



**Integra**  
NATUROPATHICS

INTEGRA NATUROPATHICS

# Santé Uptown

## Massage using Aromatherapy *Lymphatic Drainage at it's best*

### ***Aromatherapy Massage is unparalleled among alternative therapies***

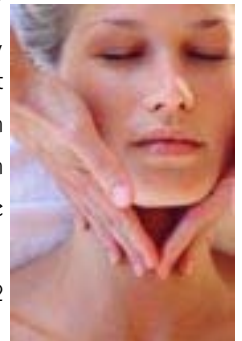
In today's world of complimentary therapies, there are many choices when considering beneficial therapeutic treatments. Among these is Aromatherapy massage, a light touch method that, similar to Reflexology, *uses points on the feet and along the spine to open energy flow in the body.* Also known as Lymphatic Drainage, Aromatherapy massage is extremely effective at ridding the body of toxins. Essential oils, custom-blended for the individual, are used in combination with the massage, to address specific body imbalances. The result is an unparalleled state of relaxation and rejuvenation.

Contrary to popular misconceptions, Aromatherapy is not simply, "smelling oils." An Aromatherapy massage is a compre-

hensive treatment consisting of a detoxifying and muscle-relaxing massage treatment, as well as a take-home care regime (including custom-blended essential oil personal care products).

In terms of benefits, Aromatherapy massage has many. Valuable in healing the body from, 'the inside out' (through the massage-induced trans-dermal absorption of essential oils directly into the bloodstream), there is an instant benefit of relaxation through the inhalation of oils over the course of the treatment.

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*"Aromatherapy is not simply smelling oils..."*

## Spring time is cleansing time!

Longer days of sunlight and warmer temperatures are welcomed signs that spring is upon us. Many of us intuitively desire to clean and organize our homes and offices. The same applies to our body – spring is the time of year to clean our "internal house." Almost

everyone needs to cleanse periodically. Cleansing the body and resting bodily functions is beneficial to enhance overall wellness, both physically and emotionally.

Our body has a daily elimination cycle, mostly carried out at night and in the early

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### Did you know?

*Your skin is your body's largest organ...*

- *Releasing 25% of your body's wastes*
- *Your skin mirrors what goes on inside your body*
- *Internal imbalances will manifest as rashes, acne and other skin complaints.*

## Aromatherapy Massage unparalleled among therapies...

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Some of the body and mind imbalances that can be mitigated through Aromatherapy massage include:

- fluid retention (edema, puffiness in the body);
- circulatory (i.e. high blood pressure);
- digestive (constipation, IBS, "sluggish digestion");
- headaches and congestion (sinus & tension headaches);
- anxiety, stress & insomnia;
- menstrual (PMS);
- muscular tension and joint pain (Fibromyalgia);

### ***How does Aroma Massage differ from Traditional Massage?***

Inherently, any type of massage is advantageous. Aroma massage and 'traditional' massage (i.e. Swedish or, 'deep tissue') both have the effect of relaxation, tension release and health restoration over the period of a one hour session. However, an importance difference in Aromatherapy massage is the avoidance of in-

tense percussive technique, which can lead to over-stimulation, common to traditional massage. Our toxin-releasing lymphatic system resides just below the skin surface, and as such the light touch method of Aromatherapy massage is not only adequate, but preferred and very powerful. Rather than collapsing sensitive lymphatic vessels, gentle aromatherapy techniques work to enhance and promote lymphatic drainage throughout the body.

As awareness of Aromatherapy treatments increases, our society is quickly discovering the enhanced benefits of this massage and the power of its associated essential oils. Go ahead, immerse yourself in a sea of senses and discover the age-old healing benefits of essential oils and Aromatherapy massage.

**Your mind & body will thank you!**

## Aroma Treatments now covered under extended health plans!

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*We invite you to enjoy one of our exclusive treatments:*

- *Rejuvenating Lymphatic Aroma Massage*
- *Re-hydrating Facial for males & females*
- *De-stress Back Treatment*
- *Hair & Scalp Treatments*

***All treatments are eligible for coverage under extended health plans.***

*Inquire at the clinic for a complete list of custom services available. Magnifying packages also available for purchase.*

## An almond a day may keep the doctor away!

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Almonds have maintained social significance throughout time. Romans gave them to newlyweds as a fertility charm! Today research has confirmed the wonderful natural benefits of this nut. Almonds may reduce the risk of heart disease when part of a diet low in saturated fat. They are also known to reduce lipoprotein, a genetic risk factor in coronary disease. Almonds also blunt sugar spikes after eating. A serving of almonds is an excellent source of Vitamin E and copper, and a good source of protein, magnesium, phosphorus and fiber.



