



WELLNESS NEWS

FALL 2019



1 - Environmental
Toxins



2 - Infection



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Storm



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Groups

Heavy Metals:

- Mercury - Avoid big fish seafood like tuna, consider your exposure with dental amograms and choose other substitutes if available.
- Aluminum - avoid antiperspirants, lipsticks, and sunscreen with this ingredient.
- Sweating through exercise or sauna use- the most effective way to eliminate heavy metals

Parabéns:

- These compounds are found in numerous health and beauty products. Prioritize clean skincare. Look for EcoCert (high standard organic agriculture) & paraben free labels.

Phthalates:

- These are synthetic aromatic chemicals added to health and beauty products to enhance fragrance. Choose fragrance free products or products enhanced by essential oils.

Polycyclic aromatic hydrocarbons:

- Limit exposure to exhaust, tailpipes and cigarettes

Triclosan:

- primarily found in products used as a disinfectant- Try alternative cleaning products such as essential oils with water. Be aware of soaps, acne cream, shaving cream, deodorants, shower gels and toothpastes which could contain this ingredient.

Polybrominated dioxins and furans (PCDD/Fs):

- brominated fire retardants - found on clothing. Be sure to wash your clothing after purchasing before you wear it.

This list may seem overwhelming. These toxins are ubiquitous in our environment and reducing exposure completely may be impossible. However, making changes in your beauty and household products can decrease your risk substantially. Your naturopathic doctor has access to specialty tests that can be performed in house or in the comfort of your own home to determine your exposure profile and to guide individualized detoxification treatment. The accumulation from daily exposures can overwhelm our body systems working to remove waste, and therefore, supportive detoxification is essential for everyone irregardless of your health state.

Take action today and your body will thank you later.



Case: Infection: The strength of your 'terrain' determines how your body fights infection

by Dr. Allison Ziegler N.D.

A 4-year old patient came into my office with a history of boils on her skin as well as frequent styes in her eyes, which had began a year prior to her initial visit with me. At the time of her initial infection 1-year prior, her medical doctor treated the infections with antibiotics. The antibiotics cleared the styes and the boils; however, it was only for a short time. The boils returned shortly after and would appear periodically; however, had become more frequent and almost constant over the month leading up to our initial visit. Within the past year she began having more severe allergic reactions and several infections including urinary tract and skin infections. Additionally, she had been treated multiple times with antibiotics since the initial infections. Each time antibiotic treatment was used; the infections seemed to become more frequent and severe.

With the frequency of infections over the past year, it was clear that this patient's immune system was suppressed and unable to fight them off. What is the root cause of the suppressed immune system?

We know that the basis behind antibiotics is to eliminate the bacteria responsible for causing the infection. However, the antibiotic is not only going to get rid of the harmful bacteria, but is also going to destroy the beneficial bacteria in the body. Our body has a colony of beneficial bacteria, which is highly concentrated in our intestine. These healthy gut flora are a significant part of the immune system, comprising upwards of 2/3 of our total immune system, and are responsible for various health promoting actions including fighting off infection. Therefore, with each use of antibiotics, the healthy gut flora is reduced and the immune system becomes weakened and suppressed. In the above case, the frequent use of antibiotics in the child was further depleting her immune system's natural ability to fight off the infection, thus leading to increased infections and consistent formation of boils on her skin.

Given the patient's history and how the body optimally functions led me to develop an effective treatment plan.

Treatment Goal: Increase immune system and re-establish a healthy terrain.

a) **Probiotics** – a high dose, multi strain probiotic was prescribed to replenish the healthy gut flora, thus improving the immune system.

- b) **Immune support** – St. Francis Deep Immune – This is a herbal combination that contains Astragalus and Codonopsis. These immune enhancing herbs help to increase the production of white blood cells and enhance immune attack.
- c) **Spirulina** – An algae that is high in protein, which is an essential part of immune system and is nutrient dense, high in B vitamins and minerals. All of these features of spirulina help to significantly improve the immune system.
- d) **Omega 3** – Omega 3 is a strong anti-inflammatory and helps to hydrate the skin. These actions were indicated to aid in the child's skin healing.
- e) **Decrease sugar and increase greens in the diet.** Harmful bacteria flourish in the presence of sugar. Eating a diet rich in green leafy vegetables promotes the growth of the beneficial gut flora, improves the immune system and replenishes a healthy gut environment.

