

Upcoming Events

Informational Lectures begin at 7PM at NaturoMedic™.com

- June 21 - Ideal Protein Weight Loss Program

By Dr. Erin MacKimmie ND, RN, BNSc.

- July 26 – 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!

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.

News

NaturoMedic.com offers a free downloadable Cookbook

A collection of recipes submitted by cancer patients and patients of NaturoMedic.com. These recipes are designed to limit sugar, artificial sweeteners, chemicals, food additives, preservatives, dairy and to give some gluten free options.

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



Giving Life to the Living!™

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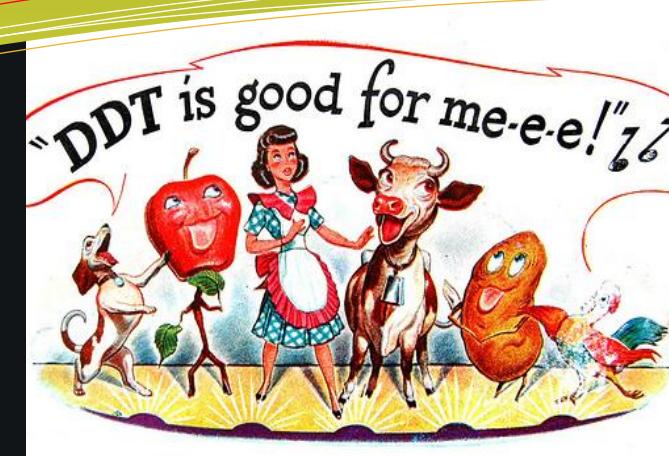
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Did you know?

- Prolotherapy Can Treat Your Chronic Pain
- Arthritis Can Predict the Weather
- You Do Not Have to Live With the Itchy Eyes, Sneezing and Runny Nose
- You Need to Drink More Water in the Summer



One Order of Pesticide Please!

Summer is here and the sun is shining! The warm weather always brings a sense of rejuvenation. You may have started walking outdoors or buying fresh fruits and vegetables at the market, eating your lunch outside, barbequing or going for picnics. Have you ever wondered though what is on your food or in the air you are breathing.

The warm weather is also responsible for bringing the bugs. Pesticides are primarily used in agriculture to protect crops and livestock. Insecticides, herbicides and fungicides are designed to prevent, destroy and repel pests however, residues can remain in or on the food we consume. Drinking water can be contaminated as runoff or leaching can occur through the soil and persist for decades. The use of pesticides on lawns, gardens and ornamental plants can often lead to exposure in the home. Personal insect repellants and flea or tick products on pets are also sources. Laws have restricted the personal use of pesticides however they are still permitted in public areas such as schools, parks and in many recreational areas. The humidity and heat from the summer also causes the residues to rise and evaporate into the air we breathe. Unfortunately, you can easily be exposed to these products as a bystander.

Pesticides can have a variety of effects on health especially to the nervous system. Some pesticides may be carcinogens, while others may affect the hormonal system. The solubility of the chemical is very important when considering the body's uptake and storage of the pesticide. Water soluble

compounds have a low potential to bioaccumulate and fat loving chemicals pass more easily into the body's cells through the cell membrane into fatty tissues. Pesticides and herbicides are mostly fat soluble otherwise farmers would have to re-spray every time it rains. The National Human Adipose Tissue Survey identified multiple pesticides stored in human fat tissue, 20 compounds were found in 76% of individual specimens. Numerous studies have shown persistent levels of chlorinated pesticide residues, including DDT, in breast milk that correlated directly with the level in maternal adipose tissue. In the body, when detoxification pathways are working efficiently, we can effectively deal with some exposure to pesticides. With increased exposure, the body removes it from the blood but stores the chemical in fat; therefore when fat reserves are called upon to provide energy, the chemical is remobilized and released back into the bloodstream leading to toxic effects. Farmers notoriously get neurological symptoms when they lose weight.

Eating a variety of fresh fruits and vegetables is one of the benefits of summer. As food is often a large source, try to purchase locally grown produce and items that are known to have the least amount of residues. Produce that have thin skin are more susceptible to contamination through absorption of the pesticide. It is difficult to always eat organic or know without a doubt that natural pesticides were used. To make things easier "the dirty dozen from www.ewg.org is an excellent resource guide for which produce are safe and which items you should avoid unless buying them organic.

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Principles & Philosophy

Tolle Causam

Identify and Treat the Cause

Illness does not occur without cause. In naturopathic medicine, the underlying cause of disease must be discovered and removed before a complete recovery can occur. The symptoms experienced with a disease are actually not the cause they are merely the body's attempt to heal itself. When treatment is based only on symptoms, the underlying problem which triggered the original illness is still present and can create additional problems in the future; the symptoms have just been suppressed! Symptoms are the result of factors that disturb physiological processes.

