
Naturopathic News by Drs. Patti Yik & Colin Race

Volume 3, Issue 3

Fall 2009

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Dr. Patti Yik, BSc ND
www.nd-health.com

Northland Wellness Centre
4820 Northland Drive NW
Calgary, Alberta T2L 2L4
(403) 282-7100

Lifestyles Wellness Group
4616 Valiant Drive NW
Calgary, Alberta T3A 0X9
(403) 247-9301

Dr. Colin Race, MSc ND

Inglewood Family Health
1217 10th Ave SE
(403) 262-3262

Advantage Health - Royal Oak
8888 Country Hills Blvd NW
(403) 239-0016

Seasonal Health Program

The Naturopathic Cold and Flu Prevention Program

As this year's fall season approaches, we are facing a different host of viruses than in years past. Not only will we be contending with the "new editions" of the common cold and flu viruses, but we may also face an outbreak of the new H1N1 (swine) flu.

Thankfully, there are effective treatments to strengthen the immune system and give added protection against all of these viruses. The immune system will attack the H1N1 virus just as though it were a regular flu virus simply because the two look very similar to one another. Therefore, an immune strengthening program, such as those used in our clinic in past years, is expected to offer the same protection against H1N1 as it has traditionally for colds and flus.

The Cold and Flu Prevention Program is designed to reduce the frequency, duration and intensity of colds and flus. In other words, less sickness, fewer days of sickness and less severe symptoms.

Both children and adults benefit from a strengthened immune system. Children typically pick up lots of viruses through school and other activities, while adults are inconvenienced by an interrupted work schedule if either they/their children are sick.

This program can be used in combination with the flu shot, but remember, the flu shot only protects against some flu viruses, and in five of the past seven years, it hasn't protected against the most common virus out there. A better approach is to have a stronger natural immunity to all viruses and infections.

To begin with the Cold and Flu Prevention Program, book a short 15 minute visit with our Naturopathic Doctor. During your visit a simple immune booster is given and immune support products are provided with advice for sustaining healthy immunity through the fall and winter months.

Ask the staff at the clinic for more information about the Cold and Flu Prevention Program offered by Dr. Yik and Dr. Race. It is an easy and effective solution to help you and your family get through the season happy and healthy.

SPECIAL OFFER

The Naturopathic Cold and Flu Prevention Program is now being offered at a discounted rate during the months of September and October. Family rate is available.



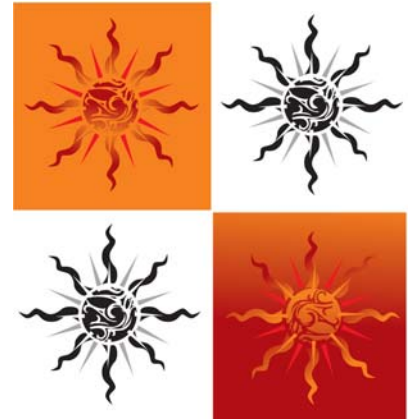
Important Vitamin Information

Vitamin D: Immune Health

As our summer comes to an end and our time spent out of doors enjoying the sun dwindle, so does our body's vitamin D. In northern climates, vitamin D drops considerably during the fall, winter and spring months meaning we all need to supplement with vitamin D.

A low vitamin D level has been associated with much more than just osteoporosis. Heart disease, various cancers, multiple sclerosis and other autoimmune diseases are all known to be related to low levels of vitamin D.

In Canada, most people lack vitamin D, so be sure to pick up yours up on your next visit to the clinic!



Nutrition Tips

Hemp Hearts: Nature's Perfect Food

If you are looking for a way to add more protein to your diet, but would rather avoid meat, hemp is a perfect solution. Hemp seeds are produced from the hemp plant, *Cannabis sativa*, and although commonly confused with marijuana, the two plants are actually quite different. Hemp plants are cultivated for commercial use and harvested to create fibres for clothing or seeds and oils used in healthy cooking.



The hemp plant and hemp seed are perfectly suited to do what nature intended them to: provide us with a sustainable source of protein food. Hemp products are perfect for vegans, vegetarians or those just looking for another complete source of protein to complement their diet. Not only do they contain the perfect balance of essential amino acids for sustaining good health, but hemp seeds are also a rich source of omega-3 and omega-6 essential fatty acids. The seeds also provide a variety of phytonutrients, as well as vitamin E, calcium, magnesium and potassium.

Because of the protein content, hemp seeds can be helpful in improving energy, reducing hunger and fighting off food cravings. These three benefits in particular make hemp seeds ideal for supporting an individual in reaching a healthy body composition. Used correctly, they are also an important part of supporting a healthy cardiovascular system.

The hemp seed is versatile and can be added to lots of other foods or meals. Sprinkle it over salads or pastas; make it part of a protein rich breakfast with your cereal, oatmeal or yogurt; or grind it into a rich, nutty-tasting flour that will add a unique and healthy twist to your baking. In one of its most impressive forms, it can be pressed into a healthy oil.

Shelled hemp seeds have also been used for several years as a food ingredient in a wide variety of food products, including baked goods, snacks, breakfast cereals, beverages, frozen desserts, tofu and milk substitutes.