The result

After following the above treatment plan for 1 month, the child was infection free. The skin boils cleared and she was feeling back to herself. A second follow up 3 months later, showed the child was still infection free.

Identifying and treating the root cause of an illness is the foundation to naturopathic medicine. Achieving optimal health means understanding how the body functions and supporting those areas that have been compromised through various actions in our every day life.



Reflections over a histamine storm

by Dr. Cristina Harabor ND

“What is food to one man may be fierce poison to others” Lucretius – Roman poet, 99 BC.

It's Saturday morning and it's turning out to be beautiful. You decide to check out for brunch the newly opened green, all organic café across the street. You relish the steaming cup of coffee and the steak tartare on crispy rye bread. Exotic. Simple. Perfect. A couple of hours later the beat of a pounding headache interspersed with abdominal cramps and a crimson itchy skin make you wonder what went wrong. An over-the-counter antihistamine tablet hastily swallowed brings your suffering to an end. Was this an allergy? Histamine intolerance? You wish you knew.

The Histamine Facts

Histamine is produced in various tissues of our body as a mediator, or a “signaling molecule”, a chemical that sends messages between cells. It exerts its various functions by binding to cellular histamine receptors. Depending on the type of the stimulated receptors and their distribution, histamine plays a number of key roles.

In our nervous system, histamine regulates the sleep-wake cycle by helping the brain to stay awake, and is involved in appetite and body temperature control mechanisms. In the digestive tract, histamine stimulates the gastric acid production and relaxes the smooth muscle cells of the intestine.

Histamine works in our immune system as an inflammatory mediator. Inflammation occurs as a normal response to injuries or infections. Along with other inflammatory mediators, histamine is released by various immune cells at the injury site. This causes the small vessels in the injured tissue to become wider, allowing for more blood to reach the site. It also makes it easier for the immune cells and the fluid from the blood vessels to cross into the affected tissues for repair. This is why inflamed tissues become hot, red and swollen.

Allergies

Most people are familiar with histamine's role in allergy, which is an exaggerated immune reaction triggered by foreign substance (or allergen). The allergen binds to the Ig E antibodies, specialized proteins that attach themselves to the surface of the histamine producer immune cells (the basophil blood cells and the tissue mast cells). These cells become activated and start releasing a large amount of histamine.

Usual allergens include mold, dust mites, animal dander, pollen, insect bites, latex and certain foods. An initial exposure to an allergen may remain silent, but this can sensitize the immune system so that subsequent exposures to that substance may trigger an allergic reaction.

Most common allergic symptoms are hay fever, conjunctivitis, eczema or hives, asthma and, in extreme cases, an anaphylactic reaction. Allergies can be diagnosed by performing a blood test or a skin test that will show what substances are causing the reaction.

Histamine intolerance

Although we cannot live without it, too much histamine is toxic for anyone. Some individuals tend to accumulate histamine in their body much faster than they are able to degrade it, a condition called histamine intolerance. The actual mechanism of histamine intolerance is not fully understood, but it is thought to be a genetic impairment of two enzymes: the diamine oxidase (DAO) and the histamine N-methyl transferase (HNMT), both responsible for breaking down this molecule. Histamine intolerance is not Ig E mediated, therefore allergic skin and blood tests will be negative.

The source of histamine in this case is often the diet, as this substance is naturally occurring in many foods. In addition, certain foods can affect the histamine reservoir by either stimulating the body's own production, or by blocking the histamine enzymes.

Symptoms become manifest only when the histamine level surpasses the body's capacity to clear the excess and the cascade of inflammation is activated. Nausea, skin rashes, headaches, nasal congestion, asthma and abdominal cramps and are some ways our body expresses inflammation caused by excess histamine. The cumulative build up in time may explain why symptoms may not be seen right after having eaten certain foods, which often makes it difficult to pinpoint a particular dietary cause.

