Cathedral
CENTRE FOR WELLNESS

Cathedral Village Wellness News

Spring 2015 | Volume 4 | Issue 1

Welcome to Cathedral Village Wellness News! For years I have worked to put together a newsletter with the goal to deliver high quality health information to my patients and the public. You can link to all our past newsletters through the "Read our Newsletters" button on our home page www.cathedralwellness.ca. Cathedral Village Wellness News is the current version of that newsletter. We took a four season hiatus in delivering this information, first due to technical difficulties then as we re-evaluated whether or not this was a service we wanted to continue to offer. It takes a lot of work and energy to put together the articles and compile the newsletter and we wanted to make sure it was being read and the information useful to you! We know that in this day and age information about health abounds and our goal is not to overwhelm you with more! However the feedback we have received on our newsletters has been extremely positive and many of you have requested we continue to deliver them so here we are…

the Spring 2015 edition of Cathedral Village Wellness News.
We do hope you continue to enjoy our information, tips and recipes and please do let us know if you have any feedback for us, article suggestions, etc. We are here to support you on your journey to health and wellness in body, mind and spirit!

~ With gratitude for your commitment to us and to yourselves,
Drs. Marika Geis, Laura Stark, Allison Ziegler & Julie Zepp Rutledge

Inside this issue:

Sabbatical	1
Adrenal Health	3
Positivity & Health	7
Water??	10
Breakfast Recipe	12

My Part-time Sabbatical

Making time for what's important (a focus on cancer care)

By: Laura Stark, BKin, ND

Beginning this February, I adjusted my clinic schedule to make room for a part-time sabbatical. Yet so far, the four days set aside for working on my sabbatical projects have gotten filled with all sorts of other tasks that take priority.

New Email Policy!

Our Cathedral Wellness professionals have instituted a new clinic policy regarding email. **Medical consultations can no longer be provided by email.** In order to ensure privacy of your information, to provide better and more timely care to you, and to maintain balance in our own personal and professional lives, we are all opting to manage professional communications either in person or over the phone only.

Please call reception at **306.757.4325** to arrange a phone or in-person consult - either booking a 15-min time that is convenient for you or choosing to have us call you back as the time presents itself through our day.
Phone calls beyond 5 minutes will be billed as consultations at a rate of $10 per 5 minutes up to 20 minutes. Standard visit rates apply to longer phone consultations.

If you require prescription refills please call or email the clinic at info@cathedralwellness.ca.
We sincerely appreciate your understanding and look forward to continuing to work with you on a truly personal, face to face level.

In health,
Drs. Marika Geis, Laura Stark, Julie Zepp Rutledge and Allison Ziegler.

Since starting practice, I have always been searching for more time to work on my long list of projects that fall outside of my main priority, direct patient care. The curious part is that my project intentions would all contribute to patient care as well - creating educational handouts, posting resources on my website, and working on business structure that would allow me to work more efficiently. History, so far, has shown that every time I take a "day off" to work on my projects I let my best intentions get hijacked by other priorities. I seem to never have time for the things I really want to do. But of course, I know this is not true.
I choose what I do with each moment of my time (but apparently still need to work on making those choices more consciously). So, I stopped to inquire into my motives to see why I don't make time for my projects. I asked myself what part of me needs to have no time for my projects or what part of me needs to take care of others' priorities before my own. I realized that putting my projects off to the side has been serving the part of me that likes to feel helpful and needed. It turns out that I've been making a martyr of myself!
Of course, this is a very familiar pattern. I see it all the time especially in women who give and give without attending to their own needs which often results in gradually growing feelings of resentment that get suppressed until they emerge as bigger symptoms like overwhelm, depression, chronic fatigue, or even pain. Interestingly, these are all symptoms that require us to pause and take care of ourselves if we want them to go away.
So, to take this self-insight to make for a successful part-time sabbatical, I need to keep my need to feel needed and helpful at the top of my awareness so that I can work on fulfilling this need for myself rather than seeking the external validation by sacrificing my time as I have been.
Now I want to share a bit about my sabbatical goals (so I have witnesses to keep me accountable!) I have reduced my clinic

hours to three days per week and am limiting the number of new patients I accept to ensure adequate availability to my current patients. My projects away from the office are centered around my big dreams for integrative cancer care in Regina. Please follow my progress by checking my website often!

