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the
CORE Health

WELLNESS LETTER

VOLUME 1, ISSUE 5



In this issue...

As we welcome the changing colours, the earthy smells of autumn and prep for the colder days ahead, it is important to also prepare our bodies for the change of season and embrace our preventative health measures.

Through diet, the right combination of nutraceuticals and botanicals, and for some, IV (intravenous) therapy, we can help you to enjoy this season and embrace the change!

There are plenty of ways to keep your body strong and healthy with the right approach. Let CORE Health, and our team guide you to healthy, safe and Physician guided programs and support your immune system.

In the following pages we plan to teach you about ways to protect you immune system, a recipe for wellness, key blood tests for immune function-including thyroid, and safety measures to protect yourself from injury from your fall yard cleanup. You will also learn what **Reflexology Therapy** is all about and how it can benefit your health.

Welcome to the autumn edition of our Wellness letter

At CORE Health we hope to teach you wellness strategies that will enable you to reach your optimal health goals and we work hard to be *the* Center for your Health. If there are any topics you would like us to educate you on and have in a future newsletter, please email us and let us know. Also, if you would prefer to receive a newsletter by email, we would love to add you to our list. Email us at info@corehealthmuskoka.com

Therapies to consider this season, and onward:

- **Healthy & Active, the Metabolism program**, for healthy, physician supervised, weight loss
- **Far Infrared Sauna (FIR) therapy** to enhance detox and weight loss programs
- **Reflexology** to relieve tension and stress and improve circulation



Want to avoid getting sick this season?

It is more than just about boosting your vitamin C. To keep a strong immune system consider these options:

Cutting out sugars

By improving your diet, and reducing sugars (or even better, eliminating) you can greatly increase your odds of not getting sick. Sugars will reduce your white blood cell count, your natural immune response in your body, and also contribute to providing fuel for the invading pathogens causing infection.

IV Therapy & the Basic Immune Cocktail

Are you prone to getting sick, or take a long time to recover once you are? Consider IV therapy for your immune protection and to speed up healing. Bonus: it provides great energy and a good boost for the moods!

Manage your stress

Increased stress levels are the culprits for many degenerative health conditions, and the immune system is no exception. With high stress comes a depletion of some key nutrients required to protect you during infection, including Vitamin C, D, B5, and zinc. Supporting your body with key adaptogenic herbs to combat stress can greatly improve your immune health, including astragalus, rhodiola, and ginseng.

Do routine Blood tests

Knowing about your iron status, Vitamin D levels, and thyroid markers can go a long way. We often see iron deficiency, especially in children, as the root cause of chronic infections. Having low Vitamin D levels makes you more prone to viral infections, and low thyroid can cause malabsorption of key immune protectors from your diet. Ask for a full thyroid panel to include Free T4, T3, thyroid antibodies, and reverse T3 (*learn how to optimize thyroid in next issue*)





Build your immune power with this amazing Change of Season Soup

Fall is upon us. The air is crisp, and the turning leaves bless us with their ever-changing vibrant hues. Though beautiful, this time of year also takes a toll on our bodies. Heightened levels of stress at work and school, as well as increased exposure often accompany the change in weather to cold and flu bugs. So what can we do to help our immune system adapt?

In traditional Chinese medicine, the change of season is welcomed with an immune tonic called "The Change of Season Soup". It enhances the immune system to improve resistance to colds and flus, as well as increases the body's own adaptive energies. It is a great harmonizer to the body and mind in times of stress. The change of season soup is consumed daily for two weeks to support and strengthen the body. A stock is made from the herbs,

which can then be consumed on its own as a broth, or used as a base in soups. This herbal tonic was often prepared as a nourishing chicken soup using an old hen.

You may prepare the herbs as a well-simmered tea, or use the recipe below as a guide to make a soup that you will enjoy, adding seasonal vegetables and spices as desired. Find a version that you love? Curried? Harvest-style? Contact the clinic to share your recipe!

Herbs contained in the tonic are ASTRAGULUS MEMBRANACEUS root, DIOSCOREA OPPOSITE root (Chinese yam), CODONOPSIS RACINE root and LYCIUM BARBARUM (Goji berries).

Premixed packages of herbs will be on sale October through November at Core Health.



Immune soup recipe

Perfect recipe for someone feeling under the weather, or during an infection to help clear it!

