



**Integra**  
NATUROPATHICS

INTEGRA NATUROPATHICS

# Santé Uptown

## Generational Toxicity

Tremendous forethought and effort are spent planning for our children’s financial security, yet we don’t seem to give the same attention to the impacts our current health choices have on future generations.

Recent research makes a strong case for the ominous existence of generational toxicity. Not only are children a particularly vulnerable sector of the population, but early exposure to environmental toxicity appear to have consequences well into adulthood.

The Environmental Working Group (EWG) has compiled alarming data on the presence of pesticides, pollutants and industrial chemicals present in the umbilical cord blood of infants.

Once thought to safeguard a developing fetus from harmful substances, the placenta appears to be vulnerable to toxins circulating a mother’s bloodstream. Chil-

dren are left with a “lifelong imprint of risk.” Chemicals like dioxins and furans are well known hormone mimicking substances, possibly contributing to delayed cancer development in hormone sensitive tissue like the testicle, prostate gland or breast.

Minute quantities of chemicals can wreak havoc on in an infant’s development. Even limited exposure to certain pollutants can have a profound influence on health for years to come.

What makes babies so vulnerable?

- Organ systems and tissues are rapidly developing, making them more sensitive to harmful effects of chemical exposure.
- Detoxification systems and excretory functioning are not fully developed, allowing for toxic residue to build up and store readily in tissues.

...Continued on page 2

## Battle of the protein supplements

Protein, or “power” shakes have become a dietary ritual for many people. Convenient, filling and delicious, they provide an easy way to ensure we are getting a balanced start to our day. However, with the overabundance of protein powders available on the market it is quite an overwhelming task to determine which pro-

tein source is best. Hemp, a food source that has been around for thousands of years, has largely gone unnoticed. Hemp protein is taken from the seeds. As of late, hemp is raising eyebrows amongst those seeking a superior protein source. Let’s discover why!

### Inside this issue:

Generational Toxicity con’t...	2
Dry, itchy skin driving you crazy?	2
Houseplants to improve your air quality	3
Battle of protein supplements con’t	3
Nrew to Integra: Organic Baby Products	3
Think twice about microwaving your food	4
Stay tuned for Baby Beaubrun	4

### Did you know?

On average, it takes a person **2 hours of non stop walking** to burn off the calories and sugar from a 12 oz. **can of Coke**

## Generational toxicity con't...

---

- An immature blood brain barrier leaves a developing brain vulnerable to contact with damaging substances.

It's worth noting that while infectious childhood diseases such as diphtheria, small pox and polio have largely been eradicated, chronic diseases of less known causes have taken their place.

- ADHD, leukemia, autism, asthma have all increased over the last 30 years.
- 5-10% of couples experience infertility
- 3-5% of babies are born with birth defects

Lifelong exposure to toxins – starting in the womb- may be a likely culprit. The good news is that something can be done to minimize the impact of toxicity in our bodies.

### Recommendations – how can we reduce this “debt load?”

1. Prenatal cleansing: Couples are encouraged to undergo a supervised prenatal cleanse. Consult a registered Naturopathic Doctor to design an individualized cleansing program that will effectively reduce your toxic burden.
2. Regular cleansing: Naturopathic Doctors are equipped with specialized testing that will monitor your progression, and aid you in eliminating harmful substances that effect cellular functioning.
3. Become an informed consumer: Choose environmentally friendly household cleaners, skin care and grooming supplies. Eat organic, and support local organic farmers.

*Investing in your health now will pay dividends for generations to come.*

## Dry, itchy, winter skin driving you crazy???

---

***Treat your skin to a rejuvenating session with Lisanne:***

**Aromatherapy Massage** - Hydrate your skin from head to toe with a therapeutic essential oil blend. Release stress and relax tired muscles.

**Aromatherapy Facial** - Revitalize dull, dehydrated skin with a soothing facial using custom-blended essential oil products.

**Hot Oil Hair & Scalp Treatment** - The perfect addition to your massage or facial to leave your hair feeling silky smooth. Oils combined for your hair type are massaged into the scalp for the ultimate relaxation.

**Lisanne uses only pure, essential, custom oil blends individualized to your unique skin requirements.**

*Your skin is unique! Feel the difference custom blended oils make.*

## Medicinal Foods– Parsley (*Petroselinum crispum*)

---

Parsley is highly regarded amongst Naturopathic Doctors as a valuable source of vitamins and minerals, particularly vitamins A, B2, B3, C and calcium, magnesium, iron, potassium and manganese.

It has traditionally been used for the prevention of kidney stones and as a tonic for the liver. It is known to dispel flatulence in the stomach and for this reason is used in many culinary recipes.

