

NATUROPATHIC NEWSLETTER

March/April 2008

Top 10 Ways to Detoxify



Detox can be a safe and effective way to boost your energy and stimulate the immune system when done under naturopathic supervision.

This was taken from www.toxicnation.ca/go-toxic-free/top-10-ways

1. Clean your indoor air quality - Find a couple of simple ways to improve your air quality
2. Eat organic - To avoid cancer-causing

chemicals and other health problems

3. Choose personal care products carefully- (Refer to website for list)
4. Avoid plastics with Bisphenol A - Plastics may be leaching chemicals into your food and water
5. Choose chemical-free lawn care - Organic gardening tips
6. Get green school supplies - Avoid numerous hazardous chemicals
7. Say no to non-stick -

Start avoiding a toxic chemical in non-stick cookware and Goretex

8. Get rid of the DEET insect repellent - Bug spray can harm more than just the mosquitoes
9. No need for stain repellent - Stain repellents can cause cancer and disrupt hormones
10. Avoid toxic flame retardants (PBDEs or polybrominated diphenyl ethers) - Find products without PBDEs

- Reasons to use a stainless steel water bottle
- ENVIRONMENTALLY FRIENDLY
 - SAVES YOU MONEY
 - PRODUCES LESS WASTE
 - NO LEAKAGE OF PETROLEUM-BASED CHEMICALS
 - UNBREAKABLE (COMPARED TO GLASS BOTTLES)
 - NO BISPHENOL A CONTAMINATION
 - BEVERAGES TASTE GREAT
 - LINING PROTECTS LEACHING

How Green are You? Are you a green warrior or a waster?

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|---|--|--|
| ◇ Change light bulbs | ◇ Unplug electronics | ◇ Switch to natural personal care products |
| ◇ Bike to work | ◇ Purge non-stick surfaces | ◇ Eat local produce |
| ◇ Take shorter showers | ◇ Avoid endangered fish; eat organic meat or become vegetarian | ◇ Purge fake smells |
| ◇ Use 100% recycled/chlorine-free paper | ◇ Use natural household cleaners | ◇ Avoid unrecyclable packaging |
- For rationale, email me!

- #### Principles of Naturopathic Medicine
- FIRST, DO NO HARM
 - IDENTIFY AND TREAT THE CAUSE
 - TREAT THE WHOLE PERSON
 - SUPPORT THE HEALING POWER OF THE BODY
 - DOCTOR AS TEACHER
 - EMPHASIZE PREVENTION

SOME WOMEN WILL NEED 5 MG PER DAY OF FOLIC ACID, RATHER THAN THE 1 MG CURRENTLY INCLUDED IN MOST PRENATAL VITAMINS.

In the News: New Folic Acid Supplementation Guidelines

In December 2007, new folic acid guidelines were produced by experts from the Society of Obstetricians and Gynecologists of Canada and The Motherisk Program at Sick Kids Hospital. These guidelines are a new standard for Canada, recommending higher levels of folic acid sup-

plementation (up to 5 mg) with a goal of further reducing the rates of neural tube defects such as spina bifida and other birth defects. Recent research findings suggest that women should boost their intake of folic acid and multi-vitamins for at least three months before they become pregnant.

Supplementation levels should be based upon dietary, health and life-style factors. Therefore, some women will need 5 mg per day of folic acid, rather than the 1 mg currently included in most prenatal vitamins. If you are not sure what dose is right for you, contact your health practitioner.



Beet root is a liver loving food, and great for the spring and detox.

Roasted Beet Salad (from Slice: Health Inspired Food)

Ingredients:

- 6 medium beets
- 1/2 cup fresh dill, chopped
- 1/2 cup chives, chopped
- 3 Tbsp freshly squeezed lemon juice
- 3 Tbsp flax oil
- 1/2 tsp freshly ground pepper

- 1/4 tsp sea salt
- 1 cup goat feta, crumbled

Directions:

Preheat oven to 425 F.

Roast beets in 1 inch of water, with skins on, in a covered casserole dish for 45 minutes or until just tender. Once cooled, peel and cut into 1 inch cubes.

In a large bowl, combine beets, dill, chives, lemon juice, oil, pepper and salt, and toss to coat. Transfer to a serving dish and top with feta.

Stores well in the refrigerator for up to 3 days.

Serves 4-6.

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- ◇ April starts another year of the Community Detox Program. Stay tuned for details regarding this program and its many health benefits.
- ◇ Coming this month: Bio-Impedance Analysis (BIA) will be available to determine your body fat composition and much more. This is part of the First Line Therapy Program.

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