

# Health & Wellness in Wolfville

## *Fall 2005-Winter 2006 Newsletter*



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## Don't let Winter be a Pain in the Back!

*Dr. Janis Noseworthy, DC*

When snow, ice and frigid winds blast into town, watch out! Winter can take a toll on your body. Skating and sledding, shoveling and slippery sidewalks all pose the potential for strains and pains. Try these tips for surviving the hazards of a Nova Scotia winter. Wearing several layers of loose clothing will keep you warmer than tight, bulky garments. A hat will prevent heat loss from your body, and wearing a snug scarf will overcome the urge to hunch turtle-like into the collar of your coat. Make sure your jacket is long enough to cover the small of your back. If your boots are slippery, get a shoemaker to put a slip-proof grip on the soles. It's common sense that works! For skating, take off the chill by warming up your muscles just before you start. Before skating, do several lunges: take a step forward with one foot, and let your back knee come down to the ground while keeping your shoulders positioned over your hips. Repeat this with the other foot. Tobogganing can cause compression injuries from repetitive bouncing over the snow. Lie on your back or sit, pull your knees to your chest and hold for up to 30

seconds. Before trudging back up the hill, do some more knee-to-chest stretches to restore flexibility. If you must shovel snow, be careful. Listen to the weather forecast so you can rise early and have time to shovel before work. Otherwise, you may be so pressed for time, you'll be careless. Shoveling can strain de-conditioned muscles between your shoulders, in your upper and lower back, buttocks and legs. So do some warm-up stretches before you grab that shovel! When shoveling, push the snow straight ahead, and don't try to throw it - walk it to the snow bank. Avoid sudden twisting and turning motions. Bend your knees to lift and let your arms and legs do the work, not your back. Take frequent rest breaks to ease muscle strain. If you feel sore after any of these activities, apply an ice bag to the affected area for 10 minutes, remove for 10 minutes, then re-ice for 10 minutes. Repeat after a couple of hours. **DO NOT USE HEAT!** It will worsen the swelling associated with muscle and joint strain. If symptoms do not improve within 48 hours, consult your health care professional.

# Aching Body Runny Nose? Natural Cures for Winter Woes

Dr. Jyl Bishop Veale, ND

With all of the pearls and promise of modern medical science one thing is for certain- nature is still smarter than we are! In an age where common germs have mutated to resist our strongest medications we must renew our respect for the power of nature. At the same time, we should marvel at the innate defense system nature has provided our own bodies with. From a practical perspective it makes sense to look at strengthening the army we already have instead of building a bigger bomb with potentially catastrophic consequences.

## Antibiotic Resistance & Super Bugs

With the advent and widespread use of the antibiotic penicillin in the 1940s the face of medicine changed forever. Decades of over-prescribing and misuse followed, and medical science must now face the end of the Golden Age of antibiotics. In fact, bacteria that were once easily treated by penicillin have "outsmarted the drug" and are rapidly becoming superbugs for which many antibiotics are now useless. Furthermore, vancomycin, the "saviour antibiotic" reserved for use in only the most resistant cases, has recently shown resistance to staphylococcus a, the most common hospital-acquired infection today.

## The Best Offence is a Good Defense!

The body is well-equipped with a number of defense mechanisms the minute it perceives an invading bacteria or virus as a foreign

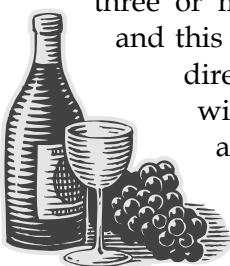
entity. From an increased number of macrophages, which engulf and remove pathogens, to armies of natural killer cells our immune system has amazing potential all on its own! The goal of naturopathic medicine is to stimulate the body's own natural, self-healing capabilities to bring about health. To support your own immune system, try the following:

### Hold the Sugar!



Eating or drinking 100 grams (8 tbsp.) of sugar, the equivalent of one can of pop, can reduce the ability of our white blood cells to kill germs by forty percent. The immune suppressing effects of sugar start less than thirty minutes after ingestion and may last for up to five hours! While sugar decreases the number of macrophages available to fight infection, herbs like echinacea, to be discussed later, can actually boost your macrophages.

