

SPRING

INTEGRATIVE
HEALTH
INSTITUTE



Detoxification and Rejuvenation

Detoxification: Re-write your biological history

Meghan Walker N.D

Detoxification – it is a buzzword that has become a popular component of our urban health-conscious vocabulary. So what exactly does this word mean and how do I accomplish it? Health food stores and friends alike are always pushing the latest trends. Whether it is a new product, diet, or a high-tech foot bath, everybody has a unique version of the ultimate detox solution. While many of these interventions may have merit. The important thing to remember is that we are all unique. What works for one person will not necessarily work for the next. We each have our own “biological story” - a comprehensive history and physical record of the foods we consume, the toxins we have become exposed to and our body’s unique manner of dealing with these substances. Our genetics predict how effectively we will naturally remove (or detoxify) our exposures, and our exposure predicts the burden our liver and other organs of elimination will face. If you are considering trying a detox, save yourself some time, effort and money by speaking to someone who can guide you through a unique and tailored detoxification program.

We live in an age of unprecedented chemical exposure. Speak to a naturopathic doctor about how you can engage in a detoxification program that is tailored to your unique constitution and health goals. Whether you are looking to get pregnant or get healthy, we can help to find a unique solution for you.

This issue:

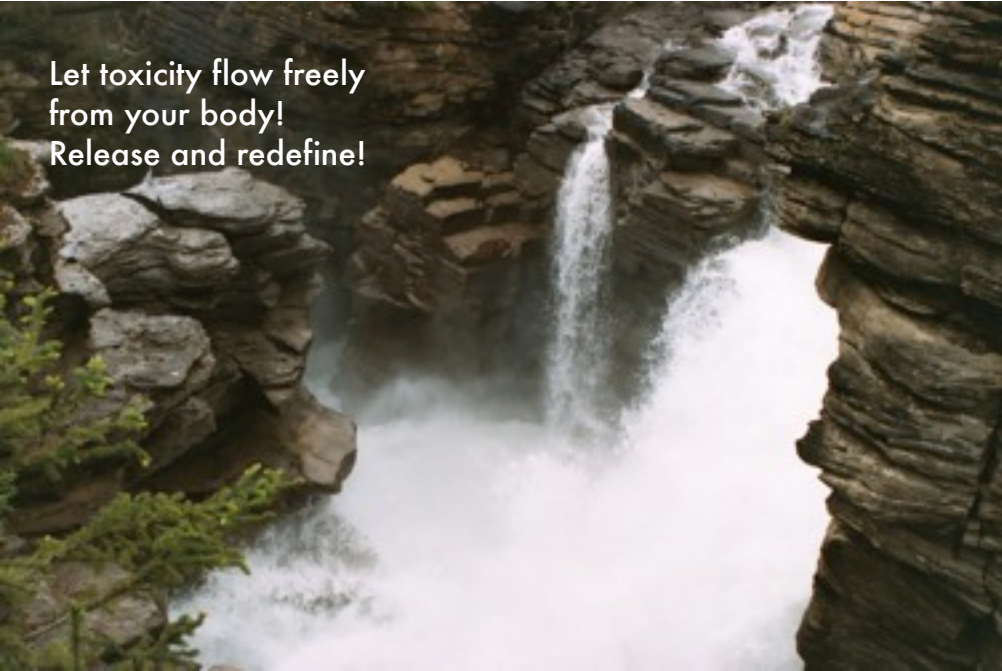
- 2 Toxicity & You
- 3 Calendar of Events
- 4 FAQ
- 6 Expert Opinion
- 7 Spring is Liver Time
- 8 Facial Rejuvenation
- 9 Recipes
- 10 Love Thy Self

Have you tried infrared

Sauna?

Gift Certificates available:

- Sauna Session (1 hour) \$45
- Sauna Buddy Club (Unlimited/ month) \$120
- Sauna 6 pack \$200



Let toxicity flow freely
from your body!
Release and redefine!

