

Page 1: Beating Colds and Flues with Homeopathy/Acupuncture For Wrinkles

Page 2: Counselling At the Clinic

Page 3: On The Run Nutrition Tips/ Do You Suffer From TMJ?/Are There Angels In Our Energy Field?

Page 4: Embracing Autumn Change/What You May Not Know About the Flu Shot



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the first place, and if you do get sick, you will recover faster than one whose immune system is compromised.

**"So, how do I strengthen my immune system?"**

- **Vitamins-** (Genestre or Natural Factors are good brands) Vitmain C (esterified 2000mg/day), Zinc (50 mg/day), Multivitamin
- **Homeopathic Constitutional Treatment** (your homeopath will prescribe a remedy that is specially suited to you, based on your individual make-up, symptoms picture, personality, family history, etc.. Constitutional remedies prevent sickness by optimizing immune function, and patients report that they get fewer and less severe illnesses.)
- **Water** (8-10 glasses per day)
- **Raw fruit and veggies**, fresh garlic and ginger
- **Sleep** (7-10 hours/night), **Exercise**
- **Stress reduction** (through massage, shiatsu, counselling, yoga, meditation, reiki)
- **Hygeine** (washing hands regularly)

*Continued on page 2*

**BEATING COLDS AND FLUS WITH HOMEOPATHY**

*By Heather Osler, DHMHS, Homeopath*



An ounce of prevention is worth a pound of cure...an old saying that still holds true. Being aware of how your body gets sick, and noticing those first signs and symptoms that show you are coming down with something, are your body's way of saying, "Help me!" If you slow down and listen to it, you can take action to prevent developing a full blown cold or flu.

There are two approaches when it comes to handling colds and flus. One approach focuses on the 'enemy' or offending bacteria or virus, while the other focuses on you, the host, and your immune system. **Conventional drugs** are often very good at attacking a particular bacteria or virus and suppressing uncomfortable symptoms. However, they do nothing to stimulate your immune system. Thereafter, you are left no better off to handle the next "bug" that comes your way, and will likely get sick again.

**Homeopathic medicine** actually strengthens the defences of the host, making you less likely to be affected by *any* virus or bacteria, Strengthening your immune system covers all bases, as regardless of which strain or which name the offending "bug" falls under, your system will be strong enough to fight it off. With a strong immune system, you are less likely to get sick in

**Acupuncture for Wrinkles**

*By Joanne Hidalgo, D.Ac., D.TCM*

Cosmetic Acupuncture is an effective, non-surgical treatment to reduce the signs of aging. It is based on the principles of increasing the local circulation to the face and stimulating collagen production, which fills out the lines and gives firmness to the skin for a healthy, glowing complexion.

Acupuncture is a therapeutic approach which affects several of the human body's systems simultaneously. Treatment involves the insertion of fine, sterilized, disposable needles into acupuncture points along the body's energy channels, known as Meridians, which allow for energy transfer within the body. The rationale underlying acupuncture practice is to alleviate the body of stress, pain or discomfort a person may experience stemming from a blockage of or deficiency in its energy.

Acupuncture can treat the following health conditions: Frozen shoulder, Migraines, Tendonitis, Arthritis/ Osteoarthritis, Muscle spasms, Disorders of the Eye, Mouth & Throat, Pinched nerves, Gastro-intestinal Disorders, Sciatica, Neurological & Musculoskeletal Disorders, Asthma, Insomnia. As well for mothers wanting a drug free labour, acupuncture can assist with inducing labour.

These are only some of the many examples of health conditions for which acupuncture can serve as an effective approach towards total wellness.

## “What if I do get sick?”

Try to recognize the early warning signs and nip it in the bud.

Do the following religiously and the chances of it developing will decrease dramatically:

- **up the vit C** to 4000mg/day, introduce 25 000 iu Beta carotene, and continue with your multi and zinc
- **up the fluids** (flushes the system)
- **avoid dairy** (produces excess mucus), sugary/salty foods, fried foods (tax the system which needs to use its energy on healing)
- **oregano oil** (3-4 drops in a shot of water or juice, 4 times per day)
- **golden seal/Echinacea** capsules or drops (no longer than 10 days)
- **sleep** (your body needs it, so give it)
- **Oscillocochinum or Influenzinum** 9C (homeopathic remedies) are very effective in warding off the flu if taken within the first 48 hours of onset.

## How effective is homeopathy in treating colds and flus?

Sure, its easy to say scrap the antibiotics or flu shot and go natural...but does it really work? There is a misconception that homeopathy can only treat mild illness and cannot handle severe ear infections, intense fevers, bronchitis, pneumonia, etc. In fact, historical evidence proves that this is not the case:

***During the Spanish flu epidemic of 1918-19, homeopathic physicians had a success rate that none could rival.***

In Philadelphia alone, of the approximately 24,000 cases that were treated in allopathic/conventional hospitals, the mortality rate was 26.2%, while the mortality rate of the 26, 000 treated in homeopathic hospitals was a mere 1.95%. (Statistics collected by W.A.Dewey, MD and published in the American Journal of Homeopathy 1920).

