Cathedral
CENTRE FOR WELLNESS

Cathedral Village Wellness News

Spring 2014
Volume 3, Issue 1

Creating Change

By Dr Julie Zepp Rutledge ND

Each season in our newsletters we try to offer you information and strategies to assist you in optimizing your health goals. In our visits in office with patients or while doing public seminars, as Naturopathic Doctors, we attempt to give you the tools necessary to heal disease, prevent recurrence and generally create and sustain a state of health within your mind-body and spirit!

Generally speaking these tools involve dietary changes: we may suggest incorporating certain foods and/ or avoiding others in order to attain a desired outcome, such as reducing inflammation/ boosting immunity/ balancing hormones, etc. We will likely give you supplement protocols: what to take and when to re-establish healthy physiology. Perhaps yoga, meditation, exercise, counseling or other methods of stress reduction will be added to the list.

Any of these suggestions requires commitment on the part of our patients/ readers/ etc. What I have found in my practice is that there are times when people come to see me and perhaps they already know what to do: maybe someone else has already suggested they give up dairy for their chronic sinus issues or they have seen on Dr. Oz that taking Maca root will help give them more energy and vitality. We often know *what* we need to do (exercise more, eat more vegetables, stop drinking pop/ coffee/ etc.) however there are things we don't always realize as obstacles or challenges in our ability to create change. In order to create change in our lives we need to have a properly functioning and fully integrated brain! If one area, particularly our amygdala (part of our primitive brain known as the limbic system) is dominant, learning is halted and our knowledgeable thinking part of our brain goes "off line". This is our "survival brain" and when activated it creates a sense of danger/ angst and hyper-vigilance. In this case we also produce hormones (such as cortisol) that destroy memory cells in the hippocampus which make us seem to forget to stay on track! I would like to discuss a few of the challenges we face when setting out to create new habits and how these can affect our brains and our success.

1) We don't always know *why* the suggested changes are important—what certain nutrients do what they do in the body. I find that "whys" are more important motivators than "hows". If we know why eating 4-5 cups per vegetables per day is important our motivation to incorporate the suggested habit increases dramatically. Taking the time to know "why" produces dopamine (our learning neurotransmitter

(Continued on page 2)

Inside this issue:

Motivation for change	1
Hormones and vaginal health`	4
Seasonal Allergies	5
Nasal lavage	6
GNM and Breast Cancer	7
Detox recipes	9
Recipe: DIY Deodorant	10

Save the date!
Cathedral Centre for Wellness
OPEN HOUSE
Wednesday May 14th
6:30 to 8pm

Motivating Change Continued

(Continued from page 1)

also needed for motivation) and activates the thinking and decision making area of our brains (called the cortex), pulling us out of our survival brain.

2) We haven't understood what is motivating us to stay stuck in old patterns. If we don't understand why we eat what we eat or cope the way we do with life it will be much more difficult to make change. Old habits may be habits due to time restraints, physical addiction, psychological addiction, emotional triggers, underlying physical conditions and many other reasons. If we don't have an understanding of what is motivating a certain set of behaviors it is actually more difficult to change. Evolutionarily speaking change is a potentially dangerous action. We are still wired to believe this and our survival brain will attempt to keep us "safe" unless our thinking brain has a good argument as to why it is actually safer to change than stay put.

3) We may need to re-evaluate our motivations for change. It is important to determine what our inner motivation is to change and typically the larger the scale of motivation, the better success we have. For instance if our goal is simply to lose weight, get rid of headaches, stop our IBS flare-ups, etc. our motivation might not be as strong as if we dig a big deeper and look at the "bigger why" behind our desire to change: perhaps increase our vitality, our passion for life, our contributions to our family or the world. Poor health, illness, physical discomfort and pain stand in the way of being able to engage in the world in a way we might want to. These are all stress/ danger signals that keep us trapped in our survival brain. Rather than focussing on the smaller goal of ridding ourselves of the physical condition, digging deep for a larger, often more powerful, motivation will help give us more momentum for change by activating our cortex and also pulling online our soul's desire for change.

> You have to care about yourself before you can really care about other people. If you are continually judging and criticizing yourself while trying to be kind to others, you are drawing artificial boundaries and distinctions that only lead to feelings of separation and isolation. This is the opposite of oneness, interconnection, and universal love-the ultimate goal of most spiritual paths, no matter which tradition. ~ Kristin Neff Ph.D.