Toxicity! It could be holding you back from living up to your full potential!

Erin Wiley ND

From time to time we have all suffered from the symptoms of toxicity: poor memory, difficulty concentrating, muscle aches, headaches, fatigue, insomnia, body odor, acne, oily skin, or frequent colds and infections. These symptoms can affect our daily lives and have a negative effect on our work, our relationships, and the ability to achieve our goals.

Toxicity occurs when the body's ability to eliminate wastes cannot keep up with our consumption and production of toxic by-products. Every function of the human body, from our thoughts to our muscle movements are facilitated by chemical reactions. Inappropriate chemical by-products have the potential to interfere with any physiological process in the body.

We are constantly bombarded with toxicity. Common sources include; food preservatives, processed foods, pesticides, artificial sweetener, additives, clothing dyes, cigarette smoke, alcohol, coffee, metabolic by-

products and even our thoughts. Any source of toxicity can overburden our system if the body cannot process it effectively.

The body processes and removes toxins through our organs of elimination: the intestines and bowel, the liver, kidneys, skin and lungs. The intestines and bowel remove solid and fat soluble wastes, the liver packages and removes waste associated with things like medications, alcohol and coffee. The kidneys filter water and soluble substances and like the digestive tract, decide which molecules are needed within the body and which should be removed. The skin is a barrier, but is additionally responsible for eliminating substances stored along the surface of the body. Finally, the lungs are responsible for the elimination of carbon dioxide and the filtration of airborne pathogens and pollution.

The control of our organs of elimination ultimately comes from our central nervous system. The central nervous system has two settings; our sympathetic system, also known as our "fight or flight" response, and our parasympathetic or "rest and digest" system. Proper tonification of our organs of elimination require

that we take the time to relax in a parasympathetic state. Too often our modern pace of life keeps us running in our sympathetic nervous system, leaving very little neurological support for the organs and reactions required to process our daily exposure to toxicity.

Toxicity accumulates in our body producing symptoms that affect our daily lives and set a biological landscape ripe for the development of chronic disease. Small, yet conscious changes to our activities of daily living can help restore balance to our body's physiology.

The key to improved health and quality of life is balance! Let the net effect of your day be one of detoxification and rejuvenation!

Detoxify:

1. Avoid sources of toxicity

Eat organic foods and prepare home cooked meals.

2. Support you liver, kidneys and bowel

Increase your fiber, consume green vegetables & drink 2-3 liters of water each day.

3. Sweat it out!

Exercise and increase your circulation. Try a sauna or alternating hot/cold showers.

4. Evoke the relaxation response

Try yoga, Qi Gong, meditation and guided imagery or have a massage.

5. Rebuild and Rejuvenate

Get 8 hours of sleep per night and try to maintain a regular sleep pattern or schedule.

IHI Expert Opinions

Dr. Meghan Walker and Dr. Erin Wiley share what products they use the most with their patients to help them detoxify!

The UNDA Numbers Meghan Walker N.D

“Detoxification is an important physiological process. Unfortunately, many of the products on the market are only doing half the job. While many products will stimulate the body to move toxins, they do very little to improve the functioning of the organs responsible for processing the by-products that have become mobilized. This is analogous to spring-cleaning your home, but never opening the front door to remove the numerous garbage bags filling your foyer. I use UNDA numbers, a series of products that address this problem. Based on my experience and understanding of these products I will select a specific combination to address your unique physiological state. The UNDA numbers stimulate a process called drainage, the removal of toxins and debris from the area surrounding the cells (detoxification addresses the environment inside a cell), they also stimulate the optimal functioning of the primary organs of elimination such as the liver and the kidney. This process opens the door, so you can easily get those garbage bags to the curbside. The effects are long-lasting and highly effective in addressing both general detoxification and the treatment of many long-standing or chronic diseases.”