**Ban the Booze!** Alcohol, like sugar, can depress the immune system when consumed in excess. High doses of alcohol suppress the ability of white blood cells to multiply, inhibit the action of natural killer cells on cancer cells, and lessen the ability of macrophages to produce tumor necrosis factor. One drink does not appear to impact the immune system, but three or more drinks does, and this effect increases in direct proportion with the amount of alcohol consumed.



**Welcome a fever!** Fever is not the disease to be treated, it is, merely, the body's immune response, a response we should encourage. When a bacteria or virus enters the body our macrophages are capable of secreting pyrogens, which order the hypothalamus to raise body temperature, thus leading to an increase in cell division, enhanced immune function, and an environment that is simply too warm for many pathogens to survive. Fever is a part of the body's natural defense mechanism, and should *not* be suppressed unless it becomes dangerously high (fevers greater than 103 F). Lukewarm bathing and homeopathic remedies can help keep the fever manageable and lessen any uncomfortable symptoms that accompany it.

**Moderate exercise!** Recent studies have shown that, during moderate exercise, several positive changes occur throughout the immune system. These changes translate to an increased number of circulating immune cells, rendering the body better able to fight bacteria and viruses. Once the exercise bout is over the immune system returns to normal within a few hours. Therefore, regular physical exercise should increase your chances of fighting off cold and flu viruses over the long term. Intense exercise (ie marathon training) can have a negative impact on the immune system, so take a short break if you're under the weather.



# Naturopathic Immune Support



## **Botanical Medicines for Immune Support:**

**Echinacea**- Echinacea possesses a broad spectrum of effects on the immune system as a result of the diverse arrangement of active constituents it contains. Echinacea polysaccharides bind to the surface of macrophages and T-lymphocytes to incite profound immunostimulatory effects. Alcohol extracts (tinctures) of this plant contain lipophilic ingredients, like chicoric acid, which are, again, potent enhancers of macrophages (the soldiers who gobble up the enemy). In addition to stimulating the immune system itself, echinacea also has direct anti-viral, anti-bacterial, and anti-neoplastic (anti-tumor) effects. Echinacea is probably best used on a rotating basis, with frequent daily dosing, and is most effective when taken at the onset of illness.

**Usnea**- A fantastic herb for use along with or between dosages of Echinacea, usnea contains usnic acid which lends the herb its bitter taste and antibiotic function. It is one of my favorite additions to compounded botanical formulations and is effective for respiratory, urinary tract, sinus, and lung infections for which many pharmaceutical antibiotics are now ineffective (including staphylococcus, streptococcus and pneumococcus). It is also an anti-fungal useful in treating athlete's foot, vaginal infections and candida. It supports the body by strengthening mucous membranes where infections tend to enter the body, improving the condition and quantity of mucus produced, encouraging a mildly elevated temperature to fight the microbes, and by enhancing overall immunity.

**Hydrastis**- Hydrastis is one of several herbs which contain berberis alkaloids, and has a long history of use in folk medicine. Although not as potent as many prescription antibiotics, berberine exhibits a broad spectrum of antibiotic activity that targets various bacteria, protozoa, and fungi. Among the bacteria that are vulnerable to berberine are Staphylococcal, Streptococcal, and Enterococcal species, and the plant also inhibits the growth of yeasts, including Candida. Not only does berberine kill bacteria, it also helps boost immunity by increasing blood supply to the spleen, and by activating macrophages.

**Astragalus**- Astragalus membranaceus is one of the most frequently used food supplements and remedies in China. An adaptogen, astragalus helps the body maintain its normal balance of health and wholeness, and the Chinese often keep it in their water container to get the tonic effect constantly. Astragalus strengthens the immune system by enhancing monocytes and macrophages, increasing interferon activity and natural killer cells, and potentiating several anti-viral mechanisms. In China it is used as an integral part of fu-zheng cancer therapy, where astragalus is administered along with chemotherapy to help boost the medication's effectiveness and support the immune system at the same time.

