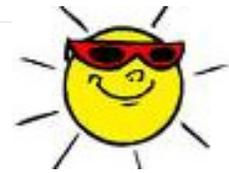


# 健 Health Notes

HEALTH

**Zepp Wellness**  
healing, naturally.



Summer 2011

Volume 2, Issue 2

## Chop wood, carry water

By Dr Julie Zepp Rutledge ND

OK—it's really starting to fall into place! This is exciting—I have had several Aha! moments in the last few months and I wanted to share these thoughts with you...

There is a Zen expression that says: "Before enlightenment; chop wood, carry water. After enlightenment; chop wood, carry water." Now by telling you about this expression it is by no means me thinking I am "enlightened"—rather the full extent of this expression hit me a few weeks ago while doing my recycling duties at the office. I was in the midst of hurrying through the recycling sorting in order to quickly move on to "more important things" when, of course, since I was in a rush I spilled the large box that held all the little "popcorn" packing squishies in. Hundreds of the little things fell onto the ground. My initial instinct was to groan and quickly pick them up by the handful and throw them back into the box. Suddenly I was hit by this "power of the present moment" that I know to be so important and how in every moment there is an opportunity for change. And so somehow, with that split second of insight, I was able to come right into that very moment and begin to pick up the little squishies one by one, while breathing, relaxing my shoulders and enjoying their feeling and texture—

fully present! It was an incredible moment and a neat turning point for me. It brought together the true value of simply slowing down into the moment—something I have been studying and practicing for quite some time now- but taking it to the next level, taking it from a most seemingly mundane task and turning it into a rich experience.

Ever since then I've noticed meal planning and preparation has become that much relaxing and more enjoyable. What at one time felt a bit stressful now feels like a great chance to meditate and breathe and contemplate the source of the healthy food and the joy of feeding my amazing family. There are also other areas of my life that this deeper awareness has brought me peace.

My current goal?... true mindfulness while eating. It is happening... I'll remind Madelyn to ensure her mouth is empty before putting her next bite of food in, remind her to slow down and use her back teeth to chew well, taste the food... and then I'll catch myself shoveling the next bite in before this one is chewed and too late I will realize I forgot to taste the flavors of my food.

Slowly but surely this powerful practice will infiltrate every aspect of my life... I'll let you know how it goes! ♥

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*When you are content to simply be yourself and you don't compare or compete, everyone will respect you.*

-Lao Tzu

By Dr Julie Zepp Rutledge ND

Although summer is often a season of busy social calendars filled with weddings, barbeques or camping trips, it can actually be a wonderful opportunity to cleanse your body.

The warmth of the season lends itself well to a lighter diet filled with fresh fruits and vegetables. The increased demand for energy as we move out of our hibernation mode of winter and into the active season of summer requires that we support our body with healthy and clean fuel. Looking and feeling fitter is another main motivator for cleansing in this season of bathing suits and shorts.

Why not consider sacrificing some of the summer fare you may be accustomed to ingesting—leaving behind the beer, burgers and ice cream in favor of homemade stevia-sweetened lemonade, healthy summer salads and fresh or frozen fruit—in order to feel lighter, more energized and more ready to seize all of what summer had to offer?

Not convinced? Here are some signs and symptoms that a couple of your main organs of elimination: your kidneys and your liver, could use some support:

### Signs and Symptoms that your

#### Kidneys could use a cleanse:

- ~ You have kidney stones or “gravel”
- ~ You suffer from water retention/ edema—a puffiness in the tissues, notably the hands, feet, face or abdomen
- ~ You have recurrent urinary tract (bladder or kidney) infections or irritation
- ~ You frequently use prescription or over-the-counter painkillers/ analgesics such as acetaminophen (Tylenol)
- ~ You have issues with high blood sugar, such as Syndrome X or Type 2 Diabetes

#### Signs and Symptoms that your Liver could use a cleanse:

- ~ You are overweight or obese
- ~ You suffer from chronic fatigue and/ or tend to feel “out of sorts” often
- ~ You suffer from blood sugar regulation issues: either low blood sugar or borderline diabetes/ diabetes
- ~ You feel nauseous and/ or wake with little or no appetite
- ~ You have gallstones or hepatitis
- ~ You have skin problems, such as eczema or psoriasis



or simply general rashes or acne

- ~ Your cholesterol and/ or triglycerides are high
- ~ You have difficulty sleeping, especially between the hours of 1 and 3 AM
- ~ You frequently consume alcohol or processed foods
- ~ You use medications or other drugs, especially birth control or hormone therapy
- ~ You have many allergies and sensitivities
- ~ You have an auto-immune disorder, including CFS or fibromyalgia

If you experience any one or more of any of the above symptoms, don't get discouraged!

