



## Be An Informed Health Consumer

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

### Upcoming Events

Informational Lectures begin at 7PM at **NaturoMedic™.com**

• **March 8 - Heart Disease**

By Dr. Michael A. Prytula ND and Dr. Mike Um ND, HBSc.

• **March 22 - Cancer**

By Dr. Michael A. Prytula ND and Dr. Mike Um ND, HBSc.

• **March 29 – Ideal Protein Weight Loss Program**

By Dr. Erin MacKimmie ND, RN, BNSc.

• **April 12 – Allergies**

By Dr. Mike Um ND, HBSc.

• **April 19 - Prolotherapy**

By Dr. Michael A. Prytula ND

• **April 26 - Ideal Protein Weight Loss Program**

By Dr. Erin MacKimmie ND, RN, BNSc.

• **May 3 – Colonics**

By Diana Taylor

• **May 31 - Ideal Protein Weight Loss Program**

By Dr. Erin MacKimmie ND, RN, BNSc

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



Giving Life to the Living!™

NaturoMedic.com  
296 Welland Avenue  
St. Catharines, ON  
L2R 7L9  
Phone: (905) 684-4934  
Fax: (905) 684-1849  
Email: [info@naturomedic.com](mailto:info@naturomedic.com)

[www.NaturoMedic.com](http://www.NaturoMedic.com)

**Would you like to attach your logo to the newsletter? Please inquire about subscription privileges.**



TM & ©2012. NaturoMedic™.com. All Rights Reserved. No part of this work may be reproduced in any form or by any means whatsoever, without written permission from NaturoMedic™.com.

ISSUE

01

March  
2012

# NAT NEWS

### Did you know?

- Spring is the Time to Fast
- Everyone Needs a Healthy Colon
- You Can Detoxify Through Your Feet
- The Dreaded Bathing Suit Season is Almost Here
- Spring is a Great Time to Start Reducing Stress

### Allergies

Environmental allergies can be caused by many factors including dust, mildew, mold spores, feathers and even animal dander. Dust and mold allergies can occur all year round and not just at certain seasons like pollen. Use this handy chart to be aware of pollen levels between March and October. Pollen Count:

[http://naturomedic.com/?page\\_id=202](http://naturomedic.com/?page_id=202)



### Detoxification

The winter months are often the time to stay in, cuddle up and load up on warm comfort food. Now with the start of spring it is time to get out and begin the season with a fresh start. Cleansing the body, mind and spirit is the perfect way to shed the buildup of winter toxins and prepare you for the upcoming season; it is time for **Spring Cleaning**.

Detoxification is an excellent way to flush out harmful substances, rebuild the body's engine, rejuvenate the digestive system and help the immune system protect against disease. The Environmental Protection Agency currently recognizes the presence of over four million potential toxins in the outdoors and within the home. The Food and Drug Administration identified at least 2,800 food additives present in the food we consume. The accumulation of these products can deposit in our tissues, clog the elimination processes in the human body and add stress to organ functions. A toxic overload can lead to a number of symptoms including bloating, constipation, poor digestion, bad breath,

body odour, weight gain, fatigue, mucous production, decreased concentration, poor memory, headaches, mood changes, skin changes etc... The potential outcomes from toxic burden are endless. Neutralizing these harmful substances, repairing the increased strain placed on the detoxification pathways and removing the toxin accumulation is the first step to a successful spring cleaning.

Refreshing the mind and the spirit is equally important. Stress management, self-development, repairing relationships and healing the spirit are important aspects to consider during your cleansing journey.

There are many cleanses and detoxifications available in the media today. Please keep in mind that some programs can cause harm if not done correctly or if it is too intense for the mind, body or spirit. Discuss with your NaturoMedic.com ND about which detoxification is right for you.

[http://naturomedic.com/?page\\_id=319](http://naturomedic.com/?page_id=319)



Giving Life to the Living!™

### This issue

Upcoming Events **P.1**

Detoxification **P.1**

Belief: Faith and Hope **P.2**

Did you Know? **P.2**

## Principles & Philosophy

### *Vix Medicatrix Naturae*

#### The Healing Power of Nature

Nature acts powerfully through healing mechanisms in the body and mind to maintain and restore health. The healing power of nature is the inherent self-organizing and healing process of living systems which establishes, maintains and restores health. Naturopathic medicine recognizes this healing process to be ordered and intelligent. Naturopathic physicians support, facilitate and augment this process by identifying and removing obstacles to health and recovery, restoring a healthy internal and external environment and supporting these inherent healing systems when they have broken down. Naturopathic Doctors use methods, medicines and techniques that are in harmony with natural processes to stimulate the *vix Medicatrix Naturae*.



## Belief: Faith and Hope

The power of belief, faith and hope to your health should not be underestimated. The connection goes beyond the institution of religion; it is the contribution of your entire mental attitude.

The ability of positive and negative thoughts, is not something supernatural, it is reality that has been demonstrated in science.

