



**Integra**  
NATUROPATHICS

INTEGRA NATUROPATHICS

# Santé Uptown

## Fertility Frustration?

### The Naturopathic View

An estimated one in six Canadian couples has difficulty conceiving. For those diagnosed with “unexplained” infertility, frustration becomes a way of life. As infertility rises at an alarming rate, we need to explore the potential causes underlying this emerging health crisis.

Under a Naturopathic Doctor’s guidance, couples explore and discover the many possible factors that may be affecting their ability to conceive. It’s important to remember that reproductive organs operate in unison with other parts of the body. Some of the key discussions include:

### Environmental impacts on hormonal functioning.

It is well documented that as the earth becomes inundated with chemical toxins - breast milk, testes and ovaries become storehouses for the wasteful by-

products of negligent industrialization. Couples are encouraged to cleanse and recognize the impacts of their everyday lifestyle choices. Couples learn ways to minimize their toxic exposure, effectively reducing the build-up of harmful substances from accumulating in their systems.

### Nutritional choices affect fertility.

Essential fatty acids, zinc, vitamin C, selenium, B vitamins and a host of other nutrients are fundamental to hormonal wellness. Identifying dietary deficiencies is a critical component of fertility treatment. Learning which foods to avoid and which to eat liberally not only enhances a couples ability to conceive, but improves overall health and vitality.

Although fertility clinics are overwhelmingly populated with women, male infertility is a critical aspect to consider for a couple. Both partners should be considered. (Continued on Page 2)

## Book your NATURAL IMMUNE BOOSTER!!

Susceptibility to infections depends upon the status of your immune system. Our immune systems are comprised of a vast network of specialized cells and organs including your liver, lymphatic system, thymus, spleen and bone marrow. Together they share the responsibility of maintaining your resistance to disease.

With flu season just around the corner, it is important know what options you have in preventing infections. Although bacterial infections can be addressed conventionally using antibiotics, antibiotics also destroys beneficial (AKA “good”) bacteria and does not address viral infections. By strengthening your immune system, (Continued on Page 2)

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***We must always change,  
renew, rejuvenate ourselves;  
otherwise, we harden.***

Goethe

## Fertility Frustration?

### For the female:

Women are strongly encouraged to chart their menstrual cycles (fertility awareness), to be used in conjunction with other therapeutic recommendations.

Charting the menstrual cycle equips a couple with the tools necessary to pinpoint when conception will most likely occur. A woman menstruates hundreds of times in her lifetime, yet, how much do most women know about their cycle? Nature is cyclical. Fertility is cyclical. A woman's fertility peaks at a specific time each month. More importantly, it provides an invaluable tool which can help discover potential hormonal imbalances. It is a system that records daily physical changes in your endocrine system.

### For the male:

Approximately one-third of all infertility cases are due to problems with the male partner. In order for a couple to achieve pregnancy sperm count, motility and morphology

are critically important, however we know that sperm counts are declining worldwide.

One of the biggest risks to men is the exposure to "xeno-estrogens" – by products of our polluted world. Xeno-estrogens mimic estrogen in a man's body, interfering dramatically with his ability to produce healthy, viable sperm. Eating non-organic meat and exposure to industrial chemicals and pesticides all increase the risk for xeno-estrogens to enter the body.

Effectively enhancing a couple's chance for conception involves a holistic approach to overall health, rather than a "hit and miss" style of treatment. Many of the mysterious, "unexplained" infertility cases are not a mystery at all.

*Drs. Andrea and Arnel Beaubrun specialize in Natural Fertility Treatments offering individualized treatments for male and female partners.*

## The flu season is here... get your Immune Booster!

you establish a good base for preventing all types of infections whether viral, bacterial and in rarer instances fungal infections. Start right now to prevent sickness. There are many ways you can lessen the impact of seasonal viruses, flus and colds through a variety of natural alternatives which serve to boost your immune system.

1. **Sugar** - as little as a teaspoon of sugar can lower your white blood cell (immune cells) function for 6 hours. During times of sickness, many of us start to crave sugar more than usual. The key is to be aware of this and avoid candy, cookies, pastries and sweetened juices.
2. **Stress** - stress increases the secretion of adrenaline and corticosteroids from the adrenal glands, both of which decrease the formation and function of white blood cells (immune cells).
3. **Sleep** - aim for 8 hrs because when you are tired and run down, you become susceptible to infections.

*"Sugar can lower your immune function for 6 hours!!"*



4. **Soup** - during an infection soup minimizes the workload on digestion and helps concentrate the body's effort on fighting infections (see page 3).

*"At Integra, we provide our patients with a natural immune booster..."*

Beginning November through March we are offering **"Natural Immune Boosters."** A powerful combination immune enhancing remedies prepared for you in office to provide extra support during this year's flu and cold season:

Adults: **a quick and simple intra-muscular injection**  
Children: **an oral preparation**

It is recommended that you have a booster once a month November through February.

