

Heritage Health News

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Welcome to the first issue of Heritage Health News

Dr. Christi Hartman

Naturopathic Physician, Full Circle Family Health Care

The practitioners at the Heritage Health Centre are excited to present the first edition of Heritage Health News. This quarterly newsletter will provide an opportunity for each of the professionals at the Heritage Health Centre to share favorite recipes, health tips, upcoming events, and clinic news. This issue focuses on health during the winter months, and here you will find supportive therapies and strategies from our acupuncturist, massage therapist, and naturopathic physician. We hope you find a pearl here to integrate into your own daily life that supports your vitality and zest for life!

*Winter is a good time for
honest introspection*

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Nourishing the Root: Winter & TCM

Kate Butt

Registered Acupuncturist, Herbalist & Doula, TrueBalance Health

In Traditional Chinese Medicine (TCM) it is suggested that if we are in tune with the seasons we will be in harmony with nature and thus more healthy and balanced in our selves. Winter is a time of cold, of drawing inward, and conserving warmth. We can reflect the slowing down and hibernation of nature in our own lives by slowing down, looking inwards, meditating, relaxing more and getting plenty of sleep, reducing stress, enjoying energy-replenishing practices such as qi gong, tai chi and yin yoga, eating warming and nutritious foods, spending time with family and exercising lightly, especially when the weather is sunny.

According to TCM, winter is associated with the element of water, and the health of the kidneys, urinary bladder, adrenal glands, reproductive system, lower back, knees, hair, bones, teeth, and ears. It is encouraged to keep your feet warm, as well as your low back and belly. Warm socks and scarves wrapped around your waist or long sweaters are great. Also, neck scarves or neck warmers are wonderful in winter for keeping the neck warm and thus avoiding drafts of cold or wind which may attack the immune system.

The emotion related to the kidneys is instinct or intuition in its healthy state, fear in its unhealthy state. When the kidney qi is replete you will be more in tune with your own instincts but if they are allowed to get depleted you may find you veer more towards the emotion of fear. This is a good time for honest

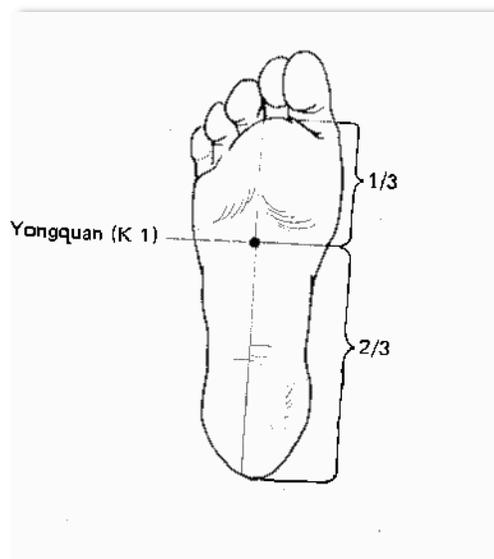
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introspection to recognize old patterns so that you can identify the necessary changes to be made in the spring when cleansing and renewal come into play.

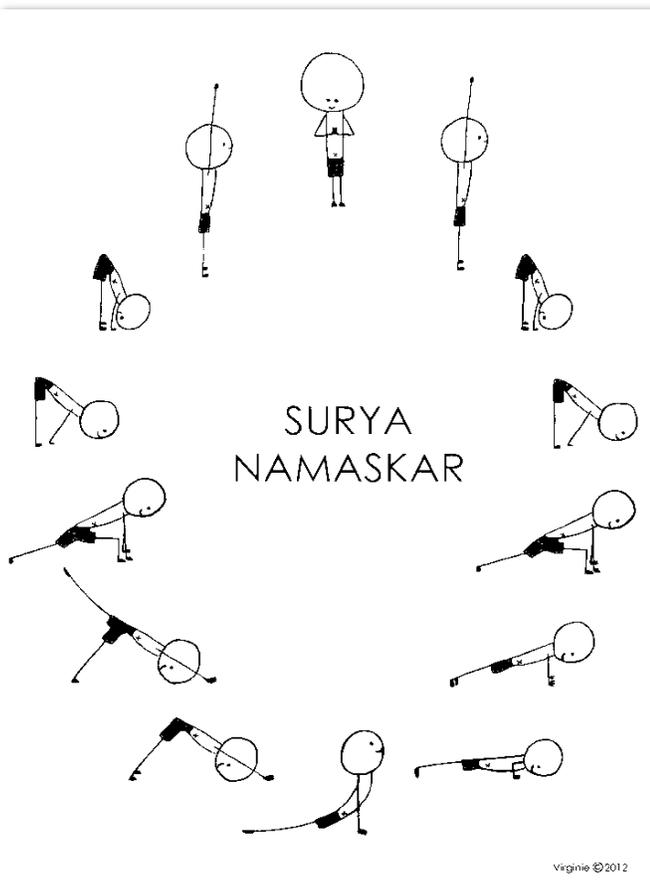
Avoid cold raw foods and enjoy more slowly and well-cooked congees, porridges, stews and soups with warming herbs and spices such as ginger, garlic, cardamom, cinnamon, cloves, anise, and fennel. Root vegetables, seaweeds, roasted nuts, black beans, whole grains and dark leafy greens are a few examples of lovely nourishing winter foods.