www.LauraStarkND.com

Adrenal Health

By: Julie Zepp, ND

Over the last ten years in my practice as a Naturopathic Doctor I am coming more and more to recognize, respect and work with the impact stress has in our lives. And truth be told this stems not only from realizations borne out of my practice life: how many disorders, conditions and diseases are now being shown to be as a result of stress – but also as I recognize that I am no different from anyone I see and that stress impacts me in its own insidious and sometimes not-so-obvious ways.
As I work on my own personal and professional growth and development I am leaning more and more into working with how our mind-brain-body-spirit are all connected and how it working on any concern must include all aspects of self if we want to truly heal. Keep in mind, as I use the word "heal" I am referring to a level of wellness of spirit and peace that transcends the physical body's state – I am not referring to "cure" which would be the elimination of disease, though definitely both are possibilities. And in my experience by healing spirit, cure becomes more possible.

I know that I have written several times, perhaps countless times, on topics such as the adrenal glands and stress however I don't believe the topic ever becomes redundant. We can all use the refresher on how all of our systems work together within our body to mount a response to stress.

First of all stress starts in the brain; and generally it starts with a thought, though at times the stimulus is an actual physical stress such as placing your hand on a hot stove, being chased, getting into an accident or having a fall. In historical times it used to be that the bulk of our stressors were actually logistical external stressors that put us into a life or death situation: starvation risk, exposure to deadly weather conditions, war or conflict, risk of attack; and sadly there are still populations in the world today that do face these obvious physical external threats on a regular basis. It could even be in your own life's history you were a victim of abuse or bullying and that your physical environment was (or is) threatening. In these cases the stress response is an incredibly handy tactic our bodies raise in order to deal with the offending stress. However in most of our lives today most of the stressors we are dealing with are not life threatening. Our bodies, however, are still hard-wired to believe they are. Whether it is a deadline at work, too many things on our to-do list, or even an internally generated

stressor like how we are thinking about something in our lives the same archaic stress response results.

Stress is an unavoidable fact of life, which is why we have physiologic systems in place to help us cope. Under stress, the adrenal glands produce the hormone cortisol plus the catecholamine hormones adrenaline and noradrenaline. Exposure to stress can result in what is known as the General Adaptation Syndrome a termed coined by Hans Seyle as far back as the 1930s, which has three major stages:

Alarm Stage

In the Alarm Stage, bursts of the hormones cortisol, adrenaline and noradrenaline are released in response to a stressor, resulting in the traditional —fight, flight or freeze responses.

Resistance Stage

In the Resistance Stage, the body uses high cortisol levels to free up stored energy that helps the body physically resist the stressor. However, a prolonged Resistance Stage - where cortisol levels remain elevated - may increase the risk of developing stress related diseases.

Exhaustion Stage

At this stage, the adrenal glands are either depleted from producing too much cortisol or are reacting to the detrimental effects of high cortisol, and thus reduce cortisol production significantly.

Physiological effects of high cortisol (resistance stage):

- Feeling “tired but wired”, difficulty sleeping
- Insulin resistance and blood sugar imbalances
- Elevated triglycerides
- Interference with the action of other hormones (progesterone, testosterone and thyroid) by binding to their receptor sites – so our issues feel “hormonal” rather than stress related
- Weight gain
- Increased catabolism – loss of muscle
- Immune system suppression and yeast overgrowth
- Serotonin depletion – causing depression
- Digestive effects – loss of pancreatic enzyme function
- Increased menopausal symptoms: hot flashes, night sweats
- Estrogen dominance and increased PMS
- Increased appetite and food cravings
- Increased anxiety and mood swings
- Salt and water retention (can have associated high blood pressure)
- Deficiencies of magnesium, melatonin, potassium, B6, vitamin C, Vitamin D, zinc

When we do not implement the strategies needed to calm the body regularly and return it to a calm state, over time, high cortisol levels may progress to adrenal exhaustion and low cortisol levels result as the adrenal glands are unable to continue their production of hormones.

Physiological effects of low cortisol (exhaustion stage):

- Reduced insulin secretion and reduced blood sugar.

