Health Notes

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HEALTH

Zepp Wellness
healing, naturally.

Spring 2011

Volume 2, Issue 1

Miscellaneous chatter

By Dr Julie Zepp Rutledge ND

Great work on making it through the winter-that-did-not-want-to-end! As much as I like to try to rise above the weather and detach my mood or outlook from what the day outside is doing this certainly became more challenging as winter went on… and on… and on.

For those of you who might have been in Saskatchewan for your first winter—like our newest team member here at the Wellness Centre, Dr Marika Geis—I promise they aren't usually this bad!

Marika did a fabulous job of embracing what our chilly province has to offer in the winter and has settled right in. She has been a wonderful addition to the Naturopathic Community here in Regina in just the short five months she has been here. In early 2011 she and Dr Vanessa DiCicco held an 8-week course on Naturopathic Medicine. This was very well received by participants and a similar course will likely be offered again in the Fall. Marika's family-oriented practice is growing strongly and we are so pleased to have her in our clinic. For more information on Dr Geis and her practice, please visit her website at www.daziran.ca.

I continue to enjoy working with my other ND pals, Drs Jon Bablad and Vanessa DiCicco www.ndacces.com/headtoheal. It is wonderful to have four naturopathic doctors working together in the same location. We plan to celebrate our patients, the Wellness Centre and Naturopathic Medicine in general at our Open House to be held on Thursday May 12th at 6:30 pm during Naturopathic Medicine Week May 9 to 15th, 2011. NMW is a national initiative created to raise awareness of Naturopathic Medicine in Canada. For more information on NMW in Saskatchewan please visit www.sanp.ca as events will be posted throughout the month of April as dates and locations are confirmed. In honor of increasing the profile of Naturopathic Medicine, the Canadian Naturopathic Foundation (CNF) has published a new website www.exploreyourhealth.ca with lots of health tips, links and info including a great article on protection from radiation, in light of the tragedy in Japan.

These principles can be applied to the radiation we are exposed to day to day as well and in typical spring fashion I am including info on detoxing—however this time it is about detoxing from electromagnetic pollution.

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Just a photo of my daughter, too cute to resist adding to the newsletter :)

Also in this newsletter I have included some fabulous recipes from the holistic nutritionist at our clinic—Hayley Stobbs.

Enjoy! ♥

Technology woes

By Dr Julie Zepp Rutledge ND

Spring is slow to arrive, as is my spring newsletter! Usually available early March, here it is April and I am only now getting this out. It has been an interesting few months in the technological world for me and things are slowly being resolved. One of the main reasons for such a delayed newsletter is the loss of my email contacts with the crash of my computer in late January. It has taken until now to recover my contact list from outlook! Finally, aside from now having to figure out the 2010 versions of all of the Office programs I use (no easy feat!!!), I think I am back up and running with my new computer.

The little story I will share with you illustrates (at least in my interpretation of the events) what happens when we set our intentions. That may sound like a new age sort of statement but there is an age-old expression "Be careful what you wish for" that supports this concept of the Law of Attraction.

Right around New Years, during my Christmas break, I was reflecting on what sort of intentions I wanted to set for 2011. One thing that came top of mind was to limit my use of computer/ internet. I was realizing how much time I was spending in front of this machine and how dependent on it I was, with the wireless energy spinning around me, time disappearing into a black hole once my inbox was opened…even the stress of feeling the pressure of having NOT checked email for a while—what was building up during my lack of attention while travelling? Much of this reflection came about while at my Grandma's farm—one of those few remaining places where you are not exposed to wi-fi frequencies. Wistfully I recalled "life before the internet" - when the internet was in its infancy, at least to the lay person. For me, this was some time in university when I first obtained an email address. I recall the computer lab at the U of C in which I would spend roughly 10 to 15 minutes a week in front of the computer, emailing my parents back home. When I realized this and reflected that these days I might spend a minimum of an hour a day online—I wondered to myself—what on earth did I do with all of my time back then? It was then that I decided I needed to cut back on time spent at my laptop.

