



Spring/Summer 2008 Newsletter

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Ah Choo! What Do I Do?!?

By Wendy Herod, HD & Violetta Ilkiw HD

It's that time of year again...the weather is warmer, birds are chirping, trees are budding, and your eyes are red and watery, your throat is itchy and you can't stop sneezing!!

If you're one of the thousands of Canadians suffering from seasonal allergies this spring and you're tired of resorting to anti-histamines that offer 'some' relief but don't really work as well as you'd like them to, then read on!

An allergy is a hypersensitive reaction to a normally harmless substance. When a person comes in contact with certain substances such as

pollen, animal dander, dust etc. their immune system reacts as if an invader has entered their system. The response is a release of histamines that act to fight the 'invaders'. The release of histamine causes the symptoms of allergies such as increased mucous production and swelling of the nasal passages and watery eyes.

Clinically homeopathic remedies have been used to quickly and effectively relieve allergy symptoms. Changes have been seen in both the intensity AND frequency of attacks. To be most effective homeopathic treatment should begin before the onset of symptoms, so as to strengthen and balance the immune system before the season begins.

There are many remedies that can be helpful with acute attacks of allergies. However, if you are seeing little improvement or if you have been chronically dealing with seasonal allergies, you would benefit from seeing a professional Homeopath. A Homeopath will prescribe a deeper acting remedy that will consider your entire constitution and can work with you to determine why you are sensitive to allergies in the first place.

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Counselling at the Clinic

By: Robin Lloyd, MSW, RSW

Having hope is important. Hope allows us to believe that things will change, that what we might be enduring will not last forever. Many of us live our lives without needing to consider whether we have hope or not. We often use the word hope casually in our conversations: "I hope to see you soon", "I hope they have my size", "I hope they win this game".

Imagine (and this may be easier for some of you), what it might feel like to not have hope; to feel *hopeless*. Our circumstances can shift suddenly in life. Our normal safe and predictable existence can become scary and dark, for a variety of reasons. Just when we need hope the most it eludes us. At times like these we can feel alone and let down and it can be a challenge to let ourselves even consider hoping and believing things will be different because we may fear being disappointed, yet again. We can get tangled up in a cycle of negative thinking and perceiving that only perpetuates the very thing that we do not want.

Having the courage to share our fears is an initial step. First being honest with ourselves and then venturing out to others we feel close to and know are good listeners. Connecting in this way, whether with family and friends or a mental health professional, helps us end our isolation, and assists us with gaining perspective (and perhaps correcting misperceptions). Supportive conversations can help us remember times when we have coped in the past as well as provide us with opportunities to envision a future that is different from our present reality, even if only remotely so. And that is the beginning of hope.



The Beet Organic Café and Market is a new hot spot in The Junction (2945 Dundas Street West, just west of Keele). If you have not yet been in, it's time to check out the spring spread of delicious organic meals, select organic groceries and produce, and totally innovative eco-design.

Whether you're grabbing something quick like a fair trade organic latte and spelt berry muffin, or bringing home an organic chicken dinner for the family, the prices are reasonable and the flavours are amazing...you'll hardly believe that everything on the menu is healthy.

In fact, the menu has been designed by owners Michelle Vella, Certified Nutritionist and Heather Osler, Homeopathic Doctor to combine optimum nutrition with dynamite flavour.

The emphasis is not only organic, but also local...even at this time of year they've managed to base the majority of their menu and produce stand on locally grown foods,

You won't find hardwood from the rainforest or styrofoam packaging at The Beet! From the counter tops made from recycled paper, to the sunflower seed shell table tops, all the building materials are eco-friendly. Even their take-out packaging is 100% biodegradable.

Check it out and get down with The Beet!

Summer Reading...

The Quantum Doctor: A Physicists Guide to Health and Healing by Amit Goswami, PhD

Dr. Goswami is a leading quantum physicist who has written a number of books, making current findings and theories in quantum physics accessible and readable. ***The Quantum Doctor*** explores how the new understandings in quantum physics can be integrated into conventional science and in our understanding of medicine and healing. He explores leading alternative medicines, including homeopathy, Chinese medicine and acupuncture and Ayurveda, along with conventional medicine from the view of quantum physics.

Helpful Remedies for Acute Seasonal Allergies:

Allium Cepa (Red Onion) 30C:

Similar to cutting an onion, this person experiences red, tearing eyes. They can also experience bouts of sneezing with a burning sensation in the nose. The watery discharge from the nose is continuous and tends to burn the nasal area.

Euphrasia (Eyebright) 30C:

Just as the name suggests this person has watery eyes that burn the skin around the eyes and are extremely itchy. They are sensitive to bright light and will often develop pink eye during allergy season. Their nasal discharge is bland but profuse.