Intention is a real energetic relationship. Electric and magnetic energy is very prominent to the planet. The Earth is actually a giant magnet with two poles, a North Pole and a South Pole, surrounded by a magnetic field. Pigeons and dolphins sense this energy for navigation. All cellular and chemical processes in living things are affected by geomagnetic fields, not just pigeons and dolphins. The heart, for example, is very susceptible to changes in geomagnetic fields. During periods of increased activity the viscosity of the blood increases, causing circulation to slow down. Heart-attack rates rise and fall according to solar-cycle activity. Geomagnetic fields therefore play a role in maintaining equilibrium in the nervous system, particularly with the heart and the brain. These geomagnetic fields affect the physiology of the body is the same energy produced by thoughts.

Thoughts can have direct impact on your health. Experiments have shown that plants are able to sense when either a positive or negative action towards them is intended. When you send an intention, every major physiological system in your body is mirrored in the body of the receiver; in essence the two become one. Plants however, are not the only living organisms that can be affected by positive and negative thoughts, our emotional responses are constantly being picked up and echoed in those closest to us. Experiments involving positive intention have shown to promote actual healing, while negative thoughts have adversely done the opposite. Having positive intentions, beliefs and thoughts in regards to your health can logically contribute to improving disease symptoms.

In 1997 a lab in the University of Nevada measuring physiological changes of changes of volunteers exposed

to predesigned emotionally stimulating photos, discovered that our bodies unconsciously anticipate and act out our own future emotional states. From a health perspective we know that negative thoughts or experiences can lead to physiological changes, but the idea that our body can react before we are aware that something terrible has occurred demonstrates the strong connection the mind

and body truly has.

Understanding these reactions to avoid harmful threats and to maintain positive thoughts and

emotions are important to promote health optimization.

Your current state of mind carries an intention that has an effect on life around you. The ability of your thoughts, beliefs, faith and hope to positively affect your health is often underestimated. This is a power that you can access daily and is something that can help revolutionize your mind, body and spirit.

“Belief is a powerful ally, you only need to ask!”

## Did you know?

### Spring is the time to Fast

Fasting is one of the oldest and treasured methods designed to help you attain optimal health, prevent against a predisposition for chronic disease, eliminate waste in the intestinal system, increase the effectiveness of absorption and elimination by the intestines and help with weight loss and shape change.

[http://naturomedic.com/?page\\_id=41](http://naturomedic.com/?page_id=41)

### A Healthy Colon

Colon Hydrotherapy is a valuable, treatment essential to any fasting or cleansing program. Having a stagnant colon can lead to constipation, bad breath, skin

problems, headaches, low back pain, lack of energy and low sex drive.

[http://naturomedic.com/?page\\_id=331](http://naturomedic.com/?page_id=331)

### Detoxify Through Your Feet

Q2 Ionic Foot Bath and Energy Spa enhances the body's healing abilities of detoxification, repair and cellular rejuvenation. The rejuvenating foot bath can help remove the buildup of heavy metals and chemicals from the body.

[http://naturomedic.com/?page\\_id=437](http://naturomedic.com/?page_id=437)

### Bathing Suit Season

It is that time of year to lose weight with the last diet you will ever



## Quotes

“The world's favorite season is the spring. All things seem possible!

-Edwin Way Teale.”

## Links

The Cost of Long-term Health

[http://naturomedic.com/?page\\_id=693](http://naturomedic.com/?page_id=693)

NaturoMedic™.com  
Healthy Living Cook Book

[http://naturomedic.com/?page\\_id=516](http://naturomedic.com/?page_id=516)

Cold and Flu Presentation

[http://naturomedic.com/?page\\_id=665](http://naturomedic.com/?page_id=665)

## Seasonal Tip

**Make a Barrier:** Wear long sleeves and pants to protect you at night from mosquitoes and bug bites.

**Ode Natural:** Wearing scented products can attract bugs so look for the fragrance-free options.

**Go For the Bright Stuff:** Bugs are attracted to dark colours so try to stand out in the dark.

**Vitamin B Anyone?:** Having a B1 deficiency makes you more susceptible to bug bites, in other words “bugs find you yummy”. Interestingly, Vitamin B1 is used by the body to metabolize alcohol.

**Time to Repel:** Most bug sprays on the market contain substances that can be toxic,

## Bug Season is Approaching!

including DEET. Although they have been approved by the Environmental Protection Agency and have been shown to repel bugs/mosquitoes, the concentrations, the amount of times they can be used daily, where to apply and which ages are safe for use are restricted by Health Canada. With the high level of toxic substances we are already exposed to daily; why not make your own spray?

### Herbal Insect Repellent

½ tsp Citronella essential oil  
½ tsp Eucalyptus essential oil  
½ tsp Lavender essential oil  
4 oz Distilled Witch Hazel

Mix in a spray bottle. Shake well. Spray onto exposed skin, avoiding eyes and mucous membranes. Reapply every 2 hrs or as needed

**Skin So Soft:** is an insect repellent from Avon that is DEET free.

