

2120 Health News



A newsletter brought to you by...

Zepp Wellness, Ziegler Integrative Health, Daziran Integrative Health,
Laura Stark ND, Head to Heal Centre for Naturopathic Medicine and

Spring arrivals

By Dr Julie Zepp Rutledge ND

Spring—the season of change, growth, renewal, birth, rebirth... a beautiful season to welcome a new arrival into a family—as my family is blessed to do sometime in the next few weeks! I am expecting my second child in and around April 2nd of this spring. We are ever so excited for this occasion!

To be expected this is creating change within our clinic as I will be taking a number of months off to spend time with the new little one. I am happy to announce that Dr Laura Stark ND will be joining our clinic, replac-

ing me in my absence. To my current patients requiring assistance through the months I am away, I have the utmost confidence and trust in Dr Stark and her wonderful abilities as a Naturopathic Doctor. She will also be accepting new patients as her goal is to stay in Regina and build her practice here. Please visit her website at www.LauraStarkND.com to get to know her!

In other clinic news, Dr Jonathan Bablad and his family will be moving back to Regina late this Spring. Dr Bablad will return to full-time prac-

tice at our clinic on College in May 2012.

And of course we also have Dr Allison Ziegler and Dr Marika Geis dedicated to making the lives of their patients happier and healthier!

It is a pleasure to work with such a wonderful team of Naturopathic Doctors. This newsletter is packed with great articles and information from each of our docs.

We hope you enjoy our newsletter and learn some valuable tips for your health! ♥

Spring 2012

Volume 3, Issue 1

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Gratitude for my patients patience!

A personal note from Dr. Jonathan Bablad, ND

My family and I have made the decision to move back to Regina after our brief time moving to Montreal. I want to express thanks and acknowledge all of my **amazing** patients, who have shown me such kindness and patience, by continuing to see me throughout these months of transition. I am constantly amazed at Saskatchewanians dedication, loyalty and embrace of naturopathic medicine. As NDs we are so lucky to practice in this province with such wonderful patients! And I wanted to take this opportunity to say THANK YOU very much!!! I will be back full time at Head to Heal Wellness at 2120 College Avenue as of May 2012, and I am looking forward to coming home to the prairies!♥



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Positivity and health

By Dr Allison Ziegler ND

Two months ago I partook in my first yoga-stretch class. The class began and ended in Savasana pose - the 'rest pose' – lying on the back, legs and arms out-stretched in a relaxed position with all focus placed on the breath. As my mind was attentive to the rise and fall of my belly, the instructor spoke in a slow and calm but uplifting tone, "I am, in peace". He repeated the mantra over and over always maintaining his grounding tone, "I am, in peace". It wasn't long before I found the short but powerful statement being repeated in my own head. A sense of tranquility came over me and my relaxed state, already achieved through the duration of the yoga class, was deepened. The negative thoughts that seemed to so easily enter and exit the mind were being replaced by the positive, "I am, in peace". As the class ended, I left with an energized and positive outlook for the day. From that first yoga class I find myself repeating the same four words throughout my day, which has provided me with a renewed sense of energy and has begun to transform my thoughts into the positive first. It was from that one experience that I realized there is a profound connection between our thoughts and our health.

Recently, there is growing attention among the medical community focusing on the link between positive emotions and improved health outcomes. It is thought that the primary pathway in the

body to be involved is the prefrontal cortex of the brain and the amygdala. The prefrontal cortex is the front-most portion of the brain involved in planning complex behaviors, expression of personality, decision-making and social behavior. The amygdala is located deeper in the brain tissue and is responsible for emotional reactions. The prefrontal cortex and the amygdala are connected via many neurons (brain cells) that allow for communication between the areas in order for execution of action, behavior and emotion. Stronger connection between the two areas enables for better self-regulation and motivation.

Difference in activation of the left and right sides of the prefrontal cortex occur in relation to either positive or negative emotions. Studies have shown that during negative emotion/thought such as anger, fear, depression and anxiety, the right side of the prefrontal cortex is more active, whereas during positive emotion/thought such as gratitude, love, contentment and joy, the left side is more active. Additionally, studies have gone on to show that a greater activation of the left side associated with positive emotion and thus thought, is associated with

The secret of health for both mind and body is not to mourn for the past, worry about the future, or anticipate troubles but to live in the present moment wisely and earnestly.