The wonderful news is the body has a remarkable ability to heal itself—if we remove the underlying obstacles that get in the way of health (such as stress, toxic foods/ drinks, unnecessary medications, chemical perfumes/ cleaning products, etc) and support the body in loving and nurturing ways (gentleness, proper diet/ exercise/ sleep, regular cleansing).

I will include some simple suggestions on where to start

*(Continued on page 3)*

# Summer foods for cleansing

(Continued from page 2)

cleaning up the kidneys and liver so start to slowly introduce some of these cleansing foods while you begin to remove some of the offending foods from your diet.

Try to choose **organic** fruits and vegetables wherever possible, especially when cleansing. The Environmental Working Group ([www.ewg.org](http://www.ewg.org)) understands that you can't always find organic or the cost feels prohibitive so each year they create the *Shopper's Guide to Pesticides in Produce* to help you find conventional fruits and vegetables with the lowest pesticide residues (the Dirty Dozen and Clean 15 lists). If you need a particular item and it's on the Dirty Dozen list, that's your cue to try to buy organic.

For those of you that are familiar with the EWG lists, this year's lists have not changed much since 2010, though the order of the produce has changed on the lists. Both lists are in order, with the top of the list of the Dirty Dozen being the most heavily sprayed while the top of the list of the Clean 15 are the least concern when purchased non-organically. Keep these lists in mind when choosing your source of pro-

duce. All it takes is to increase 3 or 4 of the following foods from each of the liver/ kidney groups into your diet on a daily basis in

[EWG produce list—www.ewg.org](http://www.ewg.org) (2011)

## The Dirty Dozen

- |                     |                       |
|---------------------|-----------------------|
| • Apples            | • Sweet Bell Peppers  |
| • Celery            | • Potatoes            |
| • Strawberries      | • Blueberries         |
| • Peaches           | • Lettuce             |
| • Spinach           | • Kale/collard greens |
| • Nectarines        |                       |
| • Grapes (imported) |                       |

## The Clean 15

- |              |                |
|--------------|----------------|
| • Onions     | • Cantaloupe   |
| • Corn       | • Kiwi         |
| • Pineapple  | • Cabbage      |
| • Avocado    | • Watermelon   |
| • Asparagus  | • Sweet potato |
| • Sweet peas | • Grapefruit   |
| • Mangos     | • Mushrooms    |
| • Eggplant   |                |

order to better support, cleanse and heal these organs.

### Foods to support the Kidneys:

- ~ Spirulina, chlorella and blue-green algae (these can be taken in powdered or capsule form)
- ~ 1/2 to 1 organic banana daily
- ~ 4 stalks of organic celery daily
- ~ 1-2 mini organic cucumbers
- ~ 1/4 cup mung beans

- ~ 1-2 Tbsp raw unsalted pumpkin, sesame or sunflower seeds
- ~ 1/2 papaya
- ~ 1/4 cup fresh parsley
- ~ 1/3 cup cooked pumpkin or squash
- ~ 3 Tbsp fresh sprouts
- ~ 4 pieces watermelon
- ~ Handful of watercress
- ~ Burdock root (tea, tincture or capsules)

### Foods to support the Liver:

- ~ 1/2 apple
- ~ 1 shredded beet
- ~ 2 cups steamed broccoli and spinach
- ~ 1/2 cup cooked brown rice
- ~ 1/2 cup of brussel sprouts or cabbage
- ~ 1 tsp caraway seeds
- ~ 2 large raw carrots
- ~ Handful organic dandelion greens or dandelion tea
- ~ 1-2 Tbsp oat bran
- ~ 2 Tbsp onion
- ~ 1-2 Tbsp raw walnuts
- ~ 1-2 tsp cinnamon
- ~ 1-2 tsp turmeric
- ~ 1-2 cups licorice root tea ♥

Eating five servings of fruits and vegetables a day from the Clean 15 list rather than the Dirty Dozen can lower your pesticide intake by up to 92 percent!

