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Preventative Health Care: The Optimal Approach To Staying Well

By Heather Osler, DHMHS, Doctor of Homeopathic Medicine, Clinic Director

"An ounce of prevention is worth a pound of cure" is an expression that certainly holds true when it comes to family health care. A little bit of effort and awareness regarding our health can prevent serious life-altering disease. It is amazing to see how much time and money we are willing to spend fixing up our cars, homes and even the outside of their bodies (hairstyling, make-up, clothes) but how little time and energy is spent on taking care of our health and wellbeing.



Preventative health care is a way of life. It requires a shift in our priorities so that we invest a little time, energy and money each day. It's all too common to see those priorities shift dramatically after a life threatening incident (heart attack, diagnosis of cancer, etc). Why should it have to get to that point for us to value our health, especially when it is often, at this point, too late?

Listen to your body! We have been conditioned away from being in touch with our bodies and therefore we often fail to recognize those messages that tell us things are getting out of whack. While conventional drugs have provided miraculous results in certain areas, they have also encouraged people to completely dissociate from the messages our bodies are trying to convey. 'Minor' symptoms like constipation, migraines, or skin eruptions are the body's way of warning us that something is wrong. If we ignore these messages by popping laxatives, pain killers or slathering on creams that mask the problem, we block off that communication with our body.

Instead, we should be listening to those messages, trying to figure out why the symptoms are happening, and doing what is necessary to bring the whole system back into balance.

The purpose of alternative and preventative medicine is to re-establish that communication between one's self and one's body. The more aware we are of the way our

body functions at its optimum, and the more tuned in we are to those indicators that it is starting to go off kilter, the easier it is for us to prevent serious health complications. It's like listening to your car. When you hear a strange noise in your engine, you do not ignore the noise for months until it just conks out. You take it to a mechanic who can nip the problem in the bud before it leads to more serious complications. Why don't we do the same with our bodies? Continued on page 4...



HOLIDAY OPEN HOUSE!

At Bloor West Homeopathic and Wellness
Clinic

Sat. Dec. 8th 12pm-4pm

2430A Bloor St. W. 416-588-0400

- FREE apple cider and treats
- FREE mini-treatments (massage, acupuncture, shiatsu, reiki)
- FREE info sessions on homeopathy, nutrition and psychotherapy

Counselling at the Clinic

By Robin Lloyd, MSW, RSW

Death. Not a topic we are all comfortable with. And understandably so: Who wants to think about “the end”? But it is coming for all of us eventually; sooner or later and sometimes unexpectedly and tragically. Of course, we all know this intellectually, and we see evidence of it daily in nature or in the news ... but until it hits us personally, we often exist with it at an arms length from us.

What has been your experience with death and dying? Does your family openly discuss and share feelings, and were you included as a child in the ceremonies or rituals around death, or were you excluded and “protected”? What is your belief system about what happens when/after we die?

If you have not yet had an opportunity to question this in your life it can be a shock to realize that you have no idea what you believe when you are trying to process the death of a cherished person or pet. And how do we really know the answers? This is a truly personal path. We can experience grief for many reasons, for example loss of a job, a relationship, our mobility or health. As we grieve a loss we can feel out of control or like the purpose of our day to day life escapes us.

Grieving is a natural response to loss and, contrary to earlier theories, the grief process is not linear. Each of us will have our own unique way of moving through our grief and we can cycle back and forth between many different feelings, such as sadness, anger and acceptance.

There are many myths about grief that can complicate our experience. Having a safe place to explore our feelings and work through the confusion can be vital.

If you have experienced a loss and would like to have someone to talk to about your feelings, please feel free to call the clinic and book an appointment with me, or call my private line (416) 762-1066.



In Loving Memory

Organic Café and Market Coming To The Junction!



The Beet Organic Café and Market is almost here! Opening toward this fall, The Beet will be the new west end hot spot for organic and healthy living. The Beet is owned by two health professionals: Heather Osler, Homeopathic Doctor and Director of the Bloor West Homeopathic and Wellness Clinic, and Michelle Vella, Certified Nutritional Practitioner. We will be bringing you...

- an organic and nutritious menu designed by a Certified Nutritionist and Homeopathic Doctor
- a fresh organic produce stand, organic dairy products, baked goods, organic items for the pantry
- wifi cafe and summer patio
- a family-friendly environment
- educational lectures on nutrition and homeopathic medicine

From our sustainable interior design, to our produce and packaging, The Beet is committed to being an environmentally friendly and sustainable operation. Our mission is to support local farmers by providing fresh local produce whenever possible. We will only carry imported items that are fair trade and all take-out packaging will be biodegradable. If you have any questions, please email info@thebeet.ca.

Massage Therapy and Pregnancy

By Sarah Nottingham, Registered Massage Therapist

Pregnancy is a period of many changes. A woman's entire body adapts to a new life growing within. Most of these changes are welcomed and enjoyable, although some may be uncomfortable and not as pleasant.



Dealing with the news of an addition to the family can be a positive change but also a stressful one. The tension caused by stress, along with the physical changes of pregnancy, can exhaust your energy levels. Many mothers also continue to work full time right into their final weeks of their last term. A regular massage through out the pregnancy can relieve physical and emotional tension, improve sleep and boost energy levels.

Massage Therapy is a safe and effective method to relax, relieve discomfort and increase energy levels during the pregnancy.

Some of the benefits of Prenatal Massage include:

- Decrease pain and discomfort in your muscles and joints that must support extra weight.
- Reduce muscle cramps
- Improve maternal mood
- Improve neonatal health and development
- Improve circulation
- Stimulate the lymph system and boost immunity
- Reduce excess fluid retention.
- Aid in reducing stress of life changes that accompany pregnancy

How does Pregnancy Massage differ from regular Massage?

