



Health & Wellness in Wolfville

Spring & Summer 2008 Newsletter

Detoxification: Your Body's Spring Cleanup

Dr Jyl Bishop Veale, BSc, ND, Wolfville Naturopathic Clinic Inc

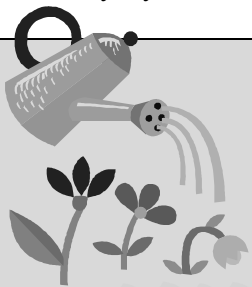
With hormones in our food and water, bisphenol-a in our plastic, and mercury in our fish our own internal "backyards" are becoming more and more toxic every year. Detoxification is no longer a word reserved for health nuts- it's a household concern. See the science behind the saga, next:

Everyone recognizes that our planet is increasingly polluted, but few recognize that humans are the final resting place for many of the toxic substances and materials we are exposed to. The Environmental Protection Agency (EPA) estimates that approximately 500,000 chemicals are in use today (many of which we are regularly exposed to), and each year more than 5000 new chemicals are added. The vast majority of these are new to the human race over the past 50 years. We have, in no way, had time for the body's innate detoxification pathways to adapt or cope to this increasing toxic burden. For many individuals, particularly those who are genetically susceptible, this directly translates into a number of chronic and degenerative diseases, including cancer. And, if you think it can't get worse than tuna warnings and plastic bans, think again- it's only the tip of the iceberg. A March 2008 study by the U.S. Centers for

Disease Control (CDC) revealed that 97% of Americans are contaminated with a widely-used sunscreen ingredient called oxybenzone that has been linked to allergies, hormone disruption, and cell damage. A companion study published just one day earlier revealed that this chemical is linked to low birth weight in baby girls whose mothers are exposed during pregnancy. Oxybenzone is also a penetration enhancer, a chemical that helps other chemicals penetrate the skin. Although oxybenzone is most commonly found in sunscreens, it is also used in hundreds of other products. These same sunscreens have been toted as one of the most important ways to prevent skin cancer, yet they almost completely inhibit our body's natural way of attaining vitamin D. Last fall newspapers loudly boasted studies finding that *low* vitamin-D levels are associated with increased cancer risk.

Damned if you do, damned if you don't? A wise man once stated that, "for every action there is an equal and opposite reaction". Talk about body burden, toxins, and detoxification is no longer an airy-fairy idea reserved for health nuts- it's household discussion. Environmental Defence's most recent body burden study testing three prominent Ontario politician's, including Premier McGuinty, found 46 of 70 chemicals tested for were present in the politicians, including hormone disruptors and carcinogens (cancer-causing substances). It seems fitting, then, that Ontario's 2008 budget included over 40 million dollars towards reducing and legislating toxins. **"Don't throw your junk in my backyard, my backyard, my backyard, don't throw your junk in my backyard, my backyard's full!"**

cont'd next page



Spring Has Sprung (Finally)!

How Clean is Your Backyard?

"Mary, Mary, quite contrary, how does your garden grow?"

Detox, cont'd...Because we can't opt out of respiration or the food cycle, humans are exposed to environmental toxins via the air they breathe, the food they eat, the cosmetics they apply, and the cleaning products they use. Commonly encountered toxins include hormone disruptors, which mimic, block or interfere with the function of hormones like estrogen, testosterone and thyroid hormone (breast cancer has a strong link to hormone-disrupting toxins). Reproductive toxins can lead to reduced fertility and sexual function, and carcinogens, cancer-causing or promoting toxins, are more prevalent than ever. Perhaps we could be less concerned if accumulated toxins in the body simply rested dormant- but the sad reality is that they do not, and studies are showing that the miniscule amounts once thought to be inconsequential are actually powerful disruptors of bodily functions over time. The liver acts as our main agent of detoxification, breaking down, neutralizing, detoxifying, and removing chemicals, poisons, and other body wastes. Approximately 1L of blood passes through the liver every minute for detoxification, where a two-step process (Phase 1 and Phase 2) is used to protect us from these harmful toxins. Chemicals or hormones that are fat-soluble must first be processed through Phase 1 detoxification to be made water-soluble so they can be inactivated by Phase 2 enzymes. The two-stage process is intricate and complex, with Phase 1 detoxification using a Cytochrome P450 system, a group of 100 different enzymes each with an affinity for a different family of fat-soluble toxins. Some toxic substances are inactivated completely through Phase 1, but most are not, and

need Phase 2 to finish the job. Phase 2 enzymes use one of six pathways to bind water-soluble toxins so they can no longer do damage. Smaller products are eliminated through the kidneys, while larger ones are transported in the bile to the gall bladder, then to the small intestine, and eventually are eliminated through the stools. Many of the intermediate products of Phase 1, known as epoxides, are highly reactive and can have up to 60 times more toxic activity unless they are quickly neutralized by Phase 2 enzymes. Some epoxides are highly carcinogenic, such as benzopyrene, (found in smoked meats), and the C4 estrogen, a breakdown product of estrone.