Food sources of histamine

Histamine is present in most fermented foods like wine, aged cheese, aged or smoked meats, fermented soy products (including tofu and soy sauce), vinegar (including pickles, ketchup and prepared mustard), and sauerkraut. Foods exposed to high amounts of bacteria such as fish or shellfish will contain histamine. The faster the microbial metabolism, the higher the level of histamine produced. An example is fish; bacteria in the gut will start producing histamine as soon as the fish dies, making it one of the most susceptible foods to an increased histamine level much before any signs of spoilage occur.

Leftover meats can quickly accumulate microorganisms which result in histamine formation.

Chocolate, cocoa, spinach, eggplant, nuts, pumpkin, tomato, strawberries, citrus fruits, and seasonings like cinnamon, chili powder, and cloves can stimulate the release of histamine. Any type of alcohol interferes with the body's ability to break down histamine.

Artificial food colours, in particular tartrazine, and preservatives, especially benzoates and sulphites, can increase histamine levels if ingested.

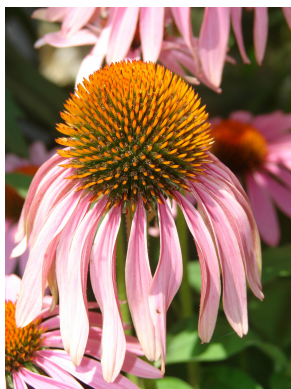
The Low Histamine Diet

After that Saturday when your histamine level had reached the “point of no return” starting a cascade of inflammation in your body, you know that although the antihistamine medication relived your suffering, this is just a temporary fix. You want to identify all potential dietary triggers so that you can avoid them in the future.

A diet eliminating high histamine foods is a useful tool in improving histamine tolerance and identifying trigger foods. However, treating histamine intolerance requires a holistic approach, and it is important to work with a ND in evaluating possible related disorders that will be addressed beyond dietary modifications.

To do a low histamine diet, you may need to do something like this: Remove from your kitchen all foods high in histamine, all DAO blockers and histamine liberators. For the next 4 weeks ensure that none of these ingredients makes its way on to your plate. The 5th week start methodically reintroducing the foods that have been removed. A one-food-a-day, wait-another-24 hours, repeat, type of protocol. Keep a detailed food diary where you track all the symptoms that you may have. The couple of weeks that follow will teach you about your histamine food triggers.

If this person could be you and you think you may be histamine intolerant, talk to your ND about it.



Echinacea Revised

by Dr. Marika Geis ND

Despite several hundred clinical trials proving Echinacea’s efficacy in lessening the duration and severity of the common cold and flu, the question remains – does it actually work? One would think after all this time that question would have been laid to rest, yet I came across a study (Turner, R. et. al. 2005; 353:341-348) published in the New England Journal of Medicine, that found Echinacea to be no more effective than placebo in offsetting some of the symptoms associated with rhinovirus and common cold illnesses.

The take home message? Echinacea has no therapeutic value. Say what??!! Before we resign ourselves to conclude that Echinacea is ineffective, it's worth discussing some of the challenges associated with testing herbal preparations in addition to pointing out some of the study's shortcomings with respect to its methodology.

Pure pharmaceuticals are hard enough to test. Despite scores of randomized controlled trials, drug companies routinely make labeling changes with respect to adverse effects, contraindications, or are recalled altogether. The recall of the popular Vioxx and Paxil's change to category D for pregnancy are two such examples yet these drugs continue to be prescribed (with the exception of the above Vioxx). Testing medicinal plants is even more elusive due to the fact that they contain a wide array of compounds that work together in a synergistic fashion to bring about change in the body. Here, the fundamental issue is efficacy. In fact, this issue is so important that Germany passed a law stating that by 1990 all marketed herbal products had to be "proven effective and also qualitatively it has to be ascertained that they are standardized at a certain level of effectiveness".

