

# Naturopathic News *of the* Northwest

Summer 2014

June 2014

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Colourful, nutritious and delicious -Rad Rainbow Pad Thai . Submitted by Trisha Cordes, ND

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## Summer is here and so are the bugs!

By Tracy Cook, ND

***If you must use insect repellent, you must consider both the effectiveness and potential for toxicity.***

Bug season is upon us and so we need to consider our best protection from these pests. Here in NW Ontario, we currently do not have to protect ourselves from the worst mosquito borne illness – malaria and West Nile virus have not yet been reported in the region. So protecting yourself from mosquitoes is really a matter of how itchy you wish to be. Certainly, if there is enough exposure to mosquitoes you can develop a tolerance for their bites. If you over-react to mosquito or blackfly bites, consider using homeopathic ledum to both prevent bites and to reduce the reaction to them. Ticks, on the other hand, are something we need to be concerned about because they can carry disease.

Your first line of defense really should be clothing – wear light coloured pants of tightly woven cloth that fit to the ankle, high socks and boots. Keep your hair off your neck. If you must use insect repellent, you must consider both the effectiveness and potential for toxicity. DEET is effective but can irritate the skin and is a mild to moderately toxic substance – best used minimally, and applied to clothing rather than skin when possible. Use a repellent that is 20-25% DEET. Avoid getting into the water as it is toxic to aquatic life. Picaridin is a slightly newer bug repellent that is also effective, particularly against mosquitoes and no-see-ums. It appears to have low toxicity, is not absorbed easily through the skin and is processed and excreted by the liver and kidney quickly. Lemon Eucalyptus is the other choice, with some evidence for effectiveness and low toxicity to the skin. It is quite toxic to the eyes, and is not recommended for use in children under 3.

When possible, use mechanical means to keep the bugs away from you (clothing, screens etc.), and use an effective bug spray only when necessary. Reapply every 2-3 hours to maintain effectiveness. Do not use foggers or candles as you will inhale the chemicals in them.



## How to remove an attached tick

By Jessica Carfagnini, ND

Most ticks in Northwestern Ontario are harmless wood ticks, however due to climate change more deer ticks are appearing in our region. Deer ticks are about the size of a sesame seed and dark in colour. They can transmit infection in as little as 4 hours, so regular "tick checks" while spending time outdoors is a good idea. If you discover an imbedded tick, use tweezers (not fingers!), and grasp the tick as close to the skin as possible and pull straight out. Then apply an antiseptic such as 70% rubbing alcohol. Do not try to irritate them with heat or chemicals, or grasp them by the body, as this may cause the tick to inject more germs into your skin. Tape the tick to a card and record the date and location of the bite. Remember, the sooner the tick is removed, the less likely an infection is to occur.

Take a photo of the bite itself and the tick for your personal records. Visit a local Walk-in Clinic or your family doctor in order to determine if antibiotics are indicated, and make an appointment with your Naturopathic Doctor as soon as possible for a full evaluation. Drop off the tick at the Thunder Bay District Health Unit at 999 Balmoral Street so it can be identified.



## Rad Rainbow Pad Thai

Submitted by *Trisha Cordes, ND*

Credit: [www.ohsheglows.com](http://www.ohsheglows.com)

### Ingredients:

For the salad

- 1 medium zucchini, julienned or spiraled
- 2 large carrots, julienned
- 1 red pepper, thinly sliced
- 1 cup thinly sliced red cabbage
- 3/4 cup frozen edamame, thawed (or try tofu)
- 3 green onions, thinly sliced
- 1 tablespoon hemp seeds
- 1 teaspoon sesame seeds

For the dressing

- 1 garlic clove
- 1/4 cup raw almond butter (or try peanut butter)
- 2 tablespoons fresh lime juice
- 2 tablespoons low-sodium tamari
- 2 tablespoons water
- 2.5 teaspoons pure maple syrup (or other sweetener)
- 1/2 tablespoon toasted sesame oil
- 1 teaspoon freshly grated ginger

### Instructions:

- Prep vegetables. Add the zucchini, carrots, pepper, and cabbage into one or two large bowls. Toss with hands to combine.
- Prepare the dressing by processing all dressing ingredients in a mini processor (or simply whisk by hand).
- Top bowls with edamame (or tofu), green onion, hemp seeds, and sesame seeds. Pour on dressing and enjoy!

