



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.

• January 24- Living With Chronic Fatigue Syndrome & Fibromyalgia: What you Need to Know!

By Dr. Mike UM ND, HBSc.

• January 31- Ideal Protein and NaturoMedic.com's Body Sculpting

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

• February 7- Migraines: Ending the Suffering

By Dr. Mike UM ND, HBSc.

• February 21- Heart Health: Protecting your Lifeline

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

• February 28- Ideal Protein Weight Loss Program

By Dr. Erin MacKimmie ND, RN, BNSc

• March 7- Cancer: Causes and Myths

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

• March 21- Ideal Protein and NaturoMedic.com's Body Sculpting

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

• April 4- Be Free From Allergies: Relief is Only a Sneeze Away

By Dr. Mike UM ND, HBSc

• 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!



Giving Life to the Living!™

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ISSUE

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NAT NEWS



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Did you know?

- BioClimate Reprogramming for weather, temperature and the dark

Ideal Protein is an Effective Weight Loss Method

A 57-year-old menopausal woman with low energy levels had gained more than 40lbs in the past year. **After only four months, she lost 33lbs and 20 inches (20.5) using the Ideal Protein weight loss method.**

<http://www.naturomedic.com/articles/bid/247340/1>
[DEAL-PROTEIN-IS-AN-EFFECTIVE-WEIGHT-LOSS-METHOD](http://www.naturomedic.com/articles/bid/247340/1)

New Year's Resolutions and New Promises for 2013

With the start of a brand new year, plans for 2013 are well underway. Shedding of the old can bring forth energizing change, promises and hopes for the future. How do we ensure that we maintain this feeling and not fall back into familiar patterns of 2012? In fact how do we keep our New Year's Resolution?

Unfortunately a recent survey suggested that four out of five people simply give their resolutions up. More than 51% of Canadians make promises for the New Year and half cannot last the first month. Anyone notice the January increase in gym memberships that begin to dwindle by February? We are the cause of this continual pattern; it is a new year but the same you.

The New Year's resolutions we set are often all or nothing, we cannot possibly keep them and we do not expect to. Majority of resolutions are general, unrealistic or vague. Deep down we do not really believe that we will achieve our goals and although we have strong intentions initially we are not truly committed to the long-term demands. In time, the excuses we have grown accustomed to, too busy or overwhelmed, begin to surface. Hope is not lost. It is possible to make resolutions and maintain them.

The New Year's Resolution tradition can be dated to 153 B.C. A mythical king of early Rome, Janus, was placed at the head of the calendar. Janus had two faces; he was able to look back on the past and forward to future events. Janus became the symbol for resolutions and Romans looked for forgiveness from their enemies and exchanged gifts before the beginning of each year. They also named the first month of the year after Janus, the god of beginnings and the guardian of doors and entrances. The history of the resolution was not

lost, the original premise still holds true today. The following tips will help you keep your commitment for 2013.

Step 1- Limit the number of resolutions. Having an endless amount can seem daunting and difficult to achieve. Make a list and prioritize your resolutions.

Step 2- Be realistic. Having a goal of winning the lottery or losing 25lbs in 2 weeks is not very likely to come to fruition. Do not set yourself up to fail. Remember it takes **21 days to make a new habit**, therefore when you are trying to change something, it will not happen overnight. You need time to alter a learned pattern.

Step 3- Once you have decided on your realistic resolution. Break your goal down into smaller steps. You do not have to achieve everything at once.

Step 4- Write down the reasons behind your 2013 resolutions. If you know why you are trying to accomplish your goal you are more likely to stick to it, especially on the days when the excuses start to creep up.

Step 5- Time to be accountable. Tell your support system about your resolution. Family and friends can be a wonderful resource and help you meet your goals.

Step 6- Celebrate often. Remember to reward yourself for each step you conquer, you do not have to save your rejoicing for the finish line. Be proud of yourself at each checkpoint!

This 2013, do not fall into the resolution blunder. This year you will succeed!

References:

1. http://www.huffingtonpost.ca/2011/12/31/new-years-resolutions-2012_n_1162884.html
2. <http://www.forbes.com/sites/work-in-progress/2012/01/03/why-your-new-years-resolution-will-fail-by-february-1/>
3. <http://EzineArticles.com/245213>



Giving Life to the Living!™

Principles & Philosophy

Primum non Nocere

First do no Harm

First do no harm originates from a physician of ancient Greece, Hippocrates. Naturopathic Doctors employ the least invasive means to diagnose and treat. We incorporate the most effective health care available with the least risk to the patient to minimize harmful side effects. Naturopathic Physicians make a conscious effort to avoid suppression of symptoms and support the healing power of Nature by removing the underlying cause. Therapeutic actions should always be complementary to and synergistic with this healing process.



Tips to Help Shed the Extra Pounds for 2013

Losing weight is not a simple task. Taking a pill and then immediately losing all the weight would of course be ideal, but we all know that does not exist. Your body had to work to put on the weight and therefore you must work to take off the extra pounds. There are few tips and tricks you can do in order to help make weight loss easier for you.

The Mind

There is a neurological component strongly associated with weight gain. First there is eating for emotional comfort. During periods of stress, sadness or grief, it is very common to eat in order to feel better and in some cases emotional binging occurs. While binging we tend to eat much larger quantities than we normally would and more than our bodies can handle. Unfortunately, this easily contributes to putting on the pounds. Second, weight gain is also a form of protection. We have all heard of building a wall around us; we keep our feelings inside and become closed off from others. Well we can also build this wall physically. Our mind feels the need to keep us safe from the stresses we are facing in our lives and so the switch to turn off our hunger is overridden and we continue to eat to feel secure. With extra weight, people cannot get as close to you. Our mind is very strong, while it can help protect us emotionally and physically, it can also play tricks on us. Once we begin to deal with these conflicts and feel safe, the weight will start to come off.