~ Buddha

increased ability to recover from negative situations, an increased ability to regulate negative affect and a higher sense of well-being. A more continual activation of the left side of the prefrontal cortex can increase and strengthen the connection between the amygdala, which leads to a more balanced and positive sense of self-regulation.

Communication between different cells and areas of the brain are achieved through neurotransmitters. Neurotransmitters are chemicals or brain messengers produced by the brain cells for communication. Serotonin and dopamine are two neurotransmitters in the brain that play an important role in positive thought and emotion. Serotonin is responsible for feelings of wellbeing and happiness. Dopamine is involved in the reward system in our body; therefore, it allows us to find pleasure in certain activities and allows us to develop new behaviors, as we tend to repeat actions that give us maximum reward for that action. During positive thought when the left side of the prefrontal cortex is stimulated, levels of dopamine and serotonin are increased allowing for increased feelings of happiness, a stronger sense of wellbeing and feelings of pleasure.

Another system in the body thought to be involved in positive thought is the autonomic nervous system (ANS). The ANS is the control system in our body, re-

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sponsible for achieving balance. It is divided into two subtypes, the sympathetic nervous system (SNS) and the parasympathetic nervous system (PNS). Sympathetic cells are found in the vertebral column (spinal cord) and are involved in activating the 'fight-or-flight' or stress response. During the activation of the SNS and the initiation of the stress response, the pupils dilate and sweating, heart rate and blood pressure increase. The PNS on the other hand, is the 'rest and digest' system whereby energy is conserved, the heart rate slows and there is an increase in intestinal and digestive activity. The SNS and PNS work in opposition, meaning if the SNS is activated, PNS activity is decreased allowing the SNS to dominate and vice versa. With increased negative thoughts, the brain perceives threat and defends itself by activating the stress/fight-or-flight response as the body tries to protect itself from the negative stimuli. When this response is activated, cortisol, a stress hormone, is released into the blood. Higher levels of cortisol are associated with adverse health affects such as a lowered immune system, cardiovascular disease, diabetes, depression, fatigue and irregular menstruation. Furthermore, if the SNS is continually more active, the PNS is suppressed. A lower functioning level of the PNS is associated with depression, anxiety, aggression, defensiveness, post-traumatic stress disorder and hostility. Positive



emotions, on the other hand, are linked with a higher level of PNS activity, which is associated with psychological resilience or the ability to cope and deal with stress in a more efficient manner. As a result, the level of cortisol remains normalized and the adverse health effects associated with a chronically increased level are prevented.

In the widely acclaimed book *The Brain that Changes Itself*, Norman Doidge outlines the concept of neuroplasticity or the ability of the brain to change and adapt to the world and situations experienced. Before this concept it was believed that the brain was a fixed structure with all senses and experiences entering in a hardwired fashion. It is now known that the brain changes itself based on how experiences are perceived and how the world around us is taken in. If experience is perceived negatively and negative thoughts are generated, the brain pathways involved, as outlined above, are strengthened and each similar experience thereafter will be more apt to be viewed as negative. Retraining the brain using certain activities teaches the brain to use and strengthen the pathways in-

involved in positive thought, which will improve overall wellbeing, mood and health.

Some exercises to help transition to automatic positive thought are three gratitudes, journaling, random acts of kindness, yoga, meditation and prayer.

1. Three Gratuities: Write down 3 new things each day, for at least 21 days, that you are grateful for.
2. Journaling: Writing about 1 positive experience you had in the past 24 hours allows your brain to relive it and the benefits that positive experience had on the body.
3. Random acts of kindness: Every time you open your email inbox, write 1 positive email praising or thanking someone.

All three help to increase dopamine, which strengthens the brain connections involved in positive thought and allows us to begin scanning the world for the positive first.

4. Yoga, Meditation and Prayer: Increases serotonin, achieves relaxation and reduces the amount of time our body is in the sympathetic nervous system/fight-or-flight state.

