

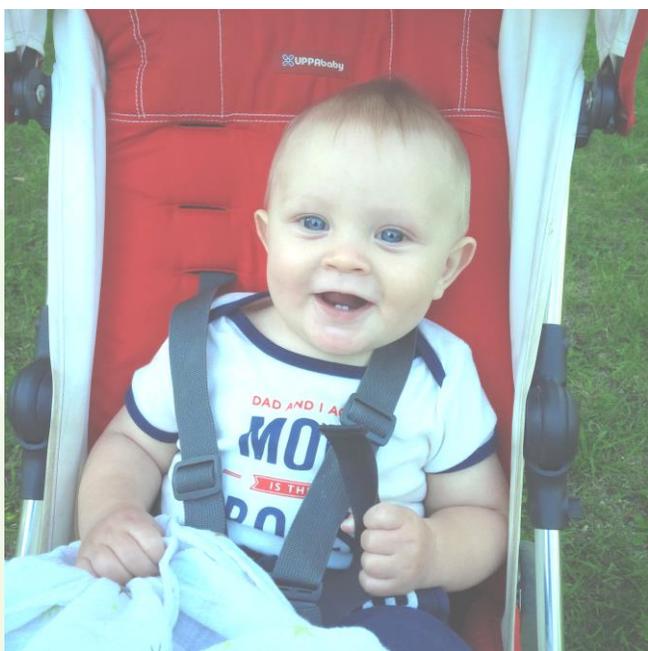
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FALL 2016

GREENWOOD WELLNESS CLINIC UPDATES

ANNOUNCEMENT

Lindsay and his wife Becky are happy to share a photo of their second child, Cameron Wallace Bast, born January 28, 2016. They are lucky to be raising two healthy and happy boys.



Cameron Bast – 8 months

LIKE US ON FACEBOOK

Greenwood Wellness Clinic joined Facebook. You can find our page at <https://www.facebook.com/greenwoodwellnessclinic>. We hope to keep you informed of any updates at the clinic as well as provide useful health information and links to things happening in our community. Please share with your friends!

FALL SPEAKING

Do you belong to or know a group that is interested in having a Naturopath speak to them? If so, call the office and let us know – Lindsay is currently booking fall and winter speaking engagements. He is happy to prepare a topic specific to your interests. Topics he has covered include *Immune System Health; Osteoporosis and Menopause; & Healthy Food, Healthy People.*

TEETHING – WHAT'S ALL THE FUSS ABOUT? LINDSAY BAST, B.Sc., ND

Although I have always enjoyed seeing children in the office, being in the midst of raising 2 young children has given me a greater appreciation of the realities and challenges that parents face when caring for their kids. One topic that has been on my mind recently is teething. There is a wide

variation in the timing of tooth eruption. Typical times can be seen in the picture below, however it should be noted that a many month delay is not cause for concern in an otherwise normally developing child. Of particular interest to me are the

Upper Teeth		Erupt	Shed
Central incisor		8-12 mos.	6-7 yrs.
Lateral incisor		9-13 mos.	7-8 yrs.
Canine (cuspid)		16-22 mos.	10-12 yrs.
First molar		13-19 mos.	9-11 yrs.
Second molar		25-33 mos.	10-12 yrs.
Lower Teeth		Erupt	Shed
Second molar		23-31 mos.	10-12 yrs.
First molar		14-18 mos.	9-11 yrs.
Canine (cuspid)		17-23 mos.	9-12 yrs.
Lateral incisor		10-16 mos.	7-8 yrs.
Central incisor		6-10 mos.	6-7 yrs.

countless number of symptoms that are often attributed to teething: fussiness, fever, rashes, spitting up, localized pain, runny nose, ear infections, poor sleep, poor feeding, diarrhea, biting, ear rubbing, gum rubbing, sucking, strong urine, red cheeks, drooling and the list probably goes on. Many of these symptoms could reasonably be due to teething, however there is little direct evidence. Studies have shown that both parents and doctors alike are quick to blame many symptoms on teething. My wife and I have been lucky to have 2 generally very good natured infants. However, I even find myself quick to blame teething on those days when someone is a bit fussier than usual.

What little research has been done on teething has shown some conflicting results. Most agree it is almost certain that teething is at least an uncomfortable process for the child as the gums swell and are tender to touch prior to eruption. It also seems reasonably well demonstrated that excessive drooling and finger chewing can be associated with teething along with object biting, irritability and restlessness and night crying. However it can be difficult to see the difference between normal drooling and object biting – if these are definitive signs of teething, my youngest son has been teething constantly for 6 months! Some signs that are likely *not* associated with teething include fever, cough, diarrhea, ear rubbing, body rashes (rashes

around the mouth *may* have some relationship) and convulsion.