3) Self-esteem: we have to believe we are worth the effort it takes to keep ourselves healthy. If we have any issues with self-worth it may be tough to treat ourselves like the "best friend" we need to. Coming home to an empty house we might be tempted to grab whatever from the fridge and stand and eat from the container. Would we ever invite our best friend over to stand at our fridge and eat this way? No! usually we would prepare a nice meal, sit down and enjoy the experience. Imagine if we could treat ourselves in this generous and loving way how different our choices might be?

4) Another aspect of self-esteem is the willingness to go "against the grain". Our society is not yet evolved to the point where health is common practice. The social emphasis on food, especially unhealthful food and drinks, is very high. We are conditioned to feel like we are being deprived if we are not able to partake. This is an evolutionary belief that our brains have not yet adapted to change. In the past it was necessary to be included in part of a group for survival (hunting, shelter, etc.) We are wired to want to belong in groups. For some people, an inner sense of isolation can cause us to go into a fear mode on a deep level and the thought of not fitting in with a group may be extremely distressing and so the importance of fitting in and not being seen as different overrides the importance of making a decision to take care of ourselves.

It is important to realize that it is ok to say no and honor your own choices: bring your own food to a meal out, opt for the veggies and not the dessert, maybe prepare a healthy not-so-mainstream dessert for the potluck and start to influence health in your work or social setting. The key here is being willing to sit with the discomfort of worrying "what will people think?". Examining and shifting this old program is important for lasting success.

5) Look closely at your relationship with "willpower". Generally willpower has become associated with a virtue or moral trait. That we are somehow "better" when we have willpower then when we don't. When we start to think about willpower in this way, we tend to forget that willpower is

(Continued on page 3)

about doing the things that matter most to us, even when they're difficult.

There are three types of willpower: classic "I won't" power, "I will" power and "I want" power. Most commonly we attempt to use "I won't" power: *I won't eat dessert, I won't smoke* in attempt to resist temptation.

A more under-utilized willpower is "I will" power. This is finding the energy and motivation to do something that is overwhelming. *I will get out of bed and go for a walk, I will make a salad with supper.* If we feel bored, anxious, uncomfortable "I will" power is the ability to say YES even if you are stressed out, tired or would rather not.

The last type of willpower is "I want" power. This relates to connecting to our "bigger why". Holding onto your goals, your values, your relationship and bigger picture of your life helps to give us the strength to say "no" when we want to give into temptation (I won't), and find our strength and courage when we are overwhelmed or stressed.

It is important to draw on all three types of willpower when seeking to achieve our goals. Different parts of the brain govern the different aspects of willpower and it is necessary to have an integrated brain so we don't get stuck!

6) Gentleness and self-compassion is essential for creating change. We are not well-designed to learn in situations of stress. The more stress we are under the more difficult learning and pattern changing is. When we begin to beat ourselves up for changes we have not make, things we could be doing better, etc. this essentially paralyzes us into our old patterns by activating our amygdala by having us believe we are in danger. Being kind and forgiving with ourselves helps decrease the stress response and increases the likelihood of creating and sustaining new habits.

The bottom line is that creating change is difficult! We are not wired (in our brains) for change to be easy. So if you are struggling with changing your health habits stop and take a breath. You are not alone!

Go through some of the above points to find which may be pertinent to you. Take the time to journal: find your "bigger why"; watch your thoughts and the type of willpower you operate from most often. Make a point to practice playing with the other types. And most importantly, in order to effect change, work on cultivating love and compassion for yourself. Starting with a mindset of self-love is crucial as it is a tough life and it takes work! Work that is much easier and more fun if we understand that we are perfect as we are amidst our imperfections AND there is always room for improvement!

Further reading:

Mindsight by Daniel Siegel MD

Self-compassion: stop beating yourself up and leave insecurity behind. By Kristin Neff PhD

The Willpower Instinct by Kelly McGonigal PhD ♥

Bodhi Tree Yoga ~ Downtown Studio ~ Saturday May 17th

YOGA PREP AND BAREFOOT RUNNING BASICS

Use yoga to prepare your body and learn the proper alignment and biomechanics of a barefoot lifestyle.

Join Dr. Laura Stark for this fun workshop and get back in touch with the earth beneath you! Watch for more information and register at www.bodhitreehotyoga.com ♥

Why Does This Keep Happening? The impact of hormones on vaginal immunity

By Dr. Marika Geis N.D.

