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Your Health Account

Is your health savings account topped up? In other words are you ready to meet what you encounter in the world with resiliency and respond well enough to not become ill or if you do, to move through immune challenges quickly and efficiently? There are many things that challenge our immune system every day and one of them has been declared a world wide pandemic, the swine flu (H1N1).

What good habits do you have in place to help keep you healthy and able to respond to immune challenges? One way or another you will find out. There are many things you can do to maintain and increase your immune resiliency. And even if you get the flu you can affect the length of your illness and minimize the symptoms through naturopathic medical care. Refer to the enclosed handout on flu prevention or check out our web site under 'resources' to find out what to do.

There is lots of hype in the media about swine flu vaccines. In fact it is hard to avoid the emergency mode being set up. Lots of clients ask me, "Should I get a the flu shot?" The answer is **absolutely not!** These vaccines have not been researched adequately and made safely. The side effects are very serious and can include neurological problems, nausea, stomach pain or cramps, inability to think clearly, nightmares, strange behaviour and sleep problems.

Building up your health account is mainly getting the 'good stuff' into your body and the 'bad stuff' out. Good stuff can be very basic like adequate sleep and rest, the kind of rest where you are not thinking or worrying about something. Get your mind to calm down by talking with a friend about how you feel or write down how you feel in a special notebook. You can also distract yourself from stress by doing fun things beyond watching TV. Do you remember what fun is for you? Some cheap and cheerful things you can do in 5 minute bursts include doodling, listening to music, a short brisk walk, singing to songs on the radio, deep breathing or eating a piece of fruit in season. If you have had a stressful week or event give yourself permission to pause or take a day off from the world.

Pay attention to things that may be depleting your health account. There are food items like junk food, coffee and soda pop that deplete your magnesium and B vitamins and leave you wired and tired. Small steps are best to create lasting change for the better. Change one of your cups of coffee per day to water or green tea, then the next week change one more. Did you know that when we chew crunchy food, especially those made from the carbohydrate rich vegetable, potato, we release the bliss brain chemical serotonin? No wonder potato chips are so popular! And the unhealthy table salt on the chips stimulates our tired adrenal glands. However, like any short-lived thrill it takes more and more of the same stimulus to create the bliss the more we use the item. First of all, eat healthy sea salt (available at our clinic) that contains all of the original minerals which is really what you are looking for when you crave salt. Then try and eat organic crunchies – organic corn chips, rice crackers with salsa, avocado or hummus so that your blood sugar does not get imbalanced.

Depletion also occurs by breathing in pollution, because the toxins lodge in our cells and cause disruption of normal function everywhere. This is why detoxification practices are so important. We were never made to live with this level of toxicity in our air, water, food, electromagnetic fields and soundscape. Each person's needs and methods for detoxification vary. The next time you are in the office ask me what your needs and methods are.

Remember each person has a free trial session on the ionic cleansing footbath, activated oxygen and sound and colour therapies (if it is appropriate care for you). There is information on our web site about how these therapies work.

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Many of you know I have been studying homeopathy and sound and colour therapy with Dr. Gerard Gueniot since 1997. This man has been a real mentor for me. What I have learned from him has brought my practice of health care to a level that surpassed anything I had ever thought possible. He died on July 13th and this really hit me on a primal level. Although my rational mind could process his passing my inner being revisited many questions like, "What's life all about?" I tell you this because I find in addition to all that I 'do'; I find I am doing a lot of 'being'. Being in nature and appreciating the birdsong, the green of nature, the air. Being in my work and finding myself in awe of an infant finding the sounds he can make. Watching how bravely yet quietly clients face the inequities of their lives. Life is amazing not only in parts where we soar, but in the parts where we struggle as well. Embrace it all for it is all too quickly gone. This event has motivated me to focus more on writing and teaching.

Both of our massage therapists, Amber and Tanya, are back to work after maternity leave. Their little ones, Noah and Charlotte respectively, are doing very well and there are lots of pictures available for viewing. In October we hope to have a new massage therapist join us so we can offer more evening and Saturday appointments.

On November 6,7, & 8 there will be an Ancient Maya Healing Self Care Workshop given by Pat Berger RMT held at our office for anyone looking for relief from common female and male issues, digestion and urinary complaints. For more information see our web site or call us.

