Cathedral
CENTRE FOR WELLNESS

Cathedral Village Wellness News

Summer 2015 | Volume 4 | Issue 2

Welcome to the summer edition of Cathedral Village Wellness News. Once again we want to sincerely thank you for your support and commitment to your own health and the trust you put into our team of Naturopathic Doctors for your health care and as a health information source.

I am so grateful for the team we have at Cathedral Centre for Wellness. We have four wonderful NDs and four great members of our reception team all working together to further health and well-being in our community. In this newsletter you will find information on staying sun and bug safe this summer, tips on improving your digestive function and recipes for survival in the kitchen with a busy family life. Stay tuned to our websites, facebook pages and sign up for our newsletters and emails in order to receive current up to date information on health and wellness as well as for info and access to various events that we may be hosting in the near future. Dr. Stark is working on furthering her practice with a special focus on oncology care: from the physical via IV therapy practices to the spiritual (read her article on German New Medicine in this newsletter!). Dr. Ziegler will be completing her second half ironman (2000m swim, 90km bike and 21.1 km run!) this summer and her dedication to her own personal athletic skills is translating to a great focus on working with athletes and those interested in personal performance.

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I have group Detox classes that I run several times a year guiding you through a three week cleanse, Dr. Geis will be furthering her offerings on Brene Brown's brilliant work in workshop format and I am excited about a new course/ workshop I will be offering this fall: building your own health prescription. I will guide you through basic health principles from cleansing to incorporating smoothies, soups and juices. We will discuss tools for self-regulation and stress management and will also work on self-compassion, worthiness and self-love.

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.

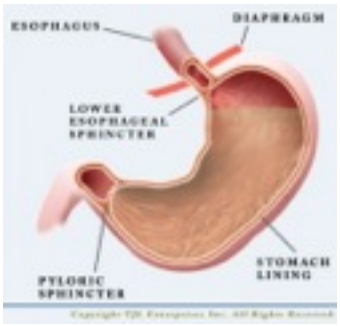
If you require prescription refills please call or email the clinic at info@cathedralwellness.ca.
We sincerely appreciate your understanding and look forward to continuing to work with you on a truly personal, face to face level.

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

We are passionate about what we do and look forward to working with You to improve your mind-body-spirit. Life is short, too short to spend feeling unwell. It is our hope we can assist you make the most out of this beautiful journey!

My Own Journey With Beautiful Hydrochloric Acid (HCl)

By Dr. Julie Zepp Rutledge



Hydrochloric acid, chemically known as HCl and commonly known as "stomach acid" often gets an incredibly bad rap. We are so conditioned to believe that any digestive problems we might have are as a result of TOO MUCH "stomach acid" (hyperchlorhydria). Rarely is it ever discussed in mainstream medicine or the pharmaceutical world that we might actually be suffering from too LITTLE "stomach acid".

As a Naturopathic doctor I was taught of the conditions known as ***hypochlorhydria*** (too little) and ***achlorhydria*** (absent). In these conditions, rather that secreting too much acid, the body actually produces too little. Surprisingly sometimes these symptoms can mimic in some ways too much stomach acid production, in the situation of heartburn – when "acid" refluxes upward from the stomach where the lining is very thick and irritates the much thinner cells of the esophagus. Healthy levels of acid in the stomach are required to keep the lower esophageal sphincter closed and prevent backflow of acid, so in cases of too little stomach acid this valve stays open and contents pass upwards and irritate the membrane. This irritation can happen even if there is not a lot of acid in the contents due to the nature of the tissue. A thick mucous lined stomach can withstand large amounts of acid however just a drop will irritate the esophagus.

There are many other possible ways too little HCl will cause problems. And I will explain those in a moment but first I wanted to clarify what exactly "stomach acid" is and how it is produced. A more accurate term for the powerful liquids of digestion is likely "gastric juices". These stomach juices are

actually made of 3 main components:

- A mucous that protects the stomach lining from the acid and digestive enzymes in the stomach.
- *Pepsinogen*, which is converted to *pepsin*, which digests proteins. Pepsinogen production is stimulated by the presence of a hormone called *gastrin* in the blood.
- Hydrochloric acid (HCl) converts pepsinogen to pepsin which breaks down proteins to peptides. HCl maintains a pH in the stomach of approximately 2.0. It also dissolves food and kills microorganisms.