Storing up kidney qi is essential to our health so that we have reserves of energy and strength for times of stress, change, or illness and so that we may heal well when injured and age gracefully. This is a great season for self-care and replenishing one's stores of energy and vitality with therapies and practices that help you to feel supported and fortified.

Kate Butt is a registered acupuncturist, herbalist and doula.



Kidney Point: This acupressure point, also known as “sparkling spring”, revitalizes body, mind & spirit. Sit in an upright position. Rest the ankle of your left leg on the knee of your right leg. Then, cradle your left foot in your right hand, while using your right thumb to massage the kidney point. Continue for 2-3 minutes, and then switch sides.



Sun Salutation

Fiona Jamin

Registered Massage Therapist

As the winter softens, and the days begin to lengthen a Sun Salutation is a great way to get the blood flowing and to celebrate the morning light streaming through your favourite window.

The sun represents the physical and spiritual heart of the world. As we salute the sun we give thanks for a new day filled with life-giving light and sustenance. This sequence revitalizes the body and refreshes the mind, helping us prepare to take on all the tasks of the day.

KNOWLEDGE PEARL

Registered massage therapy is covered by most extended health care plans. Fiona offers direct claim submission for you at the time of your visit. This can help eliminate insurance claim paperwork and reduce your out-of-pocket expenses if you are covered by an eligible insurer.

Seasonal Mood Changes

Dr. Christi Hartman

Naturopathic Physician, Full Circle Family Health Care

Winter in the Kootenay is a destination for many – skiing, snowboarding, backcountry adventures and much more. For some of us, though, the arrival of winter coincides with a drop in energy and motivation. Seasonal affective disorder, also known as SAD, refers to changes in mood that tend to occur during the winter months at Northern latitudes. Sadness, fatigue, difficulty enjoying hobbies and changes in sleep patterns are well known symptoms of SAD, but some people have more subtle changes like increased irritability and less patience, more negative thoughts, or a tendency to withdraw from social situations. Some people may even find themselves feeling more defensive or hostile towards others. One of the main factors thought to contribute to seasonal mood disorders is a change in serotonin levels. Optimizing your serotonin levels throughout the year can have a significant impact on your mood, and you might just find that a few simple changes turn your annual winter blahs into a thing of the past.

Our mood affects every aspect of our lives, from the clothing we choose in the morning to our sense of authentic self-worth

Serotonin is a hormone found throughout your body; as much as 90% of serotonin is actually in your digestive tract, where it plays a key role not only in digestive function, but also in regulation of appetite and cravings. In the brain, serotonin regulates mood and your general sense of well-being. When serotonin is low, people may experience depression, anxiety, insomnia and a variety of other mood changes. It is made from the amino acid tryptophan, which is found in most protein-rich foods. Serotonin levels in the blood tend to be higher in the summer when the days are long and there is lots of sun, and they have been shown to be lower in the winter. Each of the following lifestyle changes have been shown to increase serotonin levels. They can help boost your mood, thought patterns, motivation and energy through the winter months.

Bright light exposure: Indoor lighting provides very little light compared to what we receive outside. On a clear sunny day, the light intensity can be as much as 100,000lux. An overcast day averages about 1000 lux. The average home and office is around 150-250 lux. Bright light therapy that provides 1000-3000 lux for 30 minutes a day can significantly improve mood and sleep.