People who have a fast Phase 1 and a slow Phase 2 are at highest risk of cancer because they build up epoxides during Phase 1 detoxification, and they spend more time sitting around waiting for Phase 2 to finish the job.



Phase 1 is likened to bagging the garbage in your home and taking it curbside, and Phase 2 is the garbage truck carrying it away to the dump.

Many "detoxification protocols" focus on augmenting cleansing through the liver, skin, kidneys and bowel as they are all intricately involved in the process. Naturopathic doctors recommend cleansing at least once yearly, and usually during the warmer months of spring and summer, but certainly not limited to this. This plan can be completely tailored towards your own physiology and perceived risk factors. Please note that, while cleansing on your own

can be perfectly fine, there are a lot of factors to take into account, and it is important not to expose your body to more toxins in the process.

It's never a good idea to bag up lots of trash and leave it sitting curbside for weeks at a time. If you are taking any medications detoxification can affect these, so please check with your ND first.

Naturopathic Protocol

Enhancing liver detoxification

Phase 1 enzymes require zinc, copper, magnesium, molybdenum, iron, calcium, choline, niacin, riboflavin, & vitamins A, B, C, and E to work effectively. Foods that speed Phase 1 detoxification include those in the brassica family (cabbage, broccoli, Brussels sprouts), oranges, tangerines, and caraway seeds. Supplements that speed up Phase 1 include indole-3-carbinol, vitamin B3 (niacin), vitamin B1, vitamin C, limonene (in lemon), rosemary and schizandra. You can improve both Phase 1 and Phase 2 with curcumin, ellagic acid, rosemary, schizandra, milk thistle, vitamins A, B, C, and E, choline, selenium, zinc, magnesium, manganese, coQ10, indole-3-carbinol, limonene, flaxseed, fish oil, and foods containing cysteine and methionine. Epoxides are neutralized by Phase 2 reactions and by antioxidants like vitamins A, C, E, zinc, selenium and glutathione. Milk thistle and alpha-lipoic acid can dramatically increase body glutathione levels, while sugar ingestion reduces it. Try a little lemon water in the morning, ground flaxseed in a smoothie, and infrared sauna to further combine lifestyle, food and supplements (like those listed above) all of which help reduce your overall body burden of toxins and enhance liver detox.

Wolfville Naturopathic Clinic Bodyworks Massage & Laser Therapy

Reception/Dispensary Hours

	Hours of Operation	Lunch Break
Monday	10 am-4 pm	1:00-1:30 pm
Tuesday	10 am-8 pm	1:00-1:30 pm
Wednesday	10 am-4 pm	1:00-1:30 pm
Thursday	10 am-4 pm	1:00-1:30 pm
Friday	10 am-4 pm	1:00-1:30 pm



Pat Bezanson, Martha Paul, Gail Hazel
Reception & Office Management

**Wolfville
Naturopathic Clinic**
Dr Jyl Bishop Veale, ND
Lee-Ann Cudmore, D.Ac
(902) 542-5560
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**Bodyworks Massage &
Laser Therapy**
Beth Pond, RMT
Cinda Kalkman, RMT
Monique Harvie, RMT
(902-542-4700)
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Fundy Chiropractic & Wellness Centre

Dr Vance Kruzewski, DC, Dr Janis Noseworthy, DC

189 Dykeland St, Wolfville, 542-9355

	Hours of Operation
Monday	Closed (Reception 10am-1pm)
Tuesday	9:30am-7:00pm
Wednesday	Closed
Thursday	1pm-7pm (reception open at 10am)
Friday	9:30am-8:30pm



Keep Your Receipts- The Nova Scotia government has made inclusions for "alternative health expenses" as medical tax benefits, effective January 1, 2008. The details are still being worked on, and we hope to include these in our fall newsletter. For now, hold onto all receipts not covered by your insurance!

Return Address:

189 Dykeland St, Suite 3
Wolfville, NS
B4P 1A3

*Postage
Stamp*

Mailing Address:



Please note that all information included in this newsletter is intended for informational purposes only, and should not replace a visit to your medical doctor, naturopathic doctor, chiropractor, acupuncturist, or massage therapist.

