



Cathedral Village Wellness News



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



Fall 2012

Our New Clinic!

By Dr Julie Zepp Rutledge ND

Volume 1, Issue 1

Welcome—to the first newsletter put together by the team of amazing Naturopathic Doctors at Cathedral Centre for Wellness! Doctors Allison Ziegler, Julie Zepp Rutledge, Laura Stark and Marika Geis are proud and excited to be operating out of our new space, in the Cathedral area.

Our clinic is located on the second floor, above *The Caring Place*, on Robinson Street across from Safeway and beside Butcher Boy meats. We invite you to come in and check out our lovely space! We offer scheduled and walk-in appointments and high quality supplement sales.

The new space has a spacious board room that we will be using for classes and workshops so stay tuned for information on upcoming times and dates.

In keeping with the tradition I began in February of 2005—providing quality health information and education through a quarterly newsletter—we're excited to share our knowledge

with you in this first edition of *Cathedral Health News*. We have decided to theme our issues and the theme of this newsletter is **Healthy Kids**. Given it is back to school season we are providing information on tips and tricks you can use for keeping your child, and you, healthy this fall. If you don't have children—please, don't stop reading! We have included healthy recipes that anyone can enjoy. And I often say that if we all treated ourselves as we treat our children: ensuring a regular bedtime, eating our vegetables, getting outside for fresh air and exercise and playing and creating regularly we would all be healthier. So please use the information here as gentle reminders to take care of yourselves as you would care for your kids.

I sincerely hope you find the information useful and will work on incorporating it into your lives. Good health is worth the effort!♥

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Embracing Chicken Pox

By Dr Marika Geis N.D.

I have to admit that I felt some apprehension about writing this article. The issue of vaccination is contentious; it's difficult to find a parent or health care professional with an unbiased opinion regarding immunization. That said, I thought I'd tackle one of the simpler vaccines in that the decision to immunize or not might be more straightforward compared to the others that are available: Chicken Pox.

Much of my work is focused on prenatal care, labor and delivery support and of course the little ones that come after. When the time comes to make a decision about immunizations, confused parents often reach out for help in hopes of gaining some clarity on the issue, a task made increasingly difficult by intensely opposing views and an overwhelming body of information. When it comes to chicken pox however, parents often feel that this is a 'no brainer' given that most of us have had chicken pox as children with-

out consequence. Perhaps this is what accounts for its low vaccination rate: 32% on average. However, it might be worth taking a look at what prompted the development of the vaccine just so that we can be assured that it really is a 'no-brainer'. We'll briefly look at its clinical presentation and course, populations affected and potential complications. In the end, I hope to offer what are clear and comprehensive criteria for vaccination of chicken pox.

The Chicken Pox, borne of the varicella zoster virus (VZV), is a highly contagious (infection rates exceeding 90%) rash characterised by its blister like appearance and intense itching. Its peak occurrence is in children aged 4-10 years with more complications associated with increasing age. In both age groups the rash usually

affects the head and torso with limited blisters found on the extremities. Transmission of the virus is airborne with an incubation period of 10-21 days. People infected with the virus however, are only contagious for the 2 days prior to the appearance of the rash and until all blisters have healed over, a process that usually take about 6 days. In children, often the only indication that they have contracted the virus is the rash itself whereas adults will usually suffer from nausea, diminished appetite, aching muscles, a low grade fever and general feeling of malaise a few days prior to the outbreak. Adults, particularly males, are at risk of developing serious complications such as varicella pneumonia (90% of varicella pneumonia occur in adults), hepatitis and encephalitis although these are rare. In children the most common complication is infection arising from scratching itchy pox. Another common complication (regardless of the age at

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which you were infected) is shingles – an exquisitely painful condition where the virus, having been dormant for decades, reappears and affects the superficial nerves supplying the skin. Pregnant, non-immunized women who contract the virus prior to 28 weeks can pass the virus onto their unborn child posing very serious consequences that include birth defects among others. After 28 weeks the risk is premature delivery, after which the baby is at risk for developing the infection if exposed 7 days prior to birth or 7 days after birth. Non-immunized pregnant women are also at risk of developing pneumonia with the severity increasing with increasing gestation. This is also relatively infrequent as only 10% of non-immunized pregnant women with chicken pox will go onto develop pneumonia. People that are immunocompromised have it the worst in that the infection can be potentially fatal as this population tends to manifest the most serious

complications associated with the virus.