For most women, yeast infections are nothing new. We know that if we take a prescription of antibiotics for a sinus infection that just won't go away, we run the risk of getting a yeast infection. As doctors, we also know that those who use steroids regularly, have Diabetes, or are immunocompromised also have a greater likelihood of developing vaginal yeast infections. However, there are women out there who suffer from this minor annoyance, monthly or worse yet- constantly, often for years. The pattern usually presents as gradually getting worse prior to menstruation followed by relief for up to 10 days afterwards before the whole cycle starts again. These women know about the role of antibiotics and how they disrupt the healthy balance of bacteria in the body leaving yeast the opportunity to grow and proliferate. They are often aware that sugar, breads, dairy and alcohol feed yeast and will mostly be avoiding these. Often times women will report taking "yeast busting" cleanses that temporarily relieve their symptoms for a month or two only to have it return. So why does this keep happening? The timing of the infections is our clue. While optimal hormone balance rarely leaves us susceptible to this type of chronic infection, a relative excess of estrogen has an enormous impact on the immune microenvironment of the vagina. It not only allows the vulnerability to the yeast in the first place but goes on to feed it throughout the cycle.

Besides the relative acidity of the vagina created by the presence of Lactobacillus (the main factor protecting us from infection), there are several types of immune cells that reside within various zones of tissue that provide further protection. Through a complex interplay of chemical messages and interactions, these cells essentially reveal microorganisms to other cells that will then ingest them. There is also a formidable complement of something called 'secretory IgA', a type of antibody that: neutralizes viruses, blocks the adherence of microbes to the tissue wall and enhances the microbe eating activity of other immune cells. Under normal conditions, secretory IgA begins to increase during the second half or luteal phase of a woman's cycle and is lowest at ovulation thus allowing for insemination and possible conception. This leaves a woman vulnerable to infection for the first two weeks of her cycle which is typically when we start to see the symptoms returning.

Where we see problems is when a woman expresses an excess of estrogen relative to progesterone during the last half of the cycle. While estrogen can lower the amount of secretory IgA, it can also decrease the ability of certain immune cells to present microbes to the other types of cells that would otherwise engulf the pathogen. Furthermore, excessive estrogen shifts the immune response from one that is cell mediated to one that is antibody mediated. In other words, the simple ingestion of a foreign invader vs a more specialized approach which requires an initial exposure, an initial exposure that leads to symptoms; symptoms that would not have manifested had the microbe been dealt with by cells that just eat what's not supposed to be there in the first place. Once an organism has overwhelmed the local immunity, estrogen makes things worse by allowing more vaginal epithelial cells (skin cells) to slough off and provide a food source (glycogen) for the growing microbes. Normally this food source would be reserved for the Lactobacillus that maintain the acidic pH of the vagina, however given the balance in favor of the invading microbe, the glycogen stored in the skin cells of the vagina actually contribute to their proliferation.

Dealing with excessive estrogen can be tough. Poor liver function caused by stress and poor diet, the exposure to environmental estrogens, the relative estrogen excess that comes with peri-menopause from lack of ovulation, oral contraceptive pills and under-function of the adrenal glands can all tip the scales overwhelmingly in favor of estrogen. Luckily, this pattern seems to be quite amenable to naturopathic interventions. Our strategies usually involve enhancing elimination by the

(Continued on page 5)

Why Does This Keep Happening? continued

By Dr Marika Geis ND

(Continued from page 4)

liver and gall bladder, improving nutrient status, reducing exposure to petrochemicals and correcting adrenal function. Correcting adrenal function, by the way, is extremely important in that high levels of stress in and of themselves can drive down overall secretory IgA levels. So in addition to using the herbs, glandulars and vitamins available to us, outlining a stress management program is essential to minimizing the impact of stress on our immunity.

The occasional yeast infection is usually just a transient shift in the body's ecology and is quite responsive to dietary changes, probiotics, antifungals a sitz bath and even a garlic clove suppository. However, when the infections are chronic and sometimes constant one must consider that the yeast itself isn't the cause but rather the consequence of a greater imbalance – beyond slips in diet or taking prescription medications. Exploring the relationship between estrogen balance and secretory IgA levels in the vagina provides one possibility for treatment and has implications beyond yeast in that maintaining robust immunity in this area can protect us from all manner of infections including the possibility of cancer. ♥

Understanding Seasonal Allergies

By Dr. Allison Ziegler N.D.