Odour from the breath is eliminated by the chewing of parsley since the chlorophyll in the leaves acts as a natural deodorant.

Use it liberally in your recipes and reap the medicinal value inherent to this fabulous herb!



*Some of the most common foods have incredible medicinal value!*

# Houseplants to improve your air quality!

New home? Renovations recently? Does your office suffer from the sick building syndrome?

Scientific studies conducted by NASA have confirmed that common houseplants can dramatically improve the quality of air we breathe.

Many houseplants are capable of removing harmful elements such as trichloroethylene, benzene, and formaldehyde from the air.



“Beautify your space and breathe easier!”

The recommended plants are listed below, and are available at local nurseries.

1. Philodendron scandens 'oxycardium', heartleaf philodendron
2. Philodendron domesticum, elephant ear philodendron
3. Dracaena fragrans 'Massangeana', cornstalk dracaena
4. Hedera helix, English ivy
5. Chlorophytum comosum, spider plant
6. Dracaena deremensis 'Janet Craig', Janet Craig dracaena
7. Dracaena deremensis 'Warneckii', Warneck dracaena
8. Ficus benjamina, weeping fig
9. Epipremnum aureum, golden pothos
10. Spathiphyllum 'Mauna Loa', peace lily
11. Philodendron selloum, selloum philodendron
12. Aglaonema modestum, Chinese evergreen
13. Chamaedorea sefritzii, bamboo or reed palm
14. Sansevieria trifasciata, snake plant
15. Dracaena marginata, red-edged dracaena

# Battle of the protein supplements con't...

- Hemp provides a well balanced array of the 10 essential amino acids in humans.
- Arginine and histidine, critical for growth during childhood, are found in abundance in hemp.
- High levels of branch chained amino acids make hemp an excellent protein source for muscle repair and metabolism.
- Hemp seed is easily digestible and gluten-free. This makes it also suitable for vegans and those whom are lactose intolerant.
- Hemp is high in fibre and anti-oxidants

*“...ideal in the treatment of heart disease, diabetes and depression.”*

- Boasting an excellent ratio of omega 3 and 6 essential fatty acids, hemp is ideal in the treatment of heart disease, diabetes and depression. The high pH (a scale used to measure levels of acidity/ alkaline) found in hemp makes it less acidic than soy and whey proteins. This impacts long-term health by minimizing chronic and degenerative states.

**Next time you need to refill your protein powder, give hemp a try!**

# New to Integra– Organic Products for Mom and Baby

Integra is proud to now carry Canadian made, organic maternity & baby products. From non-disposable wipes, receiving blankets and bibs to salves and oils for baby's bottom....you can feel confident using healthy, safe products from day 1!

We are currently carrying a limited selection of items in store, but feel free to browse our catalogue for a wide range of maternity and child care items. Call the clinic for more details.

**403.284.2055**

100% Canadian  
100% Organic  
100% Pure





**Integra**  
NATUROPATHICS

INTEGRA NATUROPATHICS

Integra Naturopathics  
114, 908-17th Ave SW  
Calgary, AB  
T2T 0A3

Phone: 284-2055  
Email: [info@integranaturopathics.com](mailto:info@integranaturopathics.com)  
[www.integranaturopathics.com](http://www.integranaturopathics.com)

***Medicine- Defined by Nature***

**Visit us online!**  
[integranaturopathics.com](http://integranaturopathics.com)

## Think twice about microwaving your food

Food prepared in the microwave is indeed “too good to be true.” Studies clearly demonstrate the ill effects this method of food preparation exerts on the human body.

Studies have discovered that eating microwaved food over time causes significant changes in blood chemistry, including a decrease in hemoglobin, HDL (good cholesterol) and white blood cells, effectively weakening the immune system. Further studies proved that microwaving breast milk can lead to structural, functional and immunological changes, and that microwaves transform the amino acid L-proline into D-proline, a proven toxin to the nervous system, liver and kidneys.

If we examine how Microwave ovens “cook” food we see that the process involves forcing atoms, molecules and cells within the food to reverse polarity billions of times per second, causing friction and heat. As the molecular structure of food is deformed, new compounds not found in nature, called radiolytic compounds, become formed.

Next time you’re in a rush and are tempted to “zap” your food, think of what else you might be zapping!

## Stay tuned for Baby Beaubrun...

---

Drs. Andrea and Arnel are preparing to welcome Baby Beaubrun into the world!

All of Dr. Andrea’s patients will be notified once baby is born with full details outlining her maternity leave.

It is our utmost priority to ensure that you continue to receive exceptional naturopathic care at Integra. Dr. Arnel is excited to meet with you for all your health care needs while Dr. Andrea is taking a couple months of maternity leave.

Dr. Andrea is still booking appointments until early March.

