



Fall 2008-Winter 2009

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Stay Healthy... Simple Tips to Strengthen YOUR Immunity

By Violetta Ilkiw, HD and Wendy Herod, HD

The immune system is the body's main defence system. A functioning immune system can recognize, destroy and get rid of different invading foreign bodies, viruses, bacteria, cancers. We are usually oblivious that these things are constantly going on in our bodies; until our immunity breaks down or stops working the way it should.

We know things are not working the way they should because we become sick. Our bodies might be fighting common or recurring infections, like colds. These are self-limiting and actually help fine-tune our immune functioning. While uncomfortable, these minor illnesses, if infrequent, should rarely be treated.

HOMEOPATHY FOR COLDS & FLUS

Homeopathy requires clear & strong symptoms for effective treatment. A well-chosen remedy can then alleviate symptoms quickly and effectively.

Aconite works well for a cold that starts with a sudden fever after exposure to cold. The person will feel anxious and fearful.

Belladonna is the remedy when symptoms come on suddenly and intensely, fever is high, face is flushed, little thirst.

Ferrum phos can help at the start of a cold with typical runny nose, sore throat. A dose in 6C can be taken 3 times a day on the first day of the cold.

The sign of a weakened immune system can include fatigue, swollen lymph glands, constantly recurring or lingering colds, and frequent sore throats. The immune system and its functioning is complex; but there are some simple things we can do to keep it strong.

Good nutrition is a simple part of the equation to healthy immunity. Our bodies become undernourished by eating foods that do not contain any nutritional value. Over-preserved, fried, fast foods (often simple carbohydrates) provide us with few of the nutrients our system needs to help us ward off disease. Unhealthy nutrition can lead to increased weight gain, while our bodies are actually undernourished.

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A healthy immunity needs daily replenishment of enzymes, foods rich in vitamins and minerals. Fresh, organic vegetables, raw fresh fruits, whole grains, nuts, seeds, nut and seed oils. These foods keep the thymus gland, lymphatic system and white blood cells working to eliminate invading harmful bacteria, viruses and fungi.

Eat whole foods to get all the requirements of a good diet: absorption, assimilation and elimination. Whole foods are natural, raw foods grown without chemical fertilizers & pesticides, are not processed, coloured, or preserved. Get seasonal fruits and vegetables picked as close as possible to the source for full nutrient value!

Regular, restful and relaxing **sleep** is another essential immune booster. Lack of sleep has been shown to have adverse effects on overall health, cognitive functioning and aging.

Exercise! Walk, swim, run, stretch, practice yoga, dance! Find time for recreational breaks and do something physical outdoors.

Relaxation, breathing and meditative activities are important to incorporate into daily routines to decrease or manage stress levels and anxiety. High stress levels deplete the immune system's resistance and increase our chances of getting sick.

Pure, filtered **water** is vital to our whole system functioning, from transporting nutrients, maintaining the integrity of our cells, and to help flush out toxins. Drink water, herbal teas, diluted fruit juices daily.



Meet Our Reception Team

By: Laura Stewart

For me, this fall is the first fall of “going back to school” since attending university four years ago – it’s even more exciting to return to school now because I am truly intrigued with what I’m learning... and because I am able to see what I’m learning be put into practice.

Both Aurel and I (the clinic receptionists) are now entering our second year of the Homeopathic Medicine and Health Sciences programme at the Ontario College of Homeopathic Medicine (the educational institute that provides the highest level of homeopathic education available in Ontario).

Those who come and receive the various holistic services at Bloor West Homeopathic and Wellness Clinic do so because they wish to restore the balance of energy and health in their lives. Working at, and being a part of the Bloor West Homeopathic and Wellness Clinic team allows Aurel and I to witness the healing ability of homeopathy and other holistic medicines on a daily basis, while also providing us an opportunity to facilitate people in their process of restoration and balancing of health – even if it’s as simple as answering their phone call or booking their next appointment.



Massage Therapy

Benefits.....as fall approaches many of us are reminded that our extended health benefits expire at the end of the calendar year. It’s best to start thinking about your overall health and massage goals now, instead of waiting until December when everyone is too busy with the holiday season.

Counselling at the Clinic

By: Robin Lloyd, MSW, RSW

Life involves transitions: leaving home, graduating school, having children, changing careers, retirement, etc. Some we actively pursue and others surprise us.

When we want to make a change we may not always be completely clear about what we want and how to get started. Life Coaching is an excellent support at these times.

Life Coaching is proven to work when two factors are present:

1. You are willing to grow and committed to taking action now.
2. There is a gap between where you are now and where you want to be.