My wonderful support staff, Barbara, Laura and Mary-Lynne, are doing great work keeping up and advancing the delivery of care at the office. This year they developed a 'Special of the Month' program for both products and a therapy. In September many products listed on the flu prevention handout are on special as well as the colour and sound therapy. Check our web site for a full explanation of how colour and sound therapy can assist in improving brain and nerve function and easing stress. In October our 'Special of the Month' is orthotics, cream and remedies for joint and muscle problems. We invite all clients to get a free gait analysis and should it be indicated, purchase orthotics at \$375 (regularly \$450). Please phone ahead and book your gait analysis. Then in November we will feature our Core Cleanse Program (check the web site for information about this innovative and effective cleansing technology) and products that assist in cleansing. December is all about immune health with Ionic Cleansing Footbaths to help your system be less acid and less prone to cold or flu infections along with products to help boost immunity.

The Ontario Association of Naturopathic Doctors will have David Suzuki speaking to the public on Friday November 13th to begin our annual convention. For tickets go to www.oand.org or call 416-233-2001.

This year marks my 30th year in practice and I intend to do a few more decades with a few longer breaks throughout the year. This fall I will be out of the office the second week of November teaching in Nova Scotia. The office will be closed from December 24th until early January 2010. In the near future we will have a calendar on the web site indicating times when I will be out of the clinic.

Many clients often ask me if I can see someone they want to refer to me for some special condition. I give them a handout listing the scope of conditions I work on with clients. People comment that they did not know that the scope was so large. So we have included a list of things that you may not have realized can be helped with the kind of health care we offer. Remember we are here to serve you and your families in large and small ways. We invite you to call us whenever you want to optimize your health or deal with a health challenge. We appreciate the trust you put in us and always feel honoured when you refer others for care. Your investment in your health account will pay great dividends.

Yours in health - Verna, Barbara, Mary-Lynne, Laura, Tanya and Amber

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Immune Protection for Flu Prevention

- Wash your hands with very warm water and soap frequently assuring that you clean around the fingernails and in between the fingers then rinse thoroughly and use paper towel or air to dry in public places
- Do not use chemical hand sanitizers. Carry a small package of 'green' baby wipes and use them instead
- Do not touch your nose, mouth or eyes with your hands unless you have washed them
- Assure that the air in your home and work areas have enough humidity in the winter months when the heating is on
- Avoid large crowds and vaccines
- Get enough rest for your needs
- Maintain a moderate exercise schedule
- Practice stress reduction; the effects of stress decrease our immune system's ability to protect us against viruses & bacteria
- Eat a varied diet of fresh, whole foods, sea salt and garlic
- Drink adequate water from a good source, this amount is half your weight in fluid ounces
- Avoid refined flour & sugar, regular salt, additives including aspartame and trans fats
- Mucococcinum –This homeopathic remedy can be used for both prevention and flu symptoms. Instructions below.
- Supplements to consider using with the guidance of Dr. Hunt include:
 - Vitamin D3
 - Essential Fatty Acids (omega 3 and 6 oils)
 - Antioxidants
 - Probiotics
 - Homeopathic and herbal immune support
- Essential Oils to destroy bacteria and viruses i.e. Solvarome Oil. Use essential oils in an aromatherapy diffuser to cleanse the air in your house or office. Or place some on a tissue and place under clothing of chest or inside your pillowcase.
- Lymphagen Cream – place on external skin i.e. sinuses, ears, throat, chest, low back, abdomen or groin, to assist mucous and congestion to drain

Prevention Program for the Flu

- Weekly
 - Mucococcinum 1 tablet per week; do not swallow the tablet. Let it dissolve under the tongue in a clean mouth, which means no taste in mouth 10 minutes before and after taking
- Daily
 - Probiotics i.e. HMF Forte
 - Antioxidants i.e. Super Oxi Formula
 - Vitamin C i.e. Orti C