Strive to be so strong that nothing can disturb your peace of mind. To be too wise for worry, too tolerant for hate, and too courageous to be fearful. In short, to be happy.

- Unknown Source

Unfortunately what I did is try to go "cold turkey"! To limit myself to only one hour *per week*. What happened after a couple of weeks is that I started feeling resentful if I did have to use my computer any more than that (which I did), or else I would feel very stressed out knowing how much was piling up during my internet strike. I also became quite irritated that our society is so dependent on computers and started noticing how internet usage takes away from intimate relationships and seems to create more superficial ones. From a health perspective I am aware of the health damage created by time spent exposed to the "dirty electricity" created by these machines (more on that in another article). Increasingly my body's resistance to modern technolo-

It has become appallingly obvious that our technology has exceeded our humanity.

~ Albert Einstein

Technology woes

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gy was building.

It was only 2 weeks into January and my resolution was working only to make me feel worse! What I realized is that my energy behind my resolution was not a healthy one. It was too restrictive, too absolute, which made me feel more pressure and stress and tension. After a few days of reflection I understood I needed to make peace with the changing nature of our culture, to embrace the blessings technology brings us—constant connection with others, knowledge of what is going on in our world, information at our fingertips—but at the same time to look to achieve that healthy balance between time spent at the computer and knowing when to step away. (awareness, mindfulness, balance—at work again!) Interestingly enough it was only days after this new found peace that my computer crashed! 10 days after having it in the shop I was informed that I was going to need a new one. So we purchased a new one that took a week to arrive, installed the necessary software, had most of my information transferred from the old one—all except my outlook files. All of my very valuable email contact information, past emails, emails in my inbox—downloaded from the server but not yet replied to (sorry if you are one of those!!) - was not moved over. It wasn't until last week that I was finally able to get everything restored—including all of the email addresses I have in my Newsletter contacts list. So now that I finally have this written, I have my contacts back to send it to! After two and a half months my computer is now somewhat up and running again—I think that as of this morning I will even be able to connect to the network at the office again (Thanks, Nathan!) - something else I have been unable to do for months.

It was as though when I put a message out there (I want to spend less time online), I went through a process of attachment to an outcome that created more stress (I "have" to spend less time at the computer), before moving towards peace (I want to spend less time at the computer and will do so in a more flexible way). Once I achieved that peace the universe decided I really had to take the test—I was forced to find balance in my computer usage. I couldn't go on just any time so I was forced to limit its use and at I made the effort to stay on top of things as I was able to.

Now it seems, for the time being, that status quo has returned and my challenge now is to not slip back into old habits of constant computer usage. It's that delicate balance, that fine line between doing what needs to get done, keeping time sacred for myself and my family, extending myself to help others, but not over-extending myself.

My reason for sharing all of this with you? Balance is key and is always shifting. Awareness helps us to see when our balance is off—and gentle discipline with ourselves helps to guide us in the direction to achieve a new place of balance.

And more concretely, I urge you to take a look at your computer habits—try reducing them for both the reason of dependence and health—and take that extra time to hug your family, walk around the block, breathe/stretch, cook a healthy meal—do one of those things that we just never seem to be able to find the time to do!♥

On a long journey of human life, faith is the best of companions; it is the best refreshment on the journey, and it is the greatest property.

~ Buddha

Electromagnetic pollution and your health

By Dr Julie Zepp Rutledge ND

"Dirty electricity" is a term that many of you are likely not familiar with, though it is something that has been recognized with increasing frequency in the last number of years. As far back as 2006 the World Health Organization recognized electricity disorder as a legitimate health concern. If you google "dirty electricity" many websites come up—including reputable television stations and newspapers that have reported on the worrisome topic. Electricity creates an electromagnetic frequency, as do wireless devices including cell phones, wireless modems, handheld computers, etc. The EMFs generated are being linked to many health hazards—to humans, animals and nature.