—Environmental Working Group

# Salad extraordinaire!

By Hayley Stobbs RHN

Use your creativity and nutrition wisdom as a guide to prepare a nourishing salad that reflects this season's bounty!

**1) Start with a BASE of lightly steamed or fresh leafy greens:** kale, collards, swiss chard, spinach, romaine, mixed greens, endive, arugula, bok choy, dandelion greens, radicchio, green and purple cabbage

**2) Add any of the following non-starchy vegetables for optimal nutrient intake, color and garnish:** daikon (white) and red radish, asparagus, avocado, bell peppers, eggplant, tomato, okra, fennel, cauliflower, broccoli, broccoli rape, green & purple cabbage, brussel sprouts, chilles, green beans, mushrooms, red/green/white onion, celery, sprouts, leeks, zucchini, sea vegetables dulse, nori, arame

**\*Vary your vegetable preparation methods to keep things interesting!**

-- Fresh - Steam - Bake - Grate - Chop --- Julienne

**3) Choose a serving of quality protein:** Organic boiled eggs, Fish: salmon, Diefenbaker Lake trout, snapper, halibut, pickerel, pike, bass, sole, tilapia, etc., Naturally raised and/or organic lean animal cuts: poultry, lamb, bison

OR

**4) Go vegetarian by adding a serving of any of the three following groups, or a combination thereof:**

a) Starchy vegetables acorn/butternut/spaghetti squash, carrots, sweet potato, beets, red potato, rutabaga, turnip, taro, corn, peas

b) Whole grains brown basmati and jasmine rice, wild rice, quinoa, amaranth, buckwheat, oat pearls

c) Legumes mung beans, lentils, adzuki, black beans, chickpeas, navy beans, black eyed peas

**5) Enhance with Herbs & Spices:** garlic, ginger, onion, chilli, thyme, turmeric, cumin, coriander, basil, chive, cilantro, oregano, parsley, mint, rosemary, sage, dill, curry powder, tarragon, thyme – any can be added directly to the salad or to the dressing mixture, to taste

## 6) Optional Extras:

artichokes packed in water, raw nuts & seeds, olives, crushed corn tortilla chips, cooked rice or quinoa pasta, berries, avocado, crumbled Goat cheese, raw cheddar, salsa, tempeh or calcium-set tofu, torn Nori  
**Drizzle with a mixture of olive oil, lemon juice and balsamic vinegar and serve or refer to our Spring 2011 Newsletter for a variety of salad dressings!**

### Sample salad Creations:

- **Avocado Beet:** Mixed greens, avocado, beet, persimmon, hemp seeds, cilantro lime dressing
- **Mediterranean:** Green pepper, tomato, cucumber, red onions, black olives, chicken, feta or goat cheese, basil vinaigrette
- **Cruciferous Caesar:** Spinach, cauliflower, broccoli, red onion, blue tortilla chips, caesar dressing
- **Italian Quinoa:** Quinoa, yellow pepper, carrot, peas, parsley, Italian dressing
- **Thai Style Beef:** Cucumber, cabbage, carrot, radishes, cilantro, mung bean sprouts, beef, soy dressing
- **Blueberry Pecan:** Mixed greens, blueberries, cucumber, pecans, goat cheese, balsamic dressing
- **Festive Turkey:** arugula, purple cabbage, red radish, fennel, cilantro, walnuts, mustard dressing
- **Nicoise:** Spinach, baby red potatoes, hard boiled egg, chunk light tuna, green beans, red onion, tomato, Italian dressing
- **Green Goddess:** Romaine, canned salmon, cucumber, red pepper, leek, green goddess dressing
- **All Season:** Romaine lettuce, purple cabbage, cucumber, carrot, sprouts, pumpkin seeds, vinaigrette ♥

# Summer pops!

By Hayley Stobbs RHN

Making summer popsicles with your child is a fun and easy activity. Once you and your child feel confident in making these, allow your child to design their own by letting them choose a berry and fruit juice that they particularly like. The following recipes are made with all natural ingredients – free from artificial colors, refined sugar, and common allergens such as cow's milk. ♥

Directions for all popsicle recipes:

Place all ingredients for desired popsicle of choice into a food processor or blender and blend until smooth. Pour into popsicle molds. Insert stick, and freeze for 6 - 8 hours, or overnight.

