

Health Matters

Natural Paths to Healthier Living

The Georgetown Naturopathic Wellness Centre

Spring 2005

Stressed Out!

Stress is a reality of modern life. Whether it's a difficult commute, unrealistic work demands or friction at home, stress for many has become unrelenting. Medical professionals and researchers are now starting to investigate and understand the serious health consequences of chronic stress.

If you regularly experience any of these symptoms then you could be at risk for many different stress-related health problems:

- Tired despite adequate sleep
- Weight gain abdominally
- Recurrent infections/illness
- Difficulty falling asleep despite being tired ("tired but wired")
- Increasing memory loss or feeling of being overwhelmed
- Declining sex drive
- Swelling or "bags" under the eyes
- Need coffee to get going in the morning
- Never felt well since a single stressful event (ie: car accident, death of family member, acute illness etc.)
- Digestive problems like bloating, feeling overfull and gas

Chronic stress is now known to lead to weight gain, hypertension, chronic inflammation, high blood sugar, heart disease, irritable bowel syndrome, fatigue, chronic infections and more!

You have "stress glands" known as your adrenal glands that are located on top of your kidneys. These glands secrete many hormones but of special interest is "cortisol". Cortisol elevations are a normal adaptive response to

acute stress. For example, if you went outside your house and a bear was standing in your yard, you would have a cascade of physiological responses that would allow you to escape. Your blood would be routed away from some organs and toward your muscles, lungs and heart so you could run away. Digestive processes practically stop and blood sugar spikes to provide your muscles with the fuel that they need to work. Your blood pressure and heart rate increase and you would feel acutely alert and agitated and have trouble settling back down. Your immune system becomes over active briefly but then with repeated stresses does the opposite, leading to recurrent persistent infection.

You can see why any of these physiological changes are helpful in the short-term but over the long-term may lead to big health problems.

See page 2 for some stress solutions!

What's New?

Genevieve Stewart, RMT will no longer be practising massage therapy. ☹ *Genevieve* is in her final years of Osteopathic College and is shifting the focus of her practise to manual osteopathic therapy. ☺ She is accepting appointments starting in May.

Welcome Stacey Sproule, R.M.T.

It is our great pleasure to welcome Stacey as our resident massage therapist. She is providing massage therapy for *Genevieve's* massage clients and is accepting new clients as well. Experience the magical touch...

Call for appointments (416) 882-8750

Lowering Your Stress Level

Sleep

Consistent sleep schedules are critical in supporting the normal diurnal rhythm of the adrenal glands.

Exercise

Moderate and daily. Strenuous exercise is yet another stressor for the body and will make the problem worse. Walking briskly for 30-60 minutes is a great choice.

Diet

A healthy diet avoiding sugar and allergenic foods (these are different for everyone) removes the stress from the digestive tract and lets your body focus on healing.

Stress Management

Just do it! Like exercise, stress management techniques need to be a part of your daily routine. Breathing exercises, meditation, yoga or listening to a guided relaxation tape for 10 minutes a day will be very helpful.

Vitamins & Herbal Medicine

There are many, many options here. For example, pantothenic acid or B5 is particularly good at helping the adrenals function properly. Other products like "Relora" or specific adrenal support formulas are very helpful at getting you up and running again.

Have your cortisol tested

We are now able to do full cortisol profiles through salivary testing for a very reasonable cost. This is very helpful if you don't know where to start. Talk to Cathy or Nicole if you are interested.

Spring Cleaning

It is that time of year when the doctors and patients of the GNWC participate in their annual cleanse. Our cleanse lasts two weeks and involves colon and liver cleansing components as well as a special diet. An annual cleanse can help with weight loss and really increase your energy. Kits are available (for patients only) and affordable! Call our office for details.

ALLERGY SEASON HAS ARRIVED

Start preparing yourself for allergy season. Some simple steps now will reduce your symptoms dramatically this summer. Pick up an "Allergy Prevention Kit" at the office. Adult and children's contents vary.

FIBRE

Fibre is a very important component to a healthy diet. The recommended daily intake is at least 30gm per day (up to 50gm) Dietary fibre will help keep the bowels healthy as well may also prevent chronic diseases such as diabetes, cardiovascular disease, colon cancer, breast cancer, obesity and diverticular disease.

The following is a sample menu. How does your daily fibre intake measure up???

Breakfast

2 tbsp ground flaxseed	5gm
1 cup Kashi Go Lean Cereal	10gm
1 banana	2.5gm
½ c. of fat free yogurt or ½ c. milk	0gm

Snack

1 apple	3gm
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Lunch

1 c. salad	4gm
1 chicken sandwich on whole grain bread	4gm

Snack

½ c. Carrots/Celery	2gm
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Dinner

Vegetarian Chili with Black Beans	7gm
1c. salad with a variety of veggies	4gm
½ c. brown rice	1.5gm

Total 43gm

Soon a complete fibre scoreboard will be available on our website GeorgetownNaturopathic.com

Yours in good health,

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Services Offered

Naturopathic Doctors ☆ Food Sensitivity Testing ☆
Registered Massage Therapy ☆
Acupuncture ☆ Osteopathic Therapy ☆
Certified Aromatherapist & Reflexologist ☆ Ear Candling