The naturopathic physician seeks to treat the causes of disease, rather than to merely suppress symptoms. The direct translation of *tolle causam* in latin commands the removal, the destruction and the elimination of the cause. Implying that one single cause to disease exists. More often than not, multiple factors contribute to disease. The cause may occur in the physical, mental, emotional and/or spiritual level. Naturopaths assess each patient's lifestyle, relationships, diet, etc... to seek the cause. For example, at NaturoMedic.com if we suspect that the environment is the cause we gather information about where the patient lives, the conditions of the dwelling, pesticide, paint, perfume, chemicals, hobbies, work etc... By identifying the external factors, NaturoMedic.com evaluates the fundamental underlying factors contributing to disease and direct treatment toward the root cause rather than symptomatic expression.



Avoid Lyme Disease This Summer

The unseasonably warm weather this year has been great for spending time outdoors. Unfortunately, it has also been great for the tick population and the risk of contracting tick-borne illnesses such as Lyme disease could be higher than ever. Throughout the summer take precautions to avoid ticks and be aware of the risks associated with Lyme disease.

The first step is learning some basics about this debilitating condition. The disease is transmitted by a tick bite and is prevalent throughout the world. Keep in mind ticks know no borders and respect no boundaries; they do not need passports! Your country of residence does not actually reflect your risk of contracting the disease as people travel, pets travel and ticks travel. Each individual has many opportunities for exposure.

A spiral shaped bacteria, *Borrelia burgdorferi*, is responsible for the disease. A tick carrying the disease can burrow under your skin and spread the bacteria infection within 24 hours. Symptoms from a tick bite may occur immediately or can present months to even years after initial bite. The bull's-eye rash, also known as erythema migrans, is one of the hallmarks of Lyme disease. A small red bump with a red outer ring surrounding a clear area may appear at the site of a tick bite. Flu-like symptoms including fever, chills, fatigue, body aches and a headache may accompany the rash. Migratory joint pain, meningitis, paralysis of the face, numbness or weakness in the limbs, irregular heart beat are just a few symptoms that may occur weeks to years after infection.

Diagnosing Lyme disease can be difficult. Fewer than 50% of patients recall a tick bite and less than 50% recall any rash. Atypical forms of this rash are seen more commonly than the classic bull's-eye. Even without a rash, facial

paralysis or arthritis, you can still have Lyme disease. Many people react differently to the infection. Negative lab results mean very little as many are unreliable. The ELISA screening test misses 35% of proven Lyme disease cases and is the first step of a two-step screening protocol. The second-step western blot test which may remain positive for months is not sensitive enough to detect chronic infection. In 20-30% of acute cases the western blot remains negative. Two specific measurements on the western blot, called bands 31 and 34, are highly indicative of exposure to the *Borrelia burgdorferi* bacteria and may help in diagnosing the disease. However many commercially available lab tests for Lyme do not report these bands. Currently there is no test sensitive enough to detect Lyme disease and therefore it is considered a clinical diagnosis; based on presenting signs and symptoms.

Acute and chronic Lyme disease patients may face a long and hard fight of diagnosis and wellness. Chronic Lyme disease can present with many debilitating symptoms including, severe fatigue, anxiety, headaches and joint pain. In fact many Lyme patients are first diagnosed with other illnesses: Juvenile Arthritis, Rheumatoid, Reactive, or Infectious Arthritis, Osteoarthritis, Fibromyalgia, Raynaud's, Chronic Fatigue, Interstitial Cystitis, GERD, MS, scleroderma, lupus, early ALS, early Alzheimer's, crohn's, ménieres, sjogren's, IBS, colitis, prostatitis, psychiatric disorders

(bipolar, depression, etc.), encephalitis, sleep disorders, thyroid disease and various other illnesses.

With all the lab limitations and the multiple symptom presentations, opinions on how to diagnose and treat Lyme disease vary widely. It is worth getting a second or even third opinion, especially if you are symptomatic and you are advised not to treat; watchful waiting is not better in this case. Physicians may focus on diagnosing a single symptom, like arthritis (knee pain) and not see the larger set of symptoms that adds up to Lyme disease.

Whenever possible, avoid entering tick infested areas. Ticks favor a moist, shaded environment, areas with leaf litter and low-lying vegetation in wooded, brushy or overgrown grassy habitat.

Occupations such as forest workers, hunters, rangers, gamekeepers, farmers and military field personnel have an especially high risk of contracting Lyme disease. Lyme is endemic in Canada. The infection rate with Lyme in the tick population is exploding in North America and as the earth's temperature warms this trend is expected to continue.