Determining efficacy is not easy. It requires more than merely identifying obviously active constituents. Most herbalists feel that active compounds aren't the only indicator of efficacy, that there might be undetectable levels of synergistic components that affect the body over a longer period of time but are not demonstrable using current methods. Measuring single parameters ultimately lead to a poor understanding of the complex nature of these medicinal herbs.

One of the main criticisms that can be made regarding the study's research is the issue of dosing. 437 subjects were randomized and challenged with rhinovirus 39 then sequestered for 5 days after which infection rates and symptoms scores were measured. The extracts were made using a single batch of dried root All were made at a concentration ratio of 1 kilogram of root to 5 liters of extract (1:5 tincture), and were extracted with super critical CO₂, 60% ethanol, and 20% ethanol respectively to yield different percentages of alkylamides. The dosage for each of the extracts was 1.5 mls three times daily, representing 300 mg per dose or 900 mg per day of Echinacea angustifolia root. This dose is nowhere near high enough to produce any meaningful result. The conclusion of course was that Echinacea was not proven to be effective in preventing the common cold, to reduce the severity of the common cold or its duration. This is the equivalent of saying that because 81mg of ASA did not work in reducing the pain associated with a common headache that it doesn't work at all. In fact, it is well documented that the dose required of a dried root extract is 3 grams per day. Subjects in this study study were given less than a gram.

There are over 350 studies available on the pharmacology and clinical application of Echinacea, 225 of which are on echinacin, an extract of the ariel portion of Echinacea pupurea. A recent study by Goel (Goel, et al Phytother Res.2005; 19:689-694) showed a statistically significant reduction in symptom scores vs placebo in 150 subjects with natural colds. Patients were treated at the onset of two symptoms for 7 days. Here they described the species used, the part used and its strength and chemistry. A Cochrance review (Melchart D, Cochrane database Syst, rev 2000) of 16 RCT trials involving 3396 participants revealed that the evidence supported the use of some preparations of Echinacea species, specifically E. purpurea, as they were superior to placebo for acute infection. All told the following claims have been made regarding the use of Echinacea.

These are ranked from the longest standing research to the most recent:

- Stimulates lymphocytic activity
- Inhibits hyaluronidase
- Mildly antibiotic
- Stimulates tissue repair
- Anti-inflammatory
- Supports adrenal cortex
- Stimulates complement activity
- Shows interferon-like activity
- Promotes cell mediated immunity by increasing phagocytic activity
- Inhibits tumors
- Anti-viral

Despite its good safety profile it can cause an allergic reaction in individuals allergic to the Compositae family of plants (ragweed, daisy, sunflowers, dandelion, goldenrod), and those that exhibit atopy. So now the question is how to use Echinacea in such a way as to exploit its properties to the patient's benefit? Use it quick. Use it a lot. Take care in choosing a good brand and pay attention to the dosing guidelines.





A mini-3-day detox to enhance your pre-holiday health!

Dr. Julie Zepp Rutledge, ND.

As fall rolls into winter and we prepare ourselves for the slowing down and pseudo-hibernation that often accompanies this time of year in Saskatchewan, it is a great time to support our bodies with a gentle cleanse.

Cleansing is a great way to reset your body and mind: a gentle detox will help boost your immune system and prevent colds and flus. Giving yourself the gift of healthy nourishment and taking a break from heavy and congesting food and drink will help boost your mood, energy, productivity and creativity by clarifying your mind and balancing blood sugars, which can also help shed some excess weight before the holidays.

Our bodies naturally detox every day as part of our normal body processes. This happens through the work of the liver, lymph and kidneys that neutralize toxins and our skin, colon, lungs and bladder that work to eliminate toxins and waste products from our bodies.

In this day and age we are exposed to various pollutants in our environment: air, water and food. We also tend to consume foods high in animal protein, caffeine, alcohol, flour and sugar – all of which contribute to the burden on our body and also inhibit our bodies from properly digesting, assimilating, metabolizing, detoxifying and eliminating.

Cleansing is a great way to give your body a break and support its natural repair, cleansing and healing mechanisms.