- Hypoglycemia/ low blood sugar
- Neurotransmitter imbalances – cortisol normally potentiates GABA receptors that buffer catecholamine (adrenaline) release. Without the buffering this results in anxiety, possible panic attacks and depression
- Increased allergic response/ disrupted immune response: increased susceptibility to infection (low immunity) as well as increased risk of auto-immune disease
- Increased inflammatory response
- Increased permeability in the gut causing Irritable Bowel Symptoms (which could progress to more severe conditions such as Crohn's/ Colitis)
- Fatigue, and eventually exhaustion due to loss of cortisol as a glucose and energy mobilizer
- Decreased recovery from exercise/ exercise intolerance, burned out feeling, decreased sex drive

I work with many people that generally feel they have "a good handle on stress". I myself can often trick myself into thinking that because I don't "feel stressed" that I must be handling things okay. However I also believe that too often we are actually too busy to really notice what our bodies are feeling. When I ask someone to stop and pay attention to their body they often find they are not relaxed but are rather sitting on the edge of their seat, shoulders tight, their chest or stomach might feel tight, body tense and generally holding their breath or taking shallow breaths. Or, more infrequently, a person is actually slouched right back in their seat, flopped over basically unable to hold themselves upright. Both situations reflect a pathology in that we have a hard time unwinding in a healthy way.

Other signs of stress that are not always so obvious include irritability, anger, difficulty controlling emotions, strain in relationships; loss of a feeling of creativity or passion and motivation. Often these are attributed to depression though I believe in some cases depression is a state that results from burn out.

Most of us require something to assist us to unwind: exercise, a glass of wine or a serotonin-boosting food like chocolate. Or we require something to mobilize our energy: again this could be exercise or a piece of chocolate and most often it is some sort of caffeine containing beverage. The reliance of these external factors to regulate ourselves either physically or psychologically is so common place in our society that we don't often even recognize it is potentially problematic. In grade school I recall learning about "drugs" and the police officers that would come in would talk about the drugs and what they did to us and how addicts might take "uppers" in the morning and "downers" in the evening to help them get up and then to sleep. It seemed like such a ridiculous concept at the time yet now I see we all do it! And we typically do it with tools that actually end up depleting us more in the long run or deprive of us of nutrients we actually require for balance and healing.

So what can we do? Here is a list. This is by no means an exhaustive list, though it will be long! Try not to allow yourself to get overwhelmed by the number of potential suggestions here. Pick one or two that resonate with you and begin by implementing these. After a few weeks (it takes 21 days to form a habit!) and these feel doable, pick a few more.

- Get more sleep. 8 to 10 hours a night. Seriously. If you have sleep difficulties, seek assistance from a natural health care provider: ND, acupuncture, hypnotherapy, energy/ body work, whatever calls… or a combo of all.
- Seek assistance regardless of if you have sleep difficulties. We cannot go this life alone and friends and family are not good enough resources, no matter how wonderful they are. They have their own "stuff" and going to a paid professional is an invaluable experience as we are trained to be there 100% for you as a support. The wider our resource network, the more success. Be sure that you resonate with your helpers. If you find someone that is not a good fit for you, find someone else!
- Learn how to breathe. Really. Take a meditation class or yoga class or find a good website that has some breathing exercises. When we change our breath and lengthen and deepen it this can relax our entire system. Breath in activates the fight or flight and breath out activates the relaxation part of the nervous system. Start right now. Take some deep breaths and focus on the exhale. Sigh! Feel how good it feels.
- Eat more protein, especially in the morning. The adrenals love protein, especially in the morning. They really benefit by steady blood sugar so avoid straight up fruit, cereal or toast in the AM and instead try a protein rich smoothie, eggs or a bowl of oatmeal loaded with protein rich hemp seeds, chia and other raw nuts or seeds.
- Don't avoid carbs. Though the adrenals like protein, they do not love a low carb diet. The mood boosting benefits of complex carbs like quinoa, rice, squash and sweet potato are imperative to keep your nervous system calm and promote good sleeps.
- Take your vitamins: B complex, Magnesium, Vitamin C and fish oils are the key nutrients for adrenal gland function.
- Consider a herbal adrenal support: in many cultures people use teas or soups that contain adrenal tonics (such as Reishi mushroom, ginseng root, Maca root, astragalus, etc.) as part of their daily nutrition regime. We, in one of the most stressed out cultures, don't do this! Instead we deplete ourselves further with caffeine and alcohol and then think that we don't need to take supplements as we should be able to support ourselves through our food! I disagree and know that for myself I am much more resilient when I consume my herbs for my adrenals. There are many commercially available options and if you are at all concerned about "self-prescribing" that's a good time to seek professional counsel!
- Cut the caffeine (from black tea and coffee; caffeine from green tea is much gentler and has some benefits) and the alcohol.

