

HEALTH MATTERS

NATURAL PATHS TO HEALTHIER LIVING

THE GEROGETOWN NATUROPATHIC WELLNESS CENTRE

Fall 2010

DEPRESSION – IT'S COMPLICATED!!!

Depression is a troublesome and sometimes incapacitating condition that affects more than one million Canadians every year. People suffering from a depressive episode will often display a variety of physical symptoms. Anxiety is a common manifestation of depression, with up to 70% of individuals experiencing combined anxiety and depression. Depression/anxiety continues to be Canada's fastest-rising diagnosis. From 1994 to 2004, visits for depression/anxiety made to office-based doctors almost doubled. In 2003, that meant 11.6 million visits to doctors across Canada about depression/anxiety.

Anxiety	Depression
-Nervousness	-Persistent sad or anxious mood
-Dizziness	-Feeling hopeless, guilty, worthlessness
-Rapid heart rate	-Loss of pleasure, decreased energy, sleep disturbance
-Panic attacks	-Irritability, restlessness
-Digestive problems	-Joint pain, fatigue, weight change, difficult concentration
-Fear of losing control	-Chronic immune dysfunction
-Nausea, loss of appetite	
-Agoraphobia	
-Fear of illness	

There are many known causes of depression: Nutritional (iron, B12, folic acid, essential fatty acids and more), lack of sunlight, situational stress (grief, financial etc), lack of exercise, food sensitivities (especially sugar and gluten), hormonal imbalance (thyroid, adrenal, estrogen, progesterone), overgrowth of Candida (yeast), environmental toxicity (exposure to chemicals that disrupt brain chemistry) and physiological (imbalance of neurotransmitters). It is important that the underlying cause is determined so that an appropriate treatment can be initiated.

In our clinic, we use a variety of tools and tests to understand the cause of the anxiety and depression. Food sensitivity testing, measuring Candida levels, organ function analysis (especially how the liver is working), hormonal blood and salivary testing, blood analysis (including looking at iron levels and B vitamins), lifestyle balancing, exercise program and heavy metal toxicity testing.

It is easy to get overwhelmed in our fast past lifestyles. Compound this with an underlying imbalance and it is understandable why so many Canadians suffer from both anxiety and depression. After completing a thorough history and analyzing the results of the appropriate tests, a comprehensive treatment protocol can be started. I often find that most depression is linked to adrenal dysfunction (stress organ). When the adrenals are supported, the depression and fatigue improves.

Treatment for depression and/or anxiety most often is multifaceted based on the results of the testing and history taking. Treatment options may include counseling, dietary, nutritional, exercise, botanical, homeopathic and lifestyle modifications. We have many therapies available, including counseling, to help you with depression/anxiety.



IT'S BACK – COLD AND FLU SEASON

All of our cold and flu remedies are back on the shelves for our patients to arm themselves against the nasty cold and flu season. Please refer to our Fall 2009 newsletter "Influenza the Real Story" on our website www.georgetownnaturopathic.com. Come in and stock up for the upcoming season.



Are you SAD?.....The Winter Blues

Everyone experiences some level of winter blues, especially on dark rainy days. We may not have the energy to get everything done that we want. However, there are some people that actually feel ongoing depression through the winter months; this is called Seasonal Affective Disorder - SAD. Most people with SAD will start to feel the effects of the diminished light time hours in early September and last all the way through to March or April. Researchers are not sure of the actual cause of SAD but we do know it is linked to lack of natural sunlight. Vitamin D has shown some promising results to help resolve the effects of too little sun. Vit D is known as the sunshine vitamin since you make it when exposed to sunlight. Those that suffer with SAD may need a higher than normal level of Vit D. A typical supplemental dose is between 1000iu to 2000iu per day, those that suffer from SAD may need up to 7000iu per day to resolve the symptoms.

WELCOME!

We are excited to announce a wonderful new addition to our team. Candice Hamilton-Miller, M.Sc. has joined us at the GNWC and brings with her a wealth of experience in the area of psychotherapy. Candice works with children, adults and families. Please visit our website to read more about Candice!!

FACT: Did you know that between 10 to 30 minutes of full sunlight gives you approximately 8000iu/d. However in the winter, north of Atlanta, Georgia, the sun's rays are not strong enough to make adequate Vitamin D. That is why supplementation is so important through the winter season!!!!



CONGRATULATIONS!

Genevieve Stewart has successfully completed her post graduate study at the Canadian College of Osteopathy and has been awarded Doctorate of Osteopathic Manual Practice D.O.(M.P.)

We recently welcomed Gen back from maternity leave. Congratulations are also in order for the beautiful little addition to her family.

CHRISTMAS HOURS

The office will be CLOSED from December 20th to 31st inclusive. Regular office hours will resume January 3, 2011 at 9:00am.

Have a safe and healthy holiday!!!

Yours in Health,

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