In this simple three-day plan, I encourage you to eat just whole, unprocessed foods (whole grains, seeds), vegetables, fruit, fresh pressed juices and smoothies. Avoid processed foods, wheat, dairy, meat, alcohol and caffeine. Remember, it is just for 3 days! You can do anything for just 3 days! And it doesn't have to just be 3 days, take it one day at a time and you may find yourself inspired to add a few extra days to this regime.

For each of the three days pick one breakfast, lunch and dinner from the suggested recipes below. Be sure to make any personal modifications or substitutions you might need in order to honour any specific food sensitivities you might have.

Start each day with a glass of warm water with ½ lemon squeezed into it. This will help support your liver and activates your digestive system.

I recommend a minimum 12 hour overnight fast. We need time between meals and snacks for our “migrating motor complex” – a specialized nerve-muscle network in the gut – to do it’s work to clean up the gut. Finish your last bit of food by 7pm and wait until at least 7 am the next morning, if not later, to eat again.

Of course pick times that work for your unique schedule, however leaving a good 2-3 hour window between your last meal/ snack and bedtime.

I also recommend avoiding snacking between meals if you can. Leave this time for your body to heal and repair and to get yourself back in touch with your body's hunger signals. Make every effort to sit down during your meal times. Eat relaxed and try to avoid doing anything else while you are eating, like surfing the web, checking facebook, watching television, etc.

Remember to put your fork or spoon down in between bites and breathe. Chew your food well. Ensure you are only having sips of liquids with your meals so as not to dilute your digestive juices. Let meals be a gift of nourishment, not just of food, but of the luxury of slowing down, taking a break from the busyness of the day, perhaps a chance to connect with loved ones, co-workers, or even simply to eat in peace with your own sweet company.

A few of the recipes that follow contain multiple servings so you can do this with a family member, or pack up left-overs to eat going forward. Listen to the wisdom of your body and don’t over-stuff yourself.

Eat until you are satisfied but not full. Your body will tell you, if you commit to listening!

Have fun with this exercise in self-care and celebrate this commitment to personal nourishment.

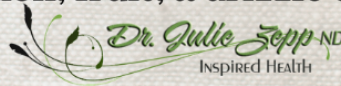
Super Simple Breakfast

prep ahead

Into a glass container stir together a blend of gluten-free oats, chia seeds, hemp seeds, goji berries, sliced nuts or seeds. Ratios vary depending on the end product you are looking for. Store in a cool place with a tight-fitting lid.

In the evening scoop about 1/4-1/3 cup of this mixture into a bowl. Boil water. Add boiling water to the mix and stir. Let stand overnight.

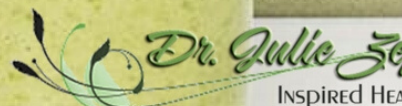
The next morning you can choose to reheat it, add a splash more boiling water to warm it or simply eat it cold. Add cinnamon, fruit, a drizzle of honey, to taste.



Green Ginger & Lime Smoothie

- 1/2 cucumber, peeled and cut into chunks
- 1 apple, cored and cut into chunks
- 1 Tbsp fresh ginger, minced
- 2 handfuls baby spinach
- 1 Tbsp maple syrup (or 2-3 pitted medjool dates)
- Juice of 1 lime
- water, coconut water, unsweetened non-dairy milk

Blend, using as much liquid as you like depending on the consistency you prefer. Serves one.





Dr. Myer's Anti-inflammatory smoothie

- 1 1/2 c. unsweetened almond milk
- 1/2 frozen banana
- 1 Tbsp raw walnuts
- 1 Tbsp raw pecans
- 1/2 - 1/2 inch fresh peeled ginger root
- 1/4 - 1/2 inch fresh peeled turmeric root
- 1/2 tsp. ground cinnamon
- 1 Tbsp. maca powder
- 1 Tbsp. chia seeds
- 1 Tbsp. flax seeds

Blend and serve.

