



Be an Informed Health Consumer

Informational talks will now be available online. Free and easily accessible at anytime and anyplace.

Upcoming Events: Informational Talks will now be available online. Watch and learn at www.NaturoMedic.com Online Feature Presentations.

• **April 11– Colitis, Ulcerative Colitis And Crohns Disease: Gurgles and Gas be Gone**

By Dr. Michael A. Prytula ND

• **April 25– Ideal Protein Weight Loss Program**

By Dr. Erin MacKimmie ND, RN, BNSc

• **May 2– Colon Therapy Unplugged**

By Diana Taylor

• **May 30– Ideal Protein and NaturoMedic.com's Body Sculpting**

By Dr. Erin MacKimmie ND, RN, BNSc. and Dr. Michael A. Prytula ND

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

Keep a look out for NaturoMedic.com's first book. Two years in the making. *My Health Navigator* will be available in the upcoming months. Stay tuned for release date and discounts.



ISSUE

06

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NAT NEWS



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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

Feature Presentation:

Be Free From Allergies. Relief is only a sneeze away!

<http://www.naturomedic.com/allergies-online-feature-presentation/?hsCtaTracking=9ee2fa6f-bca5-45b3-8612-ddaf9364220d%7Ca7ae9b16-8cc0-452b-a20c-a97621ec4210>

Allergy Tips and Tricks

Allergies are a common problem affecting 30% of the population in North America. With April showers, flowers, trees, grass and weeds begin to blossom bringing forth pollen and potential allergens. The damp weather can promote the growth of mold both in and outside of the home. Spring cleaning disturbs the winter dust mites. All these particles in the environment create an opportunity to sneeze, itch, cough and blow your nose!

The immune system plays a definitive role in allergy season, this year you can help it out and try to stay ahead of the game with these simple steps.

Step 1- Sanctuary: Make your bedroom an allergy free sanctuary. If you are being disturbed all night by allergies you are not going to be well rested or refreshed. Keep any clothing or items exposed to potential allergens out of the room. Keep animals out of your room especially if they go outside.

Step 2- Tame the Pollen: Taking a shower before bed will remove any allergen spores embedded on the skin, nose and hair (you must use shampoo). This will help to keep your pillow free from substances that can trigger symptoms. If you sleep close to your loved one, they might need to shower too. Wash bedding in hot water weekly. A Neti pot before bed can clear out the sinuses and accumulated pollens.

Step 3- Spring Clean Often: Vacuum at least 2x per week to remove buildup of dust and pollen that can attach to surfaces and carpets. Are your rugs washable? Wearing a mask and gloves while cleaning can reduce your exposure to disturbed allergens. If possible, install a Hepa filter in your vacuum.

Step 4- Keep the Pollen Out: Closing windows can limit the amount of pollen from entering the house, especially on high pollen count days. Remember to change air filters from air conditioner, furnace and vents. HEPA filter in the bedroom adds to the purity of your sanctuary.

Step 5- Check the Count: Knowing when these counts are elevated may help to prepare you for days that will create the most symptoms and help reduce your exposure. The weather network offers daily pollen forecasts during allergy season, look at http://www.theweathernetwork.com/pollenfx/canpollen_en to see the seasonal variation for your area. Exhaust from cars and trucks are also problematic, "The diesel particles emitted by cars and trucks can attach to allergens like pollen and make allergens more harmful" according to the American College of Allergy, Asthma and Immunology (ACAAI.) Days with especially high pollution levels, may be a good day to stay indoors.

For more information please refer to our Allergy online presentation

References:

1. <http://www.webmd.com/allergies/spring-allergy-tips>
2. <http://www.webmd.com/allergies/features/exercise-allergies>



Giving Life to the Living!™

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Giving Life to the Living!™

Principles & Philosophy

Healing crises vs. Disease crises

The path to health is not easy; you may feel worse before you get better. These may not be the encouraging words you wish to read, but the symptom change is a positive sign. This is a reflection of a healing crisis. During the event, **some symptoms initially worsen then improve. Disease progression ceases and reverses while energy increases.** Alternatively, during a disease crisis, the overall progression of symptoms and disease continue to worsen. A healing crisis is associated with the emptying of your cup or the removal and isolation of a disease causing factor. Freeing up your energy so the body may begin healing the next weakest area. The experience is not enjoyable but the detoxification results ensure that higher exposure from the same burden is required in the future before symptoms develop.

If you notice an increase in energy, the disappearance of certain symptoms or the resurfacing of others, then it is likely that you are experiencing a healing crisis following your visit with the ND. Do not let this opportunity



Put Spring Back in your Step

The beginning of spring is quite often the time when the underlying itch to clean out the house and closets creeps up. The body is the house of your soul so it may also need a cleaning. The energy that comes from a fresh cleaning can easily invigorate your health. Cleansing the body, mind and spirit is the perfect way to shed winter toxins and prepare you for the upcoming season. It is time to Recharge your Health!

DIET

Begin with an audit of your diet, kitchen, food reserves and family meal planning.

•**Remove the unhealthy** tempting snacks and items from off the counters. Donate them or put them in less convenient spots.

•**Make a meal plan for the week.** An organized shopping list will not only help you save money, it will prevent you from purchasing items that will only be wasted. Knowing what your making ahead of time promotes healthier items, less unhealthy snacking and less fast food meals. Spring is an excellent time for light soups and nourishing salads. Your body will love the change and the soups are great protection against sickness that comes with the change of season.