Hunger and Thirst

The mind can confuse thirst with hunger. Often times we feel hungry so we go for a snack but in fact what the body really wants is fluid. Relearning the difference between thirst and hunger is something we also need to do. When you do feel hungry, before reaching for a snack, try having a glass of water first to see if that corrects the problem. Eventually your mind and body will be able to distinguish between the two.

Am I Full?

As you can tell re-linking the body and mind is very important with weight loss. The next step is taking the time to enjoy your food. Living in a high paced society we have grown accustomed to eating on the go and eating quickly. Did you know that it takes 20 minutes for your stomach to tell your brain that it is full? Eating quickly can often lead to going for second helpings and overfilling the stomach before the mind can tell you to stop. Ever feel too full once you are done eating? This is because by the time you stop, the stomach has already expanded beyond its optimal capacity and now needs to work harder. Taking 20 minutes to enjoy your meal can let the brain know you have had enough and to turn off the hunger signal. Learning to take your time to eat may take a few days.

1. Chew slowly. Try not to scarf down that bite, chew each one. Counting a certain number of chews per bite helps prepare your food for proper digestion for the stomach. Ex: minimum 15 chews per bite
2. Pause in between bites and put your fork down while you are chewing.
3. Try eating with your opposite hand. Not only will it take you longer, you will definitely get a good laugh from it or you will become ambidextrous.

Positive Food Environment

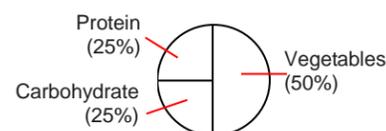
We have already established that emotions play a role in our eating habits; our environment can also have an effect. Eating while watching tv/movie can actually cause you to eat more; we eat faster as we get more involved

with the stimulant and pay less attention to what and how much we are eating. Sit at the table away from the tv, computers or talking on the phone. Pay attention to your food and enjoy it; get those taste buds to work. Surround yourself with positive conversation at the table and avoid the negative talk until after you are done eating.

Make a Plate

What we put on our plate is very important to eating a proper diet, maintaining blood sugar and balancing our appetite. Protein is important to keep insulin levels normalized and prevent them from spiking. Elevated levels of insulin overtime leads to weight gain and insulin resistance (contributing to type 2 diabetes). Fiber will help to curb your appetite, keep you full for longer periods and is essential for proper functioning of the digestive system. Preparing your plate for each meal is a necessary step.

1. Select a small dinner plate. Contemporary plate styles are quite large and look great but are very misleading about portion sizes. Filling a smaller plate looks better and is more appealing to our tricky brain.
2. Fill your plate with the appropriate amount of protein, carbohydrate and vegetables. Your plate should resemble the following diagram

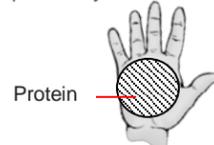


3. Remember to wait 20 minutes before going for seconds. If you are still hungry then have more vegetables or a little bit of everything. Do not refill the plate with the same amount.

Portion Sizes

Every person has a different body type and does not require the same amount of food or nutrients. Your body can actually tell you how much you should be eating. Use your hand as a guide when you set up a plate to determine your individual portion sizes.

1. Protein: equivalent to the palm of your hand



2. Carbohydrates: make a fist.
 - Loose fist for complex carbohydrate
 - Tight fist for simple carbohydrate.



3. Veggies: open up your hand nice and wide. This is one portion not to skip on.



Make a habit

Remember it takes 21 days to introduce a new habit. Be patient and stick with it!



Did you know?

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, temperature, or the dark then it may be time to book your BCR appointment.

Quotes

“Approach the New Year with resolve to find the opportunities hidden in each new day. - Michael Josephson.”

“Year's end is neither an end nor a beginning but a going on, with all the wisdom that experience can instill in us - Hal Borland.”

“Write it on your heart that every day is the best day in the year.

- Ralph Waldo Emerson.”

Links

It's Elementary My Dear Watson

Stay up to date with the newest research at NaturoMedic.com.
<http://www.naturomedic.com/articles/>

Be an Informed Health Consumer

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

NaturoMedic.com 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->

Shovel Snow Safely

Shoveling snow is a moderate-intensity exercise that can result in injury if proper care is not taken. Your legs, back and heart will thank you if you stay snow safe this 2013. Here are some quick tips:

1. Warm up the muscles in your legs, arms, shoulders and back before shoveling. Make sure you are stretched and loose.
2. Salt to give yourself some traction prior to standing on any ice. Stand with feet at least a foot apart for best balance.
3. An ergonomic shovel will decrease bending and put less stress on the back. Remember to bend your knees if you need to bend
4. Spray the shovel with olive oil before starting to help the snow slide off easily. (Do not spray the handle)
5. Space your hands apart for easy leverage.
6. Shovel only about 1 to 2 inches of snow at a time. Unmanageable amounts places too

much strain on the body. Use a small shovel for heavier snow and bigger shovel for little or light snow.

7. Tighten your abs while lifting to protect the back.
8. If possible, push the snow instead of lifting.
9. Rather than throwing the snow, walk to drop it.
10. Keep a slow and steady pace.
11. Take a break every 5 to 10 minutes to hydrate and regain your breath. Shoveling snow is weightlifting, failing to rest increases your risk of a heart attack.
12. If you are overweight, elderly or have history of heart or back problems use a snow blower or have a relative/friend shovel your snow. Most cities also offer snow removal service for qualified seniors.

Your health is important, stay safe this winter season!

Reference:
<http://www.medicalnewstoday.com/releases/133935.php>