



## Update from the Desk of Dr. Hunt

February 2011

### What To Do About A Fever

Fevers can be a good thing especially if you sweat. Here is a list of how to determine if the fever is helping or hindering.

37°C – Normal temperature. This is true for all humans no matter where they live or what race they are. Human enzyme systems work best at this temperature. Temperatures too low or high affect your metabolism. A chronic low-grade temperature can indicate various problems so if yours is constantly higher or lower get your naturopathic doctor to determine why.

38.5°C – This is an inefficient fever and it can cause increased growth of viruses and bacteria

39.5°C – This temperature prevents the growth of bacteria and viruses. It is bacteriostatic.

40.5°C – This temperature destroys the viruses and bacteria causing them to explode.

41°C or greater – This is dangerous for humans and the temperature must be brought down.

The best, most efficient fever is between 39.5 and 40.5°C. Your resting temperature if normal should be 37°C. If your average resting temperature is lower i.e. 36°C, then the top safe temperature you can manage may only be 39.5°C.

#### What You Can Do:

- Keep hydrated by drinking water, diluted juices, healthy electrolytes drinks or sucking on ice chips. Do not use fluids with a lot of sugar in them, as this will feed the microbes you are trying to kill off.
- Even if you are hot do not get a chill so wear at least light pyjamas on and a bed sheet. Change if you are sweating and wet.
- Help make the immune system as efficient as possible using natural remedies:
  - Unda #'s 2, 15, 37 (homeopathic drainage remedies) using 5 drops (2-3 drops for kids) of each altogether 6 times per day until the fever breaks.
  - Lymph Cream always put on just below the collarbones and then on congested areas i.e. face, ears, throat, low back and chest. This will keep your drainage system working.
  - Probiotics i.e. HMF products. A large part of the immune system is wrapped around the gut. Using probiotics helps keep this functioning.
- **Call your naturopathic doctor** to find out what you should be doing in your individual case.

#### Monthly Specials

**Activated Air Series - Regular \$150 on sale for \$100**

Ten 20 minute sessions of activated oxygen  
Pamphlet available at the front desk

**Skin Brushes - Regular \$30 on sale for \$24**

Helps stimulate the lymph and circulatory systems  
Pamphlet available at the front desk

**Inflammation Pro - Regular \$46 on sale for \$39**

Great for inflammatory skin conditions like psoriasis and eczema

**Tooth Paste - Regular \$9.40 on sale for \$7**

All Natural, fresh tasting, no fluoride.



## Make 6 Aspects of Your Workout Easier

Your Personal Trainer can make many aspects of your workout easier, while making you work harder than you knew was possible:

1. **CATALYST FOR CHANGE** - A certified personal trainer is the person you go to when you are ready for a change. When you are stuck in your old habits and your health goals have plateaued, a personal trainer can be the key to helping you back on the right track.
2. **MAKE THE RIGHT PLAN AND STICK TO IT** - Whether you are recovering from an injury, needing to lose some pounds or training for an upcoming event, a personal trainer will create a tailored plan with you, helping you to stay on the path. The more specific your plan is, the more focused and determined you will be with your efforts.
3. **ENCOURAGEMENT** - A personal trainer builds an environment that is safe that allows you to test your comfort levels. Encouragement is a tool trainers use to keep you mentally and emotionally strong while you are challenged to try new things and go beyond what you think you are capable of.
4. **ACCOUNTABILITY** - Working out with a trainer brings a sense of accountability. Being committed to your trainer and training sessions helps you to become accountable to yourself and to your health. Accountability commits you to repetition, and consistency shows results.
5. **KNOWLEDGE** - One of the important goals of a trainer is to educate clients. Knowledge about proper biomechanics allows trainees to execute any movement in a safe matter. Things like your household work or carrying a baby become easier and safer as you become more aware of your body.
6. **FUN & VARIETY** - A certified personal trainer is able to make your workouts fun and provide lots of variety by drawing on experience with many types of workouts. No session is the same and this keeps you motivated and looking forward to your next training session. Enjoying your workouts helps you maintain your new lifestyle and implement the steps toward your goal.

**Riikka Wilson, Personal Trainer.** Riikka works to develop a strong partnership with trainees to help you accomplish your fitness goals. Her specialties are pre/postnatal fitness and rehabilitation, and is also certified in sport-specific training, group exercise and Pilates. For more information or to book your private session, please call 416.731.9618.

The Centre for Health & Well Being  
2927 Dundas Street West  
Toronto, Ontario M6P 1Z1

## Therapeutic Massage: The Perfect Gift!

*Massage Therapy gift certificates are a great gift for any occasion and are available at reception.*

Massage Therapy is a safe and effective treatment for many conditions including neck and back pain, repetitive strain and injuries, postural changes of pregnancy, and can aid in improving immune system function, lymphatic drainage and nervous system regulation.

*Tanya Meyers RMT has been practicing massage therapy in Toronto since 1997, a graduate of Sutherland-Chan School & Teaching Clinic. Tanya has experience treating a variety of conditions as well as specialized training in Pregnancy and Infant Massage, Labour/Birth Support and Therapeutic Breast Massage. Tanya is available at the Centre Wed, Fri & Sat. Call 416.604.8240 for availability.*

## Announcement Healthy Inspirations

Dr. Tara has recently started a blog: Healthy Inspirations. Her aim is to educate and enlighten through the written word. Visit [www.drTara.ca/healthy-inspirations](http://www.drTara.ca/healthy-inspirations) to subscribe for new blog posts delivered directly to your email inbox.

Follow Dr. Tara online at:  
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## Amber Young RMT - Moving to Ottawa area

Amber Young RMT will be leaving us in February to move to the Ottawa area with her husband and son to be nearer to nature and live in a small town, something they have always wanted to do. We will miss her very much but we know that she and her family will be doing work that they love in an environment that allows them easy access to the outdoors.

Any of you who had the fortune to have massage therapy treatments from Amber know how gifted she is in her work and that wherever she goes there will be countless numbers of people she can help.

It has been our honour to work with her gentle and joyous spirit and we will look forward to emails with pictures to post on our bulletin board for you all to see.

Bon voyage, Amber!

## Recipe of the Month

In the spirit of Heart Health Month, try this recipe, indulgent in cardioprotective ingredients. Visit [www.drtara.ca/healthy-inspirations](http://www.drtara.ca/healthy-inspirations) for the full health benefits tally!

### Happy Heart Hummus

- 1/4 cup Olive Oil
- Juice of 3 Lemons
- 2 tbs Filtered Water
- 1 Garlic Clove
- 1/2 cup Sesame Tahini
- 1 tsp Lemon Zest
- 1/2 tsp Herbamare or sea salt (omit if restricting sodium)
- 1 cup Raw Almonds, soaked overnight, drained and rinsed
- 1/2 Red Bell Pepper

Add all ingredients in the order listed into the [Vita-Mix](#) or other high powered blender. Blend until smooth. Serve with raw veggies for dipping: carrots, celery, fennel, turnip and more. Enjoy!

*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.*

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## Medical Breast Thermography

### Upcoming Dates at The Centre

- Feb 27, 2011
- Mar 20, 2011
- Apr 10, 2011

Call 905.770.7458 to book your appointment.

## New Resource

[www.healthandwellbeing.info/resources](http://www.healthandwellbeing.info/resources) --> See how to "Store Produce Without Plastic" Under Food & Nutrition



t 416.604.8240 f 416.604.9665  
[www.healthandwellbeing.info](http://www.healthandwellbeing.info)  
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