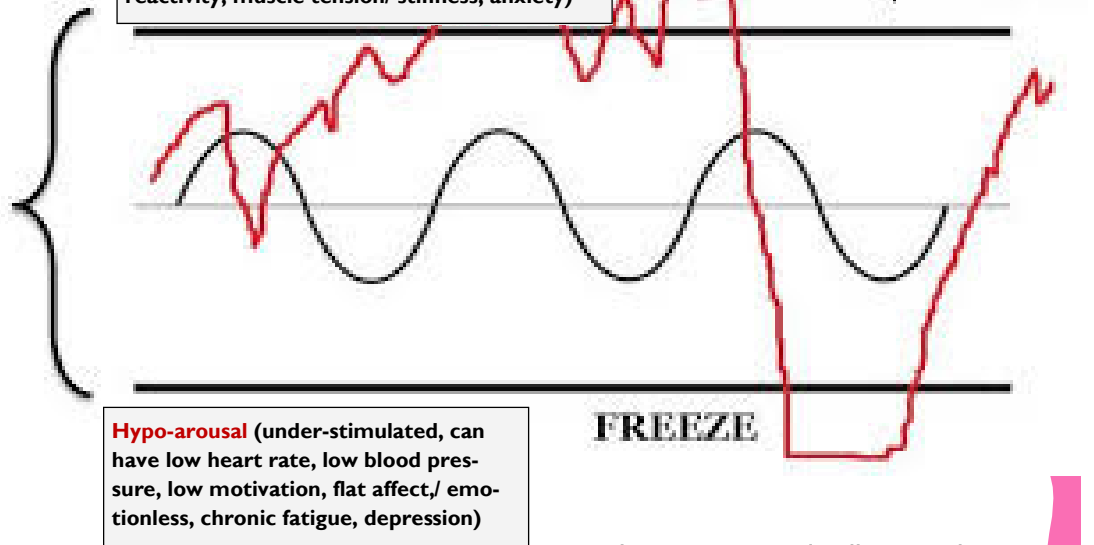
This is our “just right” state, in which we feel we are conscious of ourselves and generally resilient: calm and relaxed, able to handle stress, emotionally stable and able to feel and honor a range of emotions (sadness, joy), while still motivated to accomplish what we need to do (be it work, exercise, make supper, etc). We are aware of when we move to either extreme and are able to invoke strategies to ensure we remain within this state.

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Extreme state of hyper-arousal this can result in feeling anxious and always concerned that another stressful experience is around the corner, and therefore are always working to try to “stay in control” (which, as we know all too well in life is impossible!).

In the hypo-aroused state we might feel as though we lack ambition or motivation. We have little or no ability to “get up and go”. Overtime we might begin to feel completely numb and unable to feel any emotions whatsoever—including joy but also sadness. We may start to feel depressed and apathetic. Note that sadness and depression are not the same thing! In our society that tends to want to deny “bad” or “negative” feelings, we include sadness in this category—but in fact sadness—like anger, fear, and joy—are all part of the spectrum of human emotions that we are designed to feel. (For more information on Permission to feel, please refer to my Winter 2012 Newsletter) Depres-

Hyper-arousal (overstimulated, high heart rate, high blood pressure, sweating, emotional reactivity, muscle tension/ stiffness, anxiety)



Hypo-arousal (under-stimulated, can have low heart rate, low blood pressure, low motivation, flat affect, emotionless, chronic fatigue, depression)

sion is a function of being in the hypo-arousal state, outside of our window of tolerance for too long.

I see many people who either stay on one side of the window of tolerance or another, or often swing between these two extremes; they are emotionally dis-regulated. Unfortunately I see a lot of all three (hyper and hypo-aroused and fluctuating) of these situations in my practice and when we live most of our days outside of our windows of tolerance our bodies (not to mention minds and spirits!) pay the price.