•**Go for the fresh items.** Time to clean out and recharge all the cells in your body. Stick to fresh fruits, vegetables, meat and fish. Avoid the frozen and packaged sections of the grocery store as extra salt and preservatives are needed to make the items last. Why should you relog during the cleaning session? A variety of grains are great fibre for the body, keeping you regular and binding up daily toxins.

•**Snack smart.** As part of your meal planning have healthy snacks and portions ready to go on hand. For example, berries, yogurt, nuts, oatmeal with cinnamon, organic applesauce or cut up fruits and veggies. Keeping yourself satisfied can keep the cravings down. When you go hungry, you eat a larger amount and more likely to give in to temptations.

EXERCISE

Time to overhaul your usual exercise routine.

•**Change it up.** If you have been sluggish over the winter, going back to the old routine may not be very motivating to get you off the couch. On the other hand, the same winter routine can get boring. Make a redesign to keep things interesting.

•**Team Up.** Get a work out partner, ask a friend or get the family involved. You are more than likely to stick to your goals when there is someone to help you be accountable. Being able to carry a conversation lets you know if your pace is appropriate. It can also bring you closer to your loved ones and make the activity fun.

•**Take advantage of the outdoors.** Going for walks or hikes are just a few tips the whole family can participate in. If you are just starting out begin slowly: 30 minutes 2-3 times a week and then work your way up to daily walks or longer excursions. Go big or go home is not the idea with exercise; you need to work with the body and not against it. Remember to take one day off to let your muscles recuperate in the beginning.

•**Hydration is a necessity.** Drinking (water) is essential to exercise. Always bring a water source with you to prevent dehydration and additional complications.

MIND & SPIRIT

The brain and spirit could use a spring makeover to shed winter habits and negative thoughts.

•**Take 5.** Meditation, deep breathing exercises or prayer is an excellent way to either get your body ready for the day or to clear the events of the day. Having a few minutes to yourself allows you to check in with your body, calm the mind of any pressing stress and give you an opportunity to be aware of your environment. Deep breaths clear the negative air, expel toxin buildup and bring in fresh oxygen for the spirit.

•**Free your Mind.** Nourish the brain with new literature, try some puzzles, visit a museum, learn a new language or listen to classical music. Keep the mind sharp and active. When you learn something new the brain changes, forming new connections between neurons. Let your brain grow and thrive!

•**One stress free day please.** Go on strike and have a no stress day. Do something that you have always wanted to do but have never found the time. Allowing yourself to not indulge in ongoing negative behaviours will help lift your spirit and recharge your batteries. Everyone needs a time out once in a while.

Take charge this season and spring clean your health. Your body, mind and spirit will thank you for it!

References:

1. <http://www.bodyandsoul.com.au/health+healing/vitality+for+life/recharge+your+health+for+spring.19493>
2. <http://www.sheknows.com/health-and-wellness/articles/824039/spring-diet-give-your-kitchen-a-healthy-makeover>

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://www.naturomedic.com/articles/bid/145971/Therapeutic-Fasting>

Colon Hydrotherapy

A valuable treatment essential to any fasting or cleansing program. Having a stagnant colon can lead to constipation, halitosis (bad breath), skin problems, headaches, low back pain,

lack of energy and low sex drive.

<http://www.naturomedic.com/treatments/colonics/>

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://www.naturomedic.com/treatments/q2-ionic-foot-bath-and-energy-spa/>

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

The ideal protein weight loss program can help stabilize insulin levels and correct the hormone imbalances that



Quotes

“Spring makes its own statement, so loud and clear that the gardener seems to be only one of the instruments, not the composer. - Geoffrey B. Charlesworth.”

“Spring is when life's alive in everything – Christina Rossetti.”

“When one flower blooms spring awakens everywhere.

- John O'Donohue.”

Links

It's Elementary My Dear Watson

Stay up to date with the newest research at [Naturomedic.com.](http://www.naturomedic.com/articles/)

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See our online feature presentations <http://www.naturomedic.com/Online-Presentations/>

Naturomedic.com Healthy Living Cookbook:

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

The Truth about Lyme Disease

<http://www.naturomedic.com/thank-you--the-truth-about-lyme-disease/?hsCtaTracking=ec049af5-4c94-4380-b7a3-06272f80ea32%7C9318b5ac-8ad0-4820-be8f-fa2e8a6516eb>

Tips to Selecting a Safe Sunscreen

1. **Ingredients are important:** refrain from using any hormone disrupting compounds. Read the label. Avoid Oxybenzone, Vitamin A (retinyl palmitate), sunscreens with added insect repellent, powders, sprays and SPF above 50. Sprays and powders may not be safe to breathe in. Look for zinc, titanium dioxide and creams
2. **Be Skin Conscious:** do not get burned and wear clothes to protect your skin especially shirts, hats and shorts. Avoid peak sun times (midday) and find shade whenever possible.
3. **Apply the sunscreen:** it cannot do much protecting at home or in your bag. Apply about 15 min before going in the sun and remember to re-apply often, especially if you get wet.
4. **Kids are important too:** more vulnerable to sun damage and need just as much protection. Infants should be kept out of the sun (under 6 months of age, skin is too sensitive). Remember to inform your kids about sun safety at school too. Some schools have restrictions on sunscreen application, be sure to check ahead. Teenagers who are quite active outdoors or enjoy working on their tans need to be conscious of the damaging effects of the UV radiation. Be responsible and defend your skin!
5. For more sunscreen tips or to see a list of the top sunscreens please refer to the Environmental Working Groups Sunscreen database at www.ewg.org.

Reference:
<http://breakingnews.ewg.org/2012sunscreens/top-sun-safety-tips/>