Support the Mitochondria, Liver and Kidney: Mito-Matrix and DT-Matrix

Erin Wiley ND

“I find that a common side effect of a detox plan is that some people feel worse while detoxifying. This is because their body’s organs of elimination are poorly equipped to handle the burden of toxin elimination. Toxins are thus released into the system but not properly flushed away. I try to ensure that all of my patient’s systems are functioning and eliminating properly before they start their detox plan. I accomplish this through lifestyle modification but I also include special support for the mitochondria. Mitochondria are small organelles inside cells that produce the body’s energy currency, or ATP. I supplement my patients with Mito-Matrix, a combination of micronutrient support that can be considered food for these tiny cellular units. Once on a detox plan I also add a product called DT-Matrix, a botanical combination designed to support the liver and kidneys. I find these products help my patients stick to their detox plan and offer them the support they need to detoxify effectively.”

Yoga Classes

At IHI we offer small group yoga classes so you get the attention you need. Our expert instructor Sue Sarin will tailor each class to your level of experience. Classes hold maximum of 5 people so please call ahead to reserve your spot.

416-260-6038

Tuesday & Thursday
12:15-1pm

Wednesday
7-8pm

Saturday Pre/post natal
9:30-10:30am



IHI

Events

Join us at one of our upcoming events. Call ahead to reserve your spot. 416.260.6038

Join us for:

Naturopathic Medicine Week

May 4th - 11th. We will be hosting tea with an ND daily over the lunch hour as well as an Open House Saturday May 10th. Drop in and join us! Meet our wonderful practitioners.

Education

April 10th

Nutrition 101 with Dr. Meghan Walker ND. 6:30-7:30pm. Free admission.

April 17th

Detoxification and Rejuvenation with Dr. Erin Wiley ND. 6:30-7:30pm. Free admission.

May 15th

The "Difficult Women" club! Join us for an evening of empowerment with Keynote speaker Marnie Walker. 6:30-7:30pm. Admission \$10.

May 22nd

Fertility Awareness with Drs. Wiley and Walker, get empowered about your reproductive health. 6:30-8:00pm.

Yoga

Tues & Thurs

Lunch time Express Yoga with Sue Sarin 12:15-1pm. Call to reserve your spot in class.

Wednesdays

Evening or after work yoga with Sue Sarin 7-8pm. Call to reserve your spot in class.

Saturdays

Pre and Post Natal Yoga with Sue Sarin 9:30-10:30 am. Call to reserve your spot in class.

Private Class

You can arrange your own private or small group lessons. Call for details and reservations.

Workshops

Mondays

Guided Imagery with Dr. Erin Wiley. Monday nights April 7th-28th. \$10 per session.

May 8th

The Leadership Journey with Pilgrim, Life Coach, Author, Speaker, and Leader Sue Kenny. Live your life with purpose. 7-9pm Workshop cost \$40.

May 29th

Join us for a spiritually enlightening feature length documentary "Las Peregrinas the women who walk". Q & A with director Sue Kenny. 7pm. Tickets \$20.

Groups

Have a group event you would like to plan? Call to see how the Integrative Health Institute can help you.

Allergies!

A detoxification plan is one of the best ways to prevent the symptoms of seasonal allergies. Optimize your health this spring, talk to your naturopathic doctor!

Cleaning your House?

Consider environmentally friendly products when cleaning this spring. Vinegar and water, or baking soda and water are safe and effective ways to get things looking great!

Try Lymph drainage!

Consider Massage Therapy as part of your detox plan. Our registered massage therapist Robin Dickie can help you achieve relaxation while increasing circulation.

IHI Introduces Doula Care

Discover the benefits of Private or Small Group Childbirth Preparation Classes!