Spring is in the air! The same factors that make Spring such a pleasant time of year, can also be a source of aggravation for many who experience seasonal allergies. Blooming flowers, spores, pollen, and dust and mold that surface after the snow, are common triggers for those not-so-pleasant allergy symptoms.

Seasonal allergies, also known as hay fever and allergic rhinitis, affect approximately 25% of Canadians each year with symptoms ranging from mild to severe. An allergy is an inflammatory immune reaction triggered by a variety of substances called allergens (particles foreign to the body). In seasonal allergies, airborne pollen, dust, mold and spores are the allergens that typically trigger the immune system. The first time the immune system is in contact with an allergen, it produces an antibody toward that specific allergen, known as IgE. Production of antibodies is a way the immune system tries to neutralize the foreign substance. Once IgE is produced, it binds to an immune cell called a mast cell. A mast cell contains several chemical messengers, one of which is called histamine. Upon binding of IgE to the mast cell, the histamine and other chemical messengers, such as leukotrienes, and prostaglandins, are released from the cell into the body. The release of such a powerful immune cocktail causes the classic allergy symptoms: sneezing, watery eyes, itchiness, hives, congestion, runny nose etc. Histamine can cause a constriction of the blood vessels, leading to difficulty breathing, as in asthma, or a dilation of the blood vessels leading to leakage of fluid (swelling and congestion) and hives. Leukotrienes, on the other hand, cause an increase in mucus production leading to a runny nose and increased phlegm.

With each subsequent exposure to the allergen, the above process happens more rapidly as antibodies have already been produced toward the specific allergen. As a result, allergy symptoms can appear more rapidly and/or they can be more severe.

The Gut Connection

When dealing with allergies, it is important to consider the health of the gut. The exposed surface of the intestinal walls is under constant challenge by ingested foreign antigens, products of food digestion, bacteria and viruses, and drugs. It is not a surprise then, that 2/3 of the body's immune system resides in the gut. The intestines have the largest accumulation of lymphoid

(Continued on page 6)

Understanding Seasonal Allergies—Continued

(Continued from page 5)

tissue in the body, known as Peyer's patches. The lymph tissues in the gut catch debris and present it to the immune system.

Additionally, the intestines have a large amount of healthy bacteria, which not only help digest and absorb nutrients from the food, they also play an essential role in immune reactions by balancing out inflammatory markers produced by the immune system. The amount of microflora can be compromised by several different factors including antibiotic use and food sensitivities.

Finally, in a healthy gut, the cells of the intestinal wall, known as enterocytes, are tightly packed together. This alignment of the cells prevents viruses, bacteria, metabolic wastes or toxins, and undigested food particles from escaping into the body. If the integrity of the gut is compromised, gaps between the enterocytes form ("leaky gut") and the toxic substances are able to pass through the digestive tract into the blood stream. Once in the bloodstream, these toxins are foreign to the body and the immune system becomes more active as it tries to protect itself. The heightened immune reaction contributes, not only to inflammatory bowel disease and autoimmunity, but also to the development of seasonal allergies.

Improving/Optimizing Gut Health

The following tips can help restore and optimize gut health and decrease seasonal allergies.

Identify and avoid food sensitivities: Avoiding sensitive foods helps repair leaky gut, decrease inflammation and decrease the exposure of the immune system to toxins entering from the digestive tract.

Probiotics: Help re-establish the natural microflora in the gut to balance out the allergic response.
Dark green, leafy vegetables: Promotes growth of healthy bacteria in the gut and is a good source of vitamin B and vitamin A to increase the immune system.
Deep yellow and orange vegetables: Good source of vitamin A and is a natural fighter of histamine.
Ginger: Improves digestive function, decreases inflammation in the gut, helping it to repair.
Cabbage: Soothing to the gut, decreases inflammation and promotes the production of antioxidants.
Beet tops and beets: High in vitamin A, vitamin C and Magnesium. Vitamin C is natural anti-histamine. Magnesium can improve breathing by helping to dilate the blood vessels (vasodilation).

Nutrients and Herbs to Reduce Allergies

Vitamin C and Bioflavonoids: Natural anti-histamine.

***Vitamin A*:** Boosts the immune system.
Vitamin B Complex: Can reduce allergy symptoms but improving the immune response.

