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WINTER 2006

MURRAY'S MESSAGE

An Open Letter to All of our Customers and Patients

Dear Friends:

As with everything in life there is a time and a season for all things. There is a time to be born – a time to grow up – a time to live – a time to die.

REFLECTIONS

I think back to my childhood and the many happy memories that my sisters and I spent growing up in the 40's and 50's—times were tough—there was no money yet somehow we seemed to make our own entertainment and our own fun—there were no computers, no fax machines, and believe it or not, no Internet!

When I attended high school, my happiest memory is of doing an autopsy on a chicken to learn how things worked from a biological /physical perspective. I went on to a variety of jobs in my life, which ranged from construction worker to truck driver/ mill worker to farming. In each of these jobs I learned valuable life lessons that I still use to this day! I never cease to marvel at the miracle called "life"—what is it-- how do we get it—how do we keep it as long as possible—what happens that in the end we lose it? I know that this may sound strange to some of you but this has always intrigued me to no end! What is sickness –disease –cancer –diabetes—arthritis etc. Is it inherited—is it caught—is it brought on by diet –lifestyle –dirty electricity—do we even know?

The world is full of experts!! Everyone has some opinion of some sort or another—yet those same people many times have no idea of a solution. If I could live to be 300 years old I would never tire of trying to figure out some of these baffling questions!

NEW BEGINNINGS

As some of you know I have turned over my practice to my son Lindsay as of January 30, 2006. I am confident that he will do a great job at helping people with their personal health. Lindsay has spent 23 years in school from grade one to high school to university to Naturopathic College—if that is not dedication then I'm not sure what is!! During part of this time you may remember that Lindsay and his brother Parry worked very hard on the farm with Florence and I. As well they raised 3 acres of organic garlic per year for 6 years. This allowed them to attend and pay for their university education. Florence and I are very proud of what both boys have accomplished so far in life!

Thanks again to all of you who I had the privilege of serving –I am not retiring but simply moving upstairs to help more at Bio-Ag Consultants. Please feel free to pop in to say hi when you visit the clinic.

May Truth Set Us Free
MURRAY BAST, H.D. {RHOM}

A holistic approach to health

LINDSAY'S MESSAGE

Are You Getting Enough Sunlight?

Lindsay Bast, B.Sc., N.D.

With the arrival of fall and the setting back of the clocks we are all experiencing fewer hours of daylight. For most of us this is an inconvenience at most, less time to do the things we enjoy during the day. However for some individuals this decrease in daylight manifests as a type of depression known as winter depression or seasonal affective disorder (SAD). Technically, SAD is a type of depression that follows the seasons and may be either winter depression which begins gradually in late fall or early winter and resolves by summer, or the less common summer depression which begins in the late spring/early summer and resolves by winter. The remainder of this discussion focuses on the winter subset of SAD. Up to 6% of people suffer severe symptoms, with up to 25% of people experiencing some mild symptoms of SAD. The most common symptoms include but are not limited to:

- Decreased energy levels and a general feeling of tiredness or fatigue with trouble rising in the morning
- A change in appetite with a tendency to crave starchy or sweet foods
- Weight gain
- Difficulty concentrating
- Loss of interest or enjoyment in usually pleasurable activities
- Irritability

As in all cases, a naturopath will gather a complete health history including current symptoms and perform relevant physical exam in order to arrive at a diagnosis of SAD. While there are no lab tests to confirm this diagnosis some tests may be performed in order to rule out other serious conditions.

Many treatment options are available for SAD and a health care practitioner should be consulted to determine the best one for you. I believe, as with most conditions a good treatment plan will address diet and proper nutrition as well as lifestyle, which includes exercise and that

pervasive word 'stress'. Stressful events can often precipitate or worsen SAD, thus it is important to identify these situations and put in place coping mechanisms and a proper support system. Many people may benefit from a specific type of counseling called cognitive behavioural therapy performed by a qualified practitioner. The decrease in daylight appears to be fundamental in the appearance of SAD symptoms, thus if possible sufferers should attempt to increase their exposure to light each day ideally by being outdoors. However since most people's work commitments make this difficult, these people may benefit from the most researched and most common treatment of SAD, which is light therapy. This generally takes the form of a light box used 1-2x/day at a specific intensity and duration. Depending on the individual case vitamin/mineral supplementation may be used. While vitamin D is present in food, adequate amounts also rely on its production within the body, a process initiated in the skin by sunlight. Light is also involved in setting the body's circadian rhythm which in turn has an effect on the body's hormone production. A relative decrease in the production of many hormones can have an affect on mood and sleep patterns. Botanical treatment has also proven effective in SAD cases, specifically St. John's wort (*hypericum perforatum*) but must be used under supervision, as there are many interactions with prescription medications. The final two naturopathic modalities, homeopathy and traditional Chinese medicine could also be incorporated into a treatment plan or as stand alone therapies.