Given the potential consequences to adults, neonates, non-immune pregnant women, and immunocompromised patients (eg: HIV), not to mention that it's responsible for a third of all strokes in children (2.03 strokes per 100,000 Canadian children under **19** years of age. Make that even less when you consider we're taking about kids ages 4-10) it's no wonder that companies sought to limit the occurrence and severity of this infection. Limit the number of infections and you reduce the number of complications overall, right? Not quite. There are a few important factors to consider when deciding whether or not the virus is the right choice for you and your family. I was surprised to find out that the manifestation of VZV changes depending on your climate. In temperate zones, VZV will have the clinical presentation and course that we are familiar with; a self-limiting rash affecting primarily kids aged 4-10 years. However, in tropical countries the virus rarely affects

children and typically saddles adults with the more severe form of infection and associated complications. Next, is the vaccine itself in that it does not confer lifelong immunity (needs a booster after 5 years), whereas natural infection does. The vaccine also loses efficacy at a rate of 3% annually, with the duration of protection from the virus being unknown. What this means is that while the vaccine may protect children during the age range of least vulnerability to severe consequences of the virus, adults who were vaccinated as children and therefore never contracted the virus naturally renew their susceptibility to the infection and its complications. The risk of shifting the affected population of chicken pox to more vulnerable cohorts must be carefully considered against the generally benign nature of the naturally occurring illness.

So, what to do? Well, I guess if you were one of the 10% of children who hadn't contracted the virus by the time you reached 15 years old lived in a tropical country, had a compromised immune sys-

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tem, were a caregiver to someone who could not get vaccinated and hadn't had the infection yourself then this might be the best solution for you. And certainly very special consideration needs to be taken if you are non-immunized pregnant woman or have a baby less than 6 months of age. However, if you are a parent struggling with whether or not to vaccinate against this particular virus in your healthy and well-nourished child you might want to give some thought as to

whether or not this might be a vaccine you can do without given that 75% of kids will get chicken pox by the time they are 15. With the benefit of lifelong natural immunity the issue of contracting the virus while pregnant ceases to be an issue in addition to reducing the serious consequences associated with infection at an older age. My advice as both a parent and physician: If you hear of a child in your community with the chicken pox, invite yourself over and enjoy a chicken pox party! Your healthy but itchy toddler/child will be

protected *FOR LIFE!*

PostScript: Physician's Note: NEVER, NEVER give a child suffering from chicken pox Aspirin as this increases the likelihood of **Reye's syndrome**, a potentially *fatal* disease.

Post Post Script: Regrettably, there was not enough room in this newsletter to discuss tips for boosting your child's immune response or comfort measures. If you have any questions feel free to direct an email to

info@cathedralwellness.ca.♥

Back to school, back to health!

By Dr Allison Ziegler N.D.

The ease of summer living is replaced by the structure, routine and busy schedule of a new school year. Optimal health is essential for the smooth transition from summer to school. The following are some tips to help your child optimize health and make the school year a success.

Sleep

Adequate sleep is crucial for concentration, ability to learn, to control impulses

and emotions and a strong immune system. Ensuring a regular sleep schedule and achieving the desired 7-8 hours of sleep a night can prove to achieve the above outcomes. In order to improve the quantity and quality of sleep, 60-90 minutes before bed should be designated as "quiet" time. Computer and TV use should be avoided and your child should use this time for activities such as reading, bathing, journaling or hav-

ing a cup of chamomile tea. Such activities help to calm the nervous system and promote a good nights rest.

Energy

With the physical and mental demands school activity and work requires, energy is required in order to accomplish such tasks. B vitamins play an important role in the energy systems of the body. B vitamins help the body to produce

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and use the energy from the foods we eat. Including at least one serving of dark, leafy, greens (such as spinach, kale, collards, Swiss chard etc.) in your child's diet daily can help increase B vitamins levels as they are rich in B vitamins.

Stress

The stress that can accompany an over-scheduled family and school life can be taxing on the child's energy, ability to concentrate and focus at school and relationship with friends. It is important to remember to al-

low your child time for unstructured play on a daily basis. This time is significant in helping your child have fun, de-stress, and boosting their creativity.

Immune System

The sniffles, sneezing, coughing and other afflictions of a low immune system often accompany the beginning of a school year. Often due to a change in routine and increased stress, a low immune system can make starting school less enjoyable. Having your child drink a cup of Astragalus root tea daily can help to boost their immune system. Astragalus is

mild tasting and can be easily disguised in your child's favourite drink.