The human body is an electrical machine. If you've ever had an ECG (electrocardiogram) you will know that the body produces electrical frequencies that can easily be measured. Artificial electrical fields interfere with the cellular and metabolic functions of the body. A leading researcher on the subject is Trent University professor Dr Magda Havas (www.magdahavas.com). Her website has a wealth of information and links to her various research articles that point to a connection between radiation from cordless phones, wireless internet and symptoms such as heart arrhythmias, increased headaches, skin rashes, nausea, fatigue, unrefreshed sleep and general loss of sense of well-being. Additional research points to the link between the radiation and increased risk of certain health conditions including cancer, diabetes, MS, infertility and others. Because this pollution creates DNA damage and impairs cellular metabolism, young children are most at risk. Much like the increased sensitivity of certain people to allergens (shellfish, pollens, etc) some individuals have an increased sensitivity to EMFs.

The website www.buildingbiology.net links to a pdf "Free & Easy Ways to Protect your Family" that suggests switching from wireless to hard wired devices where possible and also:

- Keep a safe distance from cell phones, cordless phones and wireless routers; turn them off when not in use.
- When you do use your cell phone, go outside (not in your car), keep away from children, and use the speakerphone function or a wired air-tube headset.
- Avoid using microwave ovens, Bluetooth devices, cell phones and cordless phones whenever possible.
- Unplug your bedside lamps at night when not in use.
- Use a battery-operated alarm clock (not your cell phone) or move your electric alarm clock across the room away from your bed.
- Avoid using electric blankets or heating pads and clear away extension cords running under your bed.

In addition to these strategies, devices can be purchased such as crystal salt lamps and candle holders, Qlink pendants or buttons, Wein filters (resources to follow) that have been researched to show these work to buffer EMFs and protect you from their harmful effects. As mentioned in the CNF article on radiation, potassium iodide is beneficial protection and I find that kelp tablets or flakes help in a safe preventative way, vitamin C, E and Selenium protect the body's DNA from damage—think healthy, organic, nutrient dense diet!

Making every effort to reduce your usage is of utmost importance. Instead of filling "idle time" with an Ipod, blackberry, Ipad, etc—engage in something life-giving rather than depleting.

This article is only a very brief introduction to this very im-

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Electromagnetic pollution and your health—resources

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portant topic. There are many other valuable resources for information on this subject that I highly recommend you check out and in the meantime give some thought to how you might be able to reduce your exposure to this radiation:

www.dirtyelectricity.ca
www.safelivingtechnologies.ca
www.weinproducts.com
www.q-linkproducts.com ♥

Fabulous fresh recipes for spring!

By Hayley Stobbs

The following delicious nutritious recipes have been provided for this newsletter from our own resident holistic nutritionist, Hayley Stobbs. Hayley works for us as one of our valuable front staff members and also provides one-on-one nutritional consultations with individuals. To learn more about NOURISH Holistic Consulting find her on Facebook or contact Hayley at hayley@nourishconsulting.ca.

Our Wellness Centre Open House will feature healthy snacks made with love by Hayley so please come have a sample (May 12th, 2011—6:30pm).

Also mentioned in the Events listing of this newsletter, stay tuned for details on Hayley's upcoming cooking class *All About Protein Powder*, taking place in early June. ♥

Spring Vegetable Salad

Roasting vegetables brings out their sweet flavour. The oil combined with the cooked vegetable flavour eliminates the need for added salad dressing. I use grapeseed oil to roast vegetables since it has a high smoke point; this means that the delicate fatty acids will not be destroyed during roasting.