Dr. Julie Zepp
INSPIRED HEALTH



Apple Oat Pancakes

Grind (use magic bullet or clean coffee grinder):

- 1 + 3/4 cup rolled oats
- 1/4 cup almonds (use seeds or extra oats for nut-free)

In a large bowl combine ground ingredients with:

- 1 tsp. baking soda
- 1/2 tsp. cinnamon
- 2 eggs (for egg-free use 4 Tbsp ground flax/ chia + 2 Tbsp warm water)
- 1 + 1/3 cup milk (almond, rice or organic dairy)
- 1 grated apple

Stir all ingredients together and bake on skillet 3- 5 mins. per side.

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Baby Arugula & Kalamata Olive Salad

INGREDIENTS:

- 4 cups baby arugula or baby kale
- ½ cup cucumber, diced
- 2 radishes, diced
- ¼ cup onion, diced
- 8 Kalamata olives, pitted
- 1-2 tbs. raw or sprouted pumpkin seeds
- 1-2 tbs. raw or sprouted sunflower seeds
- 1 tbs. hemp seeds
- Pinch of sea salt and pepper, to taste
- 1 tbs. extra virgin olive oil, or more to taste

DIRECTIONS:

1. Combine all ingredients in a salad bowl.
2. Dress with salt, pepper, olive oil, and a dash of lemon.
3. Enjoy.

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Cleansing Broccoli Lentil Soup (a Julie Danyliuk creation)

4 cups (1 L) chicken broth

3 cups (750 mL) broccoli, chopped (1 large head)

¾ cup (85 mL) dried green lentils

¾ cup (85 mL) onion, chopped

1 large carrot, chopped

- 1 celery stalk, chopped
- 1½ tbsp coconut oil
- 1 tbsp (15 mL) dried basil
- 2 tsp (10 mL) crushed garlic
- 1 tsp sea salt

Optional : 1 cup shiitake mushrooms, chopped

Garnish : 2 green onions, chopped

Heat coconut oil in a large soup pot over medium heat.

1. Add onions and garlic and sauté for 3 minutes.
2. Add carrots, celery and basil and cook for a few more minutes until the spices coat them nicely.
3. Add the rest of the ingredients (except the broccoli) and bring to a boil.
4. Reduce heat and simmer for 45 minutes to an hour, covered.
5. Cut broccoli into small florets, add to pot and cook for 10 more minutes.
6. Using a wand blender, puree until smooth. Garnish with green onions if desired.



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Detox Salad

INGREDIENTS:

1 head of broccoli, stems removed
¼ to ½ head cauliflower, stems removed
1 carrot
1-2 tbs. currants
7 sprigs of fresh parsley, chopped finely
1 tbs. sunflower seeds
Pinch of turmeric
Pinch of cumin
Pinch of sea salt and pepper, to taste
2-3 tbs. fresh lemon juice

DIRECTIONS:

1. In a large food processor (or chop by hand) process the broccoli until fine. Remove to a large bowl, and repeat with the cauliflower, and then carrots.
2. Stir in the currants, parsley, and sunflower seeds. Season with the rest of ingredients, to taste.

Dr. Julie Zepp ND
Inspired Health

Asian chicken lettuce wraps

Ingredients:

4 Tbsp sesame or olive oil
1 lb. ground chicken
salt & pepper
2 garlic cloves
1 - 1" piece of ginger
1/2 red pepper
4 oz. water chestnuts (optional)
12 whole lettuce leaves

Sauce:

1/4 cup tamari soy sauce
4 Tbsp cashew butter
1 Tbsp molasses
3 Tbsp red wine vinegar
1/4 tsp black pepper

Garnish:

raw cashews, unsweetened
coconut, cilantro or mint

Saute chicken in 2 Tbsp oil. Add salt and pepper - transfer to bowl. Sauté garlic and ginger in remainder of oil for one minute, stirring so they don't over brown. Add pepper. Return chicken to pan and stir in water chestnuts. Whisk sauce ingredients together with 2 Tbsp water. Pour into pan and simmer 3-5 minutes.

Lightly toast cashews and coconut on low in separate pan on stove.