- The length of treatments may be longer. Occasionally a 90 minute session is required for full body treatments.
- Through out the pregnancy, certain areas are avoided at certain times. EG. abdominal work is avoided during the first trimester, but is safe and encouraged in the 2nd and 3rd.
- No joint mobilizations are preformed due to joint laxity.
- During the final stages, all treatments are performed in sidelying.
- Blood pressure is monitored regularly.

All Massage Therapists are fully trained to provide safe and effective treatments during pregnancy. Massage Therapy is an excellent method of pain relief without the use of medication.

Homeopathic Flu Treatment Clinically Proven

Oscillococcinum, while difficult to spell, is easy to take, and is an effective alternative for preventing and treating the flu. It is a natural homeopathic remedy, can be used by the entire family, and has no side effects.

In a double-blind, randomized, placebo-controlled, multi-center trial of 100 patients (Casanova et al, 1983), the effect of Oscillococcinum was assessed within 48 hours after the onset of flu-like symptoms. The results?

80.0% of patients treated with Oscillococcinum reported a successful outcome in reducing all flu related symptoms and speeding recovery time.

(Centre de Recherche et de Documentation Technique, University of Marseilles, France).

A big hit in Hollywood, Oscillococcinum is a familiar name amongst the stars:

Michael Patrick King, executive producer, *Sex and the City*:
"Oscillo has gotten me through so much! I don't use anything else. It's amazing. I love it! I'm a big fan of Oscillo."
[Emmy Reviews](#) (page 4)

Blair Underwood, *Sex and the City*, *LA Law*:
"I know Oscillo well. I use it all the time. Actually Harry Hamlin from *LA Law* recommended Oscillo to me. I taught my two-year old how to pronounce 'Oscillococcinum.'"

Rob Lowe, *The Lion's Den*, *West Wing*:
"My wife gives Oscillo to me. She's the nurse in the family. She loves all that stuff [homeopathic medicines]. I take Oscillo all the time. It's awesome!"

Time is running out...

Most benefit plans finish in December. Now is the time to use up your benefits before the busy holiday season begins.



Simple tips for maintaining optimum health:

- Sleep. Good quality sleep is the time when your body regenerates itself, healing damaged cells and giving your organs a much needed rest.
- Diet. Increase raw fruit and veggies. Avoid processed food, refined carbs, greasy foods, and remember sugary foods lower your immunity dramatically.
- Water. Fill up a litre bottle twice per day and make sure you finish it off.
- Exercise at least 4-5 days per week. Don't forget to get outside...your immune system needs fresh air and sunshine.
- Laughter. Your attitude has a direct impact on your health so try to lighten up and enjoy life.
- Stress management. If you have a stressful job or lifestyle, relieve the stress on a regular basis through massage, reiki, shiatsu, counseling, yoga, meditation. Stress weakens immunity and promotes disease.
- Multivitamin (I recommend Natural Factors, Nulife or Genestra) for both kids and adults
- For kids: Follow the same guidelines listed above. Replace tv/computer time with outdoor activity. Pump up on the raw fruit and veggies...if you are filling them with the right stuff, there is no more room in their tummy for junk. Smoothies are a great way to hide nutritious supplements like greens powders, probiotics and flax seed oil.
- "Constitutional" homeopathic treatment. When you consult with a classical homeopath, they will prescribe a remedy that is specially suited to your individual make-up. Constitutional remedies support the immune system, remove symptoms from the root, and patients find that they get fewer and less severe illnesses.

control over your health. Interestingly, the word doctor comes from the Latin root 'docere' meaning 'to teach'. Ultimately that should be the responsibility of your health care provider, to teach you how to take care of your body, mind and soul. When you take a proactive approach, you will realize that preventative medicine is a small investment relative to the incredible payback of a long and healthy life!



Give the gift of health and relaxation with a Massage Therapy Gift Certificate. Want something extra special? Try a Hot Stone Massage Gift Certificate!

Preventative Medicine...Continued from page 1

We are built to handle some strain, and the body has its own unique ways of telling us when that strain is becoming too much. If we don't listen, we get ill. If we do listen, we can stop adding to the strain before the body gives out on us. So, how do we maintain this balance to stay healthy?

While it does require a little more effort, it does not mean that you have to be a health fanatic. Healthy living requires one to have fun and enjoy life, so it is not a matter of becoming dogmatic and rigid.



There may be the odd day where your kids are at a party and eat too much junk. You may have a couple of really stressful days at work and you feel like you're going to explode with tension. You may have the occasional night on the town where you overdo it on the martinis and only get 3 hours of sleep. That's ok....as long as you are

proactive and bring back the balance! You can afford these diversions by making sure you compensate for the damage done.

If your kids binge on junk at a party...pump up the water, fruit and veggies for the next week. If you know you are under stress, book yourself for a massage or reiki treatment at your first opportunity or practice meditation. You've overdone it with the booze...take some wheatgrass shots, B vitamins and lots of water the following day (or better yet, before you drink) and go to bed early for the next 3 nights. It is only natural that we live a less-than-perfect life, that we veer off the 'path' and indulge every so often, but there are endless solutions to bring us back on track.

We are in a time where more and more people are taking their health care into their own hands. To experience the benefits of preventative medicine, work with a homeopathic doctor and devote a little extra time and energy to your health each day. When you seek out a health care professional, make sure they have the time to really hear your health concerns, and that they educate you about preventative medicine, and how to take