



Spring/Summer Newsletter 2006

Bloor West Welcomes New Clinic!

As we move into the spring/summer season, we have so much to share with you! If you have not already been in, its time to pop in to take a peek, ask some questions, or treat yourself to a relaxing massage. Just imagine, all your holistic health care needs in one spot! Whether you are looking to prevent or treat illness, or simply wish to relieve tension, we are happy to provide the therapy that suits you best.

The clinic offers **homeopathy, shiatsu, acupuncture, counselling, reiki and registered massage therapy**. We are here to help educate you about holistic medicine, so don't be shy to give us a call or a visit as we would be happy to help.

2430A Bloor St.W. 416.588.0400 bloorwestwellness.com

Clarifying the Confusion Surrounding Homeopathy

By Heather Osler, DHMHS, Homeopathic Doctor and Clinic Director

Ever wonder what homeopathy is all about? A cloud of confusion surrounds the topic of natural medicine, as it all seems to get clumped together. This lack of clarity makes it difficult for people to decide what form of natural medicine is right for them. The following article will help to clarify what homeopathic medicine is and is not.

MYTH#1 Homeopathy is the same as using herbs and vitamins.

Classical homeopathy does not involve the use of vitamins or herbs to treat disease. It is a system of natural medicine using microdoses of specific substances to reverse the disease process and restore health. Homeopathic medicine comes in the form of little white pellets or liquid drops and only one remedy is given at a time. While it is natural, it is a system of medicine based on sound scientific principles and should not be confused with herbal medicine or nutrition, though most homeopaths are trained in nutrition and use it to support the action of the remedies.

MYTH #2 Homeopathy involves spending a lot of money on supplements and natural health products.

In fact, classical homeopaths work with one remedy at a time. In a chronic condition, the patient will spend approximately \$5 per month if that. Homeopathic medicines are extremely cost-efficient. Mother Theresa has been in support of using homeopathy for medical aid to impoverished nations because they are so effective yet also so economical. Both classical homeopaths and other natural doctors charge a fee for the consultation, however in classical

homeopathy, patients are not expected to pay for a number of products on top of that fee.

MYTH #3. All natural medicines taste awful, and I could never get my child to take them.

In fact, children love them! One of the nice things about homeopathic remedies is that they are like little pleasant tasting pellets that dissolve quickly in the mouth. Even the fussiest children like to take them. They are easy to administer to infants and weak patients, and when necessary, can even be dissolved into water, or crushed to a sweet tasting powder.



MYTH #4 The treatment is complicated and difficult to follow.

Many natural health care providers send the patient away with a confusing and time-consuming schedule for taking the prescribed products. It can be frustrating trying to remember to

Continued on page 2...

...continued from page 1

take a regime of supplements, three times per day, 10 minutes apart, away from food, with food, and so on. This type of schedule is very stressful to maintain, and is difficult to continue with for the most disciplined of patients. In classical homeopathy, the medicine is taken very infrequently, even in serious chronic disease, and therefore does not require very much effort and energy on the part of the patient.

MYTH #5. Natural medicines are dangerous and cannot be taken with conventional drugs.

Homeopathic remedies are extremely safe, non-toxic and non-habit forming. They are frequently used by pregnant women and newborns, and thus are safe enough for the most sensitive of patients. Furthermore, there are no contraindications in terms of combining conventional drugs with homeopathy. In fact, most patients who come to a homeopath are already on some form of conventional drug and begin their homeopathic treatment using both at the same time. Through time, the homeopathic medicine improves the patient's condition to the point where they no longer need their conventional medication, and they can work with their physician to wean off the drugs completely.

MYTH #6. You need to keep taking them for the rest of your life.

The purpose of homeopathic treatment is to get to the root of the disease and to remove it. Initially the patient usually takes the homeopathic remedy on a regular basis, ie once per week to once per month, but within months or a few years in certain cases, the condition disappears and the remedy is no longer needed. Therefore, there is no dependency created.

MYTH #7. Homeopathy may help with mild physical health problems, but cannot treat serious chronic illness or psychological problems.

This is probably the most unfortunate falsehood about homeopathy. Homeopathy has successfully treated patients with serious acute disease like meningitis, scarlet fever, whooping cough, and concussion as well as those with more long term illness like diabetes, cancer and lupus. Furthermore, homeopathy is very successful in treating mental/emotional health problems in both adults and children. Such problems include but are not limited to bipolar disorder, severe depression, attention deficit disorder, panic attacks and paranoia.