I'm going to back up even further to say that digestion starts in the brain! Our 10th cranial nerve, the vague nerve, is the longest cranial nerve in the body. It runs down alongside the esophagus to the stomach and other gastrointestinal organs such as the intestines and pancreas (not to mention innervating the heart and lungs on its way!). It is a very important nerve and I want to reinforce that it is a nerve that contains ***parasympathetic*** nerve fibers. The automatic or autonomic part of our central nervous system (the one that is in action without our conscious mind working on it – different from the ***peripheral nervous system*** which controls muscles like our arms and legs) has two main branches: the ***sympathetic (SNS)*** and ***parasympathetic (PNS)***. The sympathetic nervous system is our "fight or flight" nervous system while the parasympathetic is our "rest and digest" nervous system. Over-activity in our SNS and lowered activity in our PNS can result in lowered digestive functioning. Given that most of us live on auto-pilot, riddled with stress, overwhelm or overwork it is quite common to have an excess of activity in the SNS (stress response system) and very little activity in the PNS (relaxation system). Which means the messages may not be getting through the vagus nerve to innervate the heart, lungs, stomach and other digestive organs and can result in circulation, breathing and digestive disorders. An extreme example of impaired vagus nerve function is the case of "gastroparesis" – essentially a paralysis of the stomach due to complete inactivity of the vagus nerve. The vagus nerve becomes activated by the sight, smell and thought of food. It signals the brain to produce the hormone *gastrin* that tells the stomach to produce *pepsinogen*, the pre-enzyme that is converted to *pepsin* by sufficient *HCl*. The vagus nerve is also responsible for:

- Expansion of the stomach as food enters
- Muscular contractions of the stomach to break food into smaller particles
- Emptying the stomach contents into the small intestine
- Secretion of digestive pancreatic and small intestinal enzymes that enable further absorption of food
- Controlling the sensations of hunger, satisfaction and fullness

As you can see the vagus nerve and the state of being relaxed are highly important for good digestive function!

Without enough gastric juices your body does not begin the process of digestion and food breakdown. Don't be fooled into thinking it will be broken down later in the intestinal tract either. The intestines are more involved in the final stages of digestion and more importantly absorption. If you don't begin

When a piece of meat was allowed placed in simulated gastric juices and heated to body temperature only the mixture containing full pepsin and HCl broke down the meat fully.

the break down the large compounds of food in the stomach, you will not be getting the valuable nutrients from your diet and supplements when it comes time for absorption in the intestines. Cruciferous vegetables are known for their estrogen-detoxification properties through the production of Diindolylmethane (DIM) from Indole 3C, but this extraction cannot occur without an adequate amount of HCl. Other key nutrients often lowered as a result of low digestive enzymes are B12 and iron, though really any nutrients are impacted.

Not producing enough gastric juices also makes you more prone to bacterial and fungal overgrowths and parasites. Food that is not digested passes into the intestines and is fermented by "bad" bacteria, fungus, yeast and other pathogens. This fermentation can further hamper your digestion, producing excess gas and resulting in irregular (constipation or diarrhea) bowel movements and have numerous other negative health impacts on your body. (Perhaps next season I will write an article of the "downstream" repercussions of low enzyme – such as yeast overgrowth, SIBO (small intestinal bacteria overgrowth) and "leaky gut" syndrome…)

Some of the possible signs you are not producing enough HCl might include the following. It is important to note that you may experience all or only one of these and it could still be evidence of low enzyme production.

- Belching or gas within one hour of a meal
- Bloating and fullness shortly after eating
- Loss of taste for meat
- Nausea after taking supplements
- Brittle, weak, peeling fingernails
- Hair loss
- Undigested food in stool
- Foul-smelling stools, constipation, diarrhea
- Stomach pain
- Bad breath
- Loss of appetite
- Estrogen buildup
- Acne rosacea (dilated blood vessels in cheeks and nose)

OK, now that I have given you all of the "scientific" background, I am going to share my own personal story of stomach acids with you. This is perhaps a little embarrassing to admit because, well, "physician heal thyself", right? However I think it is a good example of how our different bodily systems are so connected and each individual body might have its own way of showing its imbalance and also how important it is that we learn to ask for help! (even when we "know" better!).
I used to have a pretty solid digestive system, or so I thought! If anything, in the past I was one of those people who tended towards constipation – not diet related, but rather lifestyle related: I simply rarely gave myself time to have a BM! Always on the go: rolling out of bed and out for a run, a quick

breakfast after a shower en route to class or work. A full day followed by some sort of after-work activity.