Probiotic supplementation can also help increase the immune system. Probiotics aim to re-establish the healthy bacteria within the body that play a role in fighting off infection.

Nutrition Plan

Starting your child's day off with a nutritious breakfast and a healthy packed lunch sets the stage for a successful day at school. Planning meals ahead of time and getting your children involved in planning and preparation can make this task more manageable and fun.♥

Some nutrition ideas are as follows:

Breakfast

- ~ Oatmeal with vanilla rice or almond milk, cinnamon, banana, strawberries/blueberries.
- ~ Smoothie with frozen or fresh fruit, almond or rice milk, yogurt, flax seeds, hemp hearts, protein powder.

Lunch

- ~ Chicken vegetable soup
- ~ Vegetables over quinoa
- ~ Quinoa and bean salad
- ~ Add into lunch bag sliced cucumbers, carrot sticks, apple slices, orange slices, fresh berries, grapes and/or nuts.

Snacks

- ~ Apple with almond butter
- ~ Rice cake/crackers with hummus
- ~ Fresh cut veggies with hummus
- ~ Almonds and dried cranberries

*NOTE: substitute seed butters (sunflower seed butter, sesame seed butter—aka tahini) for nut butters in snacks or in recipes that call for nut butters (almond or peanut) for consumption in nut-free facilities.♥

Our Kids are Stressed Too!

By Dr Laura Stark N.D.

As adults, we know that there are plentiful sources of stress in our lives and we can often recognize the effects those stresses have on our health. In order to stay healthy and resilient, we need to keep that stress in balance by remembering to come back to our self-care – using our social supports, taking time out to relax, feeding ourselves well, incorporating physical activity into our day, choosing soul-nourishing activities and, making sure we have enough fun! If we were all masters of these self-care skills, I believe there would be few people left needing the help of a naturopath. This balance is a difficult one to maintain despite the solution seeming so simple. This is because early in our lives, before we learn how to take care of ourselves well, we develop other coping mechanisms to deal with the onslaught of stressors.

While some of us would identify our childhoods as being very stressful, many of us look back to our childhood years as care-free times we wish we could return to. In either case, it was in those early years that

we learned how to deal with stress. The majority of us carry those first coping mechanisms with us into adulthood at which point we often learn we haven't actually been *dealing* with the stresses very well at all. Some of us will still run and hide from our problems. Some of us will have an emotional breakdown to try to get our needs met. Some of us will freeze and smile – maybe no one will notice there's something wrong. Some of us keep busy – we're good as long as we're doing what we're supposed to. Our reactions to stress typically involve some form of avoidance or overcompensation and breaking those old habits is the major challenge as we try to learn how to manage our stress more effectively as adults.

Wouldn't it have been nice if someone had taught us as children that all the challenges we face are simply there to help us grow and no matter what the outcome of each of those challenges we are still innately valuable simply because we are who we are?

We can endeavour to instill our children with this kind of



unconditional love and self-value, but as we've all experienced, there will be plenty of instances in our children's lives that will try to convince them otherwise. It is for these instances that, as children, we need to learn our healthy self-care practices so that we have an ever-nourished inner strength to help us through the worst of times. There are so many simple practices we can learn to incorporate into our busy days (and our busy days as kids!) to help reconnect us to that inner strength and buffer the stress response in our bodies.

Try out the following two practices for yourself and share them with your children to help them grow into more stress resilient adults!

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Our Kids are Stressed Too!

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1. Belly Breathe to automatically switch on your body's relaxation response.

The easiest way to make sure you are belly breathing is to lay down on your back – your belly will naturally start to expand with each breath.

Take a break outside at recess to lay down and search for cloud animals; or lay under a tree and count leaves as they rustle in the breeze; or spend a few minutes stargazing if it isn't past bed time!

Today you are You, that is truer than true. There is no one alive who is Youer than You." ~Dr. Seuss

2. Breathe in the good and breathe out the bad. You can do this even in the middle of a stressful situation to help keep yourself calm!

Breathe in through your nose for a count of 5. Imagine that you are breathing in calming blue light.

Breathe out slowly like you are cooling off hot soup for a count of 9. Imagine that you are blowing out steam like a train engine, all the bad feelings leaving your body like a cloud of black smoke. ♥

Your healthy lunchbox

By Dr Julie Zepp Rutledge N.D.

