



Be An Informed Health Consumer

Informational talks are **free** and open to the public. Talks are held at **NaturoMedic™.com** on Thursday evenings, starting at 7 PM.

Upcoming Events

Informational Talks begin at 7PM at NaturoMedic™.com

- **September 27 - Ideal Protein Weight Loss Program**
By Dr. Erin MacKimmie ND, RN, BNSc.
- **October 11 – Estrogen Wars: Mood Swings to Menopause**
By Dr. Erin MacKimmie ND, RN, BNSc.
- **October 18 – Prolotherapy: Spot Welding for Joints**
By Dr. Michael A. Prytula ND. **this talk will be available online*
- **October 25 – Ideal Protein and NaturoMedic.com’s Body Sculpting**
By Dr. Erin MacKimmie ND, RN, BNSc. and Dr. Michael A. Prytula ND
- **November 1 – Diabetes & Exercise: Conquering the Sugar Battle**
By Dr. Mike UM ND, HBSoc. and Dr. Michael A. Prytula ND
- **November 15 – Arthritis Treatment Innovation: a Barometer of Change**
By Dr. Mike UM ND, HBSoc. and Dr. Mary Magnotta ND, MSc., HBSoc.
**this talk will be available online*
- **November 29 – Ideal Protein Weight Loss Program**
By Dr. Erin MacKimmie ND, RN, BNSc
- **December 6 – R you Cold, Hot, Afraid of the Dark? See what BioClimate Reprogramming can do for you**
Dr. Michael A. Prytula ND and Dr. Mary Magnotta ND, MSc., HBSoc.

If you are interested in a NaturoMedic.com Doctor giving a talk or writing an article for your place of business please contact us!



Giving Life to the Living!™

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ISSUE

04

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NAT NEWS

Did you know?

- Most Year End Health Insurance Coverage is Up
- Flu Kits Available
- There is Hope For Hair Loss
- AntiViral and Immune Stress Support are ready for Cold and Flu Season

BioClimate Reprogramming

Cold and damp weather is a recipe for aches, pains and arthritis. In traditional Chinese Medicine, Cold can lead to severe sharp pain, while Dampness causes swelling, heaviness, stiffness and soreness of the joints. NaturoMedic.com has designed a new technique (BCR-BioClimate Reprogramming) to remove cold and dampness from the body, desensitize you to these elements and rehabilitate the flow of blood and Qi through your natural meridians. If you find that you are strongly influenced by weather and temperature, then it may be time to book your BCR appointment.



Cold and Flu Season: How to Keep your Family Protected

With the bitter cold months fast approaching and the damp weather already on the way, sitting by a cozy fire all bundled up till spring may not sound like a bad idea. The season of coughing, sneezing, runny nose and sore throat is knocking at the door, but are you ready for the fight? November to April is officially cold and flu season. In order to properly protect you and your family this year, preparations should begin immediately. The following guide will help you start the season right.

The first step is to understand how to recognize the warning signs and symptoms. **Cold vs. Flu?** A cold is a minor infection of the upper respiratory tract and is the most frequently occurring illness in the world. Colds are the leading cause of doctors' visits and missed days from school and work. Symptoms begin one to three days after infection and may last for a week to 10 days. Symptoms may include a cough, nasal congestion, scratchy throat, watery eyes, sneezing, body aches, fatigue and possibly a low-grade fever. The flu, on the other hand, affects 10-25% of Canadians each year. Flu symptoms are often more intense than the common cold and predominantly include a **cough, fever, aches and pains, and congestion in the lungs.** In addition, you may present with fatigue, nausea, vomiting, diarrhea, sore throat, headache, decreased appetite and runny nose. The flu may clear up after two to five days, however you will continue to feel drained and exhausted for another week.

The cold and the flu are both contagious however certain groups in the population are at greater risk of complications such as pneumonia, mostly from the flu. This includes very young children, people over 65, if you are pregnant or whether you have an underlying medical condition (i.e. chronic respiratory disease, heart or kidney disease, diabetes or a weakened immune system due to cancer, HIV infection etc...). A common question is why can you not build up immunity to both? Unfortunately, there are over 200 different types of viruses that can cause a cold and since new viruses are constantly developing it is impossible for your body to build up a resistance to all of them. Similarly, there are multiple strains of the flu and the virus changes annually, constant immune resistance is impeded. Knowing that a single infection will not permanently convey protection, strengthening your immune system is essential to winning the battle this season.