IHI is pleased to offer supportive and informative classes that prepare expectant parents for the tasks of labor, birth and parenting. Taught by our Doula, Emilee Holt-Staffel, these classes build confidence and prepare parents to make informed choices in the hospital or home birth setting. Classes also provide information after delivery on how to start breast feeding and get your baby off to a great start. Sessions are held in a personal setting, allowing couples to explore the transformative experience of childbirth, develop their own unique coping styles, and considering evidence-based information on the birth process. The small group series is held at IHI. Please call for dates and times. Private classes can be arranged to fit your schedule to be held here or in your home. Get off to the best start today. Call 416.260.6038

Frequently Asked Detox Questions:

Q. What is a detox diet?

Detox diets decrease the burden on the digestive and immune system so the body can focus on removing wastes. This is accomplished through a decrease in allergic and inflammatory foods as well as an increase in fiber and water to flush the system of old toxic metabolites. This results in an increased physiological capacity to allocate energy into healing and repair. The goal of these diets is improved absorption of nutrients and cellular regeneration.

Q. What is the best time of year to do a detox diet?

According to Traditional Chinese Medicine (TCM), the spring, a season of rejuvenation and regeneration is the best time to detox and restore the system. The spring and early summer make it easier to detoxify when fresh local vegetables are plentiful.

The Leadership Journey: Introduction to Life Coaching Workshop

Do you want to be more disciplined about living a life with purpose?



Facilitated by Sue Kenney

Pilgrim. Life Coach. Author.
Speaker. Leader.

Sue Kenney walked 780 kilometers across the north of Spain on a medieval pilgrimage route known as the Camino de Santiago de Compostela. Here she discovered her life purpose was to use her voice to inspire others on their life journey.

Join us on The Leadership Journey with Sue Kenney on:

Thursday May 8, 2008

Reception 6:30pm Workshop 7:00-9:00pm

Special offer \$40.00

By using the lessons of the Camino as a metaphor for a life journey Sue teaches a proven method to actively create your deepest desires using the Creativity Circle. This life skills program begins with building a strong foundation. From here you will learn how you can increase your state of awareness, make meaningful choices, gain control of your life to create peace and harmony as you walk life's journey.

www.suekenney.ca

What is a Doula?

A Doula is a childbirth educator and labour support. Birth is more than a physical process. A Doula supports the emotional needs of the mother and family during birth and post partum. A Doula can help you prepare for this amazing life experience and support you in alternative methods of pain management.

Q. Are there any risks?

Generally speaking the risks are minimal. However, hypoglycemia (low blood sugar) can be a concern for those who do not consume enough calories or exercise too intensely during the detox. Hydration and bowel function must also be monitored. Headaches and muscle soreness may occur if the body is not prepared properly for the cleanse.

Q: Can supplements, shakes, and botanicals help?

If properly prescribed, supplements, shakes and botanicals can be used to support the body through the detoxification process. More specifically, supplements can be used to support the mitochondria (your cellular powerhouse). This will help increase your metabolism and help you detox more efficiently. Shakes or meal replacement can help make your detox process easier and more convenient, they also ensure you get the proper nutrients while decreasing your overall caloric intake. Botanicals can be used to support the liver (your main organ of detoxification) as well as helping to kill off any unwanted organisms that may be slowing your system.

Q: Can saunas help?

Yes! Sweating is one of the best ways to release toxic materials stored in fat cells. Sweating also increases circulation which facilitates detoxification and brings nutrients to the cells to help them rebuild and repair. Infrared saunas emit energy in the form of infrared light. This wavelength of light can penetrate deeper into the tissue and cause it to heat up from the inside out. The process causes an increase in heart rate and metabolism. In fact, you can burn up to 300 calories in a 30 min session. This coupled with cold shower hydrotherapy can facilitate a significant increase in detoxification per 1 hour session. Try our Solaris infrared sauna; it will leave you feeling and looking better in no time.

Q: What About Water?