**Inquire at the clinic for you and your family.**

# Green tea– WOW!

## Green tea- WOW for the skin!

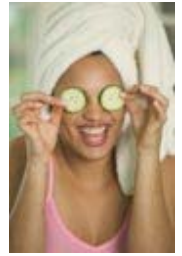
A host of healthy, natural foods offer potent healing and preventative powers to remedy a wide range of skin troubles. Green tea consistently shows up in scientific research as one of the leading natural healing foods for the skin. Learn why:

**ANTOXIDANTS:** Green tea is abundant in anti-oxidants that greatly reduce inflammation and protect cellular membranes. Research proves that green tea reduces the damage of sunburns and overexposure to ultraviolet light, which in turn reduces the risk of premature aging and skin cancer.

**POLYPHENOLS:** EGCG, the most prevalent polyphenol in green tea acts as a “fountain of youth” by reactivating dying skin cells.

**NUTRIENT DENSE:** Vitamins C, D and K, as well as riboflavin, zinc, calcium, magnesium and iron are found in green tea, providing nutritional density like no other!

Remember - Green tea must be organic or you run the risk of it being contaminated with heavy metals, pesticides and herbicides.



*“Green tea is one of the leading natural healing foods for the skin...”*

Integra Naturopathics proudly offers Silkia, an **Organic Camellia Seed (GREEN TEA) oil** as a topical treatment for the skin. After much research, Dr. Arnel selected green tea oil to carry in the clinic as the superior choice for healthy, radiant skin. *Hundreds of patients agree!*

***Bring your newsletter in & receive \$5  
off your next purchase.***

# Strengthen with Soup: Cream of Squash Soup

## Ingredients

1 tbsp. olive oil  
1 onion, chopped  
2 cups sliced carrots, steamed until tender  
3 cups cooked and mashed acorn or butternut squash or sweet potato or yam  
2-3 cups almond milk, rice milk or vegetable soup stock  
1/2 tsp. Each nutmeg, cinnamon, coriander, ginger, OR curry powder, turmeric

## Method

1. Steam sauté onions in oil until tender, adding water as necessary.
2. Add carrots and squash and 2 cups of stock, soymilk, or combination of the two. Bring to a simmer and heat through for 10 minutes. Transfer to blender and puree until smooth. Transfer back to pot and thin with stock or milk until desired consistency is reached.
3. Adjust seasonings to taste, using the pumpkin pie spices for a sweeter soup or curry for a more savory soup.

# Do you have a story idea?

Here at Integra, our greatest inspiration comes from you! We often get book recommendations, recipe ideas and new emerging research trends. We highly value your input and thank you so much for your enthusiasm!

If you have a story idea as it relates to natural medicine, let us know...we'd love to hear from you!

Medicine, Defined by Nature

***Individualized Natural Medicine  
that you can trust***





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*Medicine- Defined by Nature*

**We're on the web!**

[www.integranaturopathics.com](http://www.integranaturopathics.com)

## WHOLISTIC AESTHETICS & AROMATHERAPY NOW AVAILABLE!!!

The much anticipated wait is over! Integra Naturopathics is thrilled to welcome **Lisanne Huhn-Watchell**. Lisanne is a Nationally Certified Aromatherapist, Wholistic Aesthetician and a Registered Kundalini Yoga Teacher. Lisanne specializes in Aromatherapy Massages (for relaxation and lymphatic drainage) & wholistic aromatherapy skin care.

Now offering completely natural aesthetic therapies, Integra is expanding our services to enhance our vision of providing exceptional, natural health care that you can trust.

Lisanne's custom treatments incorporate aspects of her yoga training, educating you with stress reducing techniques so that you can continue your healing at home.

All facials use custom-blended aromatherapy products, free from synthetic preservatives, perfumes and other ingredients, containing the highest quality essential oils. Other great add-ons to your treatments include aromatherapy hair & scalp hydrators and foot massages using hand-made lotions and massage blends.

**Receive 25% off your first treatment**

## Dr. Andrea's Recommended Reading List

### **Book Review: A thinking Woman's Guide to a Better Birth, by Henci Goer**

Pregnancy and birth remain one of life's greatest periods of wonder and excitement. Henci Goer, in her book, A thinking Woman's Guide to a Better Birth, provides a comprehensive summary of the latest scientific findings on childbirth. This book provides couples with a unique opportunity to make informed decisions about their maternity care. Goer clearly explains how obstetric management has become unnecessarily high-tech, at the expense of women and babies. Families are no longer given the chance to experience birth as a healthy, normal process.

#### **Did you know that?**

- Caesarean section is THE most common major surgery performed in the USA. The consensus in the medical literature is that half of these are not required.
- At some hospitals, almost every labouring woman has an epidural. Studies document a host of complications affecting mother, baby or both.
- Nearly half of women giving birth vaginally still have an episiotomy. Studies prove this procedure is of no benefit, and can potentially do permanent damage.

- Studies consistently find that mothers and babies cared for by midwives experience fewer complications and have fewer tests and procedures. Their caesarean rate is 4%.

Clearly, the most important factor in obstetrical care is the health of baby and mom. Medical intervention is **highly valuable and life-saving, when indicated**. However, for low-risk pregnancies, there is a gap between how the typical obstetrician practices and what the literature supports. This book is highly recommended for families considering having children, or for those couples expecting a child in the near future.



*Michelle— thanks for lending me the book and recommending that I "must read it." Indeed!!*

Dr. Andrea

*"obstetric management has become unnecessarily high-tech."*