



Integra
NATUROPATHICS

Is organic food worth the extra price?

What's the big deal with "ORGANIC" food?

Many people are skeptical about paying a premium for organic food. The conventional view is that we get sufficient vitamins and minerals in our diet, but **scientific research clearly indicates the opposite**. In fact, minerals in foods are declining while chronic, degenerative diseases are on the rise.

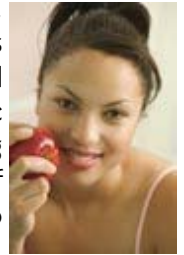
A 2003 study published in the *Journal of Agriculture and Food Chemistry* shows that foods grown organically have significantly higher levels of cancer-fighting antioxidants than conventionally grown foods. The research suggests that agrochemicals actually thwart the production of potent antioxidants.¹

A 2002 Italian study reveals that Vit C and E levels are higher in organic peaches and pears than in their conventionally grown counterparts.²

A 2001 study demonstrates that organic crops contain significantly more Iron, Vitamin C and Magnesium than crops grown with conventional chemicals.³

Some issues to consider...

Conventional farming depletes the soil of essential nutrients due to overproduction, whereas organic soils are nurtured gradually, utilizing the practices of composting and rotation to protect the earth. More disturbing is the alarming use of artificial chemicals to produce bigger yields.



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Food facts...

- Trans fats are added to margarine to produce a firmer consistency.
- The onion is named after a Latin word meaning "large pearl."
- It takes 3500 calories to make a pound of fat.
- During a lifetime the average person eats about 35 tones of food.
- Topical honey is an anti-cellulite treatment

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Fall Quote

"Those who do not find time for exercise will have to find time for illness."

Earl of Derby

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Conventional foods have a larger water content, which dilutes their nutrient status. Very little is known about the health implications associated with exposure to multiple pesticides commonly used by conventional farming practices. Our daily diet is now reported to contain residues of some 30 different artificial chemicals.⁴ Many of these are pesticides have been associated with cancer and other degenerative diseases, such as Alzheimer's and Parkinson's.

Our food choices have a major implication on the functioning of our immune systems. Organic farmers adhere to high standards of herd management to minimize the utilization of antibiotics. Conventional animal rearing requires antibiotics to control the spread of disease in intensive production environments, contributing to the generation of the feared "super bug" due to resistance generated by overexposure to antibiotics.

Clearly, organic food is the preferred choice for those of us concerned about the health and well-being of ourselves and those we love. Support local organic producers to encourage greater variety of foods being offered, and competitive pricing. Organic food is definitely worth the price!

Reference

1. Amasi, D.K., Y.J. Hong, Barret, A.E. Mitchell. Comparison of the total phenolic and ascorbic acid content of freeze-dried and air dried marionberry, strawberry and corn grown using conventional, organic and sustainable agricultural practices. *J Agric Food Chem*, 2003 Feb 26; 51 (5):1237-1241.
2. Carbonaro, M., M. Mattered, S. Nicoli, P. Bergamo, M. Cappelloni. Modulation of antioxidant compounds in organic vs conventional fruit. *J Agric Food Chem*, 2002 Sep 11; 50(19):5458-5462.
3. Wothington, V. Nutritional quality of organic versus conventional fruits, vegetables and grains. *J Altern Complement Med*, 2001Apr; 7(2):161-173.
4. Working Party on Pesticide Residues Annual Report, 1998. Brown Lynda. *The Shopper's Guide to Organic Food*. Fourth Estate 1998.



"Our food choices have a major implication on the functioning of our immune system."

The power of information: Contaminants 101

It's time we become familiar with the chemicals that are now ubiquitous to modern life.

PFCs — Active ingredients or breakdown products of Teflon, Scotchgard, fabric and carpet protectors, food wrap coatings. Accumulate in the environment and the food chain. Linked to cancer, birth defects, and more.

PBDEs — Flame retardant in furniture foam, computers, and televisions. Accumulates in the food chain and human tissues. Adversely affects brain development and the thyroid.

Phthalates — Phthalates are common plastic softeners and solvents in wide variety of consumer products, including cosmetics, paint, and plastics.