The benefits of water are numerous! You need at least 8-10 glasses of water per day. At the Integrative Health Institute we recommend that you carry your water with you. Try drinking water from a glass or stainless steel container. Avoid plastics as they can leach xenoestrogens (estrogen-like chemicals). A simple change in your behavior can significantly reduce your risk of colon, breast and bladder cancer. Research shows that 75% of North Americans do not drink sufficient amounts of water. Given that we are composed of at least 65% water, wouldn't you rather your cells look like grapes than raisins. So do what it takes to add water to your daily routine, try a little lemon or a sprig of mint and turn ordinary water into a refreshing treat!

Detoxification Plan!

Talk to your Naturopathic Doctor about how a medically supervised detoxification plan can increase your energy, improve your mood, rev-up your metabolism and help you look and feel younger.

At the Integrative Health Institute our medical team can suggest the appropriate supplementation and botanicals and set you up on an individualized detox plan. This coupled with Sauna hydrotherapy and yoga can facilitate dramatic changes in your body's physiology. You will be a new person in a few short weeks!



Drink water and prevent cancer!

Water is the most important component of natural detoxification and detoxification is one of the most important processes in reducing your risk of developing cancer. Research has shown that 8 or more glasses of water per day are required to decrease your risk of bladder, breast and colon cancer.

Contact our Integrative Health Team!

Meghan Walker ND
Doctor of Naturopathic Medicine
mwalker@integrativehealthinstitute.ca

Emilee Holt- Staffel CCA
Doula
eholtstaffel@integrativehealthinstitute.ca

Erin Wiley ND
Doctor of Naturopathic Medicine
ewiley@integrativehealthinstitute.ca

Sue Sarin
Certified Yoga Instructor
info@integrativehealthinstitute.ca

Robin Dickie RMT
Registered Massage Therapist
rdickie@integrativehealthinstitute.ca

Camielle Shula
Sustainability Director
cshula@integrativehealthinstitute.ca

Spring is Liver time!

Care for your liver, gallbladder, tendons and joints!

Spring is a time of rebirth, rejuvenation, creativity, growing new ideas, and fertility. Energetically the organs associated with this spring energy are the liver and gallbladder. According to the theories of Traditional Chinese Medicine (TCM), the liver stores the body's blood - responsible for nourishing the tendons, muscles and joints. When the liver is deficient, pain and weakness in these areas can occur. The health of our liver is also reflected in our eyes and nails. Red or bloodshot eyes, blurred vision, rigid and soft nails are all indicators that the liver is being taxed. Our emotions also strongly affect the TCM liver. Anger and frustration can cause congestion. Ongoing pressure, especially for time management can cause stagnation. These emotions can manifest physically in our bodies in the form of Qi stagnation. Qi (pronounced "chee") stagnation can cause everything from menstrual cramps to poor memory and an inability to concentrate.

You can support the health of your liver by releasing these emotions through deep breathing, exercise, and positive self talk. The liver can also be supported by foods such as green leafy vegetables, kale, cab-

IHI Presents Keynote speaker: Marnie Walker presenting "The Difficult Women's Club"

Thursday May 15th 6:30- 7:30 \$10 Admission

Have you taken charge of your life, know what you want and are making it happen? Are you are happy and doing what your love? Do you dare to be different and have the courage to follow your instincts even if it takes you uncharted waters?

If your answer is yes - congratulations - you are a member of the "Difficult Women's Club".

Join Marnie as she shares her journey to membership in this exclusive club.



Marnie Walker was named Canadian Women Entrepreneur of the Year and ranked 37th in the Profit W100 Canada's Top Women Entrepreneurs in 2004 for her entrepreneurial achievement in building Student Express from a start-up in 1990 to a multi-million dollar school bus company with 300 employees, a fleet 250 buses, and annual revenues of over \$10 million.

Having recently sold Student Express, Marnie is working on her next venture - an upscale Business Centre in downtown Toronto. Opening in the spring of 2008, it is for the professionals, branch office, and small businesses that don't want the hassle and expense of running their own

office, but need all the facilities.