~ 1 orange pepper, julienend
1 red onion, julienned
2 - 3 tablespoons grapeseed oil
1/2 teaspoon oregano, basil, cilantro
Sea salt to taste

1 cup romaine, chopped
1 cup spinach
12 asparagus spears, chopped in half, woody ends removed
1/4 of a yellow bell pepper, julienned
1 small apple, sliced
Black sesame seeds, for garnish

Cut orange pepper and onion. Roast in a preheated 350F oven for 20 minutes.
Prepare the remaining fresh vegetables, dividing onto 3 – 4 plates.
Top with the roasted vegetables and sprinkle with black sesame seeds.
Serves 3 – 4.♥

Vinaigrette Dressing

Adding home-made dressing to vegetables, grains, and beans, not only enhance the flavour; the fat content in quality oils increase nutrient availability of fat-soluble vitamins A, E, and K, and carotenoid phytochemicals, while vinegar blunts post-meal spikes in blood sugar by 30 to 55 percent.

- 1/4 c. apple cider vinegar, balsamic, or lemon juice
- (A mixture is best!)
- ¼ cup pure fruit juice, such as apple or cherry
- ¼. cup flaxseed oil + 1/4 cup extra virgin olive oil
- 1 Tbsp dried basil
- 1 tsp thyme, oregano, onion
- 2-3 fresh garlic cloves, minced or crushed
- ½ tsp sea salt and pepper each, or to taste

In a small measuring cup, whisk together your preferred acidic ingredient and juice. Transfer into a large glass jar, food processor, or blender.
Stream the measured oil into the acid/juice mixture with the small measuring cup. Slowly adding oil will slightly emulsify the mixture, especially if done in a blender or food processor. If you are using a jar, screw lid tight and shake vigorously.
Add herbs, S & P and continue to mix or shake. Taste and adjust as needed.
Store in an airtight glass jar in the refrigerator -- the flavour of the vinaigrette will intensify as it sits overnight.
Shake before serving -- spoon out dressing onto salad or use as a marinade.

Creations:

- **Basic Marinade**: Add ¼ cup *Bragg* soy seasoning, one small diced onion, and 1 teaspoon of fresh grated ginger. Add honey or molasses to finish. Marinate protein source overnight in a sealed, heavy duty freezer bag.
- **Rustic Red:** Add one small roasted red pepper or tomato, 2 tablespoons tomato paste, 1 tablespoon mayonnaise, and 1 teaspoon rosemary. Blend.
- **Balsamic Dressing:** Use balsamic vinegar for the preferred acidic ingredient. Add an extra tablespoon of basil and an extra teaspoon of oregano. Add a pinch of xanthum gum and blend.
- **Honey Mustard Dill:** Add 1 tablespoon mustard, 2 teaspoons honey, and a pinch of xanthum gum. Replace basil and oregano with half a handful of fresh chopped dill and blend.
- **Creamy Sunflower:** Swap olive oil with ¼ cup sunflower seed butter and vinegar for water. Add 1 tablespoon rice vinegar, ½ teaspoon braggs seasoning, ½ teaspoon molasses, 1 teaspoon ginger, and ½ teaspoon red chilli flakes. Blend.
- **Italian:** Blend in a pinch of xanthum gum. After blending add in 1/4c.red pepper, minced, and 2 - 3 tablespoons of fresh minced parsley. Mix well.
- **Cilantro Lime:** Add half a handful of fresh chopped cilantro in replace of the listed herbs and swap lemon juice for lime.
- **Green Goddess:** Swap the olive oil for one avocado and blend with lemon or lime juice until smooth.
- **Creamy Cucumber:** Add one diced cucumber (peeled, cut in half lengthwise, and de-seeded with spoon), 2 tablespoons minced dillweed, 1/4 cup organic cream cheese, then blend until smooth.
- **Creamy Vinaigrette:** Add ¼ cup yogurt or coconut milk and blend. ♥

Just a thought...

