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WINTER 2017

GREENWOOD WELLNESS CLINIC UPDATES

MESSAGE THERAPY AVAILABLE



We are very pleased to announce the return of Laura Baer, RMT to our clinic. Laura will be seeing clients one Friday each month, usually the 3rd Friday. Her next dates are February 17 and March 17. We suggest booking early as her days have been filling up quickly.

UPCOMING EVENTS

Wellesley Health Fair – March 4th, 2017

Please join us for the first Wellesley Health Fair at the Community Center (1000 Maple Leaf St., Wellesley) Saturday March 4th. It will run from 9 am to 3 pm. Organized by Greenwood Wellness Clinic and Amanda Ferris, ND, it will be a great place to come and see all of the health care services and wellness businesses in Wellesley. There will also be short seminars presented throughout the day, including one by Lindsay Bast, ND. Refreshments are sponsored by Vibrant Farms and activities for kids organized by Inspiring Minds Early Learning Centre. Watch our [Facebook](#) page for the full vendor and speaker schedule coming soon.



Movati Athletic Presentation

Lindsay will be speaking at Movati's Ira Needles location about Metabolic

Syndrome. Watch our [Facebook page](#) for the date and further details.

INSURANCE CLAIMS MADE EASIER

For those with extended health insurance, we have recently begun using a service which allows us to submit your Naturopathic healthcare claims on your behalf while you are in the office. Most major insurance companies are accepted. No more paying up front, then submitting the claim and waiting for payment. You only pay us the non-covered portion. Ask Mary Lou about it at your next visit.



Visit our Alpacas

On your next visit feel free to visit the alpacas located behind the clinic parking lot. Although they aren't completely tame, they are interested in visitors. We also have some feed your kids can give them – ask Mary Lou next time you are here.

COLD, FLU, STOMACH FLU? WHAT'S THE DIFFERENCE?

A recent outbreak of gastrointestinal illness at my son's daycare and subsequently at my house, brought to light a common confusion between the flu (influenza) and what is commonly called 'stomach flu' (gastroenteritis,

commonly caused by norovirus). People are also often confused between the common cold and influenza. The following table gives some basic guidelines to help differentiate between them.

	Influenza	Common Cold	Stomach 'flu'
Type of Infection	Respiratory	Respiratory	Gastrointestinal infection
Virus involved	Influenza A or B	Many different kinds such as rhinovirus, coronavirus, adenovirus etc.	Norovirus (Norwalk-like viruses) is the most common
Fever	Usually sudden onset, high fever lasting 3-4 days	Sometimes	Rarely
Headache	Usually, can be severe	Rarely	Sometimes
Chills, aches, pain	Usually often and sever	Rarely	Sometimes
Extreme Tiredness	Yes, may last 2-3 weeks	Rarely	Sometimes
Symptoms appear quickly	Yes	No	Yes
Loss of appetite	Sometimes	Sometimes	Frequently – usually with nausea, vomiting and diarrhea
Cough	Usually	Sometimes	Rarely
Sniffles or sneezes	Sometimes	Usually	Rarely
Sore Throat	Sometimes	Sometimes	Rarely
Duration of Illness	7-10 days – cough and fatigue may persist 2-3 weeks	Usually 7-10 days maximum	12-72 hours
Vaccine	Yearly vaccine available against specific strains	No vaccine available	No vaccine available

Table adapted from: www.health.alberta.ca/health-info/influenza-compare-symptoms.html

INFLAMMATION AND DISEASE - LINDSAY BAST, B.Sc., N.D.

WHAT IS INFLAMMATION?

Everyone is familiar with the acute signs of inflammation after an injury or infection – heat, swelling, redness, pain and immobility. As uncomfortable as they are, they are a vital function of the body, serving to protect and repair damaged tissue and set the stage for healing. The process in the body which produces inflammation is complex and involves many cells and signaling molecules.

Chronic inflammation is a different story. It refers to a low level of inflammation throughout the body that is associated with or can cause disease. In part, this is linked with an over firing, or misfiring of the immune system – where low levels of inflammation are triggered even when there is no injury to heal or disease to fight. The classic example is autoimmune disease where the immune system's inappropriate response directly harms our own tissues. Rheumatoid arthritis, Systemic Lupus Erythematosus, Hashimoto's thyroiditis (hypothyroidism) and type I diabetes are common, well known examples.