She is a guest lecturer at the Schulich School of business, a keynote speaker, an 'angel' investor and sits on various boards across North America.

bage, rapini, broccoli and brussel sprouts! Lemons, and grapefruits are great! Avoid foods that cause liver stagnation like red meats, dairy products and margarine. For more information consult your Naturopathic doctor or read "The Com-

plete Natural Medicine Guide to Women's Health" by Dr. Sat Dharam Kaur ND



Fertility Awareness!

Are you thinking about having a baby but want to know more about what you can do to prepare your body mind and spirit? Or are you not ready yet but want to know what you can do to promote the health of your future fertility? Join us for an evening of fertility empowerment where we talk about the pressures women face to balance both a successful career and family. Gain a better understanding of your fertility and what you can do to conceive greatness in all aspects of your life. Knowledge is power, dare to ask the big questions! We'll be there to offer advice and support! May 22 6:30-8:00pm. \$10 admission.

Looking great from the inside out!

Facial Rejuvenation Acupuncture is more than just a facelift!

It's a body mind and spirit lift! The process begins as your naturopathic doctor guides you through a complete health assessment. Acupuncture points will be selected based on each individual's unique constitution and a treatment series will be designed to balance your system. The treatment not only affects the skin at the surface but also the endocrine, lymphatic, circulatory and musculoskeletal system. You are a direct product of what you eat, breathe, think and do! This will be reflected in your face. Your naturopathic doctor can guide you to make changes that people will notice right away! Cell by cell we will improve your health and help you create a new and rejuvenated you!

A typical facial rejuvenation series consists of 10 -12 one hour to one and a half hour long appointments that occur once a week. Follow up or maintenance visits occur every 6 months to one year or as necessary.

Facial Rejuvenation Acupuncture is not for everyone, you should consult your naturopathic doctor to evaluate what type of treatment is right for you.

Facial Rejuvenation

Acupuncture

Frequently Asked Questions:

Q: Does the procedure hurt?

Yes, there can be pain associated with acupuncture. Usually it is mild and only lasts a second.

Q: What is the recovery time?

Unlike surgery, recovery time is virtually non existent. Clients usually feel refreshed and rejuvenated after each treatment. Treatments generally occur over a period of 12 weeks so progression is slow, but there is no need to take time off of work or daily activities. Bruising can occur after treatment. Typically this causes mild discoloration with minimal pain or discomfort.

Q:What is the procedure like?

A typical procedure consists of the stimulation of acupuncture points in the face, hands, feet, neck and scalp.



Food For Life!

Grandma's glucose regulating Oatmeal!

Ingredients

2/3 cup of whole oats (not quick cook)

1 1/2 cups of water

2 tbsp of ground flax seeds

pinch of cinnamon

1 tbsp maple syrup

Rice or almond milk

Directions

Combine oats and water in a pot and slowly bring to a simmer

When oatmeal becomes smooth and slippery remove from heat

Add rice milk as desired

Top with ground flax, maple syrup and cinnamon. Stir and enjoy!

Warm Sweet Potato Salad

Ingredients

1 Medium sweet potato sliced in 1 cm thick circles

3 cups of mixed greens

2/3 cup of walnuts or pecans

2 oz of goat cheese

2 tbsp olive oil

salt and pepper

Dressing

3 tbsp Extra virgin olive oil

2 tbsp Apple Cider vinegar

1 tbsp maple syrup

Salt and pepper

Directions

Toss sweet potato in olive oil and salt and pepper

Bake on a baking sheet for 20 min at 350 degrees or until tender. Allow to cool until warm.

Combine warm potato with mixed greens and nuts

Toss with dressing and top with goat cheese.

Can also add other roasted vegetable of your choice, enjoy!