Note that you can get this intensity of light on an overcast day – so don't think there is no benefit to heading out for some fresh air on those overcast winter days. If you are working indoors during those precious winter light hours, think about investing in a full spectrum light for your desk that provides at least 1000 lux.

Aerobic exercise: Exercise that stimulates increased heart rate and blood flow for as little as 15 minutes has been shown to increase serotonin, reduce negative thoughts, and calm anxiety.

Positive thoughts: Your thoughts affect your brain chemistry. Negative thoughts reduce serotonin, and positive thoughts increase it. The trick here is that one begets the other – low serotonin triggers negative thought patterns, and it can be tricky to change those thought patterns. Mindfulness, the practice of checking in with ourselves to see what our inner self talk is, can be a useful tool to change thought patterns

Beyond the basics: Our mood affects every aspect of our lives, from the clothing we choose in the morning to our sense of authentic self-worth and life achievement. Don't hesitate to seek help if you are struggling with feelings of sadness, hopelessness, anxiety or negativity. A first step can be trying some of the suggestions above – engaging ourselves with the natural world is one of our most powerful medicines.

Dr. Hartman has been practicing naturopathic medicine at the Heritage Health Centre since 2012. Her goal is to bridge the gap between conventional and alternative therapies, providing patients with the information and resources needed to make confident, informed decisions about their health.



DID YOU KNOW?

Naturopathic medicine is covered by most extended health care plans. Starting in January, 2016, Full Circle Family Health can submit your claim for you at the time of your visit. This can help eliminate insurance claim paperwork and reduce your out-of-pocket expenses if you are covered by an eligible insurer.

HERITAGE HEALTH CENTRE

The Heritage Health Centre offers the convenience of diverse and complementary methods of care under one roof. Each of our practitioners maintains an independent practice within the Heritage Health Centre and, with the exception of Dr. Hartman, can be reached at (250) 354-3885. To contact Dr. Hartman at Full Circle Family Health Care, please call (250) 352-3150 and her receptionist Myriam will be happy to assist you.



www.heritagehealthnelson.com

PRACTITIONER DIRECTORY

KATE BUTT Registered Acupuncturist, Herbalist & Doula, Dr.TCM(Dip), R.TCM. P.

KESHIA CLANCY Registered Massage Therapist, RMT

CAELA GILLIES Registered Massage Therapist, RMT

CHRISTI HARTMAN Naturopathic Physician, N.D.,B.Sc.,Full Circle Family Health Care

ROBYN IRVIN Biodynamic Craniosacral Therapy, Rebalancing Bodywork, Continuum

FIONA JAMIN Registered Massage Therapist, RMT

MIRIAM MASON MARTINEAU Integral Counselling & Parent Coaching, M.A.

NATASHA PALOV Osteopathic Practitioner, B.Sc., D.O.

SOPHIE RICHARD Registered Acupuncturist & NAET Practitioner, R.Ac

LAUREN THAST Physiotherapist, Pelvic Floor Therapist, MPT

Immune- Boosting Soup

- 12 dried shiitake mushrooms
- 1 clove garlic, minced
- 6 cups water (for soaking the mushrooms)
- 2 tsp fresh ginger, minced
- 1 - 2 tbsp good oil
- 1/2 cup spinach leaves, chopped
- 1 tbsp sesame oil
- 1/3 cup braggs (or tamari)
- 3/4 cup onions, chopped
- 1/4 cup miso paste
- 1 cup carrots, chopped
- Freshly ground pepper
- 2 cups sweet potatoes, cubed
- 1/4 cup green onions, sliced (for garnish)
- 1 cup Chinese cabbage, chopped



In a bowl, soak mushrooms in water for half an hour. Remove mushrooms, but reserve broth. Thinly slice the mushrooms and set aside. In a large pot, warm the oil. Add mushrooms and sauté for a few minutes. Stir in the sesame oil and onions, and continue to sauté until onions start to brown, 2-3 minutes. Add carrots and sweet potatoes and saute for 2-3 minutes. Add cabbage, garlic, and ginger- stir. Cover with lid and cook for 2 minutes. Add reserved broth and cook until vegetables are soft, about 20-25 minutes. Add spinach leaves, braggs, miso and pepper, and cook until spinach is wilted. Garnish with green onions and serve.

If we could give every individual the right amount of nourishment and exercise, not too little and not too much, we would have found the safest way to health.

-Hippocrates.