Soup ingredients:

400g of cut organic chicken
2 Tbsp fresh grated ginger
2 Tbsp fresh grated garlic
½ cup thinly sliced carrot
½ cup chopped celery
1 cup chopped bok choy
½ cup chopped onion
salt and pepper to taste
fresh coriander as a garnish

Basic herbal ingredients:

Equal amounts of astragalus root, chinese yam and Goji berries

Directions:

Put basic ingredients in a pot of 15 cups of water. Add chicken, garlic and ginger and simmer for 1.5 hrs. Remove basic ingredients and add remainder soup ingredients, simmer for 20 min more. Garnish with coriander and serve hot!

Protect yourself from injury this fall

Massage therapy

With every new season come new activities. Often, these new activities require us to use our bodies in ways that they have not been used in some time, or we do far more work than our bodies are accustomed to. The best example of this during the autumn season is when you go out over a day or two on the weekend to clean up the yard in preparation for winter. Commonly this sudden demand on our bodies results in general muscle fatigue, tightness and soreness.



If not careful, other injuries can develop such as sprains/strains, tendinitis, or joint subluxations (commonly the low back). Fortunately, there are several things that you can do to aid the body during the changing seasons.

Prior to beginning your end of season yard clean-up, go for a massage therapy treatment. Your therapist can provide a treatment focused on the areas of the body that often get tight or injured at this time of year. Addressing these areas prior to work, can help minimize excessive tension, and restore joint flexibility. This prepares the muscles for work, and can be a crucial step in preventing injury.



Stretching

Your therapist can also provide you with proper instruction on how to warm up the muscles prior to work with stretching and range of motion exercises. The key is to do these exercises and properly warm up the body prior to doing the work! Taking a few minutes to warm up the body just before working is the best way to prevent an unwanted injury.



Speed Recovery

You may also want to book a massage appointment for after you have completed your fall work. This will help to alleviate soreness and speed recovery, leaving you to feel your best for the last of the autumn season.

Foot Reflexology Therapy at Core Health

For those new to our clinic, or for our existing clients that may be unaware... we also offer **Foot Reflexology**, an ancient & complementary therapy, often referred to as a study of 'reflexes' on the feet.

History of Reflexology: When mankind walked barefoot, the sand or uneven ground acted as a partial 'Foot Reflexology' session. When we started wearing shoes, we lost direct



Early 6th Dynasty, about 2,330 B.C.: Wall painting in tomb of Ankhmahor (highest official after the king) at Saqqara is known as the physician's tomb. Translation reads 'Don't hurt me'. The practitioner's reply: 'I shall act so you praise me'

contact with the earth and were no longer grounded to it, we lost the natural exchange between the body's electrical current and those of the earth.

India, China and Egypt practiced Reflexology thousands of years ago. In the early 1900's Reflexology was brought to the western world and was used by Dr. William F. Fitzgerald, an MD in Connecticut, who used "Zone Therapy" to deaden pain in some parts of the body. Eunice Ingham also made major contributions to Reflexology. One of the contributions of her practice, found that alternating pressure on a certain point, stimulated healing. She died in 1974 after devoting 40 years to Reflexology Therapy.

Reflexology Therapy is a natural therapeutic method, derived from the study of these 'reflexes', which map neurologically to parts, glands and organs of the human body. By using a method of 'applying pressure' on the various reflexes found on both feet, it can:

- **Relieve Tension and/or Stress**
- **Improve Circulation**
- **Support the body's efforts to function at it's optimum**
- **Or simply serve as a treat for your feet!**

During your first **Reflexology Therapy Session**, our Certified Reflexology Therapist will:

- Start with a consultation, that includes discussing and assessing your medical history and current health conditions
- Place you in a comfortable and relaxed position and then clean and evaluate your feet for any common foot conditions



- Start the Reflexology Treatment using gentle warm-up techniques, followed by a thumb-and-finger walking motion over the reflex points of both feet
- *To find out more about this unique natural therapy, and how it may specifically benefit you, contact us!*

We hope you've enjoyed

It is our teams hope that we may continue to provide you with knowledge and expertise on ways in which to optimize your health. Please stop in and see us at our office, join us for a cup or organic tea in our relaxing waiting room and let us know how we can help you reach your goals. We are always welcoming new

patients and look forward to working with you as your coach on this journey.



2 locations to serve you better:

HUNTSVILLE LOCATION:

165 Main Street West
Huntsville, On, P1H 1X8
(705) 789-8998

PARRY SOUND LOCATION:

48 Bowes Street
Parry Sound, On, P2A 2L2
(705) 774-4887

VISIT OUR WEBSITE AT

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THANK YOU FOR
TAKING THE
TIME TO BE WITH
US AND LEARN.

HERE'S TO YOUR
WELLNESS!

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