Remember symptoms may come and go in varying degrees. There may be a period of what feels like remission only to be followed by another onset of symptoms. Be safe, take precautions and get any ticks you find tested and identified immediately!

http://www.ilads.org/lyme_disease/lyme_tips.html
<http://www.canlyme.com/>

Did you know?

Prolotherapy Can Treat Your Chronic Pain

Prolo, short for proliferation, causes the formation of new ligament tissue in areas of weakness. This nonsurgical approach is beneficial to many types of musculoskeletal pain, including arthritis, back pain, neck pain, fibromyalgia, sports injuries, unresolved whiplash injuries, carpal tunnel syndrome, chronic tendonitis, partially torn tendons, ligaments and cartilage, degenerated or herniated discs and sciatica.

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

Arthritis Can Predict the Weather: Fact or Myth?

Research overwhelmingly supports the sensitivity to weather amongst people with arthritis. An increase in pain is more often reported on cold, damp days. Some, depending on the type of arthritic pain, can sense in advance the upcoming weather. High humidity, can affect swollen joints and

irritate nerves. Interestingly, an "Aches and Pain" forecast for your area can be found by logging onto the Weather Channel's website <http://www.weather.com/activities/health/achesandpains/>.

We do offer cold, hot humid and wind treatments to decrease your sensitivity to these environmental effects

Your Do Not Have to Live with the Itchy Eyes, Sneezing and Runny Nose!

The Eliminate Allergy Technique (EAT) is a natural, non-invasive, drugless, and pain free method of eliminating allergies and/or sensitivities. EATs can be performed on any age and can help with food and environmental allergies.

<http://www.naturomedic.com/treatments/eliminate-allergies-technique-eat/>

Seasonal Tip

Make a Barrier: Wear long sleeves and pants to protect yourself and tuck your pants into your socks. Do not be afraid to start a new trend, those pesky ticks are very good at hiding!



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

Be center of attention: Ticks like to hide in tall grasses and along the side of trails so always walk in the center.

Check yourself out: When coming indoors it is a good idea to remove your clothes and look for any ticks. Taking a shower right away can help get rid of the tick before it has a chance to burrow in. Remember to check your pets for ticks too!

If you find a tick, remove immediately and place in a container to get tested (see link section)



You Need to Drink More Water in the Summer?

Water is important component to the body and is crucial to preventing dehydration and sunstroke during the summer season. You have all heard at one point to make sure you drink your water but how do you know how much water you are losing a day? Or if you are drinking enough to replace what you lose? The average person will lose about 1 liter (about 4 cups) of water through sweating, breathing and bowel movements and about 1.5 liters (about 6 cups) from urinary output a day. Food can usually account for about 20% of fluid intake. If you consume about 2 liters of water daily (about 8 cups), you can sufficiently replace the amount of water lost through elimination on the average day. During the summer and especially with exercise you are losing more through perspiration and therefore you should try to target around 2.5 liters on those really hot days!

Tips to Keep the Ticks Away!

Tick Repellant #1

Clean shampoo bottle (empty)
2 tbsp Vegetable oil
1 tbsp Aloe Vera Gel (or from the inside of aloe leaf)
25 drops Rose Geranium essential oil
25 drops Lavender essential oil

Pour vegetable oil and aloe into bottle and shake for one minute. Add geranium and lavender and shake for 30s. Squeeze a dime-size amount of the repellent into your hands and rub on any exposed area of your body, including hands, arms, ankles and neck. Instead of latching onto your skin, the ticks will fall off after tasting the repellent. Shake bottle before use.

Tick Repellant #2: combine 16 oz. of water and 20-25 drops of peppermint essential oil in a spray bottle and spritz onto clothing, your dog's fur and your lawn.

Quotes

"A perfect summer day is when the sun is shining, the breeze is blowing, the birds are singing, and the lawn mower is broken
- James Dent."

"Summer is the time when one sheds one's tensions with one's clothes, and the right kind of day is jeweled balm for the battered spirit. A few of those days and you can become drunk with the belief that all's right with the world.

- Ada Louise Huxtable."

Links

[It's Elementary My Dear Watson](#)

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<http://www.naturomedic.com/articles/>

NaturoMedic.com
Healthy Living Cookbook

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

Want to know which sunscreens are safe to use?

Check out the Environmental Working Group's Sunscreen database for 2012:
<http://breakingnews.ewg.org/2012sunscreen/>

How to remove a tick:
Copy link into search engine.
Once on site click on [Lyme Info](#) to watch video of tick removal
<http://ticktips4kids.com/>