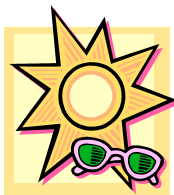


Look and Feel Great this Summer...



Finally summer is here, the time of year when we spend the most time outdoors – gardening, playing sports, swimming at the beach, or relaxing with a cold beverage. Included in this newsletter are some suggestions for

protecting yourself from insects and the sun, coping with allergies, as well as a delicious recipe to keep you and your family healthy this summer.

West Nile Virus – Stopping the Bite

West Nile Virus (WNV) is a mosquito-borne virus that causes no symptoms in 70-80% of the population, results in flu-like symptoms in 20% of the population, and causes severe illness (encephalitis, meningitis) in less than 1% of the population. It is estimated that less than 1% of mosquitoes are carriers.

The following are ways in which you can decrease the risk of illness from WNV:

- **Boost your immune system.** People don't get sick from WNV because they don't use the right precautions; they get sick because they have a weakened immune system. The elderly and people who are dealing with other health concerns are most at risk. If you have concerns that your immune system is not functioning optimally, then work with your naturopathic doctor to address your specific health concerns. Some general recommendations for maintaining a strong immune system include:
 - **Proper nutrition and strong digestive function:** Consume at least 4 servings of fresh fruit and vegetables a day to increase fiber, vitamins and minerals. Garlic, onions, thyme and oregano help to boost the immune system and fight off infections. Avoid sugar, caffeine and alcohol which depress immune function. Drink 6-8 glasses of water a day to aid the removal of toxins from the body.
- **Eliminate mosquito breeding environments.** Standing, stagnant water that remains for more than 4 days can act as a breeding ground for mosquitoes. Remove all containers where rainwater collects or where there is stagnant water. Empty and change the water in bird baths, fountains, wading pools, rain

barrels and potted plant trays at least once a week, and keep swimming pools treated and circulating.

- **Avoid Mosquito bites.** Mosquitoes are most active at dawn, dusk or in the early evening, especially during days of high heat and humidity (April to October). Be sure to wear long sleeves and light colored long pants pulled close to the calf or with high boots when going outside in the evening; make sure window and door screens are 'bug tight' and replace your outdoor lights with yellow 'bug' lights
- **Use an insect repellent.** There are a number of natural and chemical repellents. The chemical repellents, such as those containing DEET, are known to offer protection, but have potential side effects, ranging from skin reactions to neurological problems, especially in young children. Natural repellents are an effective and safe way of repelling mosquitoes, but have to be applied more frequently. It is important to weigh the risks and consider your current state of health when determining which insect repellent is best for you.

Summer Special

- Citronella Supreme Lotion (60 mL) - \$8
- Citronella Supreme Mister (80 mL) - \$11

Both 100% natural products are made by Nature's Formulae and contain a blend of essential oils that smell great, and have been shown to offer insect protection. Contact the office to purchase these products.

Breast Thermography Clinic

- Non-invasive breast screening with infrared thermography
- Can detect changes in breast tissue function 5-8 years before structural changes occur
- No touching, squeezing, radiation or pain
- Reports analyzed by certified thermologists

When: Sunday, September 18, 2005

Performed By: Medical Thermography International

Hosted By: Haessler Naturopathic

Location: Goertzen Chiropractic Centre

Cost: \$250 (including GST)

Call the office at 832.3200 for more information.

Sun Smarts

Many of the chemical agents that are used to block harmful UV rays from reaching the skin can potentially be harmful to animals and humans. A Swiss research team has found that many of the chemicals found in sunscreens mimic the effects of estrogen in lab tests, potentially causing cancer cells to grow more rapidly. Some even caused developmental defects in animals. Chemicals from sunscreens are also being found in fish, and human breast milk. When choosing a sunscreen, try to choose one with a physical blocking agent such as zinc oxide or titanium dioxide, instead of the chemicals. The difference is in their action; chemical sunscreen agents protect you from the sun by absorbing the UV and visible sun rays, while physical sunscreen agents reflect and scatter the rays.

Examples of Physical Sun Protection Products:

- **Aubrey Organics Sun Shade Ultra** (~\$15)
- **Neutrogena®**(~\$14): sensitive skin SPF 30

There are many other companies offering non-chemical alternatives. Please check your local health food store or pharmacy and ask about their selection.

Allergy Time Again...

Once again allergy season has arrived. It is estimated that 55 million people in North America suffer from seasonal allergies. While over the counter products like *Claritin®* and *Allegra®* can provide temporary relief from symptoms by reducing histamine production, they often have negative side effects and do not address the underlying causes of allergies.



One of the possible causes of allergic symptoms is overstressed adrenal glands. The adrenal glands sit on top of the kidneys and produce hormones that regulate the body's response to stress. They can become overworked by prolonged psychological or physical stress, chronic illness and/or an unhealthy diet. The resulting symptoms can include fatigue, recurrent infections, lowered sex drive, depression, increased PMS and menopausal symptoms, as well as allergies.

The health of the digestive system should also be considered with allergic symptoms. The gastrointestinal tract is rich with immune cells, as well as bacteria. If unhealthy bacteria predominate, the immune response to food becomes overactive. In addition, if insufficient digestive enzymes and acid are produced, improper digestion results. Undigested food can then stimulate an allergic reaction.

Another factor to consider is the health of the liver. The liver is the main detoxification organ in the body, and is responsible for breaking down and eliminating medications, hormones, chemicals, pesticides and other compounds. If it becomes overworked, then it fails to efficiently eliminate.

Naturopathic medicine can provide relief from acute allergic episodes, and help to identify and address the root cause of allergic symptoms for long term prevention. Herbs, vitamins, homeopathic remedies and acupuncture can be used to help heal and strengthen the body.

Recipe Corner

Summer Sunshine Pasta Salad

- 8 oz brown rice or spelt rotini or penne pasta
- _ tsp turmeric
- 8 oz brown rice or spelt small pasta shells
- 1/3 cup + 1 tbsp extra-virgin olive oil
- 2 cups broccoli florets, blanched
- Juice and zest of 1 orange
- 2 tbsp fresh lemon juice
- Pinch salt
- Cayenne Pepper
- 1 yellow bell pepper, cut into thin strips
- 1 small red onion, chopped
- 1 cup cherry tomatoes, halved
- _ cup sunflower seeds
- 1 cup cooked kidney beans or chickpeas (optional, if serving as main dish)



Cook the rotini or penne in boiling water, stirring occasionally until it is al dente. Add turmeric to the water to turn pasta bright yellow. Cook the pasta shells in a separate pot of boiling salted water until al dente.

When both pastas are cooked, drain them and rinse under cold water. Place in a bowl, toss with 1 tbsp of oil, add broccoli and set aside.

To make dressing, combine orange juice and zest, lemon juice, salt and cayenne to taste in a small bowl. Whisk the remaining oil until blended. Pour dressing over pasta.

Add the bell pepper, onion, and tomatoes, and toss to combine. Sprinkle on the sunflower seeds before serving.

Serves 4.

Source: Robertson, R. *Pasta for all Seasons*. Harvard Common Press, 2000.

Jennifer Haessler, ND is currently accepting new patients. Please tell a friend if you are happy with the results of your treatments.



Do you belong to a club or organization that would be interested in learning more about Naturopathic Medicine? Contact the office to book a speaking engagement.