Sitting to rest was not part of my activity repertoire. However it didn't bother me, my constitution is fairly strong and it isn't hard for me to keep going! It wasn't until several years ago that I started to experience bouts of what I might call problematic digestive distress: if I were stressed my stomach might hurt or my digestive system might go a little funny. Some of you might remember an article I wrote several years ago about my journey after my daughter was born and it was time for me to go back to work. I knew deep down that I wasn't meant to go back to Regina Rehab (despite the fact that it was a wonderful place to work!) and my body was telling me so much with episodic digestive upset. Before she was born I was definitely a workaholic. While I was in labor with her (she came 6.5 weeks early, and I am certain that too was a result of overwork while pregnant) all I thought of was work! I defined myself by my work and I used work as a way to justify my own self-worth. Her birth changed that for me and I knew I had to leave the faster paced "big" clinic for the smaller quieter spot on College Avenue. Things definitely settled down for me and I returned to feeling more health and vital as I am used to feeling! A couple of years ago, when my son was just over a year old and my daughter would have been 4, things started to shift again for me and I was running into digestive problems again. So I recognized that something was obviously out of balance in my life and needed my attention. This is how I like to think of any physical symptoms: all they are are alarm bells of our body wanting us to listen up and make a change! Around this time in my life I had started to work more and was putting all sorts of pressures on myself to get back to working more hours. It took awhile to pay attention to my body and stop listening to my head and increasing my work hours and instead spend more time at home with the kids, where my heart was.

Over the past couple of years symptoms might come and go (you will notice I am not getting into the details of the symptoms, nothing that needs to be made public!) and I did actually request a colonoscopy to rule out anything more serious (all clear!). All the while I would modify my diet (working with the Specific Carbohydrate Diet seemed to work quite well for some periods of time), take anti-microbial herbs (suspecting a bacterial overgrowth), get energy work to help with any energetic imbalances in my body (these always brought great insight and relief), modify lifestyle practices to decrease stress and increase my own joy. And all of this definitely helped but I was at this place of feeling better than ever before in my life on a psychological, spiritual and emotional plane with healthy diet choices, a nice balance of rest and activity, working on healthy connection and relationships, letting go of unnecessary stress, learning to incorporate sitting and prayer and meditation more fully into my life… yet these guts were still imbalanced! Finally I called up one of my colleagues and friends. An ND in Montreal I graduated with and one of the most brilliant women I know. I figured I needed extra help with my situation (duh! Finally!). And one of the first things she said was "do the Betaine HCl challenge". Since I didn't have any signs of hair loss, brittle nails, difficulty with proteins (my challenge is starches) I was sort of skeptical… plus I have taken enzyme combos on and off with marginal results and honestly didn't think I could be "that bad" since I didn't eat the foods that lower HCl and I don't take medications that suppress acid (TUMS, rolaids, pantoloc, etc), I often took probiotics and I haven't been on antibiotics for years.

Well, I complied with doctor's orders and self-administered the test I suggest to patients multiple times in a week! Sure enough 5 capsule of Thorne's Betaine HCl and Pepsin (the only one I use clinically, best combo product out there) and I still didn't feel the burning feeling in the stomach of having too much acid! I was that deficient. Years of chronic vagus nerve suppression due to stress, busyness and overwork with not enough "downtime", play and joy-filled "just for fun" activities had caught up to me. What a wonderful discovery and reminder as to the toll our physical bodies are subject to when we don't always treat them well! And by well I mean in all areas: physical, psychological, emotional and spiritual. Our bodies are just these innocent vehicles that we drive our souls around in. I truly don't believe they are ever purposefully "letting us down" but rather are simply brilliant messengers shining their lights on areas of our life that may need attention.

For myself I am continuing all the wonderful lifestyle changes I have worked on: putting play further up on my priority list in order to reactivate my vagus nerve, continuing healthy diet, supplements and activity levels, engaging more in prayer and meditation… and taking my digestive supports faithfully (they are working wonders!) as well as working on incorporating more apple cider vinegar, kombucha, fermented foods and bone broth into my diet to further support this critical system.

What I hope you take away from this article is: 1) the importance of the vagus nerve, 2) the importance of gastric juices, 3) how wonderful it is to reach out and ask for help!, 4) appreciation and wonder for the beautiful interconnectedness of our brilliant bodies and 5) the necessity of addressing all factors of health!