Carrot Apple Ginger Juice

Ingredients

4 Carrots

2 Green Apples

1-2 cm of fresh ginger rind removed

Directions

Use your juicer. Combining ingredients and drink fresh! Or store in an air tight container in the fridge for up to 3 days.

Simple Chick Pea Salad

Ingredients

1 Can of organic chick peas

1 Cup of chopped fresh cilantro

1 ripe avocado peeled and sliced

1 lemon

Extra virgin olive oil

Salt and pepper

Directions

Wash chick peas

Combine chick peas, cilantro and avocado in a bowl

Add juice of 1/2 lemon, 1 tsp of olive oil, salt and pepper to taste

Mix and enjoy!

This salad can be enjoyed on its own, on a bed of fresh greens, with rice crackers, or whatever you desire!

Gluten Free Banana Muffins

(makes 1 dozen)

Ingredients

1.5 cups of Brown rice flour

1 tsp of guar gum or xanthum gum

1 tsp baking soda

1/3 cup of coconut oil or 1/2 cup of softened butter

1 cup of sugar

1 large egg

2 tsp of vanilla

3 medium sized ripe banana's mashed

1/2 cup of pecans

Directions

Preheat oven to 350 degrees

Prepare muffin cups

Combine flour, guar gum, salt, baking soda, and nuts in a bowl and mix well

In a separate bowl, mix oil or butter and sugar

Add egg, vanilla, and banana to oil mixture

Mix the dry and moist ingredients together

Fill muffin cups 2/3rds

Bake for 20-25 min, test with a tooth pick

IHI Presents: A spiritually enlightening feature length documentary film screening.

“Las Peregrinas the women who walk”

Meet the director Sue Kenny for a Q & A following the film.

Thursday May 29th at 7pm

Tickets \$20

What is lacking spiritually, emotionally, and physically from the lives of modern women that compels them to voluntarily choose to suffer both the joys and anguish of walking hundreds of kilometers on a medieval pilgrimage route? The Camino de Santiago de Compostela in Spain has become the pilgrimage of choice for modern Christians and spiritualists of every kind. Traveled by pilgrims for the last 1100 years, the Camino's legendary power to transform lives continues to be documented, theorized upon, painted and discussed by countless artists, filmmakers, writers and photographers the world over.

Sue Kenney realized a life altering experience as she walked the Camino in 2001. A veteran pilgrim, author, and inspirational speaker, Sue returns to Spain to shepherd a group of female pilgrims (in Spanish known as, Las Peregrinas) on their own individual journeys of self-discovery, leadership, empowerment and choice.

A 5 minute sample of the film is available to view at www.suekenney.ca

The last word on Detoxification and Rejuvenation - Love Thy Self!

Erin Wiley ND

Overall there has been a great deal of discussion on how to “do the right things”, take the “right supplements” and “eat the right foods”. Each of these factors is important and you will see positive benefits in your health if you make these changes. All of this aside however, the absolute most important thing you can do to improve your health, is to love yourself! Rejuvenation is about cultivating a warm and nurturing environment for yourself as well as those you love. It is about changing your attitude and creating an environment where your body, mind and spirit can flourish. Think about taking some time to invest in your own needs. Think about what you love and what makes you happy. Do your best to fill up your love tank! Deep down inside you know what is best for you. Work hard to break down any barriers that may be preventing you from doing what is right. Support and love yourself and good health will flourish. This spring, tap into the universal energy of rejuvenation. It could be time for a rebirth of a whole new you! Bask in the warm sunshine, the earth that gives your life and in love and gratitude for yourself. Feeling positive energy will not only help heal your body, mind and spirit, but also the planet. Your health can be a legacy for your children, for your community, and for the earth! The best part of love is free

Contact the
**INTEGRATIVE
HEALTH INSTITUTE**

46 Sherbourne Street 2nd Floor
Toronto Ontario
M5A 2P7
416 260 6038

info@integrativehealthinstitute.ca
www.integrativehealthinstitute.ca