If you experience any of the mentioned symptoms you may indeed be suffering the ill effects of seasonally decreased amount of daylight. Visit your health care practitioner to determine whether this is indeed the case and develop a treatment plan that is suited for you.

JOHN'S MESSAGE

Happy, Healthy Winter

John Pronk, B.Sc., N.D.

It's that time of year again; Christmas has come and gone and we're left with the memories of good times spent with family and friends. If only it were that simple! Unfortunately this time of the year tends to bring with it the stress of shopping, gatherings to arrange and attend, meals to prepare, and much, much more. It should come as no surprise that along with all the eating, drinking and being merry that we shared comes more hacking, coughing and nose blowing. An essential part of preparing for the winter season should include preparing our immune systems. Colds and other respiratory infections can be dealt with very effectively using a few basic natural methods. While reducing stress, eating better and getting more sleep are key to both recovering and avoiding a cold, there are also specific nutrients, herbs and water (yes water, used as hydrotherapy) that can stop a cold in its tracks.

"Hydrotherapy" describes the application of hot or cold water to the body to stimulate the body's healing response. In the case of respiratory infections such as bronchitis or pneumonia, hydrotherapy can be used very effectively. Hot baths or using a wet sauna can be very helpful in raising a person's body temperature to the point where their immune system becomes much more active and bacteria and viruses start to die on their own. The bath/sauna approach can be used for treatment of almost any case of respiratory infection. To use this method, the person immerses themselves in a hot bath, preferable as hot as one can stand, for approximately 30 minutes. To further help increase body temperature, hot teas such as yarrow, elderflower, ginger, or peppermint can be consumed for an added effect. These teas help to get a person perspiring and help the body regulate the fever state induced by the hot bath. After getting out of the bath, you should quickly dry off and dress in a layer of warm clothes, including a warm hat and socks. Once dressed you go

straight to bed and try to sleep (as weird as this may feel, as you 'sweat it out'). Stay in bed and sweat for at least two hours. The idea is to increase your body temperature for as long as possible to give your immune system the upper hand over invading bacterial and viruses. Care should be taken, as you may feel lightheaded after a bath treatment such as this.

A useful addition to the hot bath treatment is a mustard plaster. A mustard plaster helps to improve blood circulation and immune system activity in the chest area. Doing this involves making a paste of water mixed with one part mustard and four parts flour. Apply the paste to a single layer of a fabric such as a piece of old bed sheet. Apply a thin layer of Calendula cream or Vitamin E Cream to the chest (to protect from the mustard paste which can irritate the skin) and then apply the fabric (mustard-side away from the skin) to chest under the clothing. This is especially effective for colds that go into the chest and even helps relieve nasal congestion.

A useful cough syrup for a dry irritating cough can be made by placing a diced onion in a glass jar and adding just enough honey to cover. Add juice from half a lemon and let stand overnight. In the morning the honey/lemon liquid will have become more runny and can be strained from the onions. This liquid is then warmed and sipped to relieve a dry cough.

For a cold with congestion and mucous that is hard to cough up, there are a few nutrients that will get things moving. *Cysteine* is an amino acid found in various foods that tends to thin mucous secretions and allows them to be moved up out of the lungs or down out of the sinuses more readily. It also binds onto certain bacteria (including various strains of *Streptococcus pneumoniae* and *Haemophilus influenzae* bacteria) and prevents them from being able to infect the mouth and throat. In addition, cysteine is used by the body to make its most potent antioxidant and detoxifier; *Glutathione*. Cysteine is found in various foods such as oats, onions, yogurt and other protein sources, but supplemental cysteine (available as L-cysteine or as NAC) will typically bring about a more noticeable effect on clearing mucous.

John's Message con't...