I need to mention that while we want to avoid moving outside of our window of tolerance, it is important to note that this is a window of tolerance and not a narrow line, meaning there is a range within this area in which we operate. Occasionally we need to mobilize our forces to bring us into a higher state of arousal, if we are responding to a stressful situation like

working to meet a deadline, juggling making dinner and watching the kids, engaging in a competitive sport, etc.

At other times we need to invoke a state of relaxation that allows us to slow down, to sit down (even if we have things “to do”), breathe, and enter into a state of calm. This may be out of necessity as we wait at a red light when we have somewhere to go or sit in a waiting room for an hour before an appointment; or it might be by choice at the end of our work day when we have been in “go mode” and now it is time to slow down and enjoy the pace of being at home, with family in a calmer and more present way without carrying the hurry of the day home with us.

Some people are better able to stay within their window of tolerance to others—they might have been born with more resiliency, their early lives may have been less stressful or traumatic or they might simply not have

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The Zone—part 1—

By Dr. Julie Zepp Rutledge N.D.

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learned the tools they need to “self-regulate”, which means to stay and move within their windows of tolerance. This also usually means they have wider windows of tolerance, in general, meaning a greater resiliency to a wider range of stressors. New research to support the wonders and miracles of meditation and mindfulness also shows that as we develop those skills and our ability to be present we are then able to recognize when we are moving towards one extreme or the other and then gently invoke some strategies in order to pull ourselves back into “the zone” and also increase the size of our zone.

These arousal states also correspond to the famous Hans Selye’s “General Adaptation Syndrome” which describes the human body’s response to stress. He talks about 1) Alarm State (hyper-arousal), 2) Adaptation State (the window of tolerance, the ability to return to baseline after stressful situations without “crashing”), 3) Exhaustion State (hypo-arousal aka “the crash”).

In the “alarm” state the adrenal glands (small glands on the back wall of our bodies that sit atop the kidneys) produce stress hormones that help us to respond to stress—this is known as the “fight or flight” response. We all know this feeling and some of us all too well! The sweaty palms, the racing heart, the drop in blood sugar that creates an internal “shakiness”. This is a natural response to stress and helps us fight or

flee in order to save ourselves from danger.

The exhaustion response can come about if we remain in this activated state for too long and we “burn out”. The other way we can enter this phase, though, does not require the alarm state—but rather another type of stress response, less well-known but equally powerful—the “freeze” response. This is akin to the response that animals get when they realize as they run from their pursuer that they might be too small to fight and too slow or tired to flee—and so they freeze (play dead) and shut themselves down. Humans do this too, in their own way.

Some people adopt this strategy over fight or flight as a learned strategy for dealing with stress—they become paralyzed in the face of danger and just “shut down”.

How these stress responses might look in our society:

Someone who invokes the **fight** version of the stress response might compensate for stress by working harder, over-exercising, pushing themselves (or others) harder to try to manage the stress.

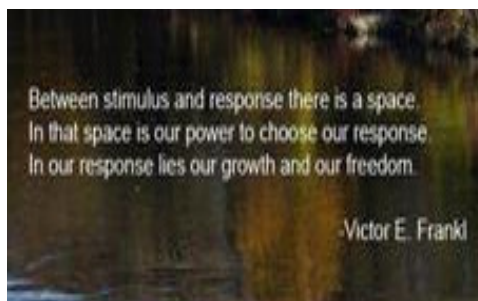
Someone who invokes the **flight** version of the stress response might procrastinate, shirk responsibilities, watch television, or distract themselves in another way from the impending stress (sort of like the rebel teen).

Someone who invokes the **freeze** response may do similar things to someone in flight however the freeze response is much more collapsed. There is more exhaustion and less avoidance. Their might be a will to do what needs to be done but there is a fear, paralysis or general lack of motivation behind the inertia.

In a healthy state (the state of adaptation, or being within our window of tolerance), we recognize what needs to be done, we observe our response to the task, we are able to rise to the task of accomplishing our goal in such a way that allows us to remain more or less calm and capable, we are able to know our limits and when to relax first then act, when appropriate.