Life Coaching is a partnership. Just talking about your options with someone who knows how to listen is often enough to have it all become very clear. You will make commitments you really want and we will work together to help you stay focused on your vision. I use my intuition and creativity during our sessions and you'll always get my honest, constructive views.

Transitions that surprise us can leave us feeling unsettled and may stir up old memories about past losses. At times like these having a Counsellor to talk to can make a huge difference. The counselling I provide allows you a safe place to explore your experiences and emotions and also supports you as you work on implementing strategies to feel more in control.

If you would like some support with a transition in your life and are not sure whether you need Life Coaching or Counselling, please call (416) 762-1066 to set up a free ½ hr consultation.



Looking for the perfect gift this **holiday** season? Give the gift of relaxation, with a **Massage Therapy Gift Certificate**.



**Please
Welcome
Ellen
Matheson,
RMT**

Ellen graduated from ICT Kikkaka College in July 2008 as a Massage Therapist. She then went on to complete her registration from the CMTO in August 2008.

While in school Ellen enjoyed being Co-president of her graduating class, taking part in the Student Association, and she won an award for school spirit.

Ellen had worked in nursing for five years before becoming an RMT, giving her an extensive knowledge of the body and how it works.

She is looking forward taking courses that will compliment Massage Therapy over the months to come.

Ellen is a wonderful addition to the clinic and will be providing Massage Therapy hours on **Tuesdays, Thursdays and alternating Friday afternoons.**

(Sarah Nottingham's hours remain the same: Mondays & Wednesdays 12-8pm, Tuesdays & Fridays 7am-4pm)





Healing With Nutrition

You may not consider yourself as one who has allergies. We are all familiar with the common allergy symptoms such as coughing, wheezing, watery itchy red eyes, sneezing or runny nose. However if you exhibit any physical health problem at all, chances are they are related to “Allergies” either to foods, or environmental substances or maybe even chemical intolerances.

Common Symptoms May Include:

- *Headaches & Migraines
- *Fatigue
- *Weight gain
- *Nightly Urination
- *ADD/ADHD
- *Digestive disorders
- *Eczema/Psoriasis
- *Constipation/Diarrhea
- *Restless sleep or insomnia
- *PMS
- *Gas & bloating
- *Acne
- *Trouble concentrating
- *Depression or mood swings
- *Sinus Trouble... etc.

What are Allergies?

Allergies are bodies response to any substance that either enters the body and within the body that triggers your immune system to respond in any adverse reaction.

What Triggers Allergies?

Our body has what are called “Meridian Lines” that run along our entire body, and along these meridian lines are “Pressure Points” and when these pressure points get blocked by either ; stress, digestive disorders, genetically modified foods, improper nutrition and over consumption of foods, this causes our immune system to respond, causing an “Allergy”.

How Can we Treat Allergies?

“Bio Energetic Intolerance Elimination”: B.I.E.-What is it?

Bio energetic Intolerance Elimination (BIE) is a powerful new scientific approach that uses a simple and effective method to eliminate allergy symptoms and intolerances **without the use of drugs or needles!**

How Does BIE work?

A lightweight, state-of –the-art device is used to transmit a low electronic frequency of energy directly on to various accu-pressure points (without the use of needles) on the body to stimulate and clear any blockages in energy while the client is exposed to the allergenic substance in glass bottles (so no direct contact is being made at any time)

The glass vials are charged with the substance frequency that is specific to that allergen. While the blockages are clearing, the body’s cells are literally being re-programmed to recognize this substances’ frequency so that it will no longer react when exposed to it. The process takes about 30mins.

How many treatments are required?

It requires 1-4 sessions to clear the symptom of an allergy or intolerance.

One treatment will allow up to 5 allergens to be treated at one time, so normally more than one visit is required. Depending on each individuals specific condition and compliance, this will determine each persons’ results, 85% of clients feel relief from their allergy symptoms after the first session.

Are there side effects?

This is what is normally called the “detox” or “healing crisis”. After the session and up to 3 days after, a person may feel extra fatigued, have a headache, aches and pains ...almost flu like symptoms. Fatigue being the most common one. Symptoms may last (though rarely) up to 1-3 weeks after a session. This is because the body is working over-time to deal with the new information it has been given and cleansing itself.

How soon will I notice results?

Most people report results after just one session, especially when treating food intolerances, however, animal or environmental allergies tend to take more than one session and turn around has been a few weeks. Each individuals’ results are personal because of their stress level, strength of their immune system and hydration within their body..

For more information you can email Lucy at Info@healingandnutrition.com



Beat the Flu Bug with Homeopathic Remedy, Oscilloccinum!!

As soon as you start feeling run-down or have other flu-like symptoms, take Oscilloccinum. It is effective and supported by published clinical studies as well as more than 65 years of use throughout the world