The brain is a powerful organ! When positive, both the brain and body function more effectively and efficiently. Mood, motivation and productivity increase and adverse health effects are prevented. It is with a positive outlook that those four words, "I am, in peace" will become reality. ♥

The Science of Mind-Body: German New Medicine

By Dr Laura Stark ND

It is easy to recognize that stress can lead to illness. Most of us have probably had the experience of “crashing” after a particularly stressful period, coming down with a nasty cold. We know that chronic stress can contribute to high blood pressure and even stomach ulcers. Many chronic diseases flair up or go into remission along with our stress levels such as colitis or multiple sclerosis. We can easily observe these occurrences, but medical science has not been able to fully explain most of these mechanisms. Three decades ago, a new paradigm to understand the mind-body connection emerged out of the research of Dr. Ryke Geerd Hamer, M.D. This new paradigm is known now as German New Medicine and provides us with a series of biological laws that link the psyche, brain, and organs in a coherent process of diagnosis and healing.

Dr. Hamer, an otherwise robustly healthy man, was diagnosed with testicular cancer a few months after the shock of his son being accidentally shot and eventually dying. Dr. Hamer related the development of his disease with this shock he had experienced. He theorized that if a psychological shock is interpreted by the brain then translated into a disease in the body, perhaps a physical change in the brain takes place as well. As the head internist at the oncology clinic at the University of Munich, Germany, he began to explore his theory by analyzing his patients’ brain scans. What he found was a precise correlation between the type of disease, a specifically located target-ring lesion in the brain,

and the traumatic history of the patient. These target lesions had been seen before on CT scans but had been dismissed as reflections from the machine because they were so perfect. Upon further investigation with Siemens, the company who produced CT machines, finer imaging revealed that these target rings were in fact three-dimensional lesions.

Dr. Hamer’s continued research revealed a completely new medical paradigm that purports that illness is caused by an unanticipated biological shock that simultaneously affects the psyche, brain and organ tissue in a very predictable two-phase pattern. Before a biological shock is resolved, a person is considered to be in active conflict phase which is a high stress state dominated by the sympathetic nervous system. This phase is characterized by an organ response of either cell growth (ie. a tumour) or cell ulceration (which is usually not noticeable) depending on the type of biological shock and its location in the brain. The second phase is the healing phase dominated by the relaxation of the parasympathetic nervous system. It is during this healing phase when we will sometimes get infections to help us resolve earlier cell growth or tissue will grow to repair earlier ulceration. Half of the symptoms that we often call disease are actually the healing phase of an illness! Perhaps the most important piece is in the understanding that every illness (other than poisoning) has a biological purpose to help protect the individual and the species. Our bodies are innately intelligent healers!

To use Dr. Hamer’s testicular can-

Click on the photo to watch an informative video on German New Medicine.



cer as an example, the biological shock that affected his testicular tissue was the “profound loss” shock of this son’s death. Mediated through the specific brain location that controls the testicular tissue, microscopic ulcerations formed during the active conflict phase while Dr. Hamer was still in shock about his son’s death. As the reality of his son’s death sunk in, he entered the healing phase in which the testicular tissue began to repair with the biological purpose of increasing virility to be able to create a new child. Our bodies try to solve our problems so logically! Without the understanding of German New Medicine yet formed, Dr. Hamer had his tumour removed although he now understands that as a healing phase tumour, it would have stopped growing on its own and been completely benign.

An example of a “disease” that is actually just a healing phase symptom is eczema. The biological shock that causes eczema is “separation” from a loved one or desired separation from someone. In the active phase when we are experiencing the separation shock, mild numbness or no skin symptoms may appear at all. When that separation shock is resolved however, we develop eczema that will take 6-8 weeks to run its course. For most people though, eczema becomes a chronic condition simply because we believe it is an illness. The powerful influence of our mind creates what is called a hanging healing in which the natural healing progression is inter-

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ferred with. When we can understand where our symptoms are originating from, they no longer have to scare us and we can rest and let the body heal as it knows best.

Using the knowledge of German New Medicine in practice, we must

first determine through symptoms and history (or from CT imaging) whether a person is in an active conflict which would need to be identified and resolved, or in a healing phase which simply requires rest, time, and perhaps some support. By understanding the very predictable nature of “disease” progression, as revealed by Dr. Hamer’s research, we can be free of the fear and panic

that often come with the onset of symptoms and instead focus our energies on simply supporting our bodies with good nutrition, an active lifestyle, and a positive outlook!