-Exercise but don't overdo it. Ideally (work up to it) aim for 30-45 minutes of high intensity interval training 3-5 times per week. Now please don't get alarmed when I say high intensity. If you are just starting off your high intensity might be a fast walk or climbing the stairs! It's all good, you just want to work a little harder than you normally would but not for too long. And if you have been at it awhile but are feeling burnt out, maybe it is time to cut back and start shortening your workouts and alternating days with activities like yoga instead.

-Try replacing these with herbal teas or more water!

-Learn to say no. One of our biggest stressors is how much we put on our

plates. Ask yourself what activities or commitments don't nourish you. See if you can delegate them or simply eliminate them from your life.

- Watch your thoughts. See how often your own thoughts provoke angst within you. Know that that angst results in a body-wide reaction that might leave you with physical problems. Our brains get conditioned to habitual responses and new brain research shows that work with the brain can help us change those patterns and free us. Ensure your newly developed resource network includes individuals trained in working with mindfulness as this is one of the most effective techniques I have seen to allow brain patterns to change.

Through this entire process it is important more than anything else to practice self-compassion. For those of you that have known me for a while you will recall how I love to talk about "gentle discipline": the concept of being disciplined in your self-care or health regime yet being gentle with yourself as you make the changes as you will not succeed 100% of the time, nor is that the point (this is about moving away from perfection and doing things "right"). The exciting thing about this piece is there is now actual evidence to back up the importance of self-compassion when it comes to making changes in your habits and lives. My next article will explore this in more detail as it is a topic near and dear to my heart (from someone who used to beat herself with an iron whip in order to achieve, achieve… this technique has been invaluable in my own health journey) but you can visit www.selfcompassion.org for some great info by Kristin Neff, self-compassion PhD.

So take a deep breath and don't forget the big exhale, sit up a little straighter in your seats, take a sip of water and pick some strategy that may seem small but that you know you can succeed at. The more successes we have, however small, builds our confidence to make greater and greater change. And trust me, it is worth the effort as the only thing you risk by working on reducing the impact of stress in your life is a little more joy. To me, it is worth it.

Zepp Wellness

Positivity & Health

By: Allison Ziegler, ND

A number of years ago I partook in my first yoga-stretch class. The class began and ended in Savasana pose - the 'rest pose' – lying on the back, legs and arms outstretched in a relaxed position with all focus placed on the breath. As my mind was attentive to the rise and fall of my belly, the instructor spoke in a slow and calm but uplifting tone, "I am, in peace". He repeated the mantra over and over always maintaining his grounding tone, "I am, in peace". It wasn't long before I found the short but powerful statement being repeated in my own head. A sense of tranquility came over me and my relaxed state, already achieved through the duration of the yoga class, was deepened. The negative

thoughts that seemed to so easily enter and exit the mind were being replaced by the positive, "I am, in peace". As the class ended, I left with an energized and positive outlook for the day. From that first yoga class I find myself repeating the same four words throughout my day, which has provided me with a renewed sense of energy and has began to transform my thoughts into the positive first. It was from that one experience that I realized there is a profound connection between our thoughts and our health.

Recently, there is growing attention among the medical community focusing on the link between positive emotions and improved health outcomes. It is thought that the primary pathway in the body to be involved is the prefrontal cortex of the brain and the amygdala. The prefrontal cortex is the front-most portion of the brain involved in planning complex behaviors, expression of personality, decision-making and social behavior. The amygdala is located deeper in the brain tissue and is responsible for emotional reactions. The prefrontal cortex and the amygdala are connected via many neurons (brain cells) that allow for communication between the areas in order for execution of action, behavior and emotion. Stronger connection between the two areas enables for better self-regulation and motivation.

Difference in activation of the left and right sides of the prefrontal cortex occur in relation to either positive or negative emotions. Studies have shown that during negative emotion/thought such as anger, fear, depression and anxiety, the right side of the prefrontal cortex is more active, whereas during positive emotion/thought such as gratitude, love, contentment and joy, the left side is more active. Additionally, studies have gone on to show that a greater activation of the left side associated with positive emotion and thus thought, is associated with increased ability to recover from negative situations, an increased ability to regulate negative affect and a higher sense of well-being. A more continual activation of the left side of the prefrontal cortex can increase and strengthen the connection between the amygdala, which leads to a more balanced and positive sense of self-regulation.

