

# the centre for Health & Well Being

## Giving Thanks

October 2010

### *Your Health Vision*

By Dr. Verna Hunt

Where do you want your state of health in 3 or 30 years? Happy and healthy is often the answer. Create a vision of your health future. Carving out time in our over-scheduled lives for health promotion is challenging yet absolutely necessary. Toxic elements enter our bodies every moment, even just by breathing in. When they get mixed inside of us no one really knows the consequences. Rates of cancer are increasing and affecting younger and younger people. Not a good scenario and just thinking about it creates fear within us and thus promotes illness.

But what if we all did a few things to change this trend into a positive scenario? The Japanese have coined the phrase 'forest bathing', also known as taking a walk in the woods. Researchers found that positive effects from a walk in the woods lasted up to one month. Yes, just being in nature can heal you.

What makes life worthwhile and meaningful for you? Happiness, love, good health, well being are at the top of most lists. How can you achieve this without needing more money and stuff to get it?

- Connect with others by communicating and listening to your family & friends. Eat home-cooked healthy meals together.
- Be active. The best way out of a bad mood is to move.
- Keep learning throughout life. Creativity encourages mind agility and emotional decompression.
- Give to others. Spend time and resources to promote the well being of others and you will feel exhilarated yourself.

We are here to help you create the vision of your future health. Call to make your appointment time today at 416.604.8240.

### **Next Breast Thermography Clinics**

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**Oct 17<sup>th</sup>, 2010** noon – 4 pm

**Nov 14<sup>th</sup>, 2010** noon – 4 pm

Call 905.770.7458 to book your thermography appointment.

### **Monthly Specials**

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#### ORTHOTICS

Custom made orthotics  
\$375 (reg. \$450)

CALM-GEN is a gentle anxiolytic to take that edge off and assist in balancing the nerves of daily living.  
\$25 (reg. \$30)

IMMUNO-GEN protects the natural immunity and circulatory defense systems against bacterial invasions.  
\$25 (reg. \$30)

TRAUMA-GEN is useful for any situation resulting in emotional, psychological, surgical, or physical shocks to the system. \$25 (reg. \$30)

BIOSIL GEL is used topically on weak nails, sore joints preventing skin damage including large pores & wrinkles and over scar tissue.  
\$20 (reg. \$24.60)

## Liver Health

### 5 Things You Should Know

We know the liver is an important organ that we can't live without. But what exactly does it do for us? You may be surprised that your liver is quite the multi-tasker! Let's take a closer look:

1) Your liver maintains adequate circulating levels of glucose, essential for the brain and nervous system, which uses glucose as its main fuel source.

2) Iron and vitamins such as A, D, and B12 are stored in your liver.

3) It is the site of clearance of many hormones such as insulin, parathyroid hormone (PTH), estrogens and cortisol ('stress' hormone).

4) Your liver has Kupffer cells which are involved with the immune system, including being a primary defense site against intestinal bacteria

5) As a major organ of detoxification, your liver processes and clears drugs and foreign chemicals – including caffeine. Daily caffeine intake can really tax the liver!

Herbal medicine, acupuncture & nutrition can help to improve liver function. Specific foods help promote liver function such as: beets, broccoli, brown rice, avocado, mushrooms, wheat germ, lemon and garlic.

If your liver is functioning less than optimally, you may experience dysfunction that can lead to hormonal imbalances, blood sugar dysregulation, vitamin deficiency, high cholesterol, immune imbalance and more. Fall is the

perfect time to detoxify and rejuvenate the liver. Consider an individualized detoxification plan guided by your naturopathic doctor.

*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 holistic health is her passion in life.*

## Breast Massage

### For Healthier Breasts

Breast health is an important consideration in overall body wellness. The breast tissues have very specific needs that are often overlooked in our daily life. Breasts are specialized glands that are comprised of lobes, ducts, soft tissues and a rich lymphatic supply. One of the most important considerations in breast health is the breasts' drainage pattern. Tight clothes and bras impede optimal, natural drainage. Breast massage, through self-treatment or by a therapist, can assist in optimizing these patterns and improve the complete health of our breasts.

Massage can assist by removing drainage obstructions, helping to minimize breast pain, muscular restrictions and increasing overall relaxation. It is also a healthy way of monitoring your breasts for changes and works as a preventative measure against possible future problems.

With the accelerating incidence of breast cancer and benign breast conditions there is an increasing need to respect the needs of our

breasts as we would any other tissue in our bodies. Breasts are part of a woman's body that need to be honored and cared for and learning more about breast massage can be a way to start this process.

*Amber Young RMT. Amber's been in practice for 6 years, and devotes much of her work to breast health, lymphatic drainage, cancer survivors, and women who live with anxiety and depression. She is passionate about what she does and works alongside you on your path to wellness.*

**THURS NOV 25<sup>th</sup>, 2010**

**Amber will be offering a workshop at the Centre on Breast Health that will cover breast anatomy, conditions affecting the breasts, and self-care therapies to use at home.**

**Space is limited so reserve your spot at 416-604-8240.**

## Quote of the Month

**From Tanya Meyers, RMT**

"Rivers know this: there is no hurry. We shall get there some day." - Winnie The Pooh

*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.*