The bottom line is that there is no definitive list of what symptoms are caused by teething. As parents all we can do is be as observant as possible. You will know your child's 'normal' behaviour the best. Crankiness and fussiness are probably inevitable some days, teething or not. However, if your child is ill, has a fever or diarrhea, this is probably not due to teething and may warrant a trip to your health care provider.

If you have decided that teething is the problem, the next decision is what to do. Some common options include amber necklaces, topical teething gels, cold objects and other teething toys and homeopathic remedies.

Cold objects and **teething toys** are probably the oldest and possibly the most effective remedies. Cold washcloths are a good choice, provided they are clean and in good condition. Teething toys designed to be refrigerated (or not) should be free of small parts and sharp edges. With potential concern for some of the compounds in plastic toys, I suggest looking for the 'free of' toys – such as BPA, phthalates and PVC. Possibly a better choice are unstained, properly sanded wooden toys.



There are several combination **homeopathic remedies** available for teething. The most common being Hyland's Teething Tablets and Camilia (a Dolisos product). There are no direct studies demonstrating effectiveness of these products, but the combinations are based

on the known homeopathic properties of the ingredients and the common symptoms attributed to teething. As with most homeopathic products, there is very little risk of harm. We use Camilia with our sons for this reason, and the fact that Camilia is free from preservatives, being composed of the homeopathic preparations in a sterile water base. This is maintained by the individual dose vials, however care must be taken to dispose of the empty vial and cap immediately as they pose a choking risk to an infant.

Amber necklaces are currently very popular. The biggest concern is a danger of strangulation or choking. This is true even of products that claim to be constructed in such a way to break easily but still leave the beads attached. Secondly, any evidence for the effectiveness of amber necklaces is anecdotal. This does not mean they aren't effective (many remedies I use probably started with anecdotal evidence), but combined with the other risks make them a poor option for me.

Topical teething gels are available over the counter at pharmacies. However, given

the recognized (although small) risk that the commonly used ingredient benzocaine poses for causing a potentially fatal condition called methemoglobinemia, most associations discourage their use.

It seems sensible to allow your child to lead the way through teething. Their natural tendency to put things in their mouth when they seem to be teething (be it their hands or another object) makes me believe offering safe teething toys is a good first step. If your child seems to need more relief, offering a cold cloth or a teething toy from the refrigerator seems another good step. If there are sleep or eating disruptions, and you and/or your health care provider have ruled out other causes (and consider teething still to be a likely cause), a homeopathic combination seems a good next step. As always, if you are concerned about your child's health, or need further guidance on how to handle teething with your infant, contact our clinic to set up an appointment.

RECIPE — PICKLED BEETS

Fall is a great time for harvesting fresh produce from the garden, or picking up any number of things at your local farmer's market. In a good year, one of the challenges is what to do with all the extra produce! There is almost an endless variation of great preserving recipes for chow chow (also called or related to piccalilli) which can use up a variety of your end of season vegetables. Our garden was a bit late (and neglected) this year, and we currently have lot's of beets to deal with. Below is a simple recipe for pickled beets. Note this recipe omits sugar which is contained in a lot of pickled beet recipes. I find the beets have lot's of natural sugars and don't need the extra. I have also seen recipes that use honey instead.

Ingredients

- 10 cups of prepared beets
- 1 small cinnamon stick
- 4-6 whole cloves
- 3 cups Apple Cider Vinegar
- 1 cup water

Step 1: cut the tops off the beets, leaving about 1 inch of stem. Wash clean of dirt. Place in a large pot and cover with water. Boil beets until tender, approx 20-40 minutes.



Step 2: Rinse beets in cold water and slip the skins off (a paring knife is often required to remove some of the skins). Cut the remaining stem and root tail off. Chop beets into your preferred size and shape.

Step 3: Pour water and apple cider vinegar into a clean pot. Place the spices into a tied cheese cloth and place in the pot. Bring to a boil for 10 minutes.

Step 4: You can either pack chopped beets into sterilized jars or add them to the brine mixture for 2-3 minutes and then pack to within $\frac{3}{4}$ inch of the top of the jar. Pour hot vinegar mixture over beets to within $\frac{1}{2}$ inch of the top. Place a sterilized canning lid and ring on each jar and finger tighten. Place in a hot water bath canner for 30 minutes. Allow 5 minutes to cool then remove jars and wait for them to seal!

Note: a recipe from <http://montanahomesteader.com/preserving-beet-greens/> gives a great recipe for preserving the beet greens. Simply chop, blanch, dry and freeze for later use in soups, stir fries or quiche.



HEALTH TIP

With cold and flu season already starting it's time to think about ways to keep your immune system strong over the winter. One nutrient with a well deserved reputation in this area is vitamin C. Citrus fruits are well known for their vitamin C content, although there are many foods containing high amounts of vitamin C as shown in this picture. For more immune boosting strategies, call the clinic and book your visit today.

