



Vitality Natural Health Centre

260 Wyse Road, Suite 200, Dartmouth, NS, B3A 1N3

T 902.446.4072 F 902.446.4073

www.vitalitynaturalhealth.ca

Journey to Health Newsletter

January 2009

The Cold & Flu Battle: The bugs are winning, a cold is starting. Now what?

Dr. Sarah Hardy, BSc(Hons), ND

Licensed Doctor of Naturopathic Medicine

In November, we discussed nutrition for boosting your immune system to prevent colds and flus, the how to set up your defenses. So what happens when the bugs win and you start to feel a cold coming on? Here are a few additional tips that I often provide to my patients this time of year:

Nutrition: Keep up the good work, getting those immune boosting foods into your body. Make yourself a great *immune boosting vegetable soup* including lots of onions and garlic along with a rainbow variety of vegetables and some herbs and spices like thyme, rosemary, turmeric and sage. They are all great immune boosters and infection fighters. **Avoid sugar.** I know it can be hard, but a half teaspoon of sugar can knock your immune system flat for hours! **Avoid dairy products.** They tend to produce a lot of phlegm in the body. Alternatives include organic soy milk, rice milk and almond milk; all found in the health food section of your local grocery store. Most of those alternatives are now fortified with calcium and many of the foods you are eating also include an abundance of it: almonds, collards, spinach, Swiss chard and blackstrap molasses.

Rest: Remember, the best way to stop a cold is to rest and relax. This provides your body with extra energy to fight off the bug that would otherwise be taken up dealing with stress. Take a nap. Give yourself a couple of extra hours of sleep. Your body is sending you a message that you need it!

Warming Socks: And overnight treatment, warming socks **reduce congestion** in the head, face, throat and chest to help you get a **better night sleep** and give your **immune system** a great **boost**. They are great for sore throats, bronchitis, nasal congestion, sinus congestion and infections, congestive headaches, coughs and upper respiratory infections.

Supplies: 1 pair of thin cotton socks, 1 pair of thick wool socks, towel, warm bath or foot bath

Directions: Before bed, gather your supplies. If you are someone who tends to have cold feet, make sure your feet are warm to start by sticking them in a warm foot bath for a few minutes and then drying them off. Next, soak the cotton socks in cold water, wring them so they're not dripping and take both pairs of socks to bed with you. While sitting on the side of the bed, put the wet cotton socks on your warm feet and the dry, thick, wool socks over top and into bed you go. Now I know you're thinking: cold wet socks on my feet, is this woman crazy?!?! But within a few minutes, your feet will begin to feel warm as your body carries warm blood towards your toes and pulls the congestion away from your upper body. When you wake in the morning your feet will be warm and dry.

The moral of the story: give your immune system the resources it needs to do the healing it was created to do. Along with the preventative nutrition outlined in November's newsletter, all of these suggestions work with your body's innate healing wisdom and keep you on your journey to health.

Healing Through Education

Dr. Sarah Hardy, ND enjoys facilitating workshops for businesses and community organizations. Highly requested topics include:

Eating Your Way Well

Beyond Burnout: Surviving Your Stress Response

How Toxic Are You?: The Basics of Natural Detoxification

The Allergy Epidemic: Beyond Pollen and Hayfever

Healthy Metabolism: How Fuel Efficient is Your Body

Call Vitality today to book. 446-4072.

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Ready Set Labour

Robyn Berman, CD (DONA), PCD (DONA)
Certified Birth and Postpartum Doula

Labour support. The idea is a simple one. Many women innately seek comfort from others during the labour and birth. Recently, more families are turning to professionals for support. A *doula* is an experienced professional who provides continuous physical, emotional and informational support to the mother and her family before, during and after childbirth.

In working with a woman before her baby is born, a doula is sharing information and knowledge that empowers the woman during labour. A trained doula understands the physiology of pregnancy and childbirth. She can help a woman comprehend medical events and practices, and will encourage a woman to see birth as a normal process in which she can make decisions for herself and for her baby.