## Naturopathic Complements to Cancer Care

By *Jessica Carfagnini, ND*

Naturopathic medicine is well known for its role in preventing disease, but it also has a very important role to play in offering complementary care for serious conditions such as cancer. You might wonder what “complementary” means in this context. Naturopathic therapies are meant to “complement” and add to medical cancer treatments, and they can help to reduce the side effects of those treatments. For example, many chemotherapy drugs are effective at diminishing or eradicating different types of cancer, but they are not without side effects. The common side effects of chemotherapy such as nausea, poor appetite and weight loss can be greatly reduced with acupuncture, ginger tea, and other natural treatments. Mouth sores, which are a common side effect of radiation and some chemotherapy drugs, can be treated with L-glutamine or even honey. Maintaining a healthy diet rich in vegetables, fruits, and omega-3 fatty acids while avoiding pesticide-laden foods, red meat, fried or smoked foods, artificial sweeteners and other additives is important. The less processed the food, the better it is for your health!

There are also specific foods that have documented cancer fighting properties such as broccoli, kale, cabbage, onions, garlic, berries, citrus fruits, turmeric and specific mushrooms such as shiitake and maitake.

Several naturopathic interventions also help to kill cancer cells and inhibit their spread. Vitamin C administered intravenously at higher doses than can be taken orally has been shown to kill off some cancer cells. At these high doses (which can only be achieved by IV), vitamin C becomes a pro-oxidant. This means that non-cancerous, healthy cells will absorb the vitamin C and break it down normally, remaining unharmed. In contrast, when cancer cells absorb vitamin C, they cannot always break it down properly, which initiates cell death. Current research shows that IV vitamin C is a considerably safe and effective complementary treatment for many types of cancer. It also has the benefit of increasing energy, vitality and quality of life.

A complete treatment plan for someone diagnosed with cancer involves dietary suggestions, appropriate exercise recommendations, and supplement prescriptions that are specific to that individual and the type of cancer they have. A naturopathic doctor treats the whole person; this includes the mental and emotional health of the patient as well as their physical health concerns. Naturopathic doctors are equipped to help navigate the huge body of information available on natural treatments for cancer. Some of the information out there can be misleading and potentially dangerous, so speaking to a licensed and regulated naturopathic doctor is an important choice for protecting yourself and optimizing your health.

## Book Review:

### ***The Hormone Diet* by Natasha Turner, ND**

By Jordan Sokoloski, ND

Few topics can generate as much discussion, debate and controversy as weight loss. It seems that every time we turn around, there is a new, sure-fire weight loss approach that promises fast results with minimal effort and can be maintained in the long term. Unfortunately, if it sounds too good to be true, it usually is. The reality is that when it comes to weight loss, there doesn't seem to be such a thing as a quick fix. Recent studies have shown that our bodies are complex and very efficient, and while it may be possible to induce some fairly rapid weight loss initially, the body usually returns to its pre-dieting weight before too long. This is why the most successful approaches to weight loss are focused on the long term and consider individual factors instead of working under the assumption that what works for one person will work for all.

This long-term approach is exactly the kind of weight loss advocated in Dr. Natasha Turner's book *The Hormone Diet*. She begins with a discussion of the factors that influence one's ability to successfully lose weight. The most significant of these, according to Dr. Turner, is one's hormone balance. Our hormones are tiny chemical messengers that play an enormous role influencing almost every aspect of our well-being, including our thoughts, feelings, appetite and metabolism, which is the way our body uses energy. Because of this, hormones play an essential part in achieving lasting fat loss. If one's hormones are out of balance, which can cause a diverse range of symptoms including food cravings, insomnia, migraines, indigestion, PMS, or loss of libido, then this will make weight loss much more difficult.