*Information provided
by the Environmental
Working Group.*



Bisphenol A — Building block of polycarbonate plastics and epoxy resins for thousands of consumer products, including baby bottles, drinking water containers, metal food and beverage can liners, and dental sealants. Linked to hormone disruption, birth defects, and cancer.

Annual cleansing is no longer an option if we want to attain and maintain optimal health. With the sheer volume of toxins surrounding us daily, is it any wonder why chronic degenerative disease, infertility and cancer are increasing at alarming rates?

***Call to discuss how you can relieve this body burden with a Naturopathic doctor.
Dedicate yourself to cleansing and eating fresh, wholesome foods daily.***

Is your food a pain in the head?

A food allergy is not a food trigger; a food allergy is an immune system response to a protein contained in food. Food triggers contain substances that trigger headaches by changing the body's neurochemical balance.

It is important to note that since food allergies do not appear to cause migraines, allergy testing won't get you further ahead in identifying your dietary triggers. Many foods that initiate a migraine attack contain substances, called **vasoactive amines**, which affect the body's blood vessels, especially those that supply blood to the brain. Vasoactive amines widen or narrow the blood vessels in the brain, which is responsible for the pain of the migraine.

Detection and removal of food triggers can eliminate or greatly reduce symptoms in the majority of patients. Keep in mind that **NOT ALL** of these foods are triggers for all migraine sufferers; people who are sensitive to one food may, in fact, be able to eat it in small quantities if they have managed to control other triggers.

Common Food Triggers

Beer	Some dairy	Wheat
Wine	Some legumes	Shellfish
Caffeine	Citrus fruits	Preservatives
Chocolate	Red meat	Artificial sweeteners

Ask your naturopathic doctor about doing an elimination diet to determine whether any of these substances are at the root cause of recurring headaches. Feel the difference food can make in your life!

Are your vitamins making you sick? Supplements – Read your labels!

With the ever increasing availability of health products on the market in Canada, it's important to realize that not all are created equal. In fact, *some products may be making you ill.*

Professional companies guarantee high quality supplements because their products undergo extensive research to ensure efficacy and safety. Quality control goes beyond testing and manufacturing procedures, it actually applies to choices of hypoallergenic raw materials and the absence of excipients (additives and fillers) in manufacturing. Many products available through major chain stores or even health foods stores are made with cheap, contaminated raw materials. Fillers, pre-

servatives and chemical solvents are commonly used, many of which may **cause side effects**, such as allergies, asthma and skin conditions.

Numerous companies are jumping on the 'wellness' bandwagon to capitalize on the expansive growth in health product consumption, without an honest dedication to getting people well.

Natural medicine is an investment in your health; it's worth your time and money to invest in products that you can trust. In the case of nutritional supplements, you get what you pay for.

Recipe of the Month: Healing Tea for Acute Infections

Next time you're battling a cold or infection, give this a try!

Gather your supplies:

- Fresh Garlic 3-6 cloves minced (anti-viral/bacterial)
- Fresh Ginger 1 inch grated (thermogenic)
- Fresh Lemons 1-2 - juiced (vit C)
- Honey 1 tsp (anti-microbial)

Instructions:

- Bring to boil the garlic, ginger, lemon juice and honey in 3-4 cups of water, and then simmer for 15 minutes.
- Drink and chew remnants before going to bed.
- Feel free to make the tea as strong as you can handle.
- Have this every night until symptoms resolve.



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NEW THERAPIES TO SERVE YOU BETTER!

Integra Naturopathics welcomes *Krasimira Sakareva* to our wellness centre. Krasimira is a registered massage therapist with extensive European training. In addition to relaxation and therapeutic massage, Krasimira offers unique treatments focusing on deep tissue cleansing.

Krasimira is the only RMT in Calgary to offer a vitalizing, ancient massage technique using the healing properties of honey. Honey has the immense healing benefits of absorbing toxins, while stimulating the lymphatic system, influencing the entire central nervous system. Honey massage radically improves blood circulation in deep layers of the skin, purifying and aiding in the break-down of resistant toxins.

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- anti - cellulite treatment
- anti - aging and rejuvenation treatment

by Krasimira