Learn more about German New Medicine at www.newmedicine.ca and watch for upcoming talks by Laura Stark ND.♥

Demystifying fever

By Dr Marika Geis ND

There’s nothing quite like waking up to a screaming child at 3 am and discovering that they have a fever. Half asleep, the worry creeps in; there’s no cough, no sniffles, no *apparent* discomfort, only the disconcerting cries of your child and what feels like a forehead about to burst into flames. Conventional wisdom and parental instinct often compel parents to fight their child’s fever. Who can blame them? Your child is suffering and is looking to you to for help. Naturally, reducing the fever is the surest way to ease their discomfort and persistent crying. Here’s the thing though, *the fever is not the disease*. In fact, your child’s fever is confirmation that they have a healthy and robust immune system. Defined loosely as a form of inflammation, fever makes it less likely for harmful viruses and bacteria to develop into serious infections. It’s quite simple really: bacteria and viruses have a hard time replicating in warm environments. A beautiful example is chicken pox. Here, lesions will take longer to crust over if a fever is reduced prematurely. Besides making your body inhospitable to potentially harmful microbes, fever has several other roles that encourage healing. It stimulates cell growth, stimulates thyroid function, increases

circulation, increases filtration by the liver and kidney and increases the production of immunoglobulins or antibodies.

In children aged 3 to 36 months of age, viral infection is the most common cause of fever and can last up to three days. It’s also important to know that the level of a fever does not necessarily correspond to the severity of the illness. A child with a mild cold can have a fever of 104.5 F (40.5) while a child with a serious illness can have a fever of 100F (38.0C). There are a few other reasons for fever, however. Teething, dehydration, insect stings, allergic reactions, overdressing and reactions to some medications can all produce a fever and should therefore be ruled out before deciding on a course of action.

But what about the number one fear of parents of a child with a fever, febrile seizures? Parents can take comfort in the fact that fevers rarely cause seizures. They do not seem to be related to the height of the fever or the rates at which it rises, but rather an idiosyncratic predisposition of certain children (about 4%). ½ of children who experience a febrile seizure will go on to have another



one. About 1/3 of those will go on to have a third. They are more common in boys and most will occur from 6 months to 4 years peaking between

17-22 months.

Although terrifying to watch, there is no evidence that having a febrile seizure causes any permanent harm or that having this type of seizure will lead to epilepsy or other seizure disorders. That said, if your child does experience a febrile seizure they should be evaluated to rule out any underlying condition. A seizure should not last more than 15 minutes.

A few guidelines are provided for you as we head into this next wave of cold and flu season.

- Consider the big picture: how sick does your child seem? How is their feeding pattern, ability to be consoled, level of irritability, responsiveness, level of activity, appearance (pale or flushed, dry or perspiring?)
- Fever is defined as a rectal temperature of over 38 (100.4), oral

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- temperature over 37.5 C(99.5) and axillary (armpit) temperature of 37.2 (99)
- Rectal temperature is considered the most accurate and is preferable for children aged 5 years and under. After that oral temperature is recommended.
- A temperature ranging from 101.5-102.5 F (38.6- 39.2) is considered bacteriostatic, i.e. that it stops cell growth.
- Temperatures over 104 F (40) are bacteriocidal, i.e. that it kills bacteria
- VERY high temperatures of 105 F (40.5) can result in cell death
- Tepid water baths may be helpful but never ice or alcohol baths due to their discomfort and potential toxicity
- Mint tea and cold socks have saved my kids more than one occasion
- Teething rarely elicits a fever of

more than 38.4 or 101.2

You should seek **medical attention immediately** if your child is:

- ~ lethargic
- ~ unusually sleepy – difficult to wake up
- ~ in pain, cries when touched or moved
- ~ extremely irritable, inconsolable or whimpering
- ~ if he complains of a headache and stiff neck
- ~ having difficulty breathing
- ~ Appears confused or loses consciousness
- ~ Has purple spots on skin
- ~ Child is drooling profusely and unable to swallow anything
- ~ A convulsion has occurred

In general, low grade fevers 102 F (38.9) rarely need treatment, however your child may be very uncomfortable and unable to rest. With a fever of more than 103 F (39.4) your child will look and feel quite ill. Here, you may want to moderate the fever and not suppress it. Make sure your child is well hydrated particu-

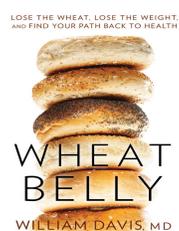
larly if they have diarrhea or are vomiting, even if it's only a teaspoon every few minutes. If, after you've brought down the fever, your child looks and feels noticeably better it's a good indication that the fever was responsible for your child's discomfort. A child with a serious bacterial infection will continue to look unwell.