To release from mold simply run under hot water for about 30 seconds or so.

Makes 4 - 6 pops.

## Fruitsicles

3 cups fresh strawberries, trimmed  
½ cup pure mango juice  
½ cup coconut milk  
¼ cup fresh squeezed lemon juice



## Caramel Pops

1 cup coconut milk  
1 cup almond milk  
¼ cup tahini (sesame paste)  
1 cup dates  
1 tablespoon vanilla extract

*\*Soak dates in hot water for about 20 minutes or stew in ½ cup water, covered, for 5 minutes to soften.*

## Cherry Almond Pops

2 cups fresh cherries, pitted  
1 cup pure cherry juice  
½ cup unsweetened almond milk  
¼ cup pure apple juice  
1 teaspoon vanilla extract  
1 tablespoon almond butter



## Vanilla Creamsicles

1 cup coconut milk  
1 cup pure orange juice  
½ cup rice milk  
1/3 cup whey protein powder  
*\*unsweetened, organic, from grass fed cows*  
2 tablespoons vanilla extract  
Liquid stevia to sweeten, optional

## Fudgesicles

½ cup sunflower seed butter  
¼ cup extra virgin coconut oil, melted  
¼ cup honey, melted  
1/3 cup carob powder  
1 cup plant milk (rice, almond, coconut)

# Accessibility—how and when to access Naturopathic Medical care

By Dr Julie Zepp Rutledge ND

People often ask me what it is that we do as Naturopathic Doctors. I find the easiest answer I can give is that we are much like a GP (General Practitioner) of Family Medicine, much like your “family doctor”. That being said I have often had patients be surprised when they find out that as NDs we can treat both the chronic illnesses we are known to work with but also acute conditions as well—such as colds and flus, ear and eye infections, soft tissue injuries such as muscle strain, tendonitis... even dealing with pesky insect bites like ticks or helping decrease the severity of mosquito bites!

Now by no means am I suggested we replace your family doctor—in most cases we like to work hand in hand with conventional medical professionals. We are, however, an alternative should you like to seek a more natural solution to your health issues. My patients often value the tools I give them in acute situations since most remedies are simple, gentle and effective and can be kept on hand in the case of a recurrence of the pesky cough, cold sore or headache. This allows the patient to become empowered and have more knowledge and resources available to them.

That being said it can often be difficult to access Naturopathic Care in

an emergent situation and in my own practice I am taking important steps to ensure that this no longer happens! I am aware that it can be very frustrating for my patients when they need to see me and are told there is to be a month or two wait. The complications arise due to the fact that my hours are still limited to between 16 and 22 patient care hours per week and also that there is a significant non-patient care time involved in maintaining a practice, such as that required for administrative duties, patient research, responding to emails/ phone calls, maintaining supplement inventory and staying current on medically relevant research.

In light of this time pressure but also respecting the nature of certain health issues that may present unexpectedly in patient’s lives (be they physical or mental-emotional, as we certain work extensively with the psychological aspects of a person’s care and these may arise just as acutely as physical conditions) I have opened up more spots in my schedule that are reserved for “emergency” or “as

needed” care. Should you want an appointment with me and feel that what you are dealing with is not able to wait until the appointment time that has been given to you by one of our wonderful receptionists: Stacey, Brittany or Hayley please do exercise one of the following options:

- ~ Leave a message for me with the girls requesting that I call you back asap;
- ~ Leave a message with the girls requesting an emergency appointment spot;
- ~ Request to be added to our cancellation list;
- ~ Request an appointment with one of our other NDs; or
- ~ Email me at [naturopath@sasktel.net](mailto:naturopath@sasktel.net) and I will either arrange an in-office visit, schedule you a phone consult or plan to set aside some time to do an email consultation.

I will do my best in order to support you on your health journey and I thank you for your understanding when this proves to be more challenging!♥