So how do our hormones get out of balance in the first place? How do we get them back into balance so that we can lose weight more effectively? These are the questions at the heart of *The Hormone Diet*, and it turns out that there are several factors that determine our hormone balance. One big one, and this probably comes as no surprise given the title of the book, is through the food we eat. The hormone-balancing diet advocated by Dr. Turner is based upon research investigating the dietary patterns of the world's healthiest populations. The diet is not overly restrictive, focusing instead on education about what constitutes a well-rounded, healthy diet. Because hormone-disrupting factors also vary depending on the individual, food sensitivities are also discussed and should not be overlooked. Heartburn, headaches, fatigue, bloating, water retention as well as an inability to lose weight can all be related to food sensitivities. However, the connection between these symptoms and a specific food can be difficult to pinpoint. Naturopathic doctors can conduct a simple blood test that identifies food sensitivities so that this hormone-disrupting factor can be addressed and a hormone-balancing diet can be established based on your individual needs.

Dr. Turner discusses several other determinants of our hormone balance, including sleep, stress, exercise level, and environmental toxin exposure. She keeps things interesting by providing tools and means of assessing one's own hormone balance. She provides a structured, easy-to-understand approach designed to get you back into hormone balance and lose weight, complete with recipes, workout routines and supportive supplement protocols. Best of all, she discusses the often overlooked individual factors that contribute to difficulty with weight loss so that you can skip over the sections addressing factors that may not apply to you. If you are having difficulty with weight loss, Natasha Turner's book *The Hormone Diet* may be just what you need to get back on track again, for the long term!

— Benjamin Franklin  
“An ounce of prevention is worth a pound of cure.”

# Eat This & Thrive

By Kimberly Traverse, ND

Most people with weight management issues come in and say 'I eat well and exercise, why am I not losing weight'? Eating well and eating clean are different things. Eating well implies that meals have balanced ratios of vegetables, carbs and protein, Eating clean means avoiding refined sugars, additives and genetically modified foods.

Many of us will agree that calories in minus calories out determine our weight...right? The answer is more complicated, as are our bodies. Certain foods promote systemic inflammation, tissue swelling and a lowered metabolic rate over time. Since changing the diet can be a daunting task, I prefer to look at each food choice and determine the lesser of 'two evils'. Here are some common ones;

**Spinach vs romaine.** The darker the green = more nutritious. Romaine lettuce is a great source of fibre, but eating a salad twice a day doesn't guarantee that you'll be skinny. Spinach contains some iron, magnesium and B vitamins that the body may be lacking if our diets are not ideal.

**Fat over sugar.** Fats got a bad name when we discovered that they have a higher caloric value per portion than carbohydrates. When snacking, consider a good quality nut or seed bar that doesn't have added refined sugar, which is highly inflammatory. This lends more satiety without the sending the blood sugar levels on a roller coaster.

**Rice over bread.** Wheat and gluten containing grains are very irritating to the gut for many people, and even gluten free breads contain refined sugar.

**Anything but dairy.** There are a number of alternatives to milk, and the choice differs depending on which dairy product you are replacing. Sadly, cheese is irreplaceable, so I prefer to use it sparingly. Coconut milk can be used to make mock ice cream and yogurt, found at health food stores.

## Contact Us

### Thunder Bay Naturopathic Clinic

*Tracy Cook, Naturopathic Doctor (ND)*

*Jessica Carfanini, ND*

*Jordan Sokoloski, ND*

219 Algoma Street S.,

Thunder Bay, ON

Ph: (807) 683 - 7287

E-mail: [info@tbaynaturopathic.ca](mailto:info@tbaynaturopathic.ca)

### Healthy Families Wellness Centre

*Kimberly Traverse, ND*

404 Vickers St S.

Thunder Bay, ON

Ph: (807) 475-8454

[www.hfwc.ca](http://www.hfwc.ca)

E-mail: [Kimberly@aevinaturopathic.com](mailto:Kimberly@aevinaturopathic.com)

### Gaia Health

*Trisha Cordes, ND*

205 8th St.

Keewatin, ON

Ph: (807) 547-0061

[www.gaiahealth.ca](http://www.gaiahealth.ca)

E-mail: [gaiahealth@kmts.ca](mailto:gaiahealth@kmts.ca)