Okay, so now how do we increase the size of our window of tolerance and learn tools on how to navigate within this window?

For the most part I will save this discussion for Part 2, coming in the Fall newsletter, and leave you with the task of simply creating awareness around your state of being. Observe which of these zones or states you are most often in. Notice what situations pull you into



I fully realize I had this quote in my last newsletter as well, but it is so powerful and such a great reminder that I felt it was worth including it again!

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The Zone—part 1—Continued

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different states. It is important not to judge yourself harshly when you notice yourself reacting in a certain way. New research shows that we do not learn when under the stress invoked by a critic, even when that critic is self. From the literature we see emerging that change occurs best under conditions of compassion and curiosity. This is different than enabling—don't let yourself off the hook but don't beat yourself up either! Hold yourself lovingly and gently to a high standard for yourself.

From my own experience this can be tough to wrap our heads around. I used to use what I call the "iron whip" to motivate myself. Pushing, reprimanding,

even punishing myself (either through self-destructive thoughts or self-destructive behaviors like over-work/over-exercise, or some form of over-compensation) to stay "on track" or to get back on when I "fell off".

After learning about mindfulness I discovered my body might actually be telling me it needed something other than what my brain was pushing me to do: perhaps to take a break, rest, put my feet up... Due to old conditioning and programs this was "laziness" and it has taken some work to overcome this mental chatter that still speaks to me at times. Cultivating what I call "disciplined gentleness" has been the antidote to this "seesaw" behavior between over-and under-pushing. I now know how to notice, listen to and

respect myself and as such am able to engage in the actions that keep me healthy.

In the next newsletter I will discuss in a little more detail the affects these three states have on our physical bodies and I will give you some tools for self-regulation (staying within "the zone") and will also provide you with some "habits of health" that we need to cultivate in our lives in order to repair the damage that has been created in our bodies by living outside "the zone" for so long and those we need to cultivate on a daily basis to assist us with our resiliency, stress response and that will help keep us within this Window of Tolerance.♥

The Wonderful Barefoot Lifestyle: What I learned the hard way!

By Dr Laura Stark ND

Last summer I was convinced that I should get myself some "barefoot" running shoes. For my partner and his brother, five-finger shoes are their choice footwear. I was told these shoes would strengthen my feet, make me have better aligned and more efficient running posture, and basically get back to nature – allow my body to move the way it was designed to while feeling the earth beneath my feet.



Sounds great right? So, I got myself a pair and walked around Toronto in them for the next two days. My feet hurt so badly! It felt like my bare soles had been hitting the pavement unprotected and my big toes were the worst. The lateral side of my big toes pressed into the shoe's toe which I feared would cause an irritated ingrown toenail. I figured the shoes simply needed some breaking-in. So, I continued wearing them for short periods so as not to aggravate my big toes so much. Home from my Toronto trip, it was time to go for a typical run around the lake. My calves seized up so badly I could not get up or down stairs for a week. I was walking with a feeble waddle and un-

able to hold my back up straight. Then the back pain started. I couldn't sit without my low back going into spasm. The spasms progressed through my pelvis and down my thighs. For a full year now, I have been suffering the consequences of that first "barefoot" run.

Now, after months of actively working towards recovery with the help of some Physical Therapy and Chiropractic care, I have fully committed to a barefoot lifestyle! You thought I should leave those barefoot shoes in the closet, didn't you? Retrospectively, I have realized that I simply did too much too soon with my barefoot

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The Wonderful Barefoot Lifestyle: What I learned the hard way! Continued

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shoes and in a not so pleasant way, discovered the major weaknesses in my body that had been formed from a lifetime of walking and running with terrible form. I worked over the winter on strengthening my arches in yoga class and now my big toes are aligned and no longer get irritated in my toe shoes. I am continuously working on my weak and shortened hip flexors that are no longer causing any back pain. This preparatory work along with educating myself about proper barefoot biomechanics now has me well prepared to restart my journey into barefoot living.