*Remember, not every cold/flu needs to be treated. Mild symptoms are simply your body's way of fighting off the illness, and to suppress these symptoms will slow down recovery.*

If you aren't able to nip it in the bud and it develops into a full blown cold/flu, there are specific homeopathic remedies to speed up recovery and reduce discomfort. Homeopathic remedies can also be given to babies, small children and pregnant women. Many books are available that list homeopathic remedies for cold and flu. Pick the one that most closely matches your symptoms or consult with a professional homeopath.

Your best bet to staying healthy this season is to make wise lifestyle choices, take your vitamins and seek homeopathic care to boost immunity. A little bit of attention to your body will go a long way!



## Counselling at the Clinic

*Robin Lloyd, MSW, RSW*

One of the modalities I am trained in is mindfulness. Huh? What's that? Mindfulness has evolved from Buddhism and Yoga and essentially is about being more present and fully in the moment with our experiences, in awareness and without judgement. Science has quantitatively shown that practicing mindfulness, specifically meditation and yoga, positively changes the physiology of the brain. There is now a growing trend for the inclusion of this approach in mainstream mental health services, not to mention that for centuries people have practiced this way of life and proclaimed the benefits!

How does mindfulness help us? Often we come to counselling struggling with hard to feel feelings or difficult life experiences. Sometimes we even actively try to avoid or escape these situations by engaging in dangerous or harmful behaviours because we do not know how to cope. Mindfulness helps us develop our ability to be with these difficult

experiences. We learn how to slow down and notice our feelings, reactions and physical sensations without feeling overwhelmed. We develop faith in our ability to manage as we witness our progress moment by moment. For more information about the counselling I provide please feel free to visit the clinic.



## Eating on the Run

*By Michelle Vella, Holistic Nutritionist*

As we kick into high gear this fall season – with work, school and extra curricular activities – you may find it challenging to have the entire family sit around the table to eat wholesome nutritious meals. It is during this season, that we begin to feel rundown and look for that quick fix to keep our energy levels up – not to mention fighting off colds and flu that thrive during this time.

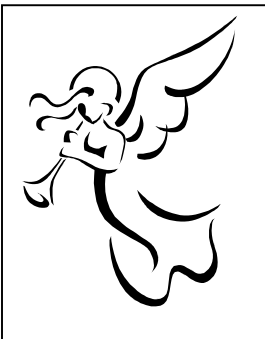
Here are some quick tips on how to stay healthy and energized on the go...

- Chop celery and carrots and keep in water in the fridge for quick snack. Serve with hummus, tziki, bean dips
- Apples, pears, bananas are quick portable snack
- Dried apricots (unsulphured) and figs
- Home made trail mix made with toasted oats, raisins, dried fruits such as cranberries, blueberries, apricots and nuts such as almonds, walnuts, cashews, pecans
- Smoothies made with nut milk, fruit juice, yogurt and fresh fruit – whey protein powder can be added for extra protein
- Baked sweet potato fries or crisps
- Homemade soups/stews and rice, legume and bean salads can be made in advance and portions frozen

## Are there Angels in our Energy Field?

*By Suzanne Clancy, IET® Master Instructor & Reiki Master*

Contemplating this idea requires us to recall the childlike innocence with which we once viewed the world, and ourselves in it. We often go about our day to day business largely unaware of the many forces that are acting upon us. We understand that our minds remember, but very few of us recognize that our bodies also remember. These deeply suppressed feelings are transferred from our mind through our emotional experiences to our bodies at a cellular level. In order to move forward and grow to our full potential it is necessary to get 'the issues out of our tissues'.



Here is where Angels enter our Energy Field.

Integrated Energy Therapy® is a gentle light touch modality/method that works to clear these cellular memory patterns from your physical body. Once the cells are cleared of energy blocks, the therapist channels angelic energy to form an empowerment imprint that fills the cellular memory with the opposite of what has

been cleared. For example, the energy of guilt is replaced with the imprint of innocence. I.E.T.® supports you in safely and gently releasing limiting energy patterns of your past, empowering and balancing your life in the present, and helps you to reach for the stars as you evolve into your future.

**WELCOME TO OUR NEW THERAPISTS!**

**PRISCA NATTERER: SHIATSU THERAPY**  
**EMILY ANASTASSIADIS: CRANIAL SACRAL THERAPY**

## Do you suffer from Temporomandibular Joint Dysfunction (TMJ)?

*By Sarah Nottingham, Registered Massage Therapist*

This condition arises when constant strain, stress, and malocclusion of the jaw lead to pain and loss of function of the jaw joints. This can make chewing (mastication) very difficult and be a contributor to persistent headaches. A malocclusion can be caused from a previous trauma to the face or head, a bite dysfunction, or bruxism (grinding or clenching teeth). Bruxism occurs most frequently during periods of stress and can occur during the day, or at night while sleeping. Injuries elsewhere in the body can also lead to TMJ problems. For example, a childhood fall can cause imbalances within the spine, which could lead to neck and jaw problems later on in life. Other factors involve excessive movement of the ligaments surrounding the jaw joints, or problems involving the disc within the joint that can create audible noises, such as "clicking" or "popping".