Quercitin : Natural anti-histamine.
Butterbur: A herb that reduces the production of leukotrienes and histamine.
Goldenseal: A herb that has anti-microbial and immune boosting properties.

Lifestyle Factors to Reduce Allergies

Nasal Rinse: Using a Neti pot or nasal flush bottle. Rinse daily to remove dust, pollen and spores from the nasal cavity. Also helps to improve sinus congestion.

Eucalyptus Essential Oil: Add few drops to boiling water, place towel over your head and inhale or apply a drop to a cotton ball and sniff several times a day. Eucalyptus is healing to the mucous membranes and can decrease congestion.♥

Nasal lavage—recipe for irrigation

Fill the container (neti pot or bulb syringe) with lukewarm salt water.

The salt-to-water ratio is 1/2 teaspoon sea salt to 1 cup water. Regular fine table salt is best (sea salt can be irritating due to its high mineral content). You can also add 1/4 tsp baking soda and/ or a pinch of probiotics.

Over a sink, tilt your head forward so that you are looking directly down toward the sink. Insert the spout into your right nostril. It is important that you breathe through your mouth.

Turn your head to the right and let water move into the right nostril and exit the left nostril. It is fine if some of the water drains into the mouth. Simply spit it out and adjust the tilt of your head.

After using a cup of water, repeat the above procedure for the other nostril.

To finish, expel any remaining water by quickly blowing air out both open nostrils 15 times over the sink. Avoid the temptation to block off one nostril, as doing so may force water into the Eustachian tube (inside the ear).

German New Medicine: The Mind-Body Behind Breast Cancer

By Dr Laura Stark ND

I think it's about time I start talking about cancer. I had avoided it for a long time because the fear-based belief systems around a cancer diagnosis just made me so angry. I am not afraid of cancer and can think of no good reason to be. I recognize that, as I write this, there are cancerous processes going on in my body that my immune system is keeping in check. Knowing that any symptoms I experience are simply my body's way of communicating with me, I have no reason to be afraid of any disease. Plus, I have German New Medicine – a new paradigm to understand the mind-body connection that emerged from the research of Dr. Ryke Geer Hamer, M.D. three decades ago. German New Medicine provides us with a series of biological laws that link the psyche, brain, and organs in a coherent process explaining the cause of disease and the very predictable course of healing.

Dr. Hamer, an otherwise robustly healthy man, was diagnosed with testicular cancer a few months after the shock of his son being accidentally shot and eventually dying. Dr. Hamer related the development of his disease with this shock he had experienced. He theorized that if a psychological shock is interpreted by the brain then translated into a disease in the body, perhaps a physical change in the brain takes place as well. As the head internist at the oncology clinic at the University of Munich, Germany, he began to explore his theory by analyzing his patients' brain scans. What he found was a precise correlation between the type of disease, a specifically located target-ring lesion in the brain, and the traumatic history of the patient. These target lesions had been seen before on CT scans but had been dismissed as reflections from the machine because they were so perfect. Upon further investigation with Siemens, the company who produced CT machines, finer imaging revealed that these target rings were in fact three-dimensional lesions.

Dr. Hamer's continued research revealed a completely new medical paradigm that purports that illness is caused by an unanticipated biological shock that simultaneously affects the psyche, brain and organ tissue in a very predictable two-phase pattern. Before a biological shock is resolved, a person is considered to be in active conflict phase which is a high stress state dominated by the sympathetic nervous system. This phase is characterized by an organ response of either cell growth (ie. a tumour) or cell ulceration (which is usually not noticeable) depending on the type of biological shock and its location in the brain. The second phase is the healing phase dominated by the relaxation of the parasympathetic nervous system. It is during this healing phase when we will sometimes get infections to help us resolve earlier cell growth or tissue will grow to repair earlier ulceration. Half of the symptoms that we often call disease are actually the healing phase of an illness! Perhaps the most important piece is in the understanding that every illness (other than poisoning) has a biological purpose to help protect the individual and the species. Our bodies are innately intelligent healers!

Let's take a closer look at breast cancer which can be either lobular carcinoma (cancer of the milk glands/ lobules) or ductal carcinoma (cancer of the milk ducts). In either of these dis-

eases, whether the right or left breast is affected is determined by the handedness of the person in relation to the biological shock that will cause their condition.

