

Naturopathic News *of the* Northwest

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Featured Recipe

*Submitted by Jordan Sokoloski,
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Page 2 & 3

Adrenal Fatigue

*By Tracy Cook and
Jessica Carfagnini, NDs*

Page 2 & 3

Versatile Vitamin C

By Kim Traverse, ND

Page 4

Naturopathic Travel Preparation

By Tracy Cook, ND

If your dream of a winter getaway to a warm, faraway destination is going to come true, you should spend a few minutes making sure you enjoy your vacation in good health. A little bit of preparation and extra packing will help you stay healthy.

During your flight, use saline nasal spray to keep your nose moist and resistant to viruses, and drink lots of water. It can be tempting to restrict what you drink so that you can avoid those tiny airplane washrooms, but it's very important to keep that water intake up. Bring healthy, nut safe snacks for travel as well. You want to avoid sugary snacks, which suppress your immune system, and salty snacks that make you dehydrated. Think of fresh fruit and chopped veggies if you are not crossing borders, and pre-packaged whole grain, seed and fruit snacks for international travel. If you have gotten sick from travel in the past, you should discuss appropriate immune support with your Naturopathic Doctor (ND).

If you are going somewhere sunny, or even alpine, a good sunscreen is a must. Check the sunscreen guide at www.ewg.org to make sure your sunscreen is effective and safe. Don't forget your sunglasses because your eyes will need protection. Increasing your consumption of antioxidants before and during your trip helps protect you from sun damage as well. At least 10 servings a day of vegetables and fruit are an excellent way to boost your antioxidant status, and little bit of green tea and red wine can help too. Consider packing lavender essential oil or aloe vera gel to help soothe any skin that does get burnt.

Toss some melatonin, a sleep mask and some ear plugs into your bag as well. Particularly useful if changing time zones, these will help keep you sleeping well, which will keep your immune system strong. Avoid drinking too much alcohol or coffee, as these can interfere with a good night's sleep.

If you are getting any recommended vaccinations to prepare for your trip, you may want to talk to your ND about how to support your body in processing the vaccine.

Finally, you must protect your gut! High dose probiotics are a must. Any probiotic will survive at room temperature for many days, but if you are travelling for more than a week, make sure you have access to a refrigerator or purchase a probiotic that can survive higher temperatures. Also bring an herbal antimicrobial, particularly if the water supply is not guaranteed safe. You can consider either oil of oregano or berberine to be taken daily as a preventative measure.

Take these few extra steps and stay healthy while you relax and enjoy your vacation!



Chocolate Bliss Balls

By Jordan Sokoloski, ND



An easy and delicious no-bake recipe using whole, natural ingredients. You can add your favourite protein powder to get an added protein kick!

Ingredients:

- 1 cup of almond butter
- ½ cup of chopped almonds or walnuts
- ½ cup of raisins
- ¼ cup of honey- use less if you are trying to cut back on sugar
- ¼ cup of ground flax seeds
- 2 tbsp of raw cacao (or cocoa powder)
- ½ tsp of vanilla extract
- 2 tbsp of coconut flakes
- pinch of sea salt
- 1 tbsp of cinnamon

Instructions:

- Warm honey in microwave for 30 seconds or until liquefied.
- Transfer honey to a medium sized mixing bowl and stir in the nut butter until evenly blended.
- Add the ground flax seeds, cacao powder, vanilla,

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Adrenal Fatigue, 'Burning the candle at both ends'

By Tracy Cook & Jessica Carfagnini, ND

Adrenal fatigue is what happens when there is too much stress for too long. What is stress? Stress is anything that makes you feel “stressed out”, and any physical stress such as illness, poor sleep, cold weather, excessive exercise or exposure to pollutants, chemicals and heavy metals. Exposure to these factors can cause a stress response, which, if left too long, causes many problems. At first, when stress hormones go up, you get irritable, have trouble sleeping, have trouble focussing, lose your sex drive or feel anxious. Then, as the stress hormones run out, you gradually progress to fatigue, anxiety, depression, dizziness on standing, more trouble sleeping and you easily succumb to cold and flu viruses. Chronic stress can contribute to diabetes, heart disease, hormonal imbalances and also interferes with your body’s general maintenance. When everyday repairs are not done, eventually something falls apart!

Often adrenal fatigue is diagnosed by symptoms alone, but lab tests that check your cortisol level throughout the day will give you proof. Often it is helpful to test for food allergies and heavy metals, both of which put a significant strain on the body, but this is best discussed with your Naturopathic Doctor.

So, if you’re feeling extremely irritable and exhausted and you think you might “snap” if you don’t get some sleep.....what should you do?

There are many factors that need to be considered, and each individual must have their own treatment plan designed in order to address their needs.

Everyone can benefit from their own unique plan for exercise, mindfulness or meditation practice, and breathing exercises. These can put the body into a state of rest where you are able to turn off the stress response and let your body repair itself. Not everyone should be doing vigorous exercise. If you are significantly fatigued, and exercise makes you feel worse, you should try walking, tai chi, qi gong or gentle yoga. If you feel better after exercise, do more! Get that heart rate up, and do whatever exercise you enjoy the most, whether it’s cross-country skiing, tennis or weight training. Spending time outside in nature has proven stress-reducing effects, and if you can get your exercise outside you double the benefits. Invest in warm clothes for the winter, and raingear for the wet weather, and you will be equipped to get outdoors more often.