*All of the suggestions listed above are meant for informational purposes only, and are not intended to replace a visit to your naturopathic doctor or family doctor.*

## **Vitamin/Mineral Support**

### **Vitamin C**

Vitamin C promotes healing of tissues and supports immune function. When the body fights an infection, it utilizes more vitamin C than under normal circumstances. Most animals can make their own Vitamin C, but humans cannot. Therefore, supplementation is beneficial. Vitamin C can be taken in fairly large dosages without ill effects, but is best absorbed when smaller quantities are taken frequently, each with a large glass of water. High Vitamin C therapy may cause loose stools, so monitor your dosage.

### **Vitamin A**

Vitamin A enhances immune function and resistance to infection by promoting tissue integrity and healing in the types of tissue that make up the skin, the lining of the respiratory tract and the lining of the gastrointestinal tract. Vitamin A gets used up quickly in infections and higher than normal doses for a very short period of may be helpful in reducing the length of an acute viral illness. However, Vitamin A can be toxic in high doses, and should *never* be supplemented above 10,000IU in pregnancy, so consult your Naturopath first.

### **Zinc**

Zinc is an important mineral for the immune system and zinc lozenges can be very effective in fighting off a cold in the early stages. Suck on several lozenges, ideally comprised of zinc gluconate, up to a daily maximum of 50 mg. Zinc may cause nausea on an empty stomach, so plan your meals and snacks (sugar-free of course!) accordingly.



# Massage Therapy & Pregnancy

## What Expectant Parents can Expect

*Elizabeth Pullin, RMT, LSP*

Through out all stages of pregnancy the expectant mother will experience many changes. Although the physical changes in pregnancy predominantly affect the mother-to-be, the psychological and lifestyle changes will affect both partners. In recent years the trend has been to encourage the partner to take an active roll throughout the pregnancy.

The primary goal of pregnancy massage is to promote a healthy pregnancy by including relaxation and therapeutic massage techniques, while providing a supportive environment for parents. The massage therapist can also instruct the woman's partner in specific massage techniques that induce relaxation and can be practiced at home. During pregnancy, numerous physiological changes take place and, by the end of the third trimester, the woman will have an increase in body weight by 25% or more. This weight gain, together with the ligamentous changes that occur in preparation for birth, may cause physical discomfort. A massage therapist can help to reduce this discomfort and may recommend exercises for the woman that she, and her partner, can easily do at home. Massage often provides a decrease in pain and anxiety, as well as a feeling of increased control during the pregnancy. Active participation of the partner in using a supportive touch, as instructed by the Massage Therapist, will enhance the birthing experience for both partners. "The role of a Labour Support Provider (LSP) can best be described as ensuring the laboring woman, and her partner, are emotionally

satisfied by the labor and birth experience" (Quote: Penny Simkin, PT). Because each birth is unique it is recommended that parents develop a birthing plan early in the pregnancy. The Labour Support Provider can assist in the preparation of a birthing plan and provide a continuous, uninterrupted support system for the mother during her labour. "By decreasing maternal emotional stress and by promoting safe measures for comfort and labor progress the LSP offers a unique service to families. Women never forget their births, and the Labour Support Provider can help make the birth memory a positive one" (Q: Penny Simkin, PT).

In addition, an infant can benefit from positive touch and massage as much as the parent. Studies have shown that infants who have received massage experience improved bowel functions, increased appetite, reduced colic and less fussiness overall. In the case of preterm babies, massage and tactile stimulation may improve growth which can, in turn, lead to earlier discharge from the hospital. "Massage of infants by parents can provide an opportunity for positive interaction with the baby. It allows for emotional bonding between infant and parents as well as improving the infant's development" (Field, 1995).

A Registered Massage Therapist, who has been educated and certified to provide Pregnancy Massage, Labour Support, and Infant Massage Instruction, can contribute support and knowledge though out the birthing process and enhance the birthing experience across the continuum.