Communication between different cells and areas of the brain are achieved through neurotransmitters. Neurotransmitters are chemicals or brain messengers produced by the brain cells for communication. Serotonin and dopamine are two neurotransmitters in the brain that play an important role in positive thought and emotion. Serotonin is responsible for feelings of wellbeing and happiness. Dopamine is involved in the reward system in our body; therefore, it allows us to find pleasure in certain activities and allows us to develop new behaviors, as we tend to repeat actions that give us maximum reward for that action. During positive thought when the left side of the prefrontal cortex is stimulated, levels of dopamine and serotonin are increased allowing for increased feelings of happiness, a stronger sense of wellbeing and feelings of pleasure.

Another system in the body thought to be involved in positive thought is the autonomic nervous system (ANS). The ANS is the control system in our body, responsible for achieving balance. It is divided into two subtypes, the sympathetic nervous system (SNS) and the parasympathetic nervous system (PNS). Sympathetic cells are found in the vertebral column (spinal cord) and are involved in activating the 'fight-or-flight'

or stress response. During the activation of the SNS and the initiation of the stress response, the pupils dilate and sweating, heart rate and blood pressure increase. The PNS on the other hand, is the 'rest and digest' system whereby energy is conserved, the heart rate slows and there is an increase in intestinal and digestive activity. The SNS and PNS work in opposition, meaning if the SNS is activated, PNS activity is decreased allowing the SNS to dominate and vice versa. With increased negative thoughts, the brain perceives threat and defends itself by activating the stress/fight-or-flight response as the body tries to protect itself from the negative stimuli. When this response is activated, cortisol, a stress hormone, is released into the blood. Higher levels of cortisol are associated with adverse health affects such as a lowered immune system, cardiovascular disease, diabetes, depression, fatigue and irregular menstruation. Furthermore, if the SNS is continually more active, the PNS is suppressed. A lower functioning level of the PNS is associated with depression, anxiety, aggression, defensiveness, post-traumatic stress disorder and hostility. Positive emotions, on the other hand, are linked with a higher level of PNS activity, which is associated with psychological resilience or the ability to cope and deal with stress in a more efficient manner. As a result, the level of cortisol remains normalized and the adverse health effects associated with a chronically increased level are prevented.

In the widely acclaimed book *The Brain that Changes Itself*, Norman Doidge outlines the concept of neuroplasticity or the ability of the brain to change and adapt to the world and situations experienced. Before this concept it was believed that the brain was a fixed structure with all senses and experiences entering in a hardwired fashion. It is now known that the brain changes itself based on how experiences are perceived and how the world around us is taken in. If experience is perceived negatively and negative thoughts are generated, the brain pathways involved, as outlined above, are strengthened and each similar experience thereafter will be more apt to be viewed as negative. Retraining the brain using certain activities teaches the brain to use and strengthen the pathways involved in positive thought, which will improve overall wellbeing, mood and health.

Some exercises to help transition to automatic positive thought are three gratitudes, journaling, random acts of kindness, yoga, meditation and prayer.

1. Three Gratitudes: Write down 3 new things each day, for at least 21 days, that you are grateful for.

2. Journaling: Writing about 1 positive experience you had in the past 24 hours allows your brain to relive it and the benefits that positive experience had on the body.

3. Random acts of kindness: Every time you open your email inbox, write 1 positive email praising or thanking someone.

All three help to increase dopamine, which strengthens the brain connections involved in positive thought and allows us to begin scanning the world for the positive first.

4. Yoga, Meditation and Prayer: Increases serotonin, achieves relaxation and reduces the amount of time our body is in the sympathetic nervous system/fight-or-flight state.

The brain is a powerful organ! When positive, both the brain and body function more effectively and efficiently. Mood, motivation and productivity increase and adverse health effects are prevented. It is with a positive outlook that those four words, "I am, in peace" will become reality. ♥

Ziegler Integrative Health

??Water??