Massage Therapy & Cancer Care

Beth Pond RMT

When I began training as a Registered Massage Therapist in 1998, research was just starting on the effects of massage therapy and cancer in its various stages. We were told then that you should never massage an individual who is 'fighting' cancer. In other words, if the cancer was deemed terminal, massage therapy definitely would be a beneficial part of the patient's treatments, as we really could not do any more harm. However if the patient was undergoing conventional cancer treatments such as chemotherapy and/or radiation, they should abstain from massage therapy treatments. At that time there was a theory that massage therapy had such an effect on the circulatory system, that if there were any cancer cells floating around in the body, it might be possible that it would encourage metastasis.

Over the past 8-10 years those ideas and perceptions have changed, due to an abundance of research that is taking place in relation to all types and stages of cancer and the effect that massage therapy has on the different systems of the body. There are two large research centers that deal with massage therapy research and cancer. They are the *Touch Research Institute in Florida*, and the world-renowned cancer hospital in New York, *Memorial Sloan Kettering Cancer Centre (MSKCC)*. The most recent research is happening at the Memorial Sloan Kettering, as they now have 12 full time therapists on staff. The focus of much of the massage and cancer research appears to be centered on treating the pre and post-treatment symptoms such as nausea, pain, fatigue, anxiety and depression. In a highly credible, recently published study performed at MSKCC, 1290 massage treatments were given to various inpatients and outpatients, over a 3 year period. The patients were asked to rate their symptoms on a scale of 0-10. Overall symptom scores were reduced on average by 50%. More specifically, after one massage treatment, average anxiety levels were reduced by 60% and symptoms such as nausea were reduced by 21%. They found that patients who received repeat treatments produced consistent

scores, and it was also suggested that the effects of massage therapy increased with each additional treatment. After this study was completed, the MSKCC reportedly stated that they would be hiring additional massage therapists, as massage treatments were a non invasive and inexpensive means of symptom control for cancer patients.

More defined research has led us to believe that for patients whose cancer has been contained to one area and has not entered the lymphatic system, massage therapy is a safe treatment. Well trained massage therapists know how to treat each individual case, and most times would still want to obtain a physician's consent to massage anyone with either active or non-active cancer.

As breast cancer seems to be one of the more prevalent types of cancer, it is not surprising that a great deal of massage and cancer research is based around this cancer. A recently published article from the Touch Research Institute suggests that women with breast cancer who received massage therapy showed a significant increase in both natural-killer cells, and dopamine levels, and a significant decrease in long-term anxiety. The basis of this study was to determine the difference between the benefits of massage therapy over relaxation therapy. (Relaxation therapy is a combination of techniques such as meditation, visualization, aromatherapy etc..)

Fifty-eight women diagnosed within the last three years with early-stage breast cancer, who were at least 3 months post surgery and had completed chemo and radiation therapies, were randomly assigned to either a massage therapy group or a relaxation group. The relaxation therapy was introduced to discover if the massage benefited women with breast cancer simply because it's relaxing, or if massage therapy itself produces other positive effects. Women assigned to the massage group received three, 30 minute massages per week for 5 weeks. Women in the relaxation group self administered

three, 30 minute muscle relaxation sessions per week for 5 weeks. Both groups were asked to evaluate the effects that their therapy had on anxiety, depression, anger and pain. Urine and blood samples were taken at the beginning and at the end of the study to measure dopamine and natural-killer cells. Natural-killer cells are known to be effective against virus infected cells, and various types of tumor cells. The results of the study showed that both massage and relaxation groups had lowered levels of depression, anxiety and pain. However, only the women in the massage group experienced long term reduction in anxiety. Also, the massage therapy group was the only group that showed a significant increase in dopamine and natural-killer cell levels from the first to the last day of the study. This study shows that massage therapy is very beneficial for breast cancer patients, once they have finished

cancer treatments, and as long as they know that the cancer has been contained.

Over the past few years I have received a number of doctor referred cancer patients for massage therapy treatments, and while completing the detailed health history form I have always made sure to explain the potential risks involved in massage therapy as it relates to cancer. With new research being done every day, it appears that the positive immune boosting effects experienced by massage therapy patients may have more of an impact than any of us had originally thought. If you are a cancer patient (or survivor), it is important to discuss any complementary therapy with your physician before making an appointment. I look forward to the new research that is coming out every year on this topic, as one day we may find that there is no risk whatsoever for a cancer patient to have massage therapy treatments, regardless of their diagnosis.

Laser Therapy Success Stories

Plantar Fasciitis- 46 year old female, who works 12 hour shifts on her feet the whole time. She was diagnosed with plantar fasciitis from her doctor, and had tried cortisone shots as well as conventional physiotherapy unfortunately without success. She has had 10, 30 minute laser therapy sessions and her pain level has dropped from 8/10 to 2/10 on an average day, and no pain for some consecutive days. Her laser therapist suspects she has approx 2-3 sessions left.