This issue

- Upcoming Events **P.1**
- Cold and Flu Season: How to Keep your Family Protected **P.1**
- Should I get the Flu Shot? **P.2**
- Did you Know? **P.2**

Step 1- Get a Goodnight Sleep: Aim for more than 7 hours of sleep per night. Sleep deprivation will actually lower your immune system before you even start to feel run down.

Step 2- Wash your Hands: The cold and flu viruses are transmitted from person to person either by **direct contact** with a contaminated surface or by **inhaling** the virus after an individual sneezes or coughs. A cold virus can live on an object for 6 hours so it is important to wash your hands frequently and avoid touching your face or rubbing your eyes to help prevent infection. In addition it is a good idea to disinfect doorknobs, toys, stationary and other surfaces on a regular basis. During cold-weather months, more time is spent indoors in close proximity to each other, facilitating the spread of the virus. So if you are not feeling well, stay home and prevent putting others at risk.

Step 3-Stay Fit: Moderate amounts of exercise have been found to stimulate the immune system. Too much exercise on the other hand has the opposite effect, most likely due to the amount of stress placed on the body with intense physical training. Keeping that in mind, it is not a good idea to work out when you are feeling ill.

Step 4- Say No to Stress: Excessive stress promotes the release of cortisol and adrenaline which suppresses immune function and increases your susceptibility to illness. Adding humour, laughter, deep breathing, meditation or guided imagery to your routine can keep stress levels down.

Step 5- Eating right is not a fad: Nutrient deficiency is the most common cause of a depressed immune system. Foods containing higher amounts of vitamins, minerals and antioxidants are a great way to strengthen your health. Avoid the fast food and packaged products. Eat a variety of fresh vegetables, fruits, nuts, seeds, whole grains and ensure you are consuming an adequate amount of protein from fish, certain meats and legumes. Soups and stews are perfect for this time of year.

Step 6- Dress for the weather: Continuous fluctuations in temperature (i.e. running in an out of the cold without proper protection) can weaken your body and immune system; literally chilling you to the bone. Do your best to stay warm and wear a scarf. In Chinese Medicine, the back of your neck is particularly sensitive to wind invasion especially when the seasons change. In the body, wind manifests as a cold. Wearing a scarf will help protect this area and decrease your susceptibility to the elements.



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Principles & Philosophy

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Physician as Teacher

Naturopathic physicians are teachers at heart. The physician's major role is to educate, encourage and empower the patient to take active responsibility in their health. A cooperative doctor-patient relationship is invaluable and has an inherent therapeutic potential. The Naturopathic Doctor in reality is a catalyst for healthful change, by motivating the patient to adopt a new lifestyle that incorporates beneficial therapeutic modalities. The patient, not the doctor, will ultimately accomplish this healing change. Knowledge, understanding and hope, are the teachings Naturopathic physicians continuously provide to their patients.



Should I get the Flu shot?

The marketing campaign for the flu shot are well underway and you may be considering whether to get the flu shot this year. With the ongoing media coverage and the continuous push to get your shot today, you may find yourself pressured or confused on which decision you should make. In order to make the best decision it is important to know the facts and both sides of the story. The following Pros and Cons are designed to help make the best choice for you.

Pros

Lower chance of getting the flu: The flu shot is often recommended throughout flu season and especially from between mid-October to mid-November because the incidence of the flu increases in winter months. Vaccines are designed to trigger the production of antibodies in the body against the virus contained in the shot. Therefore if you come in contact with the same virus from the vaccination your body already has antibodies against it, protecting you from infection. The flu shot does take about two weeks to be fully effective.

Prevent flu complications in high risk individuals: The complications may include pneumonia, hospitalization and death. The flu vaccine is recommended for all children 6 months to 18 years old. People 50 years or older. Women who will be pregnant during the flu season. Those living in a nursing home. Adults with chronic heart or lung conditions, including asthma, or with any condition that weakens the immune system, such as diabetes. Household contacts and caregivers of any children younger than 5 years of age; particularly important for household contacts of children younger than 6 months. Any person in close contact with someone in a high-risk group, such as health care workers and household contacts. (After reading this list, who is not considered to be in a high risk group?).

Contains more than one virus: The annual flu vaccine consists of several different kinds of the virus. Scientists predict which types of influenza virus will cause infections and prepare an appropriate seasonal vaccine.

Cons

Not a one-shot deal: The flu virus mutates annually and therefore the vaccine needs to be re-formulated annually. Each year's formulation represents the experts' best guess as to what will work.

