

## When the Seasons Change



As the leaves change colours, it is a good habit to assess your home, car, and health and prepare for the winter ahead. At home, we should shut off the water valves, store our summer gear, and check for cracks, and leaks before they become a big problem. For our cars, we must prepare for the cold weather, change tires, and stock a

winter survival kit in the trunk. Most of us are good at preparing these assets, but what about your most important asset, your health?

I always send out a newsletter when the seasons change as a reminder to reassess your life and prepare for it. Many of us take care of our homes or cars better than we take care of ourselves. This must stop.

In Traditional Chinese Medicine (TCM), our bodies are the most vulnerable during seasonal changes. This is

when we can get "Invasions of Damp Cold", or susceptibility to "Wind". If you would like an assessment or explanation to these common Eastern philosophies, please come in to see me.



Below I have prepared a Fall Health Checklist

that you can refer to each year.

For further individualized care, please book an assessment and I'll take it from there.

## Fall Health Checklist *(keep this handy for future use)*

- ✔ **Homeopathic** Flu Prevention Plan
- ✔ Switch your Omega 3 to a natural triglyceride **Cod Liver Oil**
- ✔ Increase your dosage of **Vitamin D** when you are sick.
- ✔ Natural anti-bacterial, **anti-viral**, anti-fungal, anti-parasitic herbs (i.e. Oil of Oregano, Grapefruit Seed Extract, or Garlic).
- ✔ **Probiotics** for optimal immune functioning.

- ✔ **Naturopathic Annual Check-up** - Your health is as dynamic as you are, and even if you don't feel sick, we can work at optimizing your sleep, energy, and digestion.

### Cold & Flu Prevention Kit

STOCK THESE ITEMS IN THE FALL

- VITAMIN C (WITH BIOFLAVONOIDS)
- VITAMIN D (AN EMULSION WILL PROVIDE 1000 IU/DROP)
- OIL OF OREGANO (OR GARLIC, OR GRAPEFRUIT SEED EXTRACT)
- PROBIOTICS (> 10 BILLION)
- COD LIVER OIL (SOURCE OF VITAMIN A & D)

### 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

**Promoting health and awareness in our community**

NATALIE CHENG-KAI-ON, BSC, ND

MY PRACTICE  
WILL  
PERMANENTLY  
MOVE TO THE  
NATUROPATHIC  
CLINIC ON HWY  
7

CLINIC HOURS:  
M-F 9-6PM  
S 9-1PM

**We are Moving!**

Notice to patients: I will be working full time at the Naturopathic Clinic on Highway 7 in January 2011. I will be leaving the office of Innervate Health Care Centre, but I will still be working closely with Dr. Raffy, Shari, and Brandi. I

invite you to visit me at my new clinic!

350 Highway 7, # 211  
Richmond Hill, ON  
L4B 3N2  
905-889-3640

The clinic is on the 2nd floor of the building on the north east corner of

Highway 7 and Chalmers (1 light east of Bayview). Underground parking can be accessed behind the building.

Check out some pictures of my new space!

**Naturopathic Clinic Pictures**



Natalie Cheng-Kai-On is a member of the BDDT-N, CAND, OAND, CSCMA, APND, and FLT Practitioner



Front desk operation is run by Lea and Jamie. Call 905-889-3640 for an appointment booking.

Sit and listen to relaxing music while sipping on hot herbal tea on our comfortable couch.



My new office...I am happy to offer complimentary 15 minute consultations.

**New for 2011—Referral Program.**

After your referral's first visit, you will receive a gift card to show my appreciation. Each month I will draw a name to receive a free gift from my friends at Lug Life. This month, win a Shuttlebus Weekender Bag!



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