

## NATUROPATHIC NEWSLETTER

November/December 2007

### Preparing for Cold and Flu Season



The change of season means that we are more susceptible to colds and flu. Check out these tips for preventing them.

1. Wash your hands with soap and warm water to avoid spreading germs.
2. Sneeze into your shoulder if tissues are not within reach. This will prevent the further spread of germs.
3. Get adequate rest to help reset the immune system daily.
4. Have a balanced diet with a variety of fruit and vegetables. Choose different colours for different vitamins and minerals.
5. Stay active outdoors. Sunlight is a source of Vitamin D and movement will increase the circulation of immune cells.
6. Manage your stress with health promoting activities like deep breathing, exercise, and meditation.
7. At the first signs of a

cold or flu, drink lots of fluids, stay home and rest. Immediately increase your vitamin C intake and reach for echinacea, ginseng, or other immune boosting herbs. You can go to your naturopathic doctor for the best combination for you.

8. Don't forget the chicken soup! Research shows that people who drink chicken soup will recover sooner than those who have juice and water alone.

### Tips to prevent weight gain during the holidays

The holiday season means there are more potlucks, dinners and eating out at restaurants. Try these tips for getting through this plentiful time.

- Choose a protein-based soup for your appetizer 20 minutes before your meal. This is how long your brain takes to feel full.
- Choose fish and vegetables for your entrée instead of potatoes and heavy meats.
- Pass on the bread basket.
- Sorbet and fresh fruit will satisfy that sweet tooth.
- It's all about balance, so if you really want to order those heavy dishes, only eat until you're full, then stop.

- #### Eco-friendly Gifts
- STAINLESS STEEL WATER BOTTLE (KLEAN KANTEEN)
  - TRAVEL MUG
  - GLASS CONTAINERS
  - REUSABLE SHOPPING BAGS
  - POTTED PLANTS
  - REUSABLE GIFT BOXES
  - 100% POST-CONSUMER RECYCLED PAPER PRODUCTS
  - ELECTRONIC HOLIDAY CARDS
  - FAIR TRADE CHOCOLATE

- #### 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

DO NOT USE  
COUGH AND  
COLD PRODUCTS  
IN CHILDREN  
UNDER 6 YEARS  
OF AGE UNLESS  
INSTRUCTED BY A  
HEALTHCARE  
PRACTITIONER.

## In the News

In October, a Health Canada Advisory was released about the appropriate use of cough and cold products in children. Concerns have been raised regarding the safety of "over-the-counter (OTC)" (non-prescription) products for children under 6 years of age. Before using OTC

cough and cold remedies, Health Canada urges caregivers to consult a healthcare practitioner to assure that their use is safe and appropriate. Life-threatening adverse events, including unintentional overdose, have been reported in association with their use. Because cough and cold

medicine often contain multiple ingredients, it is advised not to give more than one product to a child, as this can have an additive effect. If it is necessary to give a cough and cold product to a child, make sure that you read all labels before doing so.

## Adriana's Chickpea & Cauliflower Soup



Thanks to Adriana for this great soup recipe. Served as an appetizer, this soup will prevent overeating.

### Ingredients:

1 tsp olive oil  
1 onion  
2 cloves garlic  
1 carrot and celery stalk  
1 tbsp ginger  
2 tsp cumin  
1/2 tsp coriander  
1/4 tsp turmeric  
1 small cauliflower  
2 cans chickpeas

6 cups vegetable broth

Dollop of plain yogurt (optional)

3 tbsp chopped cilantro

**Method:** Chop all ingredients. Heat the oil in a soup pot over medium heat and then add onion, garlic, carrot, celery, ginger, cumin, coriander and turmeric. Cook until onion has softened. Add

cauliflower and chickpeas and cook for 2 minutes. Add the broth and bring to a boil. Cover and simmer until cauliflower is tender, about 20 minutes. Transfer soup to a blender and puree until smooth. Serve with a dollop of yogurt and sprinkle with cilantro.

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The greatest compliment you can give us is referring our services to your family and friends. Please mention us when people in your life are having health concerns and are looking for a safe, natural, and effective choice in healthcare.