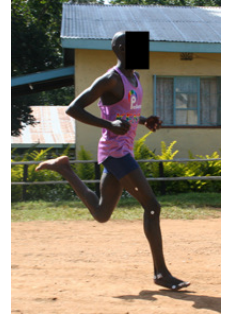
Being barefoot (or nearly barefoot in minimal shoes) is not just a trend for runners. Moving in the world without the comfort of our cushioned and supportive footwear requires a level of body intelligence that most of us are not in touch with as we move through our busy days. Without shoes, we tend to instinctually walk and run in ways that help us prevent injury. If the walking surface could hurt us, we naturally walk with a forefoot strike (that is, the ball of our foot hits the ground first before the heel is lowered to the ground) rather than landing with our heels first. A forefoot strike significantly decreases the impact force of each step which limits the damage we may do by stepping on something injurious and decreases the impact we experience in our ankle, knee and hip joints. In this way, going barefoot can help to prevent repetitive stress injuries like runner's knee or plantar fasciitis. Waking up the feet by practicing barefoot walking can be a significant way to prevent falls in

the elderly too. I repeat, not just for runners! Being barefoot gives us a huge amount of sensory information from the soles of our feet that allow us to be aware of how we are relating to our environment and therefore be more present in our lives. Being barefoot can help ground feelings of anxiety in this way. As a Naturopath, I am continuously encouraging greater body and self-awareness as a way to maintain and optimize health. When we listen to the messages our bodies send us through sensations or symptoms we can then respond appropriately by providing the care our bodies are asking for. I suggest that a barefoot lifestyle is a powerful way to be more mindful in our bodies and our lives.

So, here are my basic suggestions to get you started:

- ⇒ The number one rule is to start slow – slower than you think you need to. Try out little bits at a time and listen to your body. If there is any pain, you should be asking yourself what you could be doing differently. Pushing your normally unused, weak muscles too hard will result in injury – achilles tendinitis most commonly.
- ⇒ Start with learning to walk with a forefoot strike. It's like a dancer coming on or off stage or trying to sneak around quietly. I walk around the office now in moccasins with ninja-like stealth.
- ⇒ Start on hard flat surfaces. A hard surface like pavement will keep you honest – heel striking here will make you sore. Uneven sur-

faces provide too many challenges for the muscles that stabilize your foot and ankle in the beginning –



wait until your feet feel strong enough for the challenge.

- ⇒ To run, start by running in place with tall upright posture and lifting your knees up in front of you. (You will notice your heels do not strike the ground first). Then, without changing your technique, allow yourself to start moving forward. Avoid taking strides that are too long. Your foot should strike the ground while it is below your knee or thigh, not too far out in front as happens when you heel strike.
- ⇒ Most importantly educate yourself on how to re-educate your body. Get inspired by Christopher McDougall's book "Born to Run" or watch his TEDtalk or YouTube videos.
- ⇒ www.BarefootRunning.com has a wonderful "Begin Here" section that breaks down everything you need to pay attention to in order to learn good technique.

Listen to your soles and you will not be lead astray ;) ♥

More Questions Raised About the Modern-Day 'Staff of Life': Japan Refuses to Import US Wheat

By Dr Marika Geis ND

The future of the U.S. wheat industry looks a bit uncertain as of the end of May, 2013. Japan, upon the discovery of a genetically modified strain of 'white wheat' coming from Oregon, announced that all wheat imports coming from the United States were to cease immediately; this pending a thorough investigation as to the extent of the contamination and an assurance by the USDA that no such GM strain will ever make it into U.S. exports again. Why all the uproar? Well, no country in the world has ever approved genetically modified wheat for sale. What's more is that the strain found in Oregon, developed by the biotechnology giant, Monsanto, between 1998 and 2005 was never approved for sale because growers and buyers opposed Monsanto's intent to seek approval to market the seeds.