Daily Treatment Program with the Flu

- Mucococcinum - at the first hint of cold and flu symptoms, use mucococcinum to stimulate resistance. Use frequently, 8x's daily for the first two days by letting 1 tablet dissolve under the tongue in a clean mouth (nothing in mouth 15 minutes before or after). As symptoms improve, decrease to 2x's daily for a couple of days
- Supplements – increase antioxidants, probiotics, homeopathy and herbal tinctures under the guidance of Dr. Hunt for your specific case or that of your child
- Fluids –drink lots of water, non creamy soups, hot herbal teas i.e. ginger/lemon/honey and diluted organic fruit juices in moderation
- Humidity and steam face- put boiling water in a metal or glass bowl with eucalyptus or thyme herbs or essential oils. Put face over steaming bowl and cover head with towel draped around the outside of the bowl and deep breathe. Snuff salt water up nose.
- Apply Lymphagen cream to areas affected (face, neck, ears) including just below the collar bones

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Conditions Dr. Hunt Works With

Infant Care

Colic
Digestive Problem
Feeding Problems
Growth Issues
Teething

Child Care

ADD
ADHD
Autism
Asthma
Allergies
Bedwetting
Eczema
Growth Issues
Hearing Problems
Learning Problems

Teen Health

Acne
Growth
Hearing Problems
Puberty Issues (early or late)
Sports Injuries

Men's Health

Body Pain
Erectile Dysfunction
Lifestyle Counseling
Prostate
Sports Injuries

Women's Health

Body Pain
Breast health
Cervical Dysplasia
Endometriosis
Fibrocystic Breast Disease
Incontinence
Lifestyle Counseling
Low Libido
Menopause
Menstrual Problems
Polycystic Ovarian
Premenstrual Syndrome
Osteoporosis
Syndrome
Vaginitis

Seniors/Elders

Body Pain
Incontinence
Macular Degeneration
Mind Function
Mobility Issues
Retirement transition
Sore & Aching Joints
Quality of Life Issues

Autoimmune Conditions

Crohn's Disease
Lupus
Multiple Sclerosis
Psoriasis
Rheumatoid Arthritis
Scleroderma
Skin Pigmentation
Ulcerative Colitis

Cardiovascular Conditions

Angina
Blood Pressure
Cardiovascular Disease
Care after heart attack
Diabetes
Hardening of the Arteries
High Cholesterol
Prevention
Stroke Recovery

Depleted Immune System

Allergies
Colds & Flu
Fever
Food sensitivities & intolerances
Infections
Poor Wound Healing
Tonsillitis

Digestive Conditions

Acid Reflux
Candida
Celiac Disease
Colitis
Constipation
Crohn's Disease
Diarrhea
Gall Bladder Problems
Gas & Bloating
Gastritis
Hiatal Hernia

Liver Problems
Parasites
Poor Absorption
Poor Digestion

Endocrine Disorders

Adrenal Fatigue
Diabetes
Hypoglycemia
Insulin Resistance
Hormone Assessment
Leptin Resistance
Hyperthyroidism
Hypothyroidism
Menopause
Ovarian Problems

Fertility Issues

Breast feeding
Birthing Pre&/Postnatal Care
Female/Male Infertility
Newborn & Breast Care
Morning Sickness
Postpartum Depression
Pregnancy Concerns
Uterine Position

Musculoskeletal Conditions

Arthritis
Carpal tunnel
Fibromyalgia
Gout
Headaches
Inflammation
Joint Pain
Low Back Strain
Plantar Fasciitis
Rotator Cuff Syndrome
Spasms
Sports Injuries
Traumatic Injuries
Whiplash

Neurological Conditions

ADD
ADHD
Autism
Eye Disorders
Headaches
Learning Disabilities
Macular Degeneration
Migraine
Multiple Sclerosis
Parkinson's Disease

Vertigo

Respiratory Conditions

Allergies
Asthma
Bronchitis
Cough/Cold
Chronic Obstructive
Lung Disorders
Pulmonary Disease
(COPD)
Sinusitis
Stop Smoking

Skin & Hair Conditions

Acne
Eczema
Hair Loss
Herpes
Hives
Impetigo
Psoriasis
Rosacea
Shingles
Yeast Infections

Stress & Emotional Conditions

Anxiety
Behavioural Problems
Insomnia
Chronic Fatigue Syndrome
Depression
Stress
Urinary Conditions
Bedwetting
Bladder Infections
Incontinence
Interstitial Cystitis
Kidney Disorders
Prostate Disorders

Please call the phone number below for more information or to make an appointment.