Sabadilla 30C:

This remedy is required for someone who experiences spasmodic sneezing with a lot of nasal discharge. They have a peculiar itching of the nose and soft palate and they try to scratch their soft palate. Allergies are especially bad with flowers.

tension. Maintenance treatments before allows the athlete to maintain an optimal training performance while reducing chances of injury, that could develop from overuse. This is achieved by preventing muscle and tendon injuries, reducing muscle strain and discomfort.

Massage after an event can reduce muscle spasm, reduce muscle soreness and flush lactic acid. All of which assist in recovery after prolonged exertion. Some common sports injuries that are treated with Massage Therapy are: tendinitis, bursitis, sprains, strains, shin splints, muscle spasm, etc.

Repetitive activity can often create a constant build up of tension within the muscles, and create imbalances in the soft tissues leading to stresses on the joints. Without intervention of some form, whether it's Massage Therapy, Acupuncture, Chiropractic or Physiotherapy these can become chronic. These may also interfere with the athlete's rate of improvement which hinders training, interferes with competition and impedes performance or leaves them susceptible to developing more serious injuries. Overall Massage Therapy is an effective choice for athletes of all levels to maintain a much healthier physical state.

Sports Massage

By: Sarah Nottingham, RMT
Registered Massage Therapist

Sports Massage has become quite popular within the athletic community, but is also a common choice among every-day active individuals. Massage Therapy is highly effective for pro athletes, amateurs and even the weekend warrior. Massage Therapy can help maintain their level of fitness, prevent injuries and aid in the healing process of injuries when they occur.

The most common athlete I see in Bloor West Village are runners and can range from people training for marathons and IronMan competitions to people just wishing to remain active and fit.

Massage immediately before an event is beneficial for warming up the tissues, stimulating circulation and allowing the athlete to mentally relax prior to competition by calming nervous



Homeopathy Effective for Eczema?

A recent study in Germany compared conventional treatment to homeopathic treatment for eczema. The study included 118 children with eczema over one year. A primary care trial was conducted, meaning half the children were treated conventionally, the other half using individualized homeopathic primary care treatment.

Using symptom scores to assess change after one year, the physician scores for eczema signs and symptoms were significantly improved in the homeopathically treated group. Overall, homeopathic treatment was found to be as effective in improving symptoms and quality of life, as conventional treatment for eczema.

The research study is published in full in *Complementary Therapies in Medicine*, an international, peer-reviewed journal.

Allergies...More Than We Know!

By: Lucy Lagana R.H.N, R.H.A
(Registered Holistic Nutritionist & Allergist)



As some of us may or may not be aware, Allergies are more than the itchy, watery eyes, sneezing and wheezing symptoms we have been made to believe over the years.

What most of us don't know is that many of our health problems are linked to allergies and intolerances of some sort.

It is important to know that nutrition directly affects our immune system by the foods we eat. Our immune system is our protector or powerhouse in the body. It is made up of an army of special cells ready to go into action at a moment's notice. Immune cells attack and destroy anything that invades the body or threatens it from within, from bacteria's to viruses and even cancers.

A healthy immune system is always on alert, ready to nip tumours before they get started, zap the bacteria that swarm in when your child cuts their finger & fight the viruses that give them their colds and flu's.

This all starts before we are born. The unborn infants developing immune system is learning to recognize itself...the infants own body and everything that belongs in it. A perfectly functioning immune system learns and remembers that it should not attack anything that belongs to itself. Once it learns this, it can concentrate its energies on attacking everything that is not belonging to his/her own body.

But, sometimes things go wrong and ones immune system responds to harmless or useful things as if they were enemies; it reacts to a piece of apple as if it were a virus or responds to the body's own thyroid gland as if it were a cancer. When the immune system responds to harmless or even useful things that enter the body from outside, weather food or environmental, we call it an "Allergy".

Understanding now, that allergies are mistaken identities in the body, it is important to recognize how allergies manifest themselves? Symptoms can be anything from Eczema, ADD, digestive disorders, weight issues, migraines, constipation, asthma, arthritis...even Anaphylaxis plaguing our children today, just to mention a few.

So how do we deal with our confused immune systems? This is where **Bio energetic Intolerance Elimination (B.I.E)** becomes our saviour. B.I.E allows us to test for intolerances and treat them in a non -invasive way (without the use of needles). This treatment reintroduces the substance back into the body, allowing your body to recognize it for what it is and therefore, not cause anymore symptoms as it once did. It sounds so simple and too good to be true, but believe when I tell you I have seen the results again and again.

(For further information & other services, visit www.healingandnutrition.com)



Obasi Shea Thompson arrived on Friday, March 21st into the arms of parents Heather Osler and Stacey Thompson. After a long but natural labour (using homeopathy of course!), Obasi was born at a healthy weight of 9.5lbs!



Isaac Mark Bowman Dewairy was born at home on April 15th to meet his joyful parents, Simone Bowman and Mark Dewairy. Time to celebrate the start of a new family!

WELCOME TO THIS WORLD, LITTLE SPRING BABIES!!

' Massage Therapy Gift Certificates for all Occasions- birthdays, father's day, housewarmings, etc.'