Lobular carcinoma is an active phase tumour which means that tumour growth starts with the biological shock and will stop once that shock conflict is resolved. In the healing phase, these tumours will either be encapsulated and remain as benign lumps or will be degraded by mycobacteria if present in the body. The shock theme for a tumour on a woman's non-dominant side (ie. a left breast tumour in a right-handed woman) is either a "nest conflict" or a "worry conflict in relation to her child or mother". An example of a next conflict could be a woman given notice to vacate her home (nest) and ends up on the street. A mother/child conflict example could be a child pulls away from her mother's hand, is struck by a car and ends up in inten-

(Continued on page 8)

(Continued from page 7)

sive care and the mother feels responsible. The shock theme for a tumour on a woman's dominant side (ie. a left breast tumour in a left-handed woman) is a "worry or argument conflict with a partner". Partner refers to any significant person other than a person's mother or child. It could be a father, spouse, friend, sibling, or any other significant person. An example of a partner worry conflict could be a husband is diagnosed with cancer and the wife (who develops breast cancer) is worried and wants to care for her husband and make him better. The biological purpose for growing more breast gland tissue in each of these examples is to increase the woman's milk-producing capacity in order to nourish the person she's concerned about. Of course, breastfeeding is not the most common way that modern women care for the people they love, but it is our animal instincts that still rule how our bodies function.

The more common ductal carcinoma is a healing phase growth which means that it is not a true cancer at all. As long as there is no disruption to the healing phase, a ductal carcinoma will complete its growth and eventually become small and hard which is harmless. The shock theme for a ductal carcinoma is a "separation conflict" related to partner if on the woman's dominant hand side or related to mother or child if on the non-dominant hand side. A child separation example could be a woman's child is unexpectedly taken by social services. A partner separation example could be a woman's best friend suddenly cuts all contact without explanation. During the active phase of this shock conflict, ulcerations in the milk ducts are forming to serve the biological purpose of widening those ducts so that milk may drain off more easily to prevent a congested breast during the absence of the person of concern (keeping in mind that breastfeeding is the body's biological expression of caring for another person). If the separation conflict remains active for a prolonged period, this ulceration can lead to cirrhotic tissue that causes dimpling or nipple inversion. With resolution of the separation conflict, the healing phase involves swelling of the ulcerated duct tissue which may block ducts and create lumps that get diagnosed as intra-ductal breast cancer which, if left alone, would eventually fibrous and remain benign. Inflammatory breast cancer is a ductal conflict in healing phase complicated by another shock conflict affecting the kidneys that results in greater than normal swelling.

Using the knowledge of German New Medicine in practice, we must first determine through symptoms and history (or from CT imaging) whether a person is in an active conflict which would need to be identified and resolved, or in a healing phase which simply requires rest, time, and support. In active phase we can consider the range of naturopathic cancer therapies including intravenous vitamin C, mistletoe injections, dietary and supplemental support, but I put a primary focus on deeper healing work such as BodyTalk or Somatic Experiencing in order to resolve the shock conflict that initiated the cancer process. In healing phase, naturopathic care and a positive emotional environment can turn what seemed like life-threatening disease into perfect health. By understanding the very predictable nature of "disease" progression, as revealed by Dr. Hamer's research, we can be free of the fear and panic that often come with the onset of symptoms or diagnosis and instead focus our energies on simply supporting our bodies with good nutrition, an active lifestyle, and a positive outlook!

Learn more about German New Medicine at www.newmedicine.ca and watch for upcoming articles by Dr. Laura Stark ND. ♥

By understanding the very predictable nature of "disease" progression, as revealed by Dr. Hamer's research, we can be free of the fear and panic that often come with the onset of symptoms or diagnosis and instead focus our energies on simply supporting our bodies with good nutrition, an active lifestyle, and a positive outlook!

Detox Recipes: spring cleaning in the body!

Berry Boost Smoothie

(from www.JulieDaniluk.com)

2 cups spinach, chopped
1 cup coconut or almond milk
1 tbsp. honey or coconut nectar
1 cup blueberries or strawberries
4 Tbsp hemp hearts
1/2 tsp cinnamon
1 tsp maca powder (optional: this Peruvian root is great for increasing energy and balancing hormones)

Blend and drink immediately.♥

Detox Broth (from 7-Day Detox Miracle)

2 medium zucchini, cut into chunks
Handful green beans or spinach, trimmed
2 stalks celery, cut into chunks
1 cup chopped parsley

Steam the zucchini, beans or spinach and celery until soft, about 20 minutes. Place the vegetables, steaming water and parsley into a blender and blend for 1-2 minutes until smooth. Serve immediately.♥