People are right to be leery of GM foods. GM soy and corn are implicated in a number of human and livestock illnesses that literally leave no part of the body untouched (gut, liver and kidney function, the immune and endocrine systems, blood composition, allergic response, effects on the unborn, the potential to cause cancer, and impacts on gut bacteria).

What's even more concerning is that over 80% of processed foods contain GM foods with no labelling to identify products as such. However, despite their presence in processed foods, and the effects notwithstanding, GM soy, corn and more recently hay (alfalfa), are largely intended for animal feed. Wheat would be the first GM crop ever to be consumed *en masse* by people directly.

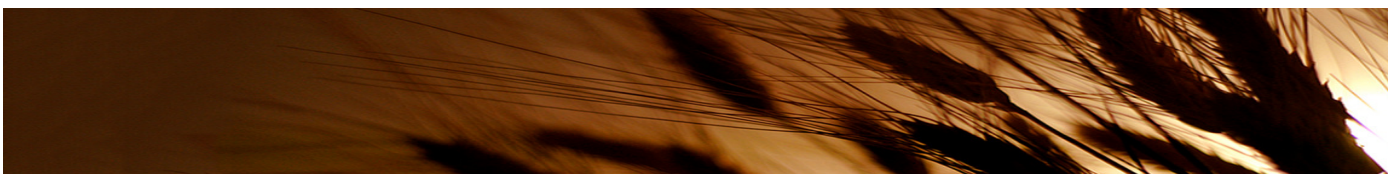
According to the U.S Food and Drug Administration policy statement on the safety of GMO's, they are essentially equivalent to heritage seeds and crops and need no government regulation. It went on to say that the food producer bears responsibility for assuring safety. This is problematic as government officials from other countries often use FDA assessments to inform their own policies. If it's happening south of the border it's likely happening here.

The concern regarding GM wheat is compounded by the problems surrounding the hybridized varieties already being used. Driven by a mandate to combat world hunger, wheat went through a rapid period of cross-breeding resulting in thousands of varieties that dramatically increased yields from 8 to 65 bushels per acre. With each stage of

hybridization (repeated thousands of times), 5% of the proteins are new and may have novel characteristics. Gluten seems particularly vulnerable to these structural changes and is therefore inherently more allergenic given that these new proteins have never existed before today. Clinically, we see time and again how symptoms ranging from total debility to softer syndromes improve with the elimination of wheat. Celiac disease is four times more common today than it was 65 years ago.

The average person eats 133 pounds of wheat per year, up 26 pounds from 1970. 99% of that wheat is the modern day, high yielding 'dwarf' and 'semi dwarf' variety containing ever changing gluten proteins. This coupled with the discovery of GM strains of wheat making their way into our food supply presents a potentially dangerous combination and necessitates serious examination of our food's safety. Until an unbiased consensus is reached, I think the precautionary principle exercised by Japan is an essential move. The best way to avoid wheat/gluten is simply to avoid using recipes that call for it or provide suitable replacement flours. Better yet, avoid recipes that call for any kind of flour. Eating seasonally and locally is the healthiest way to support your own health, your family's health and the longevity of our environment.

♥



Perils of “The Pill”

By Dr. Allison Ziegler N.D.

The oral contraceptive pill (birth control pill) was originally introduced to the public in the 1960's as a way to prevent female fertility. Since that time, the amount of women using the birth control pill has significantly increased to an estimated 100 million around the world.

Natural Menstruation

The menstrual cycle naturally occurs by fluctuations in estrogen and progesterone. Estrogen levels rise in the first half of a woman's cycle to prepare ovarian follicles to release an egg and to thicken the uterine lining. High levels of estrogen prevent the release of another hormone called luteinizing hormone (LH). Mid-cycle, when the egg is matured, estrogen levels rise even higher reversing its inhibitory effect causing LH to be produced in large amounts. This LH surge is responsible for the release of the egg, known as ovulation. The second half of the cycle is then marked by rises in progesterone, which helps to create a uterine environment suitable for implantation. If fertilization and implantation, as in pregnancy, do not occur, estrogen and progesterone levels decline and menstruation occurs.