A trained doula will also talk to parents about different types of comfort measures that can be used during labour, practicing these techniques with them so that they feel as prepared as possible for the onset of labour. Many studies have shown that women who have continuous support are less likely to have interventions during birth, including cesarean birth, vacuum extraction or forceps delivery. Women who have continuous labour support are also less likely to have interventions during labour such as epidural anesthesia, unnecessary intravenous access, and continuous external fetal monitoring.

There are physical and emotional benefits for a mother and her family to having continuous labour support. A woman feels completely cared for during what can be an uncertain time. Subsequently, her partner is supported in his/her role as a vital member of the birthing team. Feeling physically and emotionally supported may improve obstetrical outcomes and, strengthen family ties between a woman and her partner/support person as well as between mother and baby.

A doula can also help parents prepare and adjust for life after baby is born, sharing information regarding breastfeeding and basic infant care practices. A family therefore feels more prepared having had some education regarding life with a newborn. Studies demonstrate that these families feel more cared for, have greater success with breastfeeding, and develop less post partum depression.

In summary, a doula that is trained in labour and postpartum support can have a tremendous positive impact on a woman and her family. A doula's primary focus is to support a woman in having a satisfying experience with childbirth. Her role encompasses education, constant physical presence, and

non judgmental emotional reassurance. Ideally this translates to instilling a woman with self-confidence in her innate ability to labour and birth her baby.

Robyn Berman CD(DONA), PCD(DONA) is a birth and postpartum professional serving Halifax and the HRM. For more information about this service visit: www.halifaxdoula.com; or, to find a list of doulas serving the HRM visit www.dona.org.

Sweet Sautéed Red Cabbage

(from 'Simply Vegan' by Debra Wasserman)

½ red cabbage shredded
1 apple chopped
1 small onion chopped
½ cup water
½ cup raisins
½ tsp cinnamon

Heat over medium heat stirring occasionally for 10 minutes.

Upcoming Events:

My Time to Quit with Joy Smith - 7-9pm Mondays and Thursdays, February 16th to March 12th, Vitality Natural Health Centre (see below for details)

Birthing with Confidence with Dr. Sarah Hardy, ND, Karen Reed CD(DONA) and Hillary Nette, Prenatal Yoga Instructor – Sunday, March 1st 1-4pm, The Yoga Loft – contact The Yoga Loft to register 429-3330. Fee: \$40

Lamaze Classes & Birth Workshops with Karen Reed – Passionate About Birth, Lower Sackville – see www.passionateaboutbirth.ca

facebook

JOIN the *Vitality* Natural Health Group now!

Vitality is growing. New patients are always welcome and we thank you for your continued referrals of family and friends who seek guidance on their journeys to health.

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My Time to Quit!

With Joy Smith

NCP, Reiki Master, Certified NADA Auricular Acupuncture

Have you made 2009 your time to quit smoking?

If you want to **move forward** in your commitment to becoming smoke free, *My Time to Quit* provides a safe, fun, relaxed environment to support yourself and others and learn from knowledgeable facilitators.

Meet with a **small group** twice weekly for 4 weeks where you will be motivated with **relevant information** and **useful tools** to nourish your commitment to improved health through smoking cessation.

Understand common **reasons** we rely on smoking, **barriers** to quitting and potential **triggers** for cigarette use. Learn ways to **balance stress and anxiety** and **reduce cravings** through nutrition and lifestyle modifications.

Auricular acupuncture treatments are a vital component of the program for supporting your body through this healing process. You receive **7 treatments** during the weekly group sessions.

Following program completion you have the opportunity to **meet one-on-one** with Joy Smith at Vitality Natural Health Centre, for **two complimentary**, individualized auricular acupuncture **treatments**.

JOIN US!

Mondays and Thursdays (beginning Monday, February 16th 2009)

7pm to 9pm

Vitality Natural Health Centre.

Fee: **\$265 + HST** per participant
Register by calling (902) 446-4072.

Space is limited.

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