Each parent has their own threshold for deciding when and how to intervene. At the end of the day it's important to remember to treat your child and not the thermometer.

There are times when allopathic intervention is needed, but in the vast majority of cases supportive measures are all that is required: a cuddle, quiet distraction, rocking them to sleep and making sure they are hydrated and well-nourished can help them get over a fever faster. As a parent, sometimes the hardest thing to do is to do nothing except watch and behold the wonder of how our children's bodies can learn to be well....all on their own. ♥

The Beat on Wheat

By Dr Jonathan Bablad ND



Wheat Belly is a New York Times Bestseller that I finished reading on my flight to Regina. As a side bar, I am so happy that as of this May I will be **moving back to Regina** and read books in the comfort of my own home, rather than in transit at an airport wahoo! – now, on to my book review.

This book is well written, by cardiologist, Dr. William Davis. He links the proliferation of wheat

products in the North American diet with the expansion of our waists, as well as a myriad of other health concerns (autoimmune, diabetes, exhaustion, mental health etc.) – a connection that NDs have long been privy to, and we fervently recommend many of our patients eliminate wheat from their diets.

Dr. Davis explores how the modern wheat that our society is eating today, is not the same wheat that was eaten decades ago. He refers to today's modern wheat as truly toxic, calling it *franken-wheat*, a genet-

ically modified version of the wheat of our ancestors, one which wreaks havoc on our bodies creating such issues as blood sugar dysregulation, autoimmunity, pain and chronic allergies. Genetically modified wheat was created in order to increase yields and to be resistant to pesticides – it is now the main wheat we see on every grocery aisle and many of us are consuming large amounts of genetically modified foods at every single meal!

I have seen many of my patients im-

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The Beat on Wheat

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prove dramatically when they have eliminated wheat from their diet. Whether they eliminate all gluten grains, or if they eliminate wheat as a stand alone and continue eating other gluten grains (kamut, spelt, barley). They will often note a huge improvement in their well being. Simply put, North Americans eat way too many wheat products, so cutting out wheat from our diet, cuts out a lot of processed foods and lends itself to people switching to whole foods derived from veggies, proteins and gluten free grains (quinoa, buckwheat, millet, oats, rice).

My one criticism of *Wheat Belly* is that Dr. Davis seems to unduly minimize the role that refined sug-

ar plays in food-related addictions and our society's health epidemics. The majority of glucose from wheat is distributed in the blood and taken up by most of the cells for energy, the rest going to the liver. But all fructose goes to the liver to be metabolized. So it's true that sugar does not cause as great a rise in blood sugar, but metabolism of its fructose component creates more triglycerides than glucose and has been implicated as the cause of insulin resistance, weight gain and hypertension. The consumption of high fructose corn syrup (pop, sweet processed food) is widespread and is contributing to much of the obesity epidemic and general health problems that plague our society. Having said that, many wheat products contain sugar, so eliminating wheat from our diets eliminates much of

the sugar as well. But I would not want to give the impression that you can eliminate wheat, gorge on slurpees and achieve optimal health.

The *Wheat Belly* is a good introduction into the damage that wheat gluten, can cause and is written in a way that everyone can understand. This is a great book to inspire people who may feel reluctant to try giving up wheat. This book is well researched.

I would encourage anyone wanting to dabble in improving their well being to go wheat free for a set amount of time i.e. one month and see if you feel a difference. And even if you do not notice a marked improvement, you will have given your digestive tract a break from a highly inflammatory food group (wheat), and your body will thank you for it. ♥

Limits

By Dr Julie Zepp Rutledge ND

Near the end of February/ early March my wonderful co-workers and co-contributors to this newsletter all submitted to me their amazing articles for print in this season's newsletter. I worked on compiling this newsletter over the first few days of March and since late that first week the newsletter sat all but finished, waiting for my stroke of brilliance and insight to hit and my article to come to fruition.