Great as a snack food—they're filling and take the edge off your sweet tooth. Try consuming between 3-6 almonds everyday with a fruit of your choice. Almond butter is also a great alternative to peanut butter—1 tbsp of almond butter is equal to one serving.

Tip— For your bulk buyers almond butter is also available at *Costco*.

*"wonderful benefits of this nut."*

## Infrared Sauna— Deep tissue healing



Saunas and steam baths have been used for centuries by cultures around the world for detoxification, to improve mental clarity and to promote longevity. Saunas have been used in Finland for over 1000 years while Native Americans have utilized the sweat lodge as a healing and purification rite for equally as long. In the last 25 years, scientists have done extensive research on infrared sauna treatments and have documented their health benefits.

An infrared sauna is a modern-twist on the centuries-old technology. An infrared sauna converts the heat within our bodies, instead of just the air around us. This means it can warm its user to a much greater depth and much more efficiently than conventional saunas.

Sitting in an infrared sauna helps generate two to three times the sweat produced in a conventional sauna, making it a great way to

rid your body of built up toxins by opening non-functional pores in the skin.

The weight-loss benefits of infrared sauna treatments are also impressive. A 30min session in a sauna can burn up to 600 calories.

The infrared sauna works because the heat penetrates deeply into the skin, warming the muscular tissues and the internal organs. The heat produced increases blood flow. Increased blood circulation carries off metabolic waste products and delivers oxygen rich blood to oxygen-depleted cells.

Indeed infrared saunas offer serious deep tissue healing. Consult your health practitioner before commencing a sauna protocol as there are certain conditions for which heat may not be advised.

*"The weight-loss benefits are also impressive."*

## Spring cleansing con't...

morning, up until breakfast. However, when we eat a congesting diet higher in fats, meats, dairy products, refined foods, and chemicals, detoxification becomes more necessary. There are numerous "detox" regimes available in the marketplace, ranging from fasting to juicing to 1 week programs and the like. While it is critical we acknowledge the importance of cleansing, it is equally important to commence a cleansing regime that is specifically designed for you in order to benefit your health needs.

*"...it is important to commence a cleansing regime that is specifically designed for you."*

Detoxing is not advised for certain people, such as those who are pregnant, chronically constipated, extremely stressed or have serious adrenal issues. Your vitality must be assessed to determine

which detox is right for you, otherwise the ability of your body to dispose the waste products released may be compromised. This inability to eliminate toxins results in the well-known "detox" symptoms. In reality, if your cleanse has been prescribed properly those nasty symptoms should be minimized.

More common toxicity symptoms include headache, fatigue, sugar cravings, mucus problems, aches and pains, digestive problems, "allergy" symptoms, and sensitivity to environmental agents such as chemicals, perfumes, and synthetics. Relieving toxic burden in the body may provide almost immediate relief from certain symptoms. Experience the benefits of regular cleansing! For more information on the right detox for you, please contact us at either of our two locations listed below and book your appointment this spring.



*"...if prescribed properly those nasty symptoms should be minimized."*

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*Medicine, Defined by Nature*

Integranaturopathics.com

## Baby Beaubrun is here!

Thanks to everyone for your support and well wishes! We welcomed our son Xavier Joseph into the world at home on March 25th. Our incredible midwives aided in our water birth.

I'll be off for 2 months on maternity leave, returning in June on a limited, part time basis. In the mean time, please feel free to contact Dr. Arnel for all your naturopathic needs.

Warm regards,

Dr. Andrea



## Balancing your hormones with Acupuncture

The delicate balance of estrogen and progesterone govern the female reproductive system. The ebb and flow of these two hormones ensures a normal functioning menstrual cycle. Disorders, such as infertility, PMS, endometriosis and irregular menstruation are indications of imbalance within this system. The theory of traditional chinese medicine views estrogen as "Yin energy" and progesterone as "Yang energy".

At Integra Naturopathics, acupuncture is used extensively to promote balance between yin and yang. Applying different acupuncture strategies in different phases of the menstrual cycle can restore hormonal balance quickly and effectively. Notable improvements in the menstrual cycle are observed in as few as 3 cycles for some women.

Extensive modern research now exists to confirm the effects acupuncture has on the female endocrine system. For example, acupuncture:

- enhances communication between the brain & ovaries
- helps to balance the thyroid and adrenal glands
- increases blood flow to the uterus.

This ancient healing technique has stood the test of time, and finally is being recognized by the alternative and conventional medical communities alike. If you would like to discuss how acupuncture may benefit your health, feel free to ask Dr. Arnel at your next appointment.



*"The aim of acupuncture is to promote balance..."*