Symptoms of TMJ Dysfunction include: head, neck, ear, mouth and/or shoulder pain; clicking or locking in the jaw with a loss of mobility (ROM); pain and tenderness of the masticatory (chewing) muscles.

Another common symptom is frequent headaches. 2000lbs per square inch of pressure is exerted at the second molar when the teeth are clenched. It is no surprise that the cranial bones would also be affected if this happened all night long.

Massage Therapy is highly effective in relieving TMJ dysfunction by reducing the tension within the masticatory muscles. This is achieved by extra and/or intra oral massage and self-education.

Massage Therapy hours now EXTENDED. Available 5 days a week including evening appointments

# What You May Not Know About the Flu Shot: Make An Informed Decision This Year

By Heather Osler, DHMHS, Homeopath

The flu is a nasty thing to suffer through and in certain rare cases, can lead to fatal complications. The pressure we receive from physicians, government and the media often lead us to believe that we are negligent if we do not get the flu shot. But, are we getting the full story?

## EFFECTIVE?

Published in the Canadian Medical Association Journal, Italian epidemiologist, Dr. Demicheli called the 70%-90% claims of vaccine efficacy, *"both wrong and misleading.....and refer only to the ability of the vaccine to produce antibodies effective against the virus. But this is not the important measure of vaccine efficacy. Instead, we should measure the ability of the vaccine to prevent clinical disease, in this case influenza. By this measure, vaccine efficacy is no greater than 25%."* ([www.vran.org](http://www.vran.org))

A study done by the U.S. National Institutes of Health which reviewed three decades of U.S. data was published in the February 14, 2005 Archives of Internal Medicine. The study found that flu shots for the elderly in the United States had not saved any lives

One reason the vaccine is not necessarily effective is that it only protects against 3 strains of flu each year. The strains included in the vaccine are merely the result of a *guess or prediction* as to of what may hit during the coming flu season. There is no guarantee that it will be accurate and should you get infected with another strain, you will definitely not be protected.

After reviewing 25 studies on children, Dr. Tom Jefferson reported, *"We recorded no convincing evidence that vaccines can reduce mortality, [hospital] admissions, serious complications and community transmission of influenza. In young children below the age of 2, we could find no evidence that the vaccine was different from a placebo,"* ([www.vran.org](http://www.vran.org))

## SAFE?

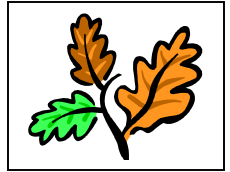
Injecting strains of flu virus into the bloodstream may well be safe enough, but the ingredients used to preserve the vaccines are known toxins to the human body. Thimerosal, a form of mercury is present as a preservative in most flu shots. While there have been several recommendations by the FDA to remove thimerosal from vaccines, they have been only that, *recommendations*, and have not been followed through by the pharmaceutical companies. Thimerosal has been linked to autism, ADD and Alzheimer's and has a toxic effect on the nervous system, particularly the developing nervous tissue of infants and young children.

It should not be a mission to eliminate the flu in children as this approach does not allow for children to go through the natural way of building a strong immune system. It is important for children to experience common illnesses like colds and flus from time to time in order to train their developing immune system to better handle illness later on in life. "In the letter to The Lancet, Jefferson and associates expressed deep concern that safety studies were not done, the studies were too old and too small, or the vaccine manufacturer simply refused to allow the team to review the data from the vaccine trials." ([www.vran.org](http://www.vran.org))

The shot is not necessarily as safe and effective as we are made to believe, so give it thorough consideration before vaccinating you or your small children, and remember there are several other ways to protect against the flu this year.

## Embracing Autumn Change

By Simone Bowman, Reiki Master  
and Psychotherapist



Autumn is a time of transformation. We can see that all around us in the changing of the fall leaves - one of nature's most beautiful and colourful events. This vibrant transition of the leaves reminds us of the grace with which nature eases through transformation.

Change is a natural process. Throughout life, we are often confronted with change - whether it is as a result of a relationship change, job transition, or relocation to a new city.

Do you accept change in your life?

If you are at a crossroads and are struggling to accept the changes in your life, I invite you to acknowledge that and find support in your personal journey. Through psychotherapy and energy therapies, we can explore ways to support you in managing your transitions and in embracing change. Our work together can identify your personal blocks and explore new ways for you to accept the fullness of your transformational journey.

This season, give yourself the opportunity to embrace change in your life. Let the wisdom of nature be a guide to ease you into the beauty of your own inner transformations.

FOR MORE INFORMATION OR TO BOOK YOUR APPOINTMENT,  
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