There are other obvious inflammatory diseases such as asthma, the inflammatory bowel diseases ulcerative colitis and Crohn's disease, psoriasis and more.

But there are also less obvious diseases that are associated with inflammation such as type II diabetes, heart disease and Alzheimer's. There is even a link to cancer – inflammatory cells produce free radicals which can lead to mutations that ultimately lead to cancer. Or it may be a more direct link such as in chronic reflux and increased risk of esophageal cancer.

WHERE DOES INFLAMMATION COME FROM?

While we are aware of many of these disease associations, the bigger question is what triggered the inflammation in the first place? In some cases inflammation may be

the result or part of the disease process. In others it may precede disease. The most common theories of autoimmune disease suspect a triggering of the immune system by bacteria, virus, drug, chemical or environmental irritant. It is clear now that obesity and a sedentary lifestyle also trigger and contribute to inflammation. Fat cells can release a steady low level of inflammatory molecules that can affect healthy nerves, organs or tissues. This type of inflammation is particularly linked to insulin resistance and type II diabetes and subsequent risk of heart disease. Stress and sleep (or lack of it) also show links to inflammation.

The gut can also be a major source or location of inflammation. Disruptions in the normal gut bacteria can lead to inflammatory cascades. Resultant damage within the GI tract can lead to a permeable membrane (leaky gut) which can then lead to systemic inflammation through the development of food sensitivities.

WHAT CAN BE DONE?

There are many natural anti-inflammatory compounds available, however they should only be used as part of an overall treatment plan, not a one size fits all approach. One must also consider what particular organ systems are being affected, what is the disease process and most importantly what are the possible triggers?

There are many tests that can help us to measure inflammation (e.g. blood tests such as hs-CRP and ESR) and pin point possible triggers for inflammation (toxic metal analysis, food allergy testing, cortisol measurements, stool analysis etc.).

The basics of Naturopathic medicine set the stage for long term healing. Looking at the determinants of health, many of which also can be triggers or contributors to inflammation is critical.

Addressing poor sleep, chronic stress, poor eating habits and sedentary lifestyle are the foundation for eliminating inflammation and reducing the risk for many chronic diseases. Identifying and eliminating triggers such as environmental toxins and food allergens is also a key for long term management.

There is definitely a place for anti-inflammatory treatment. Some key

supplemental considerations may include fish oil, systemic enzymes, various botanicals (e.g. curcumin, boswellia, ginger). The selection of a specific anti-inflammatory compound can be individualized on it's other beneficial effects and considering the specific organs involved in each case. If you suspect you suffer from an inflammatory disease, call our office to begin the process of healing.

APPLESAUCE OATMEAL COOKIES

My son and I made these cookies from a recipe we adapted online. We cut the sugar to about 1/5th of the original amount. With the addition of raisins you could probably cut the sugar out entirely. Although he will certainly not pass up a sweeter treat, it's a good reminder that most things have way more sugar in them than we need or is healthy. Once your taste buds are re-trained many things will be too sweet.

INGREDIENTS

- 1/2 cup softened butter
- 3/4 cup unsweetened applesauce
- 1/4 cup organic brown sugar
- 2 eggs
- 1 teaspoon vanilla extract
- 1 3/4 cup all purpose flour
- 1 teaspoon baking soda
- 3 cups rolled oats
- 1/2 cup raisins
- 1/2 cup chopped nuts (we used walnuts)

DIRECTIONS

1. Preheat oven to 350 degrees F (175 degrees C)
2. In a large bowl, mix together the butter,



applesauce and brown sugar.

3. Add the eggs one at a time, beating well with each addition, then stir in the vanilla.
4. Combine the flour and baking soda in a separate bowl and mix thoroughly with the wet ingredients.
5. Gradually stir in the oats, raisins and nuts.
6. Drop by rounded spoonfuls onto the prepared cookie sheet.
7. Bake for 10-12 minutes in the preheated oven. Allow cookies to cool on baking sheet for 5 minutes before removing to cooling rack.

