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NAT NEWS



Upcoming events



Giving Life to the Living!™

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Pesticides

Pesticides consist of insecticides, herbicides, and fungicides, which are designed to prevent, destroy, and repel pests. Less than 0.1% of the 2.5 million tons of pesticides used worldwide on a yearly basis actually reach the targeted pests, with the remaining 99% being released into the environment. This contributes to secondary pest invasions once primary pests have been targeted, meaning that more and more pesticides are produced and sprayed.

Since pesticide residues can persist in the environment for several years to decades, contamination can affect the quality of food, water, and air. This is mainly because of runoff or leaching through the soil, leading to long-term exposure of crops as well as any bystanders in parks and recreational areas that have been treated.

The direct influence of pesticides on health depends on one's amount of exposure and the pesticide's level of toxicity. Accumulated exposure to multiple substances



Dirty Dozen

Produce with the highest levels of pesticide residue :

Peaches, Apples, Sweet Bell Peppers, Celery, Nectarines, Strawberries, Cherries, Pears, Grapes (imported), Spinach, Lettuce, Potatoes.

Clean Fifteen

Produce with the least pesticide residue :

Onions, Avocado, Sweet Corn (frozen), Pineapples, Mango, Asparagus, Sweet Peas (frozen), Kiwi Fruit, Bananas, Cabbage, Broccoli, Papaya.

can have more impact on health than the individual effects and could cause exponential damage to the body with increased contact. Examples of substances to be aware of include organophosphates, carbamate, organochlorine, pyrethroid, as well as arsenic and mercury based pesticides.

Exposure to pesticides may have several health effects, mainly affecting the nervous system. Some can be linked to cancer, while others disrupt hormone function and the endocrine system. Water soluble pesticides, which need to be re-sprayed after rainfall, do not tend to bioaccumulate as much in the body. Fat soluble pesticides, on the other hand, are able to pass through the cell membrane and accumulate within our cells. Typically, these pesticides are stored within our fat cells and are brought into the bloodstream when fat-stores are called-upon for energy.

To minimize the negative health effects caused by pesticides, consider limiting your exposure and eating organic produce when possible. Listed above are the twelve fruits/vegetables that are most contaminated by pesticides as well as the fifteen least contaminated to help prioritize your shopping list. In general, thin skinned produce tend to have more pesticide contamination.

To see the level of contamination in other fruits and vegetables, visit www.ewg.org for more information.



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Seasonal Allergies

Allergy season is here. For some it can be spring, for others the fall, however for most, it usually peaks in mid August and continues until first frost in October. With the deep freeze we had last winter, allergies have been worse overall this year. To know what the pollen forecast in your area is, visit:

<http://www.theweathernetwork.com/outdoors/pollen/canada/ontario/hamilton>

While suffering from allergies is not pleasant, there are some proactive measures that can be taken to reduce symptoms:

1. Make your bedroom an allergy free sanctuary.

You are not getting a restful sleep if allergens are bothering you all night. Keep animals and clothing exposed to allergens outside the room. Close windows and run the furnace fan.

2. Shower before bed, washing hair, face, and skin to remove allergen spores. This will keep your pillow free of allergens.

3. Purchase a HEPA filter for your bedroom.

4. Supplementation. This should be discussed with your NaturoMedic.com Naturopathic Doctor.

Eliminate Allergy Treatments

There are two definitions of an allergy:

1. An inappropriate immune response ranging from itching and sneezing to anaphylactic reactions;
2. An inappropriate functional response, causing fatigue, headaches, joint pain, abdominal discomfort, etc.

The EAT approach addresses both forms of allergies, while also helping the body to absorb nutrients including vitamins and minerals. When cells are not absorbing properly, they cannot defend themselves against airborne irritants, foods, microorganisms, and chemicals. By minimizing the burden on cells, allergies can be effectively eliminated with EAT treatments.

Giving Your Body A Fresh Start: Fasting!

Spring is a time for new beginnings. Many do this by cleaning their homes and clearing out the clutter that has accumulated over the year(s). Why should your body be any different?

Exposure to harmful substances such as pesticides and herbicides can lead to an accumulation of these toxins in our bodies. When detox pathways aren't working efficiently to keep up with the volume of contaminants entering the body, these fat soluble toxins are removed from the blood and stored in fat cells. In order to eliminate the toxins, they must be remobilized. This is primarily done when fat in cells is used as a source of energy; in other words, when the body isn't receiving energy from food sources. AKA, fasting!