Serve in lettuce wraps. Top with chicken mixture, cashew-coconut mixture and mint or cilantro and serve.

Dr. Julie Zepp ND
Inspired

Raw Cashew Super Salad

Dressing

- 1/2 cup raw cashews
- 1 Tbsp minced onion or garlic
- 1/4 cup olive oil
- 2 Tbsp hemp or flax oil
- 3 Tbsp water
- 2 Tbsp hemp hearts
- 4 tsp lemon juice
- 1 tsp dijon mustard
- 1/4 tsp sea salt
- 1/4 tsp black pepper

Salad

- 3-4 leaves kale, chopped
- 2 cups romaine
- 2 cups mixed greens
- 2 Tbsp chopped fresh herbs
- 1/2 cup raw cashews
- 2 Tbsp hemp hearts

*Blend all dressing ingredients - this makes a thick dressing. Drizzle over greens and top with nuts and seeds.

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Millet Cauliflower Soup

Roast 1/2 cup dry millet, stirring on low in a skillet.

In a soup pot saute:

- 2 Tbsp coconut oil
- 1 small onion, diced
- 3 stalks celery, chopped
- 1 clove garlic, minced
- 1 carrot, diced

Add:

- 6 c. water + 2 tsp. sea salt
- roasted millet
- 1 med. head chopped cauliflower
- 1 bay leaf
- 1-2 tsp mixed dried herbs

Bring to a boil and simmer 30 mins.

In a blender process:

- 3/4 c. cashews
- 2 Tbsp. light miso
- 1/2 c. nutritional yeast
- 1 c. water

Add blended mixture to cooked soup. Enjoy!

Dr. Julie Zepp
INSPIRED HEALTH

Classes & Support Groups



got guts?

Unhappy guts can lead to unhappy daily living.

IF YOU SUFFER FROM:
GERD, Crohn's Colitis,
SIBO, Ulcers, IBS,
Gall Bladder Disease,
Persistent Gas/Bloating/Pain,
Diabetes, PCOS,
Autoimmune Disorders,
Then this group is for you.

every tuesday night

We'll get together for a fun session of information, shared experiences, recipes, and community support.

Classes are ongoing and offered on a drop-in basis, starting April 23rd, 2019.

COST: Drop-in fee is \$20.00
WHERE: Cathedral Centre for Wellness
2A-2146 Robinson St., 2nd Floor
TIME: Tuesday Nights, 6-8pm
FACILITATOR: Dr. Marika Geis, BSc, ND, CGP
(Certified GAPS practitioner)

TOPICS DISCUSSED:

- + Therapeutic Diets (Paleo, Keto, AIP, GAPS, low-histamine, Low FODMAPS, SCD)
- + Importance of gut microbiome
- + The gut-brain-skin and gut-brain connection
- + Deciphering your food sensitivity test (have you ever wondered why you haven't found your smoking gun?)
- + What's a lectin?
- + Organic or no?
- + Fermenting foods a la Weston A. Price

daziran.ca | 2146 Robinson St. Regina, SK | 306.747.4325

Gut Health with Dr. Marika Geis, BSc, ND, GAP

*If you suffer from:
GERD, Crohn's Colitis,
SIBO, Ulcers, IBS, Gall
Bladder Disease,
Persistent
Gas/Bloating/Pain,
Diabetes, PCOS,
Autoimmune Disorders
then this group
is for you!*

**Join Dr. Marika Geis ND,
on Tuesday evenings from 6-8 pm in the boardroom at the
Cathedral Centre for Wellness 2146 Robinson St.
or helpful advice, discussion, and an opportunity to ask questions
about your gut health.**

Classes are ongoing and are offered on a drop in basis on Tuesday evening's.
Drop in fee: \$20.00.



Our Team



Dr. Marika Geis, ND



Dr. Allison Zieger, ND



Dr. Julie Zepp Rutledge, ND



Dr. Michelle Sthamann, ND



Dr. Cristina Harabor, ND



David Fernandez, BodyTalk Practitioner



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