Betaine HCl & Pepsin challenge

1. Take one capsule containing 500mg of betaine hydrochloric acid and about 25mg of pepsin at your next large meal. At each subsequent meal of equivalent size, take one additional capsule.
2. Continue to increase the dose in this manner until you have reached 5 capsules or until you experience a sensation of heaviness or a feeling of warmth in the stomach/lower sternum, whichever comes first.
3. When taking several capsules, it is best if the dose is divided and taken at the beginning, middle and end of the meal.
4. A sensation of heaviness or warmth probably indicates that you have supplemented with more HCl than you require for digestion of the meal. In this case, reduce the number of capsules by one at subsequent meals.
5. Once you have established a dose (either 5 capsules or less if warmth or heaviness occurs) continue this dose.

It is common that, as your stomach regains the ability to produce an adequate concentration of HCl, you will require less HCl to properly digest your food. If over time, you experience warmth or heaviness at a dose that previously did not cause these sensations, then this is an indication to reduce your dose. With smaller meals, you may require less HCl so you may reduce the amount of capsules taken. Individuals with very moderate HCl deficiency generally show rapid improvement in symptoms and have early signs of tolerance to the acid. This typically indicates a return to normal acid secretion.

Precautions: If, at any time, you experience a burning sensation, discontinue HCl supplementation and notify your health care provider. Administration of HCl/Pepsin is contraindicated in peptic ulcer disease. HCl can irritate sensitive tissue and can be corrosive to teeth; therefore, capsules shouldn't be emptied into food or dissolved in beverages.

Beyond Sunshine:

The Deeper Cause of Skin Cancers

By Dr. Laura Stark ND

I am about to make a bold supposition. Skin cancer is not caused by sun damage.

I confidently make such a statement because 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 set of biological laws that link the

psyche, brain, and organs in a coherent process explaining the cause of disease and the very predictable two-phase course of healing. Dr. Hamer's research demonstrates how illness is caused by an unanticipated biological shock – an emotional trauma. 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!

My German New Medicine teacher, Ilsedora Laker, is a great confidence inspiring example who had a large (approximately 6cm) melanoma on her back that she allowed to heal on its own. This is because she fully understood the origin of her skin cancer and therefore could confidently predict its course of healing. It took a couple years to fully resolve, but there is no longer any sign of melanoma on her back.

Skin cancer grows during the active phase after the initiating trauma has occurred. If some resolution to this trauma is found, the tumour is then allowed to enter a healing phase in which the body will break down that tumour sometimes with the help of fungi or bacteria. The biological shock that initiates a skin cancer process is a conflict of feeling soiled, an assault against one's integrity, or a conflict of feeling disfigured. These can be in a very real sense or a figurative sense. Interestingly, a sunburn could create this sort of trauma – the skin is our first physical line of defense and a sunburn can compromise its integrity or a sunburn could also be experienced as disfiguring. If it came as a shock, an accusation like "you dirty pig, you're a mess" could result in a skin cancer. The location of the skin cancer on the body is either the actual place that the literal assault or disfigurement occurred, or sometimes turns out to be more metaphorical for how the shock was experienced. A common example is the skin cancer that appears along mastectomy scars – a surgery many women would certainly experience as disfiguring. A metaphorical example could be an assault that figuratively "hit below the belt".

In Ilsedora's case, her melanoma was located in exactly the spot on her backside where she would, as a youngster, put her hand to protect herself from getting a swat. Something that she never felt she deserved – an assault to her integrity. This early trauma in Ilsedora's life was a primer. She had a mole in this location since childhood, but it did not develop into the melanoma until much later in her life when she had another experience that provoked the exact same feeling. A mole actually manifests as a result of a milder version of the same traumatic themes that cause a skin cancer. Diving into her

memory banks and bringing awareness to the assaults on her integrity is what allowed Ilsedora's melanoma to start fading away.

Becoming conscious of the trauma is what allows the body to let go of the trauma. When we are consciously processing something traumatic our body has no need to compensate for us (and we don't actually become traumatized). A trauma is by definition something that is unconscious. Our biological survival instincts take over and our bodies try to save us. The increased tissue of a skin tumour serves the biological function of providing protection from further attacks against one's integrity. The tumour will remain and likely continue to grow until the unconscious can let go of the trauma and feel safe again. The really tricky part about skin cancer is that the tumour itself is typically experienced as threatening or disfiguring and therefore the initiating trauma is only reinforced. By understanding the true cause and the very predictable nature of "disease" progression, as revealed by Dr. Hamer's research, we can be free of the fear and panic and instead focus our energies on supporting our bodies with good nutrition, an active lifestyle, and the conscious effort toward self-awareness that keeps us truly resilient to all disease.

