



Integra
NATUROPATHICS

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Santé Uptown

Dysbiosis and your health

What is Dysbiosis?

It is well documented that healthy bacteria reside in our gastrointestinal tract. These “good” bacteria are extremely important for overall health and well-being. Not only do they aid in absorption of vitamins, they also help to digest food and are critical in a healthy functioning immune system.

Dysbiosis (Dys - abnormal; Biosis - organisms) is a term used to describe a situation where our good bacteria are deficient, resulting in an overgrowth of yeast and other pathogenic organisms.

Dysbiosis is commonly caused by:

- antibiotic use
- stress
- food intolerances (i.e. gluten)
- high sugar diet

When the delicate balance of bacteria in the gut is disturbed, toxins are produced by bad bacteria, resulting in the following symptoms:

Fatigue, gas, bloating, poor digestion, chronic infections, aggravation of bowel diseases such as colitis & irritable bowel

Naturopathic therapies are highly effective at treating dysbiosis. An individualized nutritional

plan, together with remedies used to stimulate the growth of healthy bacteria are used with great success.

In fact, it's a good idea to “heal” your gut at least once a year! After all, stress and exposure to environmental toxicities is a reality of life in Calgary.

Discuss dysbiosis therapy with your Naturopathic Doctor.



Allergies getting you down?

Achoo! Allergy season is upon us here in Calgary. Allergies are a very common affliction, affecting up to 25 percent of us. Around this time of the year when pollen from trees, grass and flower is in the air symp-

toms can get particularly nasty. Many of our friends, family and co-workers are complaining of a runny nose, itchy eyes, sinus congestion, fatigue, and foggy thinking. Are allergies an expected “rite of passage”

as our seasons change, or is there anything we can do to treat them and prevent their recurrence?

What causes allergies?

Everyday, the body meets with potential

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Antioxidant Scale— see next page for more details

Cocoa powder	Ranked #1
Green Tea	Ranked #2
Blueberries& Blackberries	Top 10
Garlic	Top 10
Kale	Top 10
Strawberries	Top 10
Spinach, brussel Sprouts, alfalfa sprouts, broccoli	Top 10

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Allergies getting you down?

“allergic triggers” on our skin, nasal, oral and digestive surfaces. Then, the immune system has the overwhelming task of determining which substances are familiar and safe and which molecules are foreign and dangerous. Allergies are an overactive response to an often-innocuous substance.

Allergies and our Immune System

Allergies indicate an impaired or imbalanced immune system whether they occur seasonally or year round. A temptation to take an over-the-counter antihistamine to relieve symptoms should be done in conjunction with attempting to identify causes of the impaired or unbalanced immune system.



“...allergies indicate an impaired or imbalanced immune system whether they occur seasonally or year round.”

These three factors contribute to symptoms and biochemical changes that eventually lead to illness. In addition to the classic “allergy” symptoms, common allergy related conditions include headaches, high blood pressure, mood disorders, asthma, eczema and joint pain.

Naturopathic doctors are equipped with advanced scientific testing to ascertain the cause of your allergies. You don't have to suffer through another change of seasons! Explore your options and feel the benefits of healthy living.

Naturopathic approaches to identify causes of allergies include addressing:

- adrenal gland insufficiency
- chronic dysbiosis
- increased toxin burden

Facts on the Standard American Diet...very “SAD”

The Standard American Diet (SAD) does not provide adequate levels of fruits & vegetables. Fewer than 10% of Americans (Canadians as well) have met the “minimum” recommendation of two servings of fruits and three vegetable servings per day. It has been estimated that in a 1-year period of time, the average American (and average Canadian) consumes 100

pounds of refined sugar, and 55 pounds of fats and oils in the form of:

300 cans of soda pop; 200 sticks of gum; 18 pounds of candy; 5 pounds of potato chips; 7 pounds of corn chips, popcorn, and pretzels; 63 dozen

donuts and pastries; 50 pounds of cakes and cookies; and 20 gallons of ice cream. Compound all of these factors with the health effects of over 4 billion pounds of additives, pesticides, and herbicides added to the food supply each year. Yikes!

“ 4 billion pounds of additives, pesticides, and herbicides added to the food supply each year”

How fast are you aging? In house laboratory test reveals your oxidation status

Free radicals are molecules produced from by-products of normal metabolism and xeno-toxic (foreign) reactions. They are highly reactive substances, which initiate chains of chemical reactions in the body.

Research into free radical generation implicates them in a host of chronic degenerative diseases and accelerated aging.

Fortunately, the body uses antioxidants to confine and neutralize free radical activity. When free radicals become excessive they start to attack normal, healthy tissue, initiating the disease process.

Antioxidant status is critical to overall health and wellness. Identifying inadequate levels is



...the body uses antioxidants to confine and neutralize free radical activity.

key preventative medicine. Come in and get your antioxidant levels checked – especially if you suffer from joint pain, fibromyalgia, fatigue or allergies.