As you can see I have a little room on this page and had the option of adding another page. I originally thought that of course I would add

an extra page and submit one of my usual lengthy articles. However late last week I was still swamped with tying up loose ends relating to patient care prior to leaving for my maternity leave, trying desperately to catch up on email (sorry to all of those that I still have not yet replied to!...it's coming!), keeping family-life running smoothly, connecting with the new life inside of me... when this past weekend came along and I was knocked down with a cold! A first for me in quite some time.

And finally, taking some of my own advice, it was time to acknowledge, accept and honor my limits and just

rest, let everything else go and take the pressure off of myself to produce some spectacular article for my Spring newsletter.

And so, I am ever so grateful to Allison, Laura, Marika, Jonathan and Hayley for providing me with such great informative, instructive and insightful articles—and to you for your understanding and hope that this little wee article can serve as a reminder to you to know your own limits—and to honor and embrace them. We are all human, after all and it's always wise not to let the "shoulds" interfere with our peace!♥

Recipes: Healing drinks

By Hayley Stobbs RHN

Hayley Stobbs RHN can be contacted via her facebook page:

[NOURISH, Holistic Nutritional Consulting](#)



Spring Green Smoothies

Beginner

- 1 cup plant milk; unsweetened almond or coconut
- 1 ripe banana, peeled, cut into pieces and frozen
- 2 handfuls organic spinach
- 1 tablespoon ground flaxseed
- 1 tablespoon nut or seed butter
- 3 ice cubes
- 1 scoop pumpkin seed protein powder, optional

Pour liquid into blender then add the flaxseed and nut butter. Next, add the spinach followed by the banana. Blend until smooth. Add the ice cubes and continue to blend.

Makes about 2 cups.

Advanced

- 3 cups chopped kale
- Handful of parsley
- 1 ½ - 2 cups nettle tea, steeped for 10 minutes
- * Refrigerate if a cold smoothie is desired
- 2 tablespoons hemp seeds, soaked
- 1 ½ inch piece fresh ginger, grated
- ½ lime, fresh squeezed juice
- 2 ripe pears, chopped
- ½ ripe avocado, optional



Begin by washing the kale and parsley in a large bowl of water. Mix and drain; if there is dirt on the bottom of the bowl repeat this process.

Blend 1 cup of the nettle tea, soaked hemp seeds, ginger, and lime until creamy. Add the rest of the tea and greens and blend on high. Add the remaining ingredients and blend until smooth. Store refrigerated in an airtight glass container and sip throughout the day.

Makes about 4 cups. ♥

Golden Milk

I love turmeric's brilliant yellow color; I often add it to millet, organic yogurt, or coconut sauces to enhance their appearance and nutritional value. It's not surprising that this Asian spice and natural food dye is a healing food since bright colored foods, most notably fruits and vegetables, are extremely nutrient dense.

Tumeric, an antioxidant rich spice, is a great source of iron and vitamin B6.

The potent yellow-orange pigment of this food, curcumin, is most famously used as medicine to treat a wide variety of inflammatory conditions, such as IBD, menstrual difficulties, arthritis, and heart disease. Enjoy the benefits of this beautiful warm drink!

- ¾ cup water
- 1 ½ cups So Delicious coconut milk or almond milk, unsweetened
- 2.5 teaspoons turmeric, or 2 tablespoons fresh turmeric, fine grated
- *Fresh turmeric root can be purchased at Nature's Best Market
- 3 – 5 drops pure almond extract, to taste, optional
- 2-3 tsp honey, or stevia to sweeten
- Pinch of sea salt, optional

In a small saucepan (pot), combine water and turmeric, whisk, and bring to boil. Lower to medium low heat and simmer for 8 minutes. Turn off heat.

Add honey and almond extract then whisk until melted. Allow to slightly cool.

Meanwhile, warm coconut milk in a separate saucepan. Add milk slowly to turmeric mixture in pan and stir.

This recipe makes 2 large mugs. ♥