### FUNDY CHIROPRACTIC UPDATE

As many of you are aware, Dr. Janis Noseworthy has been away from practice since the end of June due to a wrist injury. Although she is still unable to provide chiropractic care at this time, her partner in life and business, Dr. Vance Kruszewski, is now filling this position. "Dr. Vance" (as he is affectionately known) is also a 1998 graduate of the Canadian Memorial Chiropractic College, and, like Dr. Noseworthy, incorporates hands-on techniques and Craniosacral Therapy in patients' treatment. Dr. Noseworthy would like to extend her sincere gratitude to Dr. Kruszewski for his support.

# Chiropractic Care & Pregnancy

*Dr. Janis Noseworthy, DC*

*There are few things in your life that put more stress on your spine than pregnancy. Your spine must adapt to posture and weight changes, and commonly the uncomfortable result is lower back pain. Your body was made to compensate for these changes, but if you are experiencing aches and pains, something is wrong and needs to be addressed. A chiropractor is specially trained to locate and correct problems that are causing your back pain, and has special techniques that will help make you comfortable no matter what your stage of pregnancy. Chiropractic care throughout pregnancy restores balance to the pelvic muscles and ligaments, and removes any uterine constraint to allow the baby to get into the best possible position for birth. In addition, published studies have indicated that chiropractic treatment does in fact reduce labour time. The result can be a safer and easier delivery for mother and baby, as well as relief for your aching back!*



## Distressed About D-Deficiency?

*Dr. Jyl Bishop Veale, ND*

**Vitamin D** is a fat-soluble vitamin which must be obtained through diet, supplementation, or through regular exposure to fresh air and sunlight. One form of vitamin D, cholecalciferol, is manufactured by the skin when it is exposed to the ultraviolet (UV) rays of the sun. It is important to note that skin pigmentation has an effect on the skin's production of vitamin D: while a fair-skinned person can meet his or her vitamin D needs by exposing the face and arms to bright sunlight for as little as 45 minutes a week, a person with dark skin may need up to three hours of exposure to get the same benefit. Clouds, smog, clothing, sunscreen, and window glass all decrease the amount of sunlight that actually reaches the skin. In northern climates such as Nova Scotia, it is difficult to get enough vitamin D from sunlight during the winter and supplementation should be considered. Adequate Vitamin D Levels can help prevent: Osteoporosis & bone softening diseases, osteoarthritis, cancer, MS, diabetes, high blood pressure, SAD, atherosclerosis, and more.

**Dietary Sources:** Two forms of vitamin D, cholecalciferol and ergocalciferol, are naturally found in foods and are added to milk. It is important to note that the milk used to make yogurt and cheese

is usually not vitamin D fortified. Foods sources of vitamin D include the following.

- Cod liver oil (best source)
- Fatty fish such as salmon, mackerel, tuna, sardines, herring
- Vitamin D-fortified milk, fortified soy milk, fortified rice milk and fortified cereal
- Eggs

**Vitamin D Supplementation:** Vitamin D is included in small amounts in most multivitamins, and can also be found alone in over-the-counter preparations in strengths from 50 IU to 1,000 IU as softgel capsules, tablets, and liquid. Because Vitamin D is fat-soluble it is best taken with a meal that contains a little fat or at the same time as taking supplementary cod liver oil.

**Be Aware:** Many cosmetics, lotions, and make-up preparations contain SPF which blocks uv rays from entering the skin. This also blocks vitamin D conversion in the body and may pose a serious health concern over time. Be sun smart and D-smart at the same time: plan to get *some* sun exposure, daily, without sunscreen, during non-peak hours!



## When to Use Heat?

## When to Use Ice?

Beth Pond, RMT

There seems to be much confusion, when it comes to using heat or ice on an injury, and the bottom line is that it depends on the injury and what has happened. There are **acute** injuries, like spraining your ankle or pulling a muscle while lifting something heavy, for example. Acute injuries are injuries that have happened suddenly and they will present all of the classic signs of inflammation, such as swelling, heat, redness, and pain. These injuries require Rest, Ice, Compression, and Elevation (if possible). The effects of ice are numbness and an analgesic, or pain relieving affect. The application of ice restricts the blood flow to the area enough that the healing process is actually happening slower. The slower the healing processes occurs to an acute injury the more efficient it is. When a muscle or joint is inflamed due to an acute injury the body tries to repair the damage as quickly as possible, however, in doing so the body is healing the tissue in a very inefficient way. Scar tissue is formed to help repair the damaged tissue quickly and is laid down in a crisscross fashion against the alignment of the muscle tissue. This causes restrictions and stiffness in the tissue. Once the healing process has started the injury moves from an acute injury to a sub acute injury. In a sub-acute injury the inflammation is starting to subside, however the injury is still

very vulnerable and can be aggravated very quickly. When your injury is in the sub-acute phase it is a good idea to continue using ice.