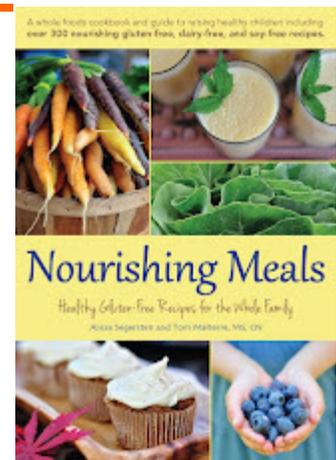
After deep love and affection, healthy nutrition and proper sleep come hand in hand for the most important factors in nurturing a child's brain and body.

Knowing the importance of good nutrition, heading back to school can be a stressful time for parents too, especially when it comes to figuring out what to pack for a healthy lunch. We recently began selling a new cookbook in our clinic *Nourishing Meals: Healthy Gluten-Free Recipes for the Whole Family*. This cookbook is authored by the same duo that put together the *Whole Foods Nutrition Cookbook*

—both books serve not only as excellent sources of recipes but also as wonderful health resources.

One of the introductory sections of *Nourishing Meals* is entitled "Raising Healthy Children". In this section you will find information on the key nutrients for healthy development, great tips for changing the family diet if bad dietary habits have already been established and suggestion for packing a healthy lunchbox.

I have included a chart from



the authors' website www.NourishingMeals.com on the next page. It can be used as guide for you, or your child, in putting together a healthy lunch.

I have also included a recipe for some delicious Chocolate Sunbutter cookies, also found in the cookbook.

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Your healthy lunchbox

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These hypoallergenic cookies are great to pack along as they do not contain gluten, dairy, refined sugar or nuts—some of the key allergenic foods children consume regularly and contribute to the potential health issues associated with food sensitivities (more on this topic in the next article).

It is not always easy to change the dietary habits of children, however for their health it is important to get

away from the trap of packing along pre-packaged foods, sandwiches that are more gluten-filled bread than nutrient rich meals and high-sugar snacks. As you can see by the chart below it doesn't take much to put together a well-rounded nutrient packed lunch.

It is important to remember that “no food to battle over, no battle!” - a simple but incredibly effective trick that eliminates unhealthy foods from the home. This must also ex-

tend to the family habits that have children witnessing their parents' consumption of highly refined, wheat, dairy or sugar based foods and snacks.

The key factors identified in eliminating food battles are: removing access to nutrient poor foods in order to change our children's (and our!) taste buds and changing our behaviours and habits as parents so that we are modelling the health habits we would like our children to continue for years to come. ♥

Packing a Healthy Lunchbox

(Choose one food from each category)

Fruit	Vegetable	Whole Grain	Protein	Treats
Apple	Carrot Sticks	Brown Rice, Millet, or Quinoa	Sandwich	Healthy Cookie
Pear	Celery Sticks	Noodles	Cooked Beans	Popcorn
Orange	Baby Green Salad	Whole Grain Muffin	Raw Nuts	Lara Bar
Banana	Cucumber Slices	Nori Rolls	Sliced Turkey	Lemon Blueberry Pudding
Strawberries	Steamed Potatoes	Chicken Noodle Soup	Lentil or Bean Soup	Rice Cake
Plums	Sugar Snap Peas	Hard Boiled Egg	Hummus	Dates
Peach	Cabbage	Leftover Fish	Yogurt	
Grapefruit	Radishes			
Grapes or Raisins	Green Beans			
Cherries	Cooked Winter Squash			
Kiwi	Cherry Tomatoes			
Blueberries	Avocado			
Fresh or Dried Apricots				

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 Website: www.WholeLifeNutrition.net
 Recipe Blog: www.NourishingMeals.com

Chocolate Sunbutter Cookies

(source: *Nourishing Meals* cookbook by Tom Malterre and Alissa Segersten)

Wet Ingredients:

- 1 cup organic Sunbutter (made from roasted sunflower seeds)
- 1/3 cup coconut oil/ nectar
- 1 Tbsp ground chia seeds
- 3 Tbsp water
- 1 tsp vanilla

Dry Ingredients:

- 1/4 cup cocoa powder
- 1/2 tsp baking soda
- 1/4 tsp sea salt

Additional Additions:

- 1/2 cup mini organic chocolate chips

Directions:

- Preheat oven to 350 F
- Lightly grease a cookie sheet with coconut oil
- Beat together wet ingredients until light and fluffy. Add the dry ingredients. Beat together until thickened and combined. Mix in the chocolate chips if using.
- Roll equal-sized balls of dough in your hands. You should have between 12 and 15 cookies. Press each cookie dough ball with a fork.
- Bake for 12 to 15 minutes. Cool. Cookies will be fragile and crumbly when hot so cool them on the pan. They will firm up once completely cool.♥

Our Food: Nutritious or Dangerous?