Rotator Cuff Tear- Last fall we had a very athletic 40 year old male come to us with very limited range of motion in his right shoulder and what was diagnosed by his doctor as a tear in one of his rotator cuff muscles. He remained very active during his laser therapy treatments. He received 11 laser therapy sessions on his shoulder and regained full range of motion and reported absolutely no pain at the end of his treatments

Low Back Pain- Recently we finished treating a 43 year old school teacher for very bad low back pain, associated with a partial herniated disc. Her symptoms included deep low back pain and pain radiating down her left leg. Her laser therapy sessions were 60 minutes each and she received 12 treatments, and reports having absolutely no pain or discomfort, she has also fully returned to her physical activities.

Shingles- A 70 year old lady came to see us complaining of residual pain associated with shingles that she had over a year ago. There was still some scarring from where a few of the shingles lesions had been. After 3 treatments there was a significant decrease in the pain that she had earlier reported and the remaining amount of shingles lesion had faded. Her total treatment required 6 half hour laser therapy sessions, and she was very happy with the outcome.

For more information regarding Massage & Laser Therapy please visit our website:www.bodyworkslaser.ca or give us a call at 542-4700.

A shot in the leg to help your shoulder!

Lee-Ann Cudmore D.Ac Registered Acupuncturist Wolfville Naturopathic Clinic

The history of acupuncture begins shrouded in legend. Centuries ago, during battle a soldier was shot in the leg with an arrow. This soldier had suffered with chronic pain and stiffness in his shoulder for ages – which suddenly disappeared, when he was struck by the arrow! He was taken to a local doctor for his arrow wound and told the doctor that he didn't understand it, but the arrow in his leg had fixed his shoulder! Another patient waiting to see the doctor, heard the story and asked the doctor to try this for his shoulder – reluctantly the doctor punctured the man's leg in the same location as the soldier's arrow wound. And this patient also felt much better and he too had relief from his shoulder pain! The news spread throughout the land about a doctor who was relieving shoulder pain by puncturing the body – and from arrows came needles (only the width of a strand of hair) and over centuries this art form has developed into modern day acupuncture!



The World Health Organization and National Institute of Health has declared over 40 conditions that acupuncture can treat including: pain, depression, anxiety, addiction, menstrual irregularities, menopause, fertility, reproductive problems, fatigue, headache, sinusitis, trigeminal neuralgia, indigestion and insomnia.

Did you know?

- After Hurricane Katrina – Acupuncturists Without Borders (AWB) provided free treatments to help emergency workers and locals, suffering from Post-traumatic Stress, anxiety, insomnia, and depression.
- An acupuncture protocol developed by the National Acupuncture Detoxification Association (NADA) is currently being used in Addiction Services treatment centres in hospitals and community settings in Dartmouth, Halifax, and Windsor, all supported by funding through the Halifax Regional Municipality's - Capital Health. To treat smoking, alcohol, gambling and other addictive behaviors.

Menstruation, Child Birth and Menopause – What a gift!

Lee-Ann Cudmore D.Ac Registered Acupuncturist Wolfville Naturopathic Clinic

For all those Wonder-Women, Super Girls, and Super Moms out there needing a little boost here are a few good pointers for extra energy, and help deal with those fun benefits of being a woman!

- 1) Slices of lemon in water – to help detoxify and kick start the liver
- 2) Liquid Chlorophyll (or lots of green leafy veggies) – to reduce hot flashes, night sweats and help promote sleep.
- 3) Royal Jelly – the food fit for a Queen (bee) – to promote energy levels, increase endurance, enhance fertility and promote healthy skin.
- 4) Taking time to do things or be with people who bring you JOY!
- 5) Naturopathic Medicine – to help balance hormones, vitamins, minerals – physical and emotional health.
- 6) Acupuncture to help increase energy levels, reduce stress, and relieve issues like: hot flashes, night sweats, irregular menstrual cycle, PMS, painful periods, and even promote child birth!

The above suggestions are for informational purposes only and should not replace seeking the appropriate medical treatment including treatment from your medical doctor, naturopathic doctor, and/or Registered Acupuncturist

BACK FACTS: Workplace Ergonomics

As the workload increases, so do repetitive actions like keyboarding and answering the phone. These routine tasks can add a level of physical stress to the emotional and mental stress of getting the job done. In fact, repetitive strain injuries have skyrocketed in the last two decades due to the increasing reliance on workplace technology.