**Icy Cold-** There are a few things to keep in mind when you are using ice. First of all, you



could use an ice gel pack that you keep in your freezer, a frozen bag of veggies, or you could wet some small towels and put them in the freezer and apply those as well. You should never leave direct ice of any kind on your skin for longer than 10-15 minutes at a time and, if you are using direct ice, it is advisable to put a towel between your skin and the ice. You could repeat this process 3-4 times a day if necessary. There are some contraindications to cold- If you have a serious injury you should always contact your physician, in the mean time if your injury is very painful and shows signs of immediate inflammation you should apply ice.

***Contraindications to ice include the following:*** decreased skin sensitivity, and individuals who suffer from parasthesias.

**Deep Heat-** If you wake up in the morning and you are feeling muscle stiffness, or cramping, this is the most advisable time to apply heat. The stiffness is no



doubt a result of an old injury, or a **chronic** injury. Once you have suffered from a sprain or strain, you will have periodic times of stiffness in the area of you injury. Deep moist heat may be applied for 15-20 minutes 2-3 times a day during this period. When applying heat there are 2 types of heat: dry heat and moist heat. Dry heat (ex: heating pad, hot air) will only heat the skin superficially, while moist heat (heat packs, moist towels, hot water from shower) may penetrate the skin anywhere from approximately 1-2inches. Deep moist heat helps the blood vessels open, this allows more blood to flow through the arteries bringing more oxygen to the area of stiffness and discomfort. Contracted muscle tissue requires oxygen to help with relaxation.

***Contraindications to heat include the following:*** decreased skin sensitivity, vascular conditions, hypertension (high blood pressure), acute conditions, metal implants, and caution should be taken if you are pregnant.

# Contrast Bathing

Beth Pond, RMT



Contrast bathing is another effective method of hydrotherapy. Contrast bathing is a series of alternating heat and ice packs to create an increase in circulation. This is helpful for headaches, tendonitis, arthritis, swelling, and is very helpful when a soft tissue injury is just past the acute phase. If you were going to use contrast bathing for inflammation, such as tendonitis, you would start with 3 minutes of ice (to the area of inflammation) and 1 minute of heat, continuing this series 3-4 times, always starting and ending in ice. Contrast bathing has tremendous immune boosting factors as well, due to the increase in circulation. An example of contrast bathing for the entire body would be to have a nice sauna session, and then have a quick cold shower after. This increases circulation and helps to remove and flush toxins out of the body. For further

information on contrast bathing or any other form of hydrotherapy please contact your healthcare provider. An Epsom salt bath helps to increase circulation, and helps to loosen tightened muscles, as well as flush toxins out of your body. Epsom bathing is indicated if you are having chronic muscular pain, or if you are looking for a stress reliever. Fill your bathtub with enough water to soak your whole body in, making sure the temperature is not above 38 degrees C, add 500mL of Epsom salt, and soak for up to 15 minutes. You will want to have a full glass of water on hand to drink while you are in the tub, you may also want a cool cloth for your forehead. After 15 minutes unplug the tub and let the water out while you stay in the tub, once all the water is out have a quick cool shower. Your body will feel relaxed and stimulated all at the same time. This is a great addition to any massage, and should be done after your massage.

## **When in doubt...**

A safe guide to use, when contemplating which hydrotherapy to use, is to always use **ice** immediately after an injury. You should continue to use ice for the next few days whenever you have pain or discomfort for 10-15 minutes at a time. Once the inflammation starts to subside, deep moist heat is a good choice. For example, a nice, hot shower first thing in the morning. Heat helps to loosen up scar tissue that has been laid down in the crisscross fashion all night while your body has been repairing itself. As the day wears on you will inevitably re-aggravate the injured area and create inflammation at the injury site, so, ice should be used throughout the day until the inflammation is under control.