By Dr Julie Zepp Rutledge N.D.

Food allergies and sensitivities are on the rise and this is a concern not only due to the increased limitations that food allergies, such as nut allergies, place on what you can send to school with your child for lunch or snacks, but also due to the myriad of symptoms that they result in—that are not always easily linked to the foods we consume.

Conventional medicine has long recognized the concept of a **food allergy** and this is what most of us think of when we think of a typical hypersensitivity reaction one might get from food. These include symptoms such as hives, wheezing,

itchy/ watery eyes, immediate gastrointestinal problems such as nausea, vomiting, diarrhea or pain—and the most severe being swelling of the throat, with the potential danger of anaphylaxis. These immediate type of food reactions are governed by an immune system response mediated by an antibody called IgE. This antibody can be tested for using the standard “scratch” type of allergy testing.

However there are other types of immune system responses to foods that can result in other much more vague symptoms. These responses are governed by two different antibodies—IgG and IgA—that are not tested using the scratch allergy testing. We typically call these

food sensitivity reactions to distinguish them from the **food allergy** (IgE response) described above, explaining why your naturopath may tell you your child has a dairy sensitivity, despite the fact that their skin test for milk allergy showed no reaction.

In children, consuming foods they are **sensitive** to, but not necessarily **allergic** to, results in symptoms that include, but are not limited to: skin rashes/eczema/ psoriasis, acne, asthma/ airborne allergies, frequent infections, attention or behavior issues, joint or muscle pain, digestive or sleep disturbances.

Food sensitivities can be identified based on symptom presentation and linking the symptoms

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Our Foods: Nutritious or Dangerous?

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to food consumption. Often times with food sensitivity it can take up to 48 hours for the symptoms to appear and therefore they often go unidentified. Objective tests for food sensitivities include skin prick blood spot tests (IgG sensitivity) or salivary tests (IgA sensitivity). If your child is experiencing some of the above-listed symptoms linked to food sensitivity—keep a record of the foods they eat and consider consultation with a Naturopathic Doctor who can evaluate the dietary records and or-

der IgG or IgA testing. You can also begin by eliminating the suspect foods and the key foods that result in food intolerance and sensitivity. The “big 3” are: wheat, dairy and sugar (including white and brown sugars). Give this a try for 2 to 3 weeks and you and your child will notice big improvements in their health. Though it seems difficult, often going at least 4 days without consuming the highly addictive wheat, dairy or sugar based inflammatory and reactive foods is enough to eliminate our cravings for these quite poisonous ingredients,

making it much easier to avoid these foods.

Keep in mind that changing the diet permanently is a continually evolving process. This allows the changes to seem easier and more feasible. If going “cold turkey” on these foods seems overwhelming or impossible, start by eliminating processed foods, then in a few weeks eliminate sugar, then dairy then gluten and so on. The improvement in energy, health and vitality you will experience will be well worth the sacrifices of avoiding these foods. ♥

Product profile: keeping your child healthy this back to school season

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.

Keeping with the theme of Healthy Kids, the products we are suggesting this fall include high quality effective supplements to help keep you and your children healthy and vibrant. If any of the products we profile are of interest to you, they can be obtained through our clinic reception at 2146 Robinson St. ♥

Dr. Laura Stark: highly recommends fish oil supplements for your child's developing brain. **DHA Pediaburst** by Genestra is one of her favorites. This great tasting soft gel is easy for children to take and offers support to their brain and nervous, immune and digestive systems. ♥

Dr Allison Ziegler: suggest **Arabino SAP**. Arabino-galactan is a prebiotic fibre that is great for children to enhance the immune system. This multifunctional dietary fibre is also great for normalizing and improving bowel function. This powder can be added to water or juice. ♥

Dr Marika Geis: loves John Redden's **Children's Cold and Flu** formula- a pleasant tasting elderberry formula that has anti-viral and antibacterial properties. The presence of Echinacea, Licorice and 'Old Man's Beard' help boost your little one's immune response. Appropriate for infants from 6 months of age all the way to grown ups. ♥

Dr Julie Zepp Rutledge: as an adjunct to a well rounded diet, a good quality multivitamin-mineral can help to ensure that your active child gets all of the nutrition they need to keep them strong, healthy and energized. **Animal Parade Gummies** are a chewy, delicious way to get these additional nutrients in. ♥