

Health Matters

Natural Paths to Healthier Living

The Georgetown Naturopathic Wellness Centre

Fall 2004

HEALTHY AGING WITH NATUROPATHIC MEDICINE

We are all aging. Ideally, we want to live longer, but we also want to live those extra years in the best health possible. How we age is dependent on many things. Evaluating the subtle changes in aging can be a preventive strategy for improving the length of life span as well as improving your health span.

As your body ages, your organs gradually lose their total number of cells and some of their function. We lose about 1% of the total number of cells each year. Without intervention, we have lost about 14% of our cells in our body by age 45, 28% by age 65 and it is all down hill from there.

Cells in all the tissues and organs of the body also change over time, which affects their function. Cells slowly lose the ability to divide and reproduce as easily. You lose supporting cells that hold you together and nourish other cells. Fat and debris get deposited into cells, tissues and organs, contributing to a loss of function. As time marches on, the body is less able to clear medicines and toxins, largely due to a decline in liver and kidney function. Drugs, therefore, stay in the body longer and cause more side effects. Digestive system enzymes decline and we are less able to break down and utilize food.

Without intervention, we will become weaker over time. Unfortunately as body fat increases, muscle and organs are decreasing at the rate of about 6 pounds each decade. Sweat glands decrease or lose their function, so we are less able to control our temperature. All of the senses diminish and it is harder to get a good night sleep. And of course, deterioration of the brain has enormous consequences. Like the other organs, the brain shrinks with age.

Diet and lifestyle are predictive factors for aging - "you age how you eat". What and how much you eat are very important factors in the aging process.

At the Georgetown Naturopathic Wellness Centre, the Naturopaths are working on developing a strategy to

evaluate your aging process. One way this can be done is to look at relevant "biomarkers". These include:

BIOMARKERS:

Muscle Mass	Blood sugar tolerance
Muscle to fat ratio	Cholesterol panel
Muscle strength	Blood Pressure
BMR	Bone Density
Body Fat Percentage	Aerobic Capacity
Temperature Regulation	Oxidative Stress
Homocysteine	C-reactive protein

Many of these lab tests can now be completed at the GNWC. With the arrival of our BIA machine, we are now able to assess body composition (body fat, muscle mass, body mass index, basal metabolic rate) and more! As well, we have included a special test to evaluate bowel bacteria levels through urine sample.

Protocol for successfully increasing ones Health Span

- Evaluate Biomarkers and reassess after preventive program has been implemented
- Diet – Mediterranean, calorie reduction
- Exercise – aerobic, weights, and stretching
- Detoxification – heavy metals, liver, kidney
- Nutritional Supplements – general, specific

Successful aging means aging without chronic disease. Chronic disease is not related to aging but rather a problem with underlying imbalances that are not identified early enough and reversed. We believe that everyone should be evaluated at least once a year with respect to their aging process to make adjustments in lifestyle, diet and supplementation to help bring the body back into balance.

Book an appointment with Cathy or Nicole to discuss a specific anti-aging protocol for you and to evaluate and assess your biomarkers.

GNWC in the Community

- ✓ Albert Gregori organized a Golf Tournament for GNWC to raise money for HHCSI – Halton Hills Community Services and Information. We raised over \$3500.
- ✓ Cathy completed the 60 km walk for the Weekend to End Breast Cancer. She raised over \$2300! Thanks for all the donations and support. She looks forward to participating next year.
- ✓ Nicole participated in the “CIBC Run for the Cure” on October 3rd raising over \$300 for breast cancer research.

FLU AND COLD KITS ARE IN!!!!!!!

Back by popular demand, the GNWC “flu prevention kits” have arrived. New this year, we have also developed a “cold prevention kit”.

Flu Kit: \$15.00

Cold Kit: \$35.00

GNWC Public Events

- Cathy is excited to present to the Volunteer Association of Ontario Hospitals at the Metro Toronto Convention Centre on the topic of healthy aging, November 16th.
- Nicole and Cathy attended a health fair at the Georgetown Parent-Child Centre on November 11th to teach young parents about the importance of naturopathic medicine and children’s health.
- Nicole was recently promoting naturopathic health approaches at the Ontario Ministry of Agriculture and Food health fair in Guelph.
- Nicole has recently given a series of workshops discussing one of her favourite topics: healthy nutritional choices for children.



We are please to announce the upcoming marriage of Genevieve Stewart, our RMT, to Ray Johnson, on December 1st in Mexico.

CONGRATULATIONS!

*Albert Gregori has successfully completed a 7-year postgraduate study at the Canadian College of Osteopathy in Toronto and has been awarded Doctorate of Osteopathic Manual Practice (D.O.M.P.).
Congratulations Albert!*

Fee Schedule Change

Effective January 1st, 2005, there will be a slight increase in our fees to reflect our increasing costs. The new fees will be posted in the office.

Hummus

Blend in the food processor in the following order:

- 2 medium cloves of garlic
- large handful of parsley
- 2 scallions in 1 inch pieces
- 1 can chickpeas (drained and rinsed)
- 3 heaping tbsp. Tahini (sesame seed puree)
- 3-4 tbsp. lemon juice (depending on your taste)
- ½ tsp. salt
- ½ tsp. cumin
- cayenne to taste (optional)

Water may be added if the mixture is too dry. Serve with crackers or raw veggie sticks.

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The Georgetown Naturopathic
Wellness Centre
16 Mountainview Road S., Ste. 102
Georgetown, ON L7G 4K1
Tel: 905-873-2361

Services Offered

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Acupuncture ☆ Osteopath ☆ R.M.T.
Certified Aromatherapist & Reflexologist ☆ Ear Candling