The benefits of therapeutic fasting can be seen for conditions such as diabetes, high blood pressure, obesity, heart disease, arthritis, allergies, mental illness, as well as skin and digestive disorders. It is also part of the healing process, allowing the body to work to its best ability once toxins are not creating a burden.

The goal of therapeutic fasting is to mobilize and eliminate fat soluble toxins by breaking down fat stores for fuel. This is usually done over 3-7 days depending on individual needs. As various toxins are being mobilized into the blood for elimination, it is very likely that you will feel worse before you feel better. This is your bodies organs (primarily your liver and kidneys) working hard to eliminate the mobilized toxins. As these organs gradually purify the blood of these mobilized toxins and eliminate them from the body you will increasingly feel better and hopefully attain the euphoria that awaits you as the burden of these toxins is eliminated from your body. The symptoms experienced from detoxification can last anywhere from 2 to 5 days and are referred to as a healing crisis.

There are 3 stages in fasting. Stage 1 is known as an early fast. This is when the liver makes glucose (sugar) to fuel the body from glycogen stores and lasts from a few hours up to one day. Stage 2 relies mainly on fatty acids (triglycerides) as the source of energy and can last up to 2 – 3 months. Stage 3, known as starvation, occurs only once fat reserves are depleted. At this point, essential proteins are used. Therapeutic fasting is considered a safe treatment since it is only done for a short period of time. To find out how the fast can help optimize your health and receive the treatment protocol, talk to your NaturoMedic.com Naturopathic Doctor.

5 White Sins

1 Sugar

Refined sugar is main ingredient in most prepackaged food, yet it provides no nutritional benefit. Daily intake can lead to low energy, anxiety, bloating, migraines, high blood pressure, etc.

2 Salt

Another main ingredient in processed food. While sodium is important in the body's balance of electrolytes, too much increases blood pressure and fluid retention. Moderation is key!

3 White Flour

Refined flour is stripped of its nutritional value and causes spikes in blood sugar and insulin since it is so quickly metabolized.

4 Dairy

Milk contains remnants of antibiotics, as well as pesticides, and herbicides. It is also difficult to digest due to the lactose, more than 25 proteins known to cause allergic reactions, as well as the pasteurization and homogenization process.

5 Fat

While good fats like omega-3 fatty acids are good for your health, bad fats such as hydrogenated oils and trans-fatty acids found in processed food can alter HDL/LDL ratios, affect insulin, blood sugar, and weight.



Tick and Bug Prevention

Make a Barrier. Long sleeves and pants will protect you from unwanted bites. Tucking pants into your socks will minimize skin exposure and remove potential hiding spots for ticks. Be sure to check for ticks before going indoors, especially after a walk in fields or wooded areas.

Go For the Bright Stuff. Ticks and bugs are attracted to dark colours. Be bold and stand out!

Be the Center of Attention. Since ticks like to hide in tall grasses and along the side of trails, always walk in the center.

Ode Natural. Bugs are attracted to scented products. Opt for fragrance-free options, especially near forests and in the evening.

Vitamin B. A deficiency in vitamin B1 makes you more susceptible to bug bites.

If you find a tick, safely remove it and place it in a container to get tested. For more information, visit <http://www.canlyme.com/>.

Tick Repellent #1

Empty shampoo bottle
2 tbsp Vegetable oil
1 tbsp Aloe Vera Gell (or from inside of aloe leaf)
25 drops Rose Geranium essential oil
25 drops Lavender essential oil

Mix vegetable oil and aloe gel for one minute in bottle, then add essential oils and shake for another 30 seconds. Apply a dime-size amount on exposed skin, including hands, arms, ankles, and neck. Ticks dislike the taste of this repellent and will fall off instead of latching onto your skin.

Tick Repellent #2

16 oz water
25 drops of peppermint essential oil

In a spray bottle, combine the water and oil. Spray liberally onto clothing, pets, and your lawn to keep the ticks away.

Herbal Insect Repellant

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

Combine ingredients in a spray bottle and apply liberally to exposed skin. Do not spray eyes or mucous membranes. Reapply every 2 hours or as needed.

References

1. www.ewg.org
2. my health navigator, Dr Michael A Prytula ND, Dr Mike Um ND, Dr Mary Magnotta ND



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