Botanical medicine offers many powerful herbs to help you regain your health. Adaptogens are a special category of herbs that increase energy, and make the mind and body stronger and more resilient to

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- Mix until well incorporated
- If your mixture is too dry, just simply squeeze the balls together instead of rolling them or you can add a little water.

• Store in the freezer in an airtight container.

Alternatives:

Be adventurous with this recipe by changing up some of the ingredients. Listed below are a few ideas you can try!

- Use a nut butter of your choice (peanut, tahini, cashew, sunflower) instead of almond or mix a couple different ones together. My favourite is peanut and almond butter.
- Substitute a dried fruit of choice (diced apricots, diced figs, cherries) for the raisins, or combine a variety of dried fruits.
- Swap agave or maple syrup for honey.
- Add chia seeds instead of ground flax.
- Try chopped peanuts, cashews, or pumpkin seeds instead of almonds or walnuts.
- Use ½ a scoop of vanilla or chocolate protein powder instead of honey or add for additional protein!

Bon appétit!

stress. Many adaptogens exist, and there is a perfect one for everyone. At Thunder Bay Naturopathic Clinic we often create custom compounded tinctures of borage, licorice, ginseng, ashwaganda, schisandra, polygonum, rhodiola or holy basil for our patients. Borage is helpful if you “cannot see the light at the end of the tunnel”, and licorice is useful for protection against viruses, low blood pressure and dizziness. Ashwaganda can address fatigue, under-functioning thyroid and jitteriness. Schisandra is particularly helpful with sex drive in women, while panax ginseng and damiana work well for men. If immune function is a priority, ganoderma is very helpful. Each plant has its own distinct personality, and the job of a good Naturopathic Doctor is to know how to combine the best ones for each individual who needs help.

An excellent first step towards addressing Adrenal Fatigue is to choose a supportive diet. Cut out the caffeine, even if you feel you cannot live without it. Eliminate foods that stress the body and nervous system such as sugar, refined grains and foods you are intolerant to. Add in foods and herbal teas that help support a healthy nervous system; whole unprocessed foods such as oats, chamomile, lemonbalm, mushrooms, and leafy green vegetables.

Admittedly, some people are so tired that they don’t have the energy to get motivated and make all of these wonderful changes that we are suggesting. In cases like this a Meyer’s Cocktail IV may be the answer. The Meyer’s Cocktail contains magnesium, calcium, vitamin C, and B vitamins and since it’s administered intravenously, it’s in the bloodstream and immediately available for use by the body. Patients report a burst of energy, productivity and lifted spirits after receiving a Meyer’s Cocktail IV.



Vitamin C for Flu Season & Beyond

By Kimberly Traverse, ND

Last year when cases of the flu in North America tripled, I went hunting for the single most reliable natural remedy for the immune system. Again and again I came across an old favorite, vitamin C.

Each body reacts differently to an infection, therefore controlled trials have unique challenges when measuring responses to viruses like influenza. The results are highly dependent on the infected person's strength of immunity. Although studies have some conflicting evidence once a person is already infected, a review of more than one hundred studies found that higher blood levels of vitamin C may be the ideal nutrition marker for overall health. This helps explain why you can hardly walk past a health food store, pharmacy or grocery store without finding a shelf dedicated to this popular supplement.

A closer look reveals the reasons many of us have come to associate overall health with vitamin C. Also known as *ascorbic acid*, vitamin C and other antioxidants have received a significant amount of marketing for a variety of conditions. If you flip through any clinical nutrition textbook you'll find vitamin C listed as a treatment for many diseases, perhaps more than any other nutrient. Linus Pauling, the winner of the 1954 Nobel Prize in Chemistry, was one of several pioneering biologists who identified that Vitamin C intake should be far greater than the recommended daily intake listed on food labels and supplement bottles.

On a molecular level, ascorbic acid is a component of several types of organ tissues, most notably collagen in connective tissue. A diet completely void of vitamin C is one without fruits and vegetables and would produce a condition called *scurvy*. At one time scurvy was common among sailors at sea longer than perishable fruits could last. Until the isolation of vitamin C and direct evidence of its link to scurvy in 1932, many people died of this condition. Anyone who has suffered the nagging, tearing sensation of a canker sore might imagine the terrible pain of scurvy as sores take over the entire mouth.

Developed countries rarely, if ever, see cases of outright scurvy. Diseases of the modern world are also impacted by vitamin C. Ascorbic acid is required for the synthesis of *carnitine*, which plays a key role in energy production and is used to treat chronic fatigue and muscle pain. High dose intravenous vitamin C is widely used by Naturopaths as an adjunct to conventional cancer care, prompted by studies suggesting it is harmful to cancer cells.

Ascorbic acid and its products assist the immune system in the long-term by adjusting how we react to stress and modulating the types of compounds our body makes when we are repairing ourselves. It seems there is no end to the health benefits of vitamin C.

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