



Integra
NATUROPATHICS

INTEGRA NATUROPATHICS

Santé Uptown

Topical Toxins! Look out...

The skin is a major cleansing organ, excreting over 25% of the body's wastes. Think of the skin as a mirror of what is taking place internally; it can show us when the body is out of balance and when toxins are not being properly released.

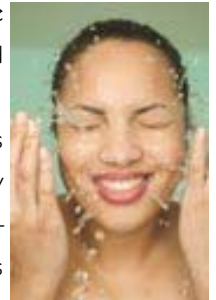
We often forget that what we put on our skin directly enters our body, and affects our health. The next time you begin your morning routine in the bathroom, consider what you are applying to your skin. On average, we use 126 ingredients in toothpaste, deodorant, shampoo, conditioner, creams, lotions, hair products, shave gels and makeup daily. Not only do we inhale and absorb these chemicals, but we also flush them down the toilet and rinse them down the drain. These toxic ingredients become

"Essential oils ...offer a safe, natural alternative"

washing into streams and drinking water.

For example, take a look at your shampoo or body lotion – does it contain 'fragrance'? How about 'colour'? In a fragrance, over 200 complex chemicals are added and uniquely designed to smell just the way you like. "Colour" (e.g. D & C Blue) is sometimes derived from Coal Tar, a well-known carcinogen. The Personal Care Products Industry has reviewed the safety of a mere 11 percent of the 10,500 ingredients listed in care products.

Essential oils through aromatherapy offer a *safe, natural alternative*. Essential Oils



Travel Treatment Tidbits

Homeopathy provides one of the safest, effective relief options for travel. They are safe to use while on conventional medications. Don't leave home without the following remedies:

1. Ars. Album—traveler's diarrhea
2. Nux Vomica—traveler's constipation
3. Causticum—sunburns
4. Pulsatilla—airplane ear congestion

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It is amazing how much crisper the general experience of life becomes when your body is given a chance to develop a little strength.

Frank Duff

Topical Toxins...look out!

(plant hormones) are ideally suited to skin care. The minute molecular size of these oils easily penetrate the pores of the skin and adipose tissue (fat layer), then enter the bloodstream to balance the body from the inside-out.

With over 50 Essential Oils and 20 base (carrier) oils making up what is Aromatherapy, we can choose specific oils to best bring balance back to the skin, body, mind and emotions. For example, Palmarosa oil is one of the most effective oils for hydrating the skin. Geranium oil balances the adrenal cortex, keeping the body's hormones in harmony (specifically androgens, which are a major cause of acne). Neroli is an oil best suited for Telangectasia, tiny red dots with 'spider legs' radiating from them, found on sensitive or environmentally-exposed skin.

From skin care products to cough & cold remedies to cleaning supplies, Essential Oils can be blended for everyone. The next time you reach for a personal care product, read through the ingredients list. Chances are, if you cannot pronounce the words they are not natural and should not be applied to your skin. Give natural alternatives a try—you won't be disappointed!

Lisanne is a Certified Aromatherapist at Integra, offering custom blended oils for all your cosmetic and household needs.

Feel good about your personal care products!

Contact the clinic for more information about her products and services

What you need to know about going Dairy Free



Some people who avoid dairy are allergic to the dairy proteins themselves, while others avoid dairy because they lack the enzyme lactase, which digests milk sugar. Still others avoid it as part of their elimination diet or anti-inflammatory diet, or have chosen to be vegetarian. Whatever your case may be, it's important to note that dairy ingredients come in many different forms, several with names more difficult to pronounce than milk!

All of the following words are part of the dairy family, and being able to recognize them when they appear on a label is critical in total avoidance of dairy in your nutritional plan.

Look for:

curds, whey, ghee, casein, rennet, lactose, lactulose, whey and casein hydrolysates, lactalbumin and lactoglobulin

Dr. Andrea is back from maternity leave...

Dr. Andrea is booking patients every Monday and select Fridays.



SUMMER SPECIAL!!!!

TRY REFLEXOLOGY WITH LISANNE

Receive a FREE Reflexology Treatment with your next Nourishing Facial Therapy or Regenerating Facial Therapy.

Offer available until September 29th, 2007.

**Limited treatments available...
book yours today!**



Call the clinic at 284-2055 for appointment availability...

Bone health, Did you know that...

- All existing approved drugs used to treat osteoporosis don't actually increase the body's ability to build new bone—they work by slowing down bone osteoporosis.
- The mineral strontium not only inhibits excessive break-down of existing bone, but also powerfully boosts the body's ability to build new bone.
- Toxins in smoking interfere with normal estrogen metabolism and calcium absorption, increasing the risk for bone fractures by two.
- Calcium in the form of hydroxyapatite consistently halts, and can reverse, bone loss in controlled studies.
- Taking your calcium with food, at each meal, instead of all at once increases absorption by as much as 80-100%.



Relief is in sight— new organic regulations for Canada!

The confusion will soon be over! Many people simply do not trust organic labeling and are weary of spending the extra money on what may not be truly organic food. Relief is in sight; over the next few years, Canada's new organic regulations are being phased in. An independent organic certifier will now have the official task of determining whether food products get to label themselves as organic.

A new national "Canadian Organic" logo will appear

on certified organic products as well as on processed items that contain at least 95% organic ingredients. Products containing between 70-95% organic ingredients will be obligated to state the specific percentage.

No longer will companies with mere profit seeking incentives be allowed to falsely claim their products are organic. Hopefully this will allow hesitant consumers to give organic a try!

INTEGRA NATUROPATHICS

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

Phone: 403-284-2055

Email: info@integranaturopathics.com

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Chronic Pain and Hyperacidity

Chronic Pain is a frustrating and wearing reality, often forcing people to exhaust treatment options without lasting results. Hyperacidity – a term used by Naturopathic Doctors to describe a state of acid-base imbalance in the body - may provide chronic pain sufferers new insight and hope.

It is well known that by-products of metabolism are acidic in nature. In other words, the body has the job of eliminating acids formed by normal digestion and daily activity via the lungs, liver, kidneys, intestine and skin. In healthy people, the body is able to flush these metabolites; however, if the body's ability to eliminate these acids is overburdened beyond its defined capacity, the body compensates by storing excess acids in connective tissue. Overtime, this accumulation of acids in the connective tissue is referred to as hyperacidity.

A tissue that is hyperacidic has many undesirable characteristics that not only aggravate pain, but also may in fact impede treatment attempts. For instance, hyperacidic tissue has a decreased ability to bind water, which in turn effectively dehydrates the tissue, leading to diminished elasticity and increased rigidity. Naturally, cartilage, tendon and ligament areas become detrimentally affected. As connective tissue becomes structurally altered in this way, lymphatic function is also compromised. Poor lymphatic performance is often associated with chronic swelling and water retention. It's not surprising that countless treatments fail in the face of hyperacidity.



A tissue that is hyperacidic has many undesirable characteristics that not only aggravate pain...

From a Naturopathic Medical point of view, the treatment of hyperacidity is foundational in chronic pain management. Many lifestyle modifications may go a long way to relieve pain. Maybe it's time you investigate whether hyperacidity is undermining your pain relief attempts!