

village health clinic

naturopathic medicine & midwifery care

Newsletter

Fall / Winter 2009-2010

Colds & Flus, a Natural Approach

Dr. Brian Gluvic, ND

This year, the cold and flu season arrived with a vengeance. If the media frenzy is at all close to reality, a lot of people are going to fall ill this year. Regardless if you choose to receive the flu shot or not, there is much you can still do to keep your immune system in top shape and ready for any unwelcome viral guest.

The immune system, not unlike any other system in the body, requires some basic maintenance. Specifically, sleep provides a daily recharge and tune up for the immune system. If you compromise your sleep, the "troops", your white blood cells that is, will be of reduced strength and when confronted with a virus, their response will be sluggish at best. So sleep at least 7-8 hours a night to fully regenerate your immunity. If you have sleep issues, consult your naturopathic physician to discover how some simple nutritional and dietary solutions can improve sleep and therefore immunity.

While sleep provides the opportunity for immune system maintenance, diet serves to provide the basic building blocks for this to happen. The immune system needs a diet rich in fruits and vegetables, good quality protein and adequate amounts of water. Diets high in refined foods, particularly refined sugar, do not provide any building blocks for the immune system function and they may hamper immune function. Higher doses of refined sugar, for example 60 grams found in a can of cola, have been shown to suppress immune function for up to 24 hours. Juices, cereals with added sugar, lattes, and donuts can all have similar negative effects on the immunity.

Even with sleep and a wholesome diet we may still not have enough of the right tools for optimal immune function. Vitamins and minerals serve as these tools and because of inconvenience, tastes, environment, and availability we may not get enough of them through diet alone. For example, vitamin D is only found in seafood, fortified foods and produced from sunlight, but do to concerns with toxicity from seafood consumption and living in temperate climates we do not get near enough of this important vitamin. Recent studies reveal that low vitamin D levels are linked to an increased incidence of colds and flu's. Similarly, many studies have shown that a combination of daily vitamin C and zinc can reduce the severity and duration of cold and flu symptoms if taken throughout the cold and flu season (fall/winter months).

If you would like to learn more and develop a diet and nutritional plan that is specific for your unique needs, schedule an appointment with one of the naturopathic physicians at the Village Health Clinic.

Welcome Kelly Mawson Registered Massage Therapist

The Village Health Clinic is happy to welcome Kelly Mawson, RMT to our clinic. Kelly is a graduate of the West Coast College of Massage Therapy. As a full time Registered Massage Therapist, Kelly has been providing effective massage therapy for over 4 years. Kelly's practice includes treatments for both acute and chronic injuries, arthritis, headaches, muscular pain and detoxification of tissues. She provides therapy for anxiety, depression, insomnia and stress management as well as pre- and post-natal massage. She utilizes massage therapy techniques such as Swedish massage, trigger point therapy, myofascial release, joint mobilizations, stretching, hydrotherapy, homecare techniques, and patient education. Through massage therapy Kelly has had the privilege of assisting with a patient's natural course of healing.

Kelly is currently accepting new patients. Please call the clinic at 604-575-7275 to schedule an appointment. Remember, RMT's are covered by most extended medical plans, so be sure to refer all your friends, family, colleagues, and patients.

Colon Health

Faith Gibson, Certified Colon Hydrotherapist

Keeping your colon healthy is a major component of overall health. A healthy bowel can affect healthy cholesterol levels, blood pressure, hormone balance (PMS, acne), reduce cancer risk, control weight and many other benefits. Think of your bowels as your body's garbage can, requiring daily emptying to reduce fermentation and toxic build-up. Although normal bowel movements vary from person to person, in general healthy adult

should be having 2-3 easy bowel movements per day. Your bowel health is dependent on your diet and eating habits as well as your lifestyle and activity levels.

In order to read the health of your bowel movements you have to notice the changes in stool color, shape of stools, consistency, odor, frequency of bowel movements, etc.

Dr Oz's top advice on the Oprah show has been regular **Colon Cleanse** for a healthy digestive system and to flush out toxins from the body.

At the Village Health Clinic, we offer colon hydrotherapy (colonics) and customized fiber blends to help maintain colon health. In addition, our physicians help identify food allergies or sensitivities that can adversely affect your digestive health. We can help you find a diet that will support your individual body's needs, leading you to optimal health.

Dr. Gluvic featured, Vancouver Sun

Our very own Dr. Gluvic is interviewed in the Vancouver Sun, highlighting the explosion in consumers of natural medicine. For the full story, go to http://www.vancouversun.com/story_print.html?id=2035701&sponsor=.

Recipe Corner -

Stacey Waggonner, Registered Holistic Nutritionist

Spicy Chicken and Tortilla Soup

This dish is perfect for cold or rainy days. Makes excellent leftovers! You can also make this a vegetarian dish by omitting the chicken and adding vegetable stock. Use less spice if desired when cooking for children.

Ingredients:

1/8 c. olive oil
1 med. Red pepper chopped
1 med. Green pepper chopped
1 med. Red onion chopped
2 cloves garlic, minced (1 tsp.)
2 tsp. dried oregano (or 1/8c. fresh)
1 tsp. cumin
3/4 tsp. chili powder
1 jalapeno pepper seeded and chopped
1c. diced canned tomatoes w/ juice
4c. chicken stock
2/3 pound boneless skinless chicken breasts
1 (15 oz. can) cooked black beans, drained and rinsed
2 c. fresh or frozen corn kernels
1/2c. minced fresh cilantro
Sea salt to taste
8 oz. blue corn tortilla chips
Garnish: diced ripe avocado, grated cheese

Heat the oil in a soup pot over medium high heat. Sauté the red and green peppers, onion, garlic, oregano, cumin, and chili powder for 3 minutes, until the onion is translucent, stirring often. Add the jalapeno and tomatoes; continue stirring for 1 minute. Add the stock and the whole chicken breasts. Bring the soup to a boil, reduce the heat, and simmer uncovered for 20 minutes. Remove the chicken breasts to cool, and cut them into bite-sized pieces. Return the chicken to the soup, add the black beans and corn, and then return the soup to a boil. Remove the soup from heat, stir in the cilantro, and season with salt. To serve, slightly crunch a small handful of tortilla chips in the bottom of each bowl. Ladle the soup over the chips. Add garnish to soup if desired.

Our Favorite Resources

Below are a few links that we have found helpful for optimal health. Hopefully you will find them useful as well. If you have any websites or resources that you would like to share, let us know at doctors@villagehealthclinic.ca.

Food Allergies
www.livingwithout.com

Local, green, organic grocery delivery service. Includes recipes and meals!
<http://www.spud.ca>

Go Green in Your Home
http://healthychild.org/green_home/

Winter First Aid

The following items are available at the clinic to help ease the discomforts of colds, flus and winter skin:

Cold & Flu tea – a custom blend of herbs specifically formulated to boost the immune system and provide anti-viral action against the cold & flu bugs.

Sniffles by Dimpleskins Naturals™ - a mild eucalyptus blend you can apply under nostrils for clearing nasal congestion and use as a chest rub to relieve coughs.

Sweet Cheeks by Dimpleskins Naturals™ - a mild balm for chapped noses and cheeks from excessive nose-blowing or from cold winter wind. Works great on dry, chapped hands!

Clinic Holiday Closures

Christmas holiday closures include Dec 23, 24, 25, 30, 31 and Jan 1. The clinic will resume regular office hours Mon., Jan 4.