Alternative medicine is a hot topic these days, but there are also many misconceptions. Make sure you find out the facts so you can make an informed decision regarding your health care.

Laughter is the Best Medicine!

A woman walked up to a little old man rocking in a chair on his porch. "I couldn't help noticing how happy you look," she said. "What's your secret for a long happy life?"

"I smoke three packs of cigarettes a day," he said. "I also drink a case of whiskey a week, eat fatty foods, and never exercise."

"That's amazing," the woman said. "How old are you?"

"Twenty-six," he said.



Homeopathic Camping Kits/Summer First Aid Kits

Give us a call for advice on how to put together a kit for camping/cottaging this summer. It includes remedies for sprains, cuts, bruises, burns, sunstroke/sunburn, food poisoning, animal and insect bites/stings, poison ivy and more.

Research Shows Homeopathy Makes Labour Faster and Safer

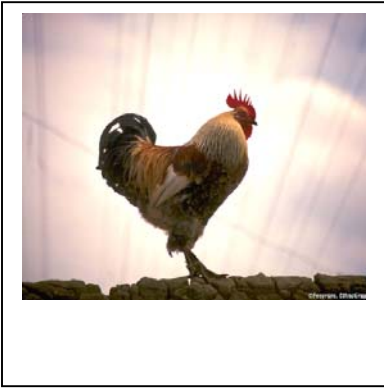
Studies have shown that the use of homeopathic medicine during labour reduces labor time (5.1 hours average for those using homeopathy versus 8.5 hour average for those not using it); and reduces risk of abnormal labor (11.3 percent for those using homeopathy experienced labour problems versus 40 percent of those not using homeopathy).

Canadians Choosing Alternative Health Care

In 2003, one-fifth of Canadians aged 12 or older, or approximately 5.4 million people, reported having used some type of alternative or complementary health care in the year before the survey. This number has been growing rapidly as visits to alternative practitioners has increased dramatically over the past few years.

Arthritis Pain Relief

The combined use of two dietary supplements, glucosamine and chondroitin, significantly reduces the pain in arthritis sufferers according to a study published in the New England Journal of Medicine. Results of the Glucosamine/Chondroitin Arthritis Intervention Trial appear in the Feb 23rd issue of NEJM.



Bird Flu: Panic Over a Possible Pandemic

By Heather Osler, DHMHS, Homeopathic Doctor

Another wave of panic has swept through the media as health experts and scientists prepare for a possible avian flu pandemic. While there is no guarantee that the bird flu will hit, many people are becoming increasingly concerned about how they will be protected.

Leading experts around the world are scrambling to create a vaccine that will provide protection against the virus, but to date, no drug or vaccine has surfaced that is particularly effective. As the rate of mutation with the flu is very fast, even if they do hit on something promising, it may in fact be useless in the face of a mutated virus.

Another legitimate concern is that there will not even be enough medication to go around.

Here's what you can do to ensure that your immune system is functioning at its best:

There are several homeopathic remedies, nutritional supplements and herbal medicines that are clinically proven to increase immune function and treat even the most serious flu symptoms. See a professional homeopath for advice. Combine these with common sense measures such as eating plenty of raw fruits and veggies per day, getting at least 7-8 hours of sleep per night, reducing stress through meditation, breathing techniques, shiatsu, massage or counselling

Try not to get swept away by the panic, but do prepare yourself just in case. Take control and be proactive- a healthy immune system and specific homeopathic flu remedies can be a valuable line of defense.

Stressed? Try Shiatsu...

By Ann Gardiner, Dipl.S.T.,C.S.T., RN(EC) Shiatsu Therapist

One of the biggest hurdles facing the majority of the population today, is dealing with the effects of stress in our daily lives. Juggling long work hours with the additional demands of an active social life and family obligations, can sometimes become overwhelming. Almost everyone who leads a busy and productive life in today's hectic world is at risk for increased stress.

In addition to this, there are also many external stressors on the body from the environment, pollution, diminishing water quality and increasingly less nutritious foods that are laden with additives and preservatives. All of these things put an enormous strain on the body as it struggles to maintain equilibrium. The result is often an individual that is chronically fatigued with a weakened immune system.