Other antioxidants play important roles in fighting infection; Vitamins A, C, and E, selenium and zinc all have been shown to improve lung function.

Various herbs have a lot to offer as well. Echinacea is probably the best known example of an immune-boosting herb, having the ability to increase white blood cell activity and is antibacterial as well. Goldenseal (*Hydrastis Canadensis*), known as the 'King of Mucous Membranes', is excellent for repairing any irritated tissues it contacts, be it throat, stomach or the skin. It acts as an anti-inflammatory and also kills bacteria and molds (which are often the culprit in lingering lung and sinus problems). Mullein (*Verbascum t.*) and Coltsfoot (*Tussilago f.*) are common weeds with herbal benefits that are highly under-rated. They can be taken as a tea or tincture to help soothe an irritated throat and hoarseness. They also help the airways expel mucous.

Oil of Oregano and garlic are both very potent in their ability to destroy bacteria in the lungs. Garlic is ideal because it does not disrupt the natural healthy bacteria of the stomach and intestines; oil of oregano is sometimes less well tolerated by those with a sensitive digestion.

With all nature's aids (herbs, vitamins, water) at our disposal, recovering from a cold does not have to be the most memorable event of the winter season.

Reminds me of a story a patient once told me about her past experience with a cold. Feeling terrible, she went to her family doctor to get some relief. "It's just a cold," the doctor said. "There's just no cure. You'll just have to live with it till it goes away." "But doc" replied the patient, "It's driving me crazy!" Rolling his eyes, her doctor proceeded, "Look, go home and take a cool bath. Then put on a bathing suit and run around the block three or four times." "What?" she replied, "I'll get pneumonia!" "Exactly" concluded her doctor, "and we *do* have cure for that."

Remember, the best cure for the common cold is a strong immune system. Have a happy and *healthy* winter season.

New Beginnings

"In times of change, there is no incentive so great, and no medicine so powerful as hope for a better tomorrow."

Excellence

"Excellence is the result of caring more than others think is wise, risking more than others think is safe, dreaming more than others think is practical, and expecting more than others think is possible."

**GREENWOOD WELLNESS CLINIC
welcomes
LINDSAY BAST, B.Sc., N.D. to the
practice.**



Dr. Lindsay Bast graduated June 2005 from the Canadian College of Naturopathic Medicine in Toronto where he received his Doctorate of Naturopathic Medicine after completing the 4-year program, which included a 1-year internship. In August he successfully passed his Board exams and is now a Professionally registered member of the OAND (Ontario Association of Naturopathic Doctors) and CAND (Canadian Association of Naturopathic Doctors).

Lindsay is a graduate of University of Waterloo where he received his Bachelor of Science degree with Honors in Kinesiology (2001). While entered in the co-op program he held positions at a chiropractic clinic, teaching high school and working in a long-term care facility.

Lindsay comes from a farming background. His family operated a dairy farm before switching to organic beef farming. For six years Lindsay and his brother grew organic garlic to help fund their schooling. In his spare time he also enjoys playing sports, especially Rugby and still plays for the Waterloo County Rugby Football Club.

He was exposed to complimentary and alternative medicine from an early age and has always been interested in those forms of medicine.

A Message from Lindsay Bast, B.Sc., N.D.

I am very excited to join the team at Intelligent 21st Century Nutrition. The clinic has some excellent equipment such as Biological Terrain Analysis (BTA), a darkfield microscope and bioelectrical impedance analysis (BIA). I have been fortunate to receive training from Murray and John in these areas and it is helpful to have these two experienced practitioners to consult with. It is also of great benefit to both the staff and patients at Intelligent 21st Century Nutrition to have Chiropractor, Dr. Sheldon Gilchrist available two days a month. Of course we are all lucky to have Mary Lou to provide a friendly face for patients and keep the clinic running smoothly.

In my practice I use all of the major modalities of naturopathic medicine – nutrition, botanical medicine, homeopathy, traditional Chinese medicine and acupuncture, lifestyle counseling and physical therapies. My focus is on diet, nutrition and lifestyle, which I feel are the foundation for good health. Growing up on the farm has also given me an affinity towards botanical medicine. So far I have seen patients ranging in age from 4 months to 75 years with a wide variety of concerns. I have enjoyed my time so far and look forward to the future and helping patients achieve their optimum health.