Liver Cleansing Coleslaw*i* (from Sandra Brandt)

2 cups green cabbage
2 cups red cabbage
1 cup raisins
1 apple, grated
2 carrots, grated
3 green onions, chopped

Dressing:
¼ cup natural mayonnaise, organic kefir, or apple juice
1 Tbsp apple cider vinegar
½ tsp good quality mustard
1 tsp honey

Mix dressing ingredients together in a small bowl or jar.
In a large bowl, combine the cabbage, raisins, apple and carrots. Pour dressing over veggies and mix thoroughly, garnish with green onion and serve.♥

Bliss Cup (from The Yoga Journal)

3/4 cup pitted dates
3 1/2 cup water
1 cup raw cashews
2 Tbsp vanilla extract
1/2 tsp sea salt
3 avocados, peeled, pitted and mashed
3/4 cup carob or cocoa powder
1 pint raspberries
1 Tbsp agave nectar
Mint leaves (for garnish)

Soak the dates in 1 1/2 cup water for 20 mins. Drain and reserve the date-soaking water. Soak the cashews in 2 cups of water for about 20 mins. Drain and set aside.

In a food processor, blend 1/2 cup of dates, half of the vanilla and half of the sea salt until smooth. Add the mashed avocados and process. Add carob/ cocoa powder and 1-2 Tbsp of the date-soaking water and blend into a smooth mousse. Set aside.

In a blender, combine the cashews, remaining dates, vanilla and sea salt and 1/2 cup of the date soaking water. Blend into a cream.

In a separate bowl, mix raspberries with agave.

To assemble, spoon 1/2 cup of the mousse into the bottom of a parfait cup. Follow with 1/4 cup of the berry mixture and then 1/4 cup of the "cream". Repeat this layering in three other cups. Garnish with mint leaves.♥

Recipe: DIY *Healthy* Deodorant

By Dr Laura Stark ND

After a long quest of trialing many "natural" deodorants which either did absolutely nothing, caked up my armpits, stained my clothes, or still had questionable ingredients, I dove into the world of DIY deodorants. Now, don't get me wrong, I have nothing against body odour. I don't want to just cover it up. Our personal aromas help us to determine the people we are most compatible with! Foul body odour though is not that great to the senses. This odour is not from our sweat, but from the bacteria on our skin that feeds on it. A toxic diet and wearing clothes made of synthetic materials makes this foul body odour much worse. So, cleaning up from the inside and out is the path toward blissful BO!

Sometimes, especially in the upcoming heat of summer, our pits need a little help staying sweet. This recipe has proved its power in keeping pits fresh while wearing synthetics, neutralizing already stinky pits, and being easy on skin and clothes.

Ingredients:

Witch Hazel extract (1 part)
Baking soda (1 part)
Essential oils (20-30 drops)

The most difficult part for me was finding an appropriate container. A spray bottle becomes quickly clogged with baking soda, so I found bottles with an applicator brush that keep hands clean and do the trick nicely.
Fill bottle half full with witch hazel extract then add in baking soda until saturated. Add 20-30 drops of essential oil as desired. 10 drops of an anti-microbial oil such as eucalyptus, tea tree, lavender, frankincense, etc. Sandalwood is an especially good oil for pits, and citrus scents tend to combine well with the stronger anti-microbials.

Dr. Stark's Simple Clean Deodorant – DIY or have me make some for you.
Made with witch hazel extract, baking soda and essential oils to keep pits fresh without toxic ingredients.

- Bottles to make your own for $2.
- With witch hazel and baking soda to add your own oils for $5.
- Or have me complete your bottle with an essential oil blend for $8. ♥

SANP Saskatchewan Association of Naturopathic Practitioners

Cathedral Centre for Wellness

CAND

NATUROPATHIC MEDICINE WEEK

May 12-19th, 2014

May 12-19 is Naturopathic Medicine Week in Canada. During this week Naturopathic Doctors in various communities will be speaking out about the health benefits of Naturopathic Medicine. Please check our provincial association's website www.sanp.ca to find events for Saskatchewan.

Cathedral Centre for Wellness OPEN HOUSE ~ Wednesday, May 14th ~ 6:30 to 8 PM

Healthy snacks and teas, case presentations and brief talks from the four doctors at our clinic.

We hope to see you there! www.cathedralwellness.ca ♥