Birth Control Pill

Birth control pills work by keeping estrogen levels at a sufficiently high amount to prevent the surge of LH and thus ovulation. If ovulation is prevented, a mature egg is not released and pregnancy can-

not occur. The pill also prevents pregnancy by making the uterine lining inhospitable to a fertilized egg, limiting the sperm's ability to fertilize the egg and thickening the cervical mucus to hinder sperm movement.

Misconceptions About “the Pill”

1) The Pill Balances Your Hormones

The birth control pill/patch is often prescribed for hormonal issues; however, it does not balance hormones. Other factors are the cause of hormonal imbalance and they must be investigated. Birth control pill/patch use promotes a continually high level of estrogen. Some pills are designed to allow a period only 4 times a year or to be taken continually, which eliminates the period for years at a time, without a break from the estrogen blast.

When the body is under estrogen dominance, as seen when estrogen levels remain high without being balanced by progesterone, the following effects are seen:

- Breast tenderness
- Nausea
- Irregular bleeding or spotting
- Weight gain
- Mood changes
- Increased risk of breast cancer
- Increased risk of blood clotting, heart attack and stroke
- Migraines
- Increased blood pressure
- Gall bladder disease
- Benign liver tumors

2) The Pill Makes Your Period Return

Some women experience a cessation

in their period for various reasons and the pill is prescribed to “regulate” it. Taking the pill only appears to regulate the menstrual cycle. Withdrawal bleeding occurs during the week break from the active pills or sugar pills, simulating the average period (28 days). The only reason one bleeds during this break is due to the drastic decrease in estrogen levels, causing the uterine lining to shed. Birth control pills suppress the normal cycle. The hormonal events while taking the pill are significantly different compared to the natural ovulatory cycle, as ovulation does not actually occur.

3) There are no Long-Term Effects from Taking the Pill

In addition to the risk factors caused by estrogen dominance as listed above, taking the birth control pill depletes several nutrients. Oral contraceptive pills deplete all B-vitamins, magnesium, selenium, zinc, tyrosine and coenzyme Q10. Without these nutrients, ailments such as depression, low libido, lack of energy, focus/concentration and insomnia can result. It is recommended that women who are taking oral contraceptives also take a high-potency multi-vitamin as well as additional B-vitamins to prevent nutrient deficiencies and promote optimal health.

It is important to understand how oral contraceptive pills function in the body. Being aware of the nutrient deficiencies can aid in preventing the effects of long-term oral contraceptive use. When exploring options for birth control, there are natural approaches to maintain health and vitality. Become informed when deciding what method is right for you. ♥

Naturopathic Medicine Week—wrap up

Naturopathic Medicine Week 2013 was a wonderful success in Saskatchewan. It happens every year, around the first week of May, so be sure to watch for events posting in early Spring 2014 for our next years list of activities. If you missed any of our radio or television appearances, please visit the home page of our provincial association's website at www.sanp.ca where we have links to the Regina and Saskatoon Rawlco Radio "Ask the Experts" programs.

If you had the chance to get to our Cathedral Centre for Wellness Open House (and Thank You! If you did!), you may have had the chance to sample the delicious goodies we had available to you (healthy dairy and gluten free treats!). We did provide the recipes for most of our snacks—and most of us happened to use recipes from the wonderful cookbooks that Dr Marika Geis sells at the clinic: *the Whole Life Nutrition Cookbook* and *Nourishing Meals* (both staples in the homes of all 4 us of docs!) however our lovely colleague, [Deb Ash](#), brought in some delicious cinnamon power balls—and no recipe!