I write these newsletters in pieces and so the other day was contemplating my EMF article while out for a run around our beautiful lake (what a great time to clear your head and think!), enjoying fresh air and nature. It was a lovely spring day, I could finally see some bits of soil and grass—evidence that the Earth was waking up again. My thoughts came around to Seasonal Affective Disorder (SAD: the condition that causes a serotonin drop during winter's shorter days and/ or cloudy/ rainy weather when we are not exposed to sunlight) and that it would soon be lifting in those affected by it. Thinking that perhaps what adds to or even creates SAD in susceptible individuals is not necessarily the lack of exposure to sunlight, but also an increased exposure to electromagnetic pollution as we remain indoors increasing our exposure to wireless frequencies, soothe ourselves with television, computer usage, video games and other high EMF activities in the winter months, rather than get outside to enjoy nature and a break from these frequencies. So on cool cloudy days, in addition to getting outside more despite the weather, try turning off electrical and wireless devices in the house and instead visit a friend by candlelight, talk on a corded phone to a loved one, do some yoga, or curl up with a book and a cup of tea and see if you can notice an improvement in your mood– summer, winter or otherwise! ♥

What is the SANP?

SANP stands for Saskatchewan Association of Naturopathic Practitioners. The SANP is the licensing body for Naturopathic Doctors in Saskatchewan. Naturopathic Medicine has been a regulated health profession with the Government of Saskatchewan since 1955. Government legislation means that your Naturopathic Doctor must achieve and maintain the strict and high levels of education and training set out by the SANP that include an undergraduate degree and necessary pre-requisite courses, graduation from one of the four year full time post-graduate program in Naturopathic Medicine at one of the *Council on Naturopathic Medical Education (CNME) accredited colleges,* successful complete of the NPLEX— a rigorous set of internationally recognized licensing examinations and completion of 40 CE credit hours per 24 month period after registration with the Board. Regulation of our profession ensures our members maintain the legal and professional standards for safe, ethical and quality health care. This means the public can be confident that the care they are getting from an ND meets these requirements.

As the interest in natural and alternative medicine grows so does the number of unlicensed, unqualified practitioners. Without government regulation there are no legal mechanisms to ensure that the practitioner you have chosen is knowledgeable or practices safely and ethically. If you are uncertain as to whether or not the natural health care provider you have chosen is a licensed ND you can visit our provincial association's website www.sanp.ca for a complete listing of all our provinces members.♥

Schedule of Events

- **Naturopathic Medicine Week**—May 9 to 15, 2011

~2120 Wellness Centre Open House, Regina: Thursday May 12, 2011

~Saskatoon **Farmer's Market:** Dr Jacqui Fleury & Dr Amy Hiebert

~More events to be posted on www.sanp.ca as details become available.

- **Cooking Class: All About Protein Powder**
  Explore the various protein powders on the market
  while joining in on nutritional protein concepts.
  *How much protein is right for you
  *Benefits of protein powder
  *How to incorporate protein powder into meals and snacks
  * Is there a *best* protein powder?
  *Kitchen time, healthy snacks,
  and recipes included
  Estimated date early June
  St. Mark's Lutheran Church
  3510 Queen Street
  Further details to come!
  hayley@nourishconsulting.ca

May 2011

SANP Saskatchewan Association of Naturopathic Practitioners

CAND

Sun	Mon	Tue	Wed	Thu	Fri	Sat
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30	31				

Naturopathic Medicine Week 2011

Naturopathic Medicine Week

~ Open House ~

Come on by to meet the Wellness Centre Naturopathic Doctors at our cozy College Avenue clinic. Take this opportunity to learn more about how you and your loved ones can benefit from Naturopathic care.

Head To Heal Centre for Naturopathic Medicine ~ Drs Jonathan Bablad and Vanessa DiCicco

Zepp Wellness ~ Dr Julie Zepp Rutledge

Daziran Integrative Health ~ Dr Marika Geis

2120 College Avenue
May 12th, 2011 ~ 6:30 – 8:00pm
Free of Charge