

THE GEORGETOWN NATUROPATHIC WELLNESS CENTRE  
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# HEALTH UPDATE

*Spring 2020*

## WELCOME SPRING!

As I write this newsletter, I am aware that our COVID 19 world is changing so fast that what I say today, may be obsolete tomorrow. Having said that, there are some constants in this world. One is that community and human connection is essential for health, as is the connection to our natural environment. Kindness and compassion for our neighbours, family and ourselves is fundamental to our success as an individual and as a community. I know this has been a difficult time for most people navigating the pandemic, as it has touched all of us in some way. I do believe that in difficult times, there is an opportunity for growth and learning. Hopefully we will grow as a country, province, and community as well as individually. One way in which I have grown is honouring nature and trying to connect more to the earth. My husband and I are starting a vegetable garden (which we had over 20 years ago but stopped for a number of reasons). We need to be thinking about climate change, sustainability, and our diets. A garden is one small way to do all of this, but there are many other choices that can help support a healthy environment. It is time to make some changes as we emerge from this pandemic which could help to prepare for and/or prevent the next pandemic. We need to come away from this pandemic hopefully with a renewed sense of empowerment. With spring coming in all her glory, what a wonderful time for growth, regeneration and hope.



# JUST A FEW THINGS TO THINK ABOUT

## CONTINUE WITH THE FOLLOWING UNTIL WE HAVE TRULY FLATTENED THE CURVE:

- Stay at home as much as possible.
- Wash hands with soap and warm water for at least 20 seconds before and after any outing.
- If you go out for essentials, wear gloves and a non-medical mask.
- If you leave your home, maintain physical distancing at all times.



## SUPPLEMENT SUPPORT:

- Research suggests the following are the best supplements for decreasing inflammation and balancing the immune system: Vitamin D, Curcumin, Vitamin C, Zinc, Quercetin, Melatonin, Fish Oil, NAC to name a select few. Schedule a phone consultation to determine which remedies and dosages best suits your needs.

## FURTHER STEPS TO CONSIDER

**It is crucial to maintain a healthy diet at this time.** The virus that causes COVID-19 triggers our immune system to produce cytokines. These chemicals coordinate the body's response to fight infection. If the body produces too many, it can trigger a cytokine storm which results in hyper-inflammation. When this happens in the lungs, it can cause serious harm or death. This is why reducing ongoing chronic inflammation is so important, especially now, so if the body needs to fight the virus, it can. Chronic inflammation is typically seen in patients with type 2 diabetes, obesity, heart disease, arthritis, and asthma among other conditions.

## REDUCE YOUR INFLAMMATION:

- Consume plenty of fresh (or frozen) veggies and fruit daily, ideally 6 to 9 cups per day.
- Eat small quantities of unprocessed whole grains.
- Eat small quantities of clean animal protein.
- Drink lots of water or herbal teas to stay well hydrated.
- Include healthy plant base fats.
- High fibre diet is essential for a healthy microbiome.
- Reduce caffeine and alcohol.
- Eliminate packaged foods, hydrogenated fats, trans fats, refined grains, and sugar.



## DE-STRESS:

- Stress wears away at the immune system like rust on iron. If you are feeling anxious, or overwhelmed, remember the following:
  - Connect with friends and family.
  - Get outside daily and go for a walk in nature (I call these walks my sanity walks).
  - Maintain a daily schedule of exercise, breathing, meditation, and spiritual practise.
  - Get adequate and restful sleep.
  - Learn a new skill as it helps you stay in the present moment.
  - Laughter is key as it reduces your stress hormone.
  - Self-care is essential as it provides support so we can take care of others.
  - Ask about adaptogenic herbs and supplements. They can support your adrenals and support your body's resiliency to stress.

**Although the office is not currently open for in-person contact, I am available for telephone visits. Supplements can be ordered for contact free pick up. Please call if there is anything I can do to support you or your family. This is the time when your Naturopathic lifestyle is more important than ever.**

**Looking forward to seeing you all again soon!**