The good news is that a few simple changes to your office set-up can help make your job easier, safer and more efficient.

Keyboard. Position it above your lap. Ensure that you can type with your arms relaxed, close to your body with elbows bent at 90 degrees and wrists level.

Computer Monitor. Position it directly in front of you. Keep it free of dirt and smudges in order to reduce glare. Allow the muscles in your eyes to relax by following the 20/20/20 rule: take a 20 second break every 20 minutes and focus on an object that is at least 20 feet away from you. Make sure to use proper corrective eyewear to avoid leaning or straining forward to see the computer screen.

Mouse. Some workers have a vice-like grip on the mouse. Try using a light grip to avoid strain. When you move it around, use your elbow to guide it instead of your wrist.

Telephone. Use your hand to support the telephone against your ear and alternate sides regularly. Do not cradle the phone between your ear and your shoulder. If you are on the phone a lot, consider using a headset or speaker to reduce strain on your neck and arms.

Chair. Sit upright and all the way to the back. Place a support cushion or roll against the arch of your back for lumbar spine support. Here are some tips to help you adjust your chair.



1. Stand in front of the chair and adjust the height so that the highest point of the seat is just below your knee cap.
2. Sit on the chair and make sure that your knees are bent at approximately a 90 degree angle when your feet are flat on the floor.
3. Adjust the backrest forwards and backwards as well as up and down until it fits the hollow in your lower back.
4. Sit upright with your arms hanging by your sides. Bend your elbows at about a right angle and adjust the armrest height until they barely touch the undersides of the elbows. Remove the armrest from the chair if the right level cannot be achieved or if the armrests, in their lowest adjustment, elevate your elbows even slightly.

Take a break. Try not to sit in any one position for a long period of time. Take a quick stretch break or change position every 30 to 45 minutes. For a quick and easy stretch, stand up and raise your arms above your head.

Canada's chiropractors – here to help

Chiropractors can help prevent workplace problems by advising you on how to set up an ergonomic workstation. Should you suffer a repetitive strain injury, a Chiropractor can also provide treatment for your pain.

Fact: 80 per cent of Canadians will suffer from back pain in their lifetime. If required, a Chiropractor can treat your pain through a variety of methods. These can include: spinal and joint adjustment, mobilizations, soft tissue therapy and therapeutic exercises.

For more information, please contact Fundy Chiropractic & Wellness Centre in Wolfville at 542-9355, or e-mail us at fundychiro@rfbi.ca.

Fundy Chiropractic & Wellness Centre Update

Janis, Vance and Janet would like to announce the newest addition to the team! We are very excited to have Kathi Cochrane join us as a part-time Receptionist. Kathi brings with her a wonderful energy and enthusiasm that helps everyone feel welcome to the clinic. Welcome, Kathi!

Bodyworks Welcomes New Therapist



Heather graduated from the Canadian College of Massage and Hydrotherapy, Calgary Campus, completing the 2200 hour diploma program at the top of her class. She also has a Bachelor of Kinesiology degree from Acadia University where she devoted her last 2 years to the Athletic Therapy program that was offered. She has worked with a variety of varsity athletes both in the on field setting as well in the rehabilitation setting. She regards massage therapy as an integral part of whole body health and wellness and is continuously educating her clients in order to address their needs. Heather has a strong background in human kinetics and athletics with special interest in injury rehabilitation, stress and headache relief and motor vehicle accident related traumas. Her massage techniques include deep tissue massage, relaxation massage, myofascial release, trigger point therapy, pregnancy massage as well as incorporating a variety of stretching techniques to benefit her clients. Heather has just returned from Laser Therapy training in Toronto at the Meditech International Headquarters, and is excited to add this to her list of modalities.

Heather Connell B.Kin, RMT, CLT



What's New at Bodyworks Massage & Laser Inc.

Beginning in May 2008, Beth Pond RMT will be leaving on a 6 month maternity leave. Monique Harvie, Heather Connell, and Cinda Kalkman will be available to treat her massage therapy clients. We are pleased to welcome Heather Connell to our team. Both Heather and Monique will be sharing the job of massage therapist and laser therapist. All three therapists have many day, evening and weekend time slots available. Beth will be announcing her new schedule in the fall of 2008. If you have any questions for our therapists please call the office in Wolfville 542-4700, or email us at bodyworks@rfbi.ca. For more information on massage and laser therapy please visit our website at www.bodyworkslaser.ca

Cinda Kalkman RMT (Back R), Monique Harvie RMT, CLT (Back L)
Beth Pond RMT, CLT (Front R), Heather Connell B.Kin, RMT, CLT (Front L)