By: Marika Geis, BSc, ND

Beverage wars. With the multitudes of choices out there, sodas, 'vitamin water', sugar laden antioxidant juices, white teas promoting 'anti-aging' benefits, it's a safe bet that water remains the healthiest choice. However, when it comes to water, consumers often are faced with mixed messages. You're making a healthier choice sure, but at what expense? Each time we dispose of a plastic bottle, we are told that it remains in a landfill for a minimum of 700 years before it begins to decompose. Coupled with the fact that 80% of bottles are not recycled, the environmental impact is significant to say the least. Space in the landfill is not the only issue. 24 million gallons of oil are needed to produce a billion plastic bottles. The average Canadian consumes approximately 167 bottles per year. So what to do? According to David Suzuki, who insists on drinking municipal water wherever he goes, drinking bottled water is an unimaginable waste not to mention a significant health hazard, and that the only way to mitigate the damage is to drink tap water. Increasingly, Canadians fear that their water is unsafe. The Environmental Working Group states that there are over 315 pollutants in municipal tap water. More than half of the chemicals detected are not subject to health or safety regulations and can legally be present in any amount. While the federal government in the United States has health guidelines for some, at least 49 of these contaminants have been found in one place or another at levels above those guidelines, polluting the tap water for 53.6 million Americans. Despite these infractions, at least the United States Environmental Protection Agency's (USEPA) guidelines for maximum contaminant levels in water are standards enforced by law. In Canada, our water quality guidelines are at best, recommendations which do not necessarily have the force of law behind them; responsibility for water quality rests with the administrators of the myriad local and municipal water systems across Canada. One only need be reminded of the May 2000 Walkerton E-coli outbreak that resulted in seven deaths and 2000 illnesses, to want to take control of their water quality.

Water filters are becoming an increasingly popular way to reconcile the need for less waste with healthier and safer water. But how to choose? Just like the myriad of choices available to you when choosing a beverage, choices of water filters are equally overwhelming not to mention the confusing selection criteria. What follows is an attempt to demystify the selection process and give you a few guidelines to begin choosing which filtration system is right for you. The first step is to choose a filter that is independently certified. At a minimum filters (available in two types: point of entry or point of

use) should meet NSF 53 (National Sanitation Foundation) certification. NSF 53 is designed to reduce specific health-related contaminants, such as Cryptosporidium, Giardia, lead, volatile organic chemicals (VOCs), MTBE (methyl tertiary-butyl ether), that may be present in public or private drinking water.

The second step is to choose your filtration process. There are a variety of ways to meet or exceed the NSF 53 standard although only 4-5 options are available to the general public. **Activated carbon filters** are positively charged and highly absorbent. They reduce bad tastes and odors, including chlorine. NSF 53 activated carbon filters can substantially reduce many hazardous contaminants, including heavy metals such as copper, lead and mercury (although it should be mentioned that a solid carbon block cannot achieve this – it must be combined with a KDF, see below); disinfection by-products; parasites such as Giardia and Cryptosporidium ; pesticides; radon; and volatile organic chemicals such as methyl-tert-butyl ether (MTBE), dichlorobenzene and trichloroethylene (TCE). The advantage of using activated carbon as a filter is that it retains all the positively charged minerals (what makes water 'hard' or 'alkaline') such as calcium, magnesium potassium and sodium; minerals necessary to maintain optimal health.

KDF resin filtration has limited utility in that it needs long exposure to untreated water and large amounts of the resin in order for it to exert its effects; mainly to remove chlorine. As such, KDF resin is usually applied in point of entry systems and in some cases shower heads to reduce chlorine exposure. One of the disadvantages of using KDF resin as a filter is that in some cases it can leach copper and zinc into the water as both minerals are used to reduce bacterial growth within the filter itself. KDF filters also clog fairly easily and require huge amounts of hot water to decongest the apparatus with no way to stem the flow of the dislodged pollutants into the treated water.

Distillation is an expensive process that heats the water to the vapor point and aids in removing some impurities from the water. The process itself requires electricity and adequate water, since it wastes gallons of water for every gallon produced. However the main disadvantage is that it leaves the water 'soft' or mineral free. If drunk over a long period the body tends to lend its own minerals to balance the effect on the body's pH. Bones and teeth get weak with time. Another disadvantage is that distillation is not effective at removing VOC's because many of them re-condense back into liquid just like water does. For this reason, a distiller is usually combined with a carbon filter to remove additional chemicals.