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Recipe of the Month– Chelation Pesto

Recipe by Sat Dharam Kaur, ND

Ingredients:

4 cloves garlic
1/3 cup brazil nuts (selenium)
1/3 cups sunflower seeds (zinc, magnesium)
1/3 cup pumpkin seeds (cysteine)
2 cups packed fresh coriander (cilantro) (vitamin A)
2/3 cup flaxseed oil
4 tablespoon lemon juice (vitamin C)
2 tsp dulse powder
Bragg's liquid aminos

Process the coriander and flaxseed oil in a blender until the coriander is chopped. Add the garlic, nuts and seeds, dulse and lemon juice and mix until the mixture is finely blended into a paste. Add a squirt of Bragg's to taste and blend again. Store in dark glass jar if possible. It freezes well, so purchase coriander in season and fill enough jars to last through the year.

Coriander has been proven to chelate toxic metals from our bodies in a relatively short period of time. Combined with the benefits of the other ingredients, this recipe is a powerful tissue cleanser.

Two teaspoons of this pesto daily for three weeks is purportedly enough to increase urinary excretion of mercury, lead, aluminium, thus effectively removing these toxic metals from our bodies. It is delicious on toast, baked potatoes and pasta.

Food is your medicine! Experiment with healthy food options and recipes that nourish your body and mind.



This recipe is a powerful tissue cleanser

Did you know?

Below are five interesting health facts to keep you informed!

1. When you have a viral infection, taking iron supplementation may in fact prolong the illness by strengthening viral growth.

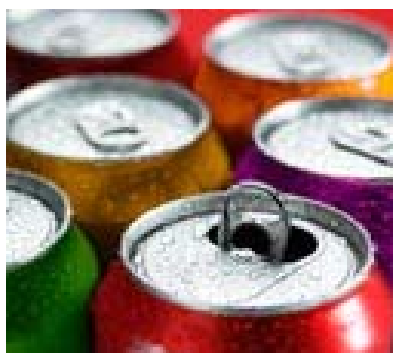
2. Chewing a few raw almonds for heartburn works just as well for most people as "over the counter" drugs.

3. Drinking fluids with your meal dilutes stomach acid, causing indigestion and resultant gas, bloating and weight gain.

4. Statin cholesterol lowering drugs may cause an enzyme deficiency leading to fatigue and pain in the body.

5. 1 teaspoon of white sugar lowers your white blood cell count for over 3 hours, effectively lowering your immune system, leaving you vulnerable to infection.

Would you like some pop with your benzene?



Benzene is a well known human carcinogen, however it's not so well known that benzene levels in pop are almost four times the acceptable level.

Between 1995 and 2001, the FDA tested 24 samples of diet soda for benzene in its Total Diet Study: 19 out of the 24 samples (or 79 %) were contaminated with benzene above the

federal tap water standard of 5 parts per billion (ppb). The average benzene level was 19 ppb, that's nearly four times the tap water standard.

Now we can say that pop not only increases your risk for osteoporosis, diabetes, ADHD and digestive disease...it also increases your risk for cancer. No thank you!



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Medicine - Defined by Nature

Job Opportunity

Integra Naturopathics is looking for an enthusiastic, wellness - minded **registered massage therapist** to join our team.

*This is a great opportunity for someone looking to work in a soothing, healing environment- dedicated to providing the **highest standard in natural therapies.** Those with additional training in bowen therapy, cranio-sacral therapy or other modalities are very welcome!*

Please contact the clinic or fax your resume to 866-545-6538.

Bring the flyer in to receive your \$25 credit towards your Initial Naturopathic Consultation

Breast Health Tips– Early Intervention Strategies

In Canada one in nine women will be diagnosed with breast cancer at some point in her life and the incidence of the disease is rising each decade. In the 1940s the risk was one in twenty. If we increase our awareness of the causes of this disease and start early with prevention strategies we can help to protect ourselves, our daughters and future generations from breast cancer. Examine the tips below and change what you can each month.

- Exercise at least 40 minutes each day.
- Sleep in a dark room, and keep electrical devices at least 3 feet from your bed.
- Meditate, or do slow long deep breathing exercises for at least 11 minutes before bed to increase melatonin levels.
- Switch to using non-toxic cleaning products, like baking soda and vinegar.
- Avoid cosmetics unless they are free of chemicals and preservatives.

- Drink filtered water, with the chlorine and pesticides removed from it.
- Drink hot beverages stored in glass or ceramic rather than plastic. The plastic often leaches chemicals that act like the hormone estrogen.
- Seek a dentist who will use porcelain fillings in your teeth. Avoid mercury amalgam fillings.

- Do not use the birth control pill, learn to chart your menstrual cycles.
- Use a looser cotton bra rather than an underwire bra. Avoid tight bras.
- Use 30 grams of fibre each day to ensure at least 2 bowel movements a day– add 2 tbsp of bran to your breakfast cereal, eat legumes daily, use more whole grains, less bread.
- Add 2 tbsp. of freshly ground flax-seeds daily to your cereal, juice or fruit smoothie. (Use an electric coffee grinder to grind them).
- Eat organic food whenever possible.



Let's help protect ourselves, our daughters and future generations.

Inquire at Integra Naturopathics for Healthy Breast workshops offered at the clinic or your workplace/home.

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