Shiatsu is a traditional hands-on Japanese healing art, and the literal translation of the word itself means "finger pressure". It utilizes the philosophy of Traditional Chinese Medicine (TCM), using meridians, which are pathways of energy (Ki) running throughout the body. The balance of this energetic flow is considered to be essential for health and well being.

During a treatment the therapist uses a combination of thumbs, palms, elbows and knees to apply comfortable, sustained pressure to the whole body, combined with gentle stretching. The gentle comfortable pressure of shiatsu produces a deep stimulus in the body which activates the parasympathetic nervous system and results in a profound state of relaxation. It is during this time that the body is able to let go of unwanted emotions and release stored tension and stress. As the body's own powerful self healing mechanism is stimulated, the client experiences a feeling of overall well being.

THIS COUPON ENTITLES YOU TO 10% OFF ANY TREATMENT OFFERED AT BLOOR WEST HOMEOPATHIC AND WELLNESS CLINIC



Did you know?
The British Royal Family is among the many supporters of homeopathy, and has had their own homeopathic physicians for generations.

Summer's Almost Here...Banish Cellulite with Acupuncture!

By Joanne Hidalgo, D.Ac. Practitioner of Acupuncture and Traditional Chinese Medicine

Cellulite is the name given to lumpy, irregular fatty deposits that appear as dimpled skin around women's hips, buttocks, and thighs.

Acupuncture is a safe, natural way to help eliminate cellulite. Even though cellulite affects your outward appearance, it appears in the deeper layer of your skin. That's why external treatments like topical creams cannot effectively deal with the problem.



Counselling at the Clinic

By Robin Lloyd, M.S.W., R.S.W.

The terms counselling, psychotherapy and therapy are all labels used to describe a similar psychological process in which talking is the primary method of intervention. Often the specific education or training of the individual practitioner will influence the label chosen to describe her services. I prefer to use the term counselling.

During counselling, I meet with people (youth, adults, men and women, from diverse ethnicities and sexual orientations), to help them as they work through whatever social, emotional, psychological, spiritual or physical concerns they have. These meetings are collaborative because I value the expertise and life experiences of those seeking my services.

I have a Master's degree in Social Work (MSW), and I am a registered social worker (I am a member of the college of social workers and social service workers, OCSWSSW), thus the RSW after MSW.

What is social work?

In the early 19 century social work had its roots in charities and settlement houses. From the beginning, social workers systematically investigated the causes of human suffering as well as provided relief. They also worked as change agents, influencing political decisions in significant areas such as poverty, labour laws, family allowance and benefits. Some of the early values of social work were ethical practices, professionalism and betterment of society.

Today, social workers continue the work of our pioneering ancestors.

For more information about social work please visit the website of the Ontario Association of Social Workers: www.oasw.org

Acupuncture deals with cellulite at its source, by nourishing connective skin tissues from within. This is an intensive treatment designed to cleanse and improve circulation, as well as, firm and improve skin tone focusing on problem areas. With the help of acupuncture you will notice smoother feeling legs and a firmer looking appearance in your skin.

Would you like a massage?

By Amanda Baskwill, RMT

This is not usually an offer people refuse. Most people who receive massage therapy know that it feels good but do not always know the benefits of massage. These benefits range from improvement of physical symptoms (such as decreasing pain) to enhancing psychological wellbeing (such as improving mood by decreasing anxiety and depression). Clients often report that massage therapy is something they can do that allows them to take time out of their busy schedules to 'unwind' or 'recharge'.

Massage therapy is a great way to treat certain musculoskeletal conditions such as carpal tunnel syndrome, patellofemoral syndrome, plantar fasciitis, lower back pain and tension headaches just to name a few. Massage is also an effective treatment to help you relax and relieve stress.

Food For Thought: Asparagus... A powerful spring detoxifier. Here's how to make it taste great!

Asparagus With Asian Vinaigrette (Makes 2 servings)



2 Tbsp soy sauce	2 tsp
white wine vinegar	2 Tbsp
sesame seeds	
2 tsp. Dijon mustard	2 Tbsp.
minced chives	
2 tsp. sesame oil	12 stalks
of asparagus	

In a small bowl, whisk together the soy sauce, mustard, sesame oil, vinegar, and chives to form a vinaigrette. Steam the asparagus until tender, drain and toss to coat in vinaigrette. Sprinkle with sesame seeds and serve immediately. (Taken from Petaeats.com)

Did You Know?

42% of French physicians use homeopathy in practice. In France, homeopathy is included in all medical school training.