Reverse osmosis was developed to remove salt from sea water for military submarines. The reverse osmosis process draws water through a membrane. Salt water is put on one side of the membrane and pressure is applied to stop, and then "reverse," the osmotic process. It generally takes a lot of pressure and is fairly slow removing all minerals in the process (similar to distilled water). For every one

gallon of water produced, 10 gallons of water is used in the RO process. It does however get rid of most contaminants such as Cryptosporidium and Giardia; heavy metals: cadmium, copper, lead, mercury and other pollutants including arsenic, barium, nitrites, perchlorate and selenium.

UV Disinfection uses ultraviolet light to kill bacteria and viruses. Class A systems protect against harmful bacteria and viruses, including Cryptosporidium and Giardia, while Class B systems are designed to make non-disease-causing bacteria inactive.
Unfortunately, it is not effective against parasites, heavy metals and VOC's. Because of this it is often used in combination with a carbon filter and sediment screen.

Once you have decided on your filter, it's important to maintain it properly as its performance will decrease over time as contaminants build up and potentially back up into your 'treated' water. Make sure to follow the manufacturer's maintenance directions. Some filters only require a cartridge change, while others are better maintained by a certified professional. Many filter distributors offer maintenance and service contracts for their products. Before buying any water treatment system, compare not only filter prices, but also operating and maintenance costs for the different units.

Here's to your good health!

Dr. Marika Geis, ND
www.daziran.ca

Super Simple Breakfast Recipe

A couple of months ago I spent a wonderful couple of days, family-free, visiting amazing friends out of town. It was a wonderful soul-nurturing time! While I was there I was picking one girlfriends brain (also a Naturopathic Doc) about what I could do to help out my own tired little adrenal glands.

After doing a short review of my daily habits she lovingly shook her head and said "protein!... you need more protein in the morning!". And of course I understand the importance of protein, especially in the morning, and do "know better" however we are creatures of habit and my morning ritual for years has been a banana and a cup of reishi mushroom coffee (organo gold - sounds odd but is delicious!) when I wake up. This gets me some energy and nutrients for my morning work-out and it fills my psychological craving for a hot coffee-type drink. However she pointed out the errors of my ways and reminded me I could save these important glands a little stress if I would simply have a protein rich snack rather than my carbohydrate rich banana.
Of course, as typically happens when we realize we have to change a habit - I resisted. How much harm could this be doing after all? I eat a good breakfast later in the morning, usually buckwheat and walnuts, so how bad could this be? Well what happens when we have fruit alone in the morning or a

carb-rich meal like a muffin, pancake or bowl of cereal - without added protein - is that the sugar enters the blood stream and creates a stress on the pancreas and adrenal glands to balance the blood sugar. Our adrenals, most active in the morning, are also seeking protein to perform their functions. If we deprive them of this and instead stress them with starches we start our day off at a disadvantage.

Super Simple Breakfast

1. Find a container. Add to this container a blend of gluten-free oats, chia seeds, hemp seeds, goji berries, sliced nuts or seeds. Ratios vary depending on the end product you are looking for. I have been doing about 4:2:1 (oats: chia/ hemp/flax: dried fruit/ nuts).
2. Shake the container well.
3. In the evening scoop about 1/4-1/3 cup of the mixture into a bowl. Boil water. Add boiling water to the mix and stir.
Let stand overnight.
4. The next morning you can choose to reheat it, add a splash more boiling water to warm it or simply eat it cold.

Because I completely value and respect my friend's expertise, especially in the realm of nutrition, I decided to give it a shot. She suggested a simple little breakfast recipe that I will share with you, to follow. So now, at least a few days a week, I forego my banana for this higher-yield, nourishing and strengthening food. I swear the days I do I feel stronger during my morning activity and I trust that in the long run this will nourish rather than stress and ultimately deplete my very overtaxed little adrenals that work so hard for me every day.

There are some stresses we have no control over: emergencies at work, our work schedules, curve balls tossed our way by kids, the sheer volume of tasks and activities we can be faced with in a day... So why wouldn't I want to take control of one stress I do have control over: what I put into my body? Do I want to stress it or nourish it?

My choice is to nourish it therefore I am making a conscious effort to provide my body and adrenals with the nutrients they need to help me through the day. Protein, good fats, B and C vitamins and magnesium are all necessary for healthy adrenals, and given how we start our day sets us up for the rest of the day.
So consider joining me and replacing your current breakfast, if it is higher carb, with this simple breakfast that contains all of these great nutrients.
Enjoy!

In health,

Cathedral Centre for Wellness Team