



## Update from the Desk of Dr. Hunt

March 2011

### Happy Feet: How Orthotics Ease Your Stride

When your feet hurt, everything hurts. When other joints and muscle areas hurt, your feet have to find a way to walk that decreases pain in these hurting parts. Your poor feet, they never get a rest!

The ideal foot movement rolls like a wheel and should not roll inward onto the arch, clinically called pronation, or roll out too far on the outside of the foot, called supination. The foot works in co-ordination with our leg and hip muscles and joints to propel us forward without swaying too far side-to-side like a drunken sailor or waddling, like someone wearing spike-heeled shoes. The wearing down of heels or soles of your shoes are telling signs that something is wrong. Bring your shoes into the office and let us see what is happening. We can assess your gait or walking pattern by doing a computerized gait analysis and determining what would improve and maintain your foot function.

Exercise is the best way to normalize foot function, with walking in good shoes being the most obvious. But if you have a chronic abnormal way of walking, you keep traumatizing the joints and tissues. At a certain point, this continual re-traumatizing will contribute to something that really hurts like sciatica, plantar fasciitis (sore arches), knee pain or blocked spinal movement.

Biomechanical problems travel up through the body. For example, if the ball of the foot is not moving correctly it affects the movement throughout your upper back. It may be beneficial to use dynamic orthotics in your footwear that promotes normal bone and muscle movement. These are not the hard and rigid prosthetic-like orthotics that take up a lot of room in your shoe and are often uncomfortable forcing your feet into one shape. Dynamic orthotics move with you and help to promote better joint movement and muscle co-ordination throughout the body.

A computerized gait analysis can reveal many subtle problems that cannot be seen with the 'naked' eye.

**Custom Orthotics are on Special in April – Reg. \$450.00, Sale \$375.00**

Contact us at 416.604.8240 for your no charge gait analysis today.

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#### Monthly Specials

##### COLOUR AND SOUND

Reg \$500.00,

Sale \$395.00

Includes colour and sound test and 10 treatments.

##### SOUND THERAPY CD

Reg \$200.00,

Sale \$150.00

Take your Sound Therapy to go with a CD individualized to you.

##### CASTOR OIL

Reg \$23.00, Sale \$18.00

*Palma Christi*, Certified Organic. This product enhances circulation, supports the lymph system and immune response and is great for scar tissue.

##### LYMPH CREAM

Reg \$22.00, Sale \$17.00

Topical cream used for lymphatic congestion, fluid retention, heavy metal toxicity, swollen lymph glands, mumps, tonsillitis, laryngitis, and for nose and throat infections. Great for colds and chest congestion.



## Individualized Medicine for Unique People

*"All perceptible signs represent the disease in its whole extent, that is, together they form the true and only conceivable portrait of the disease."*

*-Samuel Hahnemann, the Father of Homeopathy*

Each individual expresses a condition in a different manner. Five people with the same condition may have common symptoms, but they will have acquired the condition by five different means, have different reactions to it, and different mental and emotional manifestations of it. Take for example the following analogy, where the Mona Lisa will be likened to a disease picture and the elements of the painting to the symptoms. The original painting was created with particular brushstrokes carried out by the artist, under certain conditions of a moment in time. These elements alone produced the work in its entirety. No other artist can ever replicate the painting. The replicating artist will lack the conditions surrounding that moment in time together with all of the universe's influences that impacted the final product. Removing any element of the painting eliminates the possibility of obtaining the same painting. Similarly, a disease picture that a patient is manifesting cannot be the exact same as another individual with the same condition. Therefore, each disease presentation must be considered as unique as the individual experiencing it. Naturopathic doctors provide individualized treatment of the patient as every minute detail is amassed and examined. Naturopathic medicine is individualized medicine.

*Tara Marcinkowski BAH ND works with people at all ages and stages of health. She enjoys working with women's health, digestive issues, weight loss and pediatrics. Tara finds inspiration in the experiences of healthy, daily living and teaching wholistic health is her passion in life.*

## Medical Breast Thermography

### Upcoming Dates at The Centre

Mar 20, 2011

Apr 10, 2011

May 8, 2011

Call 905.770.7458 to book your appointment.

## Upcoming Lecture

### Daily Detox

Learn how to support natural detoxification and decrease your toxic load with 'Daily Detox' presented by Dr. Tara: **March 23, 2011** 10 – 11am at

The High Park Family Fun Place, 2968 Dundas Street West. \$5. Call 416.604.8240 to pre-register. See [www.drta.ca](http://www.drta.ca) for more details.

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## Have You Had Your Annual Gait Analysis?

We do gait analysis once a year to monitor any changes in your biomechanics. In addition to being able to provide you with excellent quality orthotics, this machine helps us maintain your health from the bottom up. If you are interested in having an up to date gait analysis done, please call Barbara at reception to book your gait analysis at the same time as your next appointment. (It takes about 10 minutes for the test.)

*Mary-Lynne Howell, RPN, Clinical Assistant* assists Verna with client assessment and care. She also administers Detoxification Footbaths, Active Air Therapy, Sound and Colour Therapy, Core Cleanse, Gait Analysis and our in-house lab tests.

## Seeds for Sale!

At the front desk, Barbara has organic & heirloom garden & flower seeds for sale:

- Squash, tomatoes, kale
- Lavender, cilantro, chives
- Calendula, poppy & more
- 65 seed types in all!

Gardening is her hobby when not in the office.

*Barbara Cowdy, Office Manager* brings years of organizational and management experience to her work of making sure that the Centre runs smoothly. She has a keen interest in the well being of our clients and their pets through natural methods.

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## NEW: Total Wellness Package

The Total Wellness Package combines four therapies into an hour of complete mind-body rejuvenation. These therapies offer numerous health benefits as stand-alone treatments. Together, they create a blend of health enhancing bliss. \$85+HST



## Recipe of the Month

### Curried Butternut Squash Soup Recipe

- 1 tbs coconut oil
- 1 medium onion, diced
- 2 stalks celery, diced
- 2-3 tsp mild curry powder
- 4 cups diced butternut squash
- 4 to 6 cups vegetable broth (or water)
- Sea salt and fresh ground pepper, to taste
- 1 tbs pure maple syrup or raw agave nectar, to taste
- ½ to 1 cup coconut milk



Heat the coconut oil in a soup pot, over medium heat. Add the onion, celery and curry powder; stir and cook until the onion softens. Add the squash and broth. Cover the pot and bring to a simmer.

Simmer until the squash is very soft and fork tender- maybe 30 minutes. Add a bit more water if you need to keep the squash from sticking to the pot.

Puree the soup with an immersion blender till smooth. Stir in the maple syrup and coconut milk. Season with sea salt and pepper, to taste.

Warm through gently and serve. Serves 4.

Read more: <http://glutenfreegoddess.blogspot.com>



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