Learn more about German New Medicine at www.newmedicine.ca and watch for upcoming articles

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Repelling the Bugs and Soothing the Bites Naturally

By: Dr. Allison Ziegler, ND

It's that time of year when we desire to be outside. Bike rides, picnics, time at the park, camping, campfires and evening ballgames are gold standard of summer fun. Sometimes; however, enjoying the beauty of nature can be dampened by the annoyance of bugs and bug bites.
The common commercial bug repellants contain chemicals, such as DEET, which can cause adverse health effects when used over time. Making your own natural bug repellant is a healthier alternative. The following is an effective and easy recipe for a natural bug repellant.

Natural Bug Repellant

- Fill an 8 ounce spray bottle ½ full with distilled water
- Add Witch Hazel to fill to the top
- Add 30-50 drops of essential oil mix containing Rosemary, Clove, Lavender, Cinnamon and Eucalyptus

Additionally, there is link between B vitamin content in the blood and the susceptibility to be bitten. An increased level of B vitamins, especially vitamin B6, can decrease the amount of bugs attracted to

your blood type. Taking a B Complex supplement, higher in B6, throughout the spring and summer months can help to naturally repel the bugs.

Once bitten by an insect, soothing the area becomes the objective. Treating the irritation, itch and inflammation of the skin are the actions required to soothe the area. There are many herbs and natural substances that provide these actions and help to reduce the aggravation by the bugs.

Zinc Cream

- A zinc cream containing a zinc content higher that 30%, is highly anti-inflammatory and increases skin healing. The anti-inflammatory action will help to soothe the area.

Shae Butter

- Pure shae butter is soothing due to its anti-inflammatory effects. It has been used to treat bug bites for hundreds of years. It contains high levels of vitamin A, which provides a skin healing action.

Aloe Vera

- Aloe is extremely soothing and healing to the skin. Its anti-inflammatory and cooling property is very beneficial for an inflamed area.

Chamomile

- Chamomile is one of the best soothing herbs. It contains many anti-oxidants to help with healing and to reduce inflammation. Chamomile contains quercitin, natural anti-histamine. Steeping chamomile tea and applying the tea bag to the bug bite can help to soothe and reduce allergic reaction at the site.

Healthy Food for Less? Do Tell!

By Dr. Marika Geis ND

A trip to the naturopath will always have you leave with some sort of dietary advice, not all of it welcome. Lack of time, lack of money, lack of skills, lack of exposure to some of the foods we put forth as alternatives to the ones that work against us, are just some of the realities we all face when trying to get our naturopathic programs off the ground. But here's the thing: any good program worth its weight will always have dietetics at its core. Part of our job is to provide you with enough supports and resources so that you can begin to envision a new and empowered future. One where your health doesn't limit your ability to live the life you want.

Speaking as someone who left home with minimal skills in the kitchen, I managed to learn enough over the long term to feed my family in such a way that reflects our values when it comes to food: efficient, fast, clean, fresh, organic and affordable. And I was able to do so one recipe at a time. Much

to my surprise, I learned that I didn't have to spend endless hours in the kitchen nor break the bank to ensure clean and wholesome meals. The concept that allowed this was that of 'bulk cooking'. A few well placed, high yield recipes allows for dinner one night, lunches the next and likely a night or two where you can take a night off cooking and work through some of your leftovers – for up to 4 people.

Sound too good to be true? Read on and you will realize that you have more skill than you realize, save more money than you thought possible and serve low allergen foods that are above all…… DELICIOUS!!

Savory Meat or Vegetarian Chili (serves 6-8; 20minutes prep time)
gluten free, soy free, egg free and dairy free.

You will need a large soup pot before getting started.

1 large red onion: roughly chopped

½ bulb garlic: smoosh with the flat edge of your knife for easy peeling and roughly chop.

Sautee together with 1/3 cup of ghee, olive oil or coconut oil on medium heat for 8-10 minutes or soft and golden.