## Christmas Cocktail Anyone?

...no, not *that* kind of cocktail! What if someone offered you a cocktail chock full of vitamins, minerals and nutrients that could boost immunity, preserve health, and combat stress during the Christmas holidays! Intravenous vitamin/mineral therapy, or parenteral therapy, is part of naturopathic training, and Dr. Rebecca Muttart, ND, of Vancouver BC will be visiting the Wolfville Naturopathic Clinic over the holidays. Jyl and Rebecca will together be offering this immune boost to a limited number of Wolfville Naturopathic Clinic's clients so call soon to put your name on the list. December is usually bustling; from exam-time crunch and colder weather to concerts, shopping, decorating and baking, no wonder people's bodies let down when the hustle and bustle die down! The effects of IV vitamin therapy can be long lasting, and can help as a "natural flu shot as well". The Myer's Cocktail is a combination of B-vitamins, vitamin C, calcium, magnesium and other nutrients to help boost immunity and benefit chronic conditions like fibromyalgia, fatigue, allergies, digestive disturbance and more. An infusion of vitamin C is available on its own as an excellent immune booster as well. Please call 542-5560 to sign up for a Christmas gift that you can *truly* use!

# Your Wellness Team at 189 Dykeland Street, Wolfville



**Gail Hazel Pat Bezanson**  
Reception & Office Management



**Janis, Jyl, Beth & Liz- Hard at work!**



**Linda Fanning**  
"Fill-in" Reception

*We would like to take this opportunity to welcome several new faces to our office! Elizabeth Pullin, RMT, has joined Bodyworks Massage Therapy at the Wolfville location, and Dr. Vance Kruzewski, DC, has been substituting for the lovely Janis while her wrist is on the mend! You will see Linda Fanning at the desk on occasion so that Gail can spend time with new grandson, Bradley, in Ontario, and Pat can galavant off to exotic locales like Scotland and Thailand to visit family. It is important to us that our crew is able to take time for that which is most important in their lives, and we're committed to providing quality, uninterrupted service in their absence.*

## Reception and Dispensary Hours

<b>Monday</b>	<b>Closed</b>
<b>Tuesday</b>	<b>10 am- 8 pm</b>
<b>Wednesday</b>	<b>10 am- 4 pm</b>
<b>Thursday</b>	<b>10 am- 4 pm</b>
<b>Friday</b>	<b>10 am- 4 pm</b>

- \*Hours are subject to change without notice
- \*\*Please call in advance to arrange dispensary pick-ups.
- \*\*\*Daytime and evening appointments are available Monday through Saturday for some services.



**189 Dykeland Street, Wolfville**



## Wolfville Naturopathic Clinic

Naturopathic medicine is a complete and coordinated approach to holistic health care that incorporates the mind, body, and spirit of each individual client. With nine years of post-secondary education Dr Jyl Bishop Veale, ND, is trained to diagnose and treat a wide variety of health concerns using Chinese medicine and acupuncture, clinical nutrition and supplementation, botanical medicine, homeopathy, and more.



## Bodyworks Massage Therapy

Medical Massage Therapy involves manipulation of the soft tissue structures of the body to prevent and alleviate pain, discomfort, muscle spasm, stress and to promote overall health and wellness. Massage therapy improves functioning of the circulatory, lymphatic, muscular, skeletal, and nervous systems and is beneficial for stress, muscle pain, accident and injury rehabilitation, pregnancy discomfort and more.



## Fundy Chiropractic & Wellness Ctr

Chiropractic is a drug-free, manual approach to health care that includes patient assessment, diagnosis and treatment. In particular, chiropractors assess patients for disorders related to the spine, pelvis, extremity joints, and their effect on the nervous system. Chiropractic adjustment is the most common form of treatment utilized and is a non-invasive, manual procedure that utilizes highly refined skills.