She has thoughtfully provided it to me to share with you—so I have included it below and I hope you enjoy! These make delicious high protein snacks. And for those with nut allergies, substitute sunflower, pumpkin or sesame seed butter for the nut butter and roll them in a ground seed mixture instead. ♥

Yummy Cinnamon Balls

Submitted by Deb Ash

Ingredients:

- 1 cup rolled oats
- 1/4 cup ground flaxseed
- 1/4 cup chopped almonds
- 2 tablespoons chia seeds
- 1/8 teaspoon cinnamon
- a pinch of salt
- 1/4 cup + 2 tablespoons almond or peanut butter, melted and slightly cooled
- 1/4 cup honey
- 1/4 teaspoon vanilla extract
- 2 tablespoons mini chocolate chips (optional)
- 1/4 cup ground peanuts or ground almonds, to

roll the balls in

directions:

Combine oats, almonds, flaxseed, chia seeds, salt and cinnamon in a large bowl and stir.

Melt peanut butter and allow it to cool slightly, then stir in honey and vanilla extract until it's combined.

Pour it over the oat mixture and mix well with a spoon then bring together with your hands. Once mixture is sticking together, fold in chocolate chips.

Roll dough into golf-ball sized (or slightly smaller) balls, then roll in ground peanuts or ground almonds.

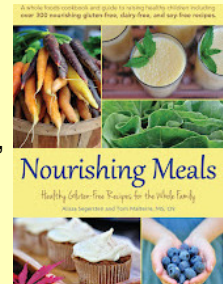
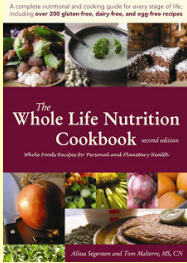
www.debashsoulcare.blogspot.ca ♥



Featured products for Summer—10% off these products (Sorry, not including the cookbooks, as these are already marked down)

Dr Marika Geis recommends: **Whole Life Nutrition and Nourishing**

Meals Cookbooks. From their website: “not only a cookbook, but a user-friendly guide to eating and preparing whole, nutritious foods. With 250 recipes and nearly 80 pages of organized information about whole foods, food sensitivities, organics, cooking equipment and more, this book is a comprehensive resource for anyone looking to improve their overall health and well-being and put healthy family-friendly meals onto the table” (www.nourishingmeals.com)



Dr Laura Stark recommends: **Quercetin SAP**—Spring and Summer can mean allergy season for many people and Quercetin SAP by NFH can be a non-drowsy alternative to anti-histamines. A high loading dose of quercetin can be taken to settle down hayfever symptoms by preventing the release of histamine in the first place. Take 2 capsules 3 times/day for a week or two then decreasing to a maintenance dose to get you smoothly through allergy season.



Dr Julie Zepp recommends: **Brain Calm**: a safe and effective blend of amino acids, including GABA and Glycine, along with Inositol and passionflower and that provide support for a calmer brain by boosting the levels of the chemical messengers in our brain responsible for relaxation. We often live in a state of constant doing and it can become hard to “shut off” (either our brains or our bodies) once we stop moving. This safe and gentle formula is great to help promote relaxation.



Dr Allison Ziegler recommends: **Thorne B-complex**: B-vitamins work together in various biochemical functions throughout the body from energy production, to healthy red-blood-cell formation, to healthy neurological function. Most B-vitamins, with the exception of vitamin B12, are not stored in the body; therefore, they must be acquired daily from the diet in order to maintain optimal health. Oral contraceptive pills deplete B-vitamins and must be supplemented in women taking the pill for optimal health.

| The selection of supplements at the health food store can be a confusing and overwhelming process. Taking the guess work out of what to take is one of the goals we have as Naturopathic Doctors in assisting our patients on their road to wellness and so we have decided to profile some of our favorite products each season.

If any of the products we profile are of interest to you, they can be obtained through our clinic reception at 2146 Robinson St.