For meat chili: 1.5 lbs ground bison or beef or turkey

1 x 19 oz can of kidney beans

Sautee along with garlic and onions until browned and its own juices rendered. Then add rinsed beans.

For vegetarian chili: 1 x 19 oz can of black beans

1 x 19 oz can of chick peas

2 x 19 oz can of kidney beans

After rinsing thoroughly, add to garlic and onions.

Then add the following:

2-3 large carrots peeled and roughly chopped

½ head of celery roughly chopped

2 large handfuls button mushrooms roughly chopped

1 large pepper roughly chopped

2 small zucchini roughly chopped

1 cup frozen corn niblets or fresh if available

1 x 28 oz can diced tomatoes.

Throw all the veggies in as they are prepped and give everything a good stir while doing so to prevent your stew from catching at the bottom. If this happens, lower the heat and add a splash of water.

Then add the following spice combination.

1.5 gently rounded tablespoons of chili powder

1 gently rounded tablespoon of cocoa powder

1 heaping teaspoon of dried oregano

½ teaspoon of ground cumin

1 tablespoon sea salt.

Bring your pot to a simmer, place the lid, and then reduce the heat to low medium or low. The veggies will begin to sweat and make the base for the stew and your kitchen will smell divine with this unique combination of spices.

While your pot is simmering, put on some water for rice pasta and cook according to package instructions. Or alternatively, you can serve this stew over rice or potatoes or just have it as it. If dairy is not an issue for, you a generous helping of grated sharp white cheddar cheese rounds out the flavors nicely. With this recipe, three adults and two children aged 5 and 7 have at least 2 meals if not three depending on appetites.

I wish that there was a way for me to share with you just how much of a novice I was. This was one of the first recipes I learned way back when. If I could do it, I KNOW you can too! You got this!

Sunshine Protection from the Inside Out

By Dr. Laura Stark ND

A number of months ago while researching the use of grapeseed extract topically for healing damage from radiation therapy, I came across and an interesting idea that has become my summer self-

experiment: using grapeseed extract internally and topically as sunburn prevention and treatment. This potent antioxidant nutrient is supposed to help our body to recycle the vitamin C in our skin back into its reduced (un-oxidized) form in order to repair the damage from the sun's radiation.

I have had more than one second degree sunburn to my nose and every summer thereafter, my first day of any significant sun exposure leads to a big red blister on my nose that refuses to heal all summer. My strategy thus far has been to try to remember before I get the blister and use my SPF 60 toxin laden sunscreen religiously on my nose all summer once I do, to protect from further damage.

This year, I started taking Nasobih Nutra-caps in April. Nasobih is a high quality grapeseed extract and the Nutra-caps include the synergistic antioxidants resveratrol, vitamin C and citrus bioflavonoids. I bike to work and have major yard work to do this year, so the regularity of my sun exposure is greatly increased this year compared to the last 6 years which had only one or two good sun days to create my nose blister. The big test came the weekend Chaun (my other half) and I finished constructing our Hugelculture garden (you should look up this cool permaculture idea by the way). We got roasted that day with nearly 12 full hours of work out in the sun that Saturday. I woke up on Sunday morning with my nose blister. I had double dosed my grapeseed Nutra-caps on Saturday and I triple dosed them on Sunday and started applying Nasobih Nutra-cream (the topical version) on my nose before going out in the sun and at the end of the day. We spent about 5 hours in the sun on Sunday and on Monday morning I woke up with NO NOSE BLISTER! It was gone - completely healed in one day even with continued sun exposure. In the weeks that followed, the burn I received on my shoulders that first day never peeled as I would have expected it to. Chaun sure peeled (acting as my non-grapeseed control group). I was shocked and thrilled. I have continued this summer without a nose blister through our fence building project as well! My pale Irish skin is more tanned than it has been in years, my vitamin D levels must be glorious, and I am revelling in the life-giving sun rather than hiding away in the shade!

My faith in the resilience of the human body is once again re-affirmed. Humans co-existed harmoniously with the sun long before sunscreen was invented and certainly even long before we wore protective clothing. I firmly believe that when our bodies have the nutrients and other resources it requires for optimal functioning, we can be perfectly resilient to our environment – healing what needs to be healed and growing to overcome what needs to be overcome. I think this is one of those perfect examples – if the body has sufficient anti-oxidant nutrition, it is able to repair and compensate for the oxidant damage our skin receives from the sun!

In health,

The Cathedral Centre for Wellness Team