



Integra
NATUROPATHICS

MEDICINE- DEFINED BY NATURE

Santé Uptown

Getting your Body ready for 2006

More and more we are experiencing the detrimental effects of living in a highly industrialized, polluted nation. The food we eat, the air we breathe, the water we drink all contribute to the toxic burden placed on our bodies. The focus of Naturopathic health care has more than ever before returned to its historical roots of detoxification and drainage – which is the removal of accumulated toxins and the restoration of functioning eliminatory organs.

The medical community acknowledges the causative role of environmental toxicity in human illness.

Progression or development of disease occurs when the elimination of toxins is inefficient, incomplete or blocked – reeking havoc on all body systems, in particular challenging our immune systems.

What the body is not accustomed to breaking down and eliminating becomes retained in our bodies, being stored inside of the cells. This is central to the rise in chronic degenerative diseases in both young and adult patients.

Dr. Arnel Beaubrun ND, of Integra Naturopathics states that “many patients are hesitant to initiate a detoxification program,

fearing an extremely restricted diet or adverse effects often noted by people going through various fasts or diets. Biotherapeutic drainage – a specialized form of cleansing- does not involve any inconvenience to the patient and can effectively accomplish detoxification in a gentle, highly effective manner.”

continued...



Shoppers guide to pesticides in produce

When you're shopping, it's easy to find labels and pick foods that help you reduce cholesterol and saturated fat, avoid antibiotics, or steer clear of artificial colors. But when it comes to pesticides, consumers have

been left in the dark.

These 12 popular fruits and veggies are consistently the most contaminated with pesticides—**buy these organic!**

Apples, Bell peppers, Celery, Cherries, Imported Grapes, Nectarines, Peaches, Pears, Potatoes, Red Raspberries, Spinach, Strawberries.

Mercury Levels in Fish....

Canned Tuna	HIGH
Halibut	HIGH
Walleye	HIGH
Farmed Salmon	HIGH
Wild Pacific Salmon	LOW
Haddock	LOW
Tilapia	LOW

Integra Naturopathic was born out of a need to address health at its most basic form- the cell. We recognize that cellular vitality forms the foundation for optimal health, and is greatly influenced by your lifestyle, and the external environment which surrounds you daily. Our clinicians are trained to integrate these three components into your wellness plan.



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For more information, we are happy to offer complimentary 15 minute consultations. Please contact the clinic.

Integra Naturopathics is an innovative and refreshing health concept, offering a distinctive approach to primary health care.

Our unique wellness centre is based on Naturopathy, a system of medicine that is changing the face of Canadian health care. At Integra we offer modern advances in natural therapies that will change the way you think about your health. You are unique.

Our naturopathic doctors are committed to pioneering a vision for health care in Alberta, one that embraces personalized patient care. We have developed an approach that considers all aspects of your distinct needs and addresses the underlying cause of your health concerns. Integra Naturopathics offers you natural medicine that you can trust.

Getting your body ready for 2006

At Integra Naturopathics, Biotherapeutic Drainage is the therapy used to complement other naturopathic therapies by dramatically increasing the effectiveness of other therapies such as nutrition supplements, dietary changes or botanical treatments. Take for instance Glucosamine sulphate- a popular natural substance that is known for being quite helpful for those with arthritic symptoms. However, once the glucosamine is taken away, the arthritic symptoms return in the vast majority of patients. Why? When re-decorating your house, do you not remove your old furniture and décor before introducing the new? The same logic applies to biotherapeutic drainage. Natural substances, such as glucosamine are far



"regular cleansing has to take place"

more effective if they can perform their specific actions free from interference by toxic substances which have accumulated in our tissues over many years. Without detoxification and drainage, not only is "symptomatic relief" temporary, but progressive intoxication of a person leads to the development of more serious pathologies in the future.

Think of your body as a house. Over time your house gets dirty and cluttered and regular cleaning has to take place. This coming new year, why not do the same for your body? If you suffer from headaches, endocrine disorders, infertility, muscle and joint pain, fatigue or allergies- maybe it's time to clean house!

*"Nature,
time and
patience
are the
three great
physicians"*

H.G. Bahn