Not 100% effective: Many believe that the flu vaccine is your best protection against the flu and in some cases it is believed that you are 70% less likely to get the virus if you have the seasonal vaccine. The effectiveness of the flu shot has been questioned by several studies. A recent 2011 study found that flu shots were only about 59 percent effective in healthy adults. A study published in the *British Medical Journal* concluded that the effectiveness of annual flu shots has been exaggerated, and that in reality they have little or no effect on reducing the number of hospital stays, time off work or death from its complications. Another study in the *Lancet* found that influenza vaccination did not reduce risk of pneumonia in older people. A review of 51 studies from *Cochrane Database of Systematic Reviews* in 2006 involved 260,000 children, age 6 to 23 months. No evidence was found that the flu vaccine is any more effective than a placebo in children.

Minor Side effects: Some develop soreness, redness or swelling, locally in the area where the shot was administered. Low grade fever and general malaise have been reported.

Allergies and sensitivities: Flu vaccines are cultivated inside chicken eggs; therefore if you suffer from an egg allergy you are likely to have an adverse reaction. Interestingly if you have a food

sensitivity to eggs, there is also a chance you may have a reaction to the vaccination.

Concern about vaccine ingredients: Influenza vaccines do contain Thimerosal. **Thimerosal** is made of 50% mercury and 50% formaldehyde (a neurotoxin). In 2007 Public Health Agency of Canada stated that little is known about the ethylmercury from thimerosal, whether similar to neurotoxin and crosses the blood brain barrier. **Pregnant women advised against consuming fish with mercury and cautioned about dental fillings (silver mercury amalgams) to protect unborn infant but encouraged to receive mercury filled flu shot.** Furthermore children less than 6 months of age cannot receive the flu shot and yet it is recommended for pregnant women. Emerging evidence suggests that combination of mercury and formaldehyde can lead to Alzheimer's disease. Connection between mercury and autism has previously suggested in the media.

Risks associated with the vaccine: Adverse reactions to the flu vaccine include joint inflammation and arthritis, anaphylactic shock (and other life-threatening allergic reactions), Guillain-Barré syndrome (a paralytic autoimmune disease) and death.

Recent suspension of Seasonal Flu Vaccine: Flu vaccines produced by Novartis have been pulled from several countries including Canada. Clumping was found in the vaccines in Europe which subsequently lead to the vaccines being rapidly pulled off the shelves. Health Canada has

stated that particles have been found previously in other vaccines and have not lead to any concerns for safety or effectiveness. This unfortunately begs the question of why now? If particles have been observed before why is this particular vaccine being recalled? Were these particles not considered threatening with other vaccines, or are we merely falling suit with other countries? In injection therapy finding a precipitate in an injectable solution can have consequences to the patient. This can include damage from incompatible products, emboli, tissue irritation and therapeutic failure.

After weighing the Pros and Cons of the Seasonal Flu Vaccine, are you going to be vaccinated this year?

Did you know?

Most Year End Health Insurance Coverage is Up

The fall is that time of year when most health insurance packages are wrapping up. If you or someone you know have been putting off a visit. Book your appointment now and start the next year fresh.

Flu Kits Are Available

NaturoMedic.com offers homeopathic flu kits to help you manage and recover from your flu symptoms. Having the kit on hand can help you save not only on trips to the doctor but can also be that extra security you need late at night when most places are closed. Always keep your first-line of defence close during cold and flu season.

There is hope for Hair Loss

Hair Rejuvenation Therapy is our newly developed program to help decrease hair loss, thicken and nourish hair, repair damage to the hair bed and stimulate hair follicles. If you are suffering from alopecia or have noticed more hair falling out lately then ask about our hair rejuvenation technique. The sooner we start the better!

AntiViral and Immune Stress Support are ready for Cold and Flu Season

Please refer to daily immune stress support for more information.



Quotes

“Even if something is left undone, everyone must take time to sit still and watch the leaves turn. - Elizabeth Lawrence.”

“There is a harmony in autumn, and a luster in its sky, which through the summer is not heard or seen, as if it could not be, as if it had not been!

- Percy Bysshe Shelley.”

Links

It's Elementary My Dear Watson

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Healthy Living

Cookbook:

<http://www.naturomedic.com/download-free-cookbook?hsCtaTracking=bdbf6b06-a5d2-42bf-a2e8-a9db59d423a4%7C00e932b7-26ab-484d-8ba4-7e9d42737482>

The Truth about Lyme Disease

<http://www.naturomedic.com/the-truth-about-lyme-disease?hsCtaTracking=ec049af5-4c94-4380-b7a3-06272f80ea32%7C9318b5ac-8ad0-4820-be8f-fa2e8a6516cb>