



# 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

Summer 2009

### How Hydrated Are You? : The Importance of Water for Your Health

Andrea Charlwood, RMT

Do you feel irritable, fatigued, nervous, dizzy, weak, have headaches and are often sick? If you experience any or all of these symptoms, ask yourself a very simple question: HOW MUCH WATER DO I DRINK?

The act of drinking plain fresh water every day, all day, has such an incredible effect on the human body. For starters, we often hear that humans are made up of about 75% of water, and the earth is almost covered by 2/3 in this incredible liquid. This would make water the primary element of life on earth!

We can see the effectiveness of water consumption through its utmost vital responsibilities in our body in regulation of fluids, tissue cells, lymph, blood and glandular secretions. In these acts the body uses the water we consume to replenish fluids lost; such as sweating. It also helps transport glandular secretions through the blood system, including thyroid hormones (the metabolism regulator), estrogens in females and testosterone in males. Water supports effective breathing, the movement of food through the digestive tract and the lubrication of our intestines to effectively remove waste from the body.

In our everyday lives we consume many things that contain water: coffee, juice, tea, alcohol and foods high in water. However, many of these are diuretics, which in turn make us thirstier and can cancel out the actual water that is in these foods and beverages. We can enjoy some of these in moderation, but always follow with a glass of clean water.

Have you ever noticed how quickly a plant that has been deprived of water, almost instantly springs back to life when fed with water? That is essence is what really takes place in our bodies! If we keep this as a daily practice and are mindful of how our bodies need this precious commodity to survive, we will in turn be constantly contributing to increasing the benefits of health and decreasing our feelings of dis-ease!

A good daily program to increase your water intake includes starting your day by consuming about 1cup of water in the morning, before anything else. Then follow through during the day with replacing a glass of juice or pop with a glass of water. Your overall goal is to gradually increase your water intake to half your body weight in ounces daily. Your feelings of tiredness, lethargy, and decreased motivation will be reduced. You can also monitor your urine and expect it to be clear and odourless when you are well hydrated thought the day. Water is life. Begin today to increase your vitality by increasing your water intake and continue your journey to health.

#### FATHER'S DAY SPECIAL!

Spoil your Dad with a Relaxation Massage.

Regular Fee \$75/hour

**NOW** a one time offer \$50 for Dad  
plus \$10 off your 1 hour massage!

**Call Vitality today to book. 446-4072.** Offer valid for appointments booked before Friday, June 26<sup>th</sup>, 2009.

**NURTURE. TRANSFORM. HEAL.**

Journey to Health Newsletter

## Troubling Times

Joy Smith, Reiki Master

One thing is for certain, from time to time, each of us experience adversity. Unfortunately, some will experience more than our fair share, either in the workplace or in our personal lives.

Over the years, I have been fortunate to experience unpleasant and often times, life-altering situations. Although at times, working through adverse situations, it can be difficult to sustain a positive attitude, I also know that by working through any given situation, you can find purpose and meaning. It is where you also encounter your greatest triumphs.

More often it is not about the situation but how we view the situation. When I experience something unpleasant I ask myself, "what do I need to learn from this?" Understanding I have choice to work through the adversity, not only reduces my stress but allows me to actively participate towards a positive outcome.

Some tips that maybe useful in times of adversity:

- Distress vs. Me – We are more often inclined to wonder, "why me?" This question does nothing to provide answers. No one is immune to adversity. We may need to give time to understanding and getting to the root problem.
- Patience - One of the first things we need to develop for any situation. The basis to developing patience is trust every thing is, as it

should be. Understand there is wisdom in the lesson of any given situation.

- Acceptance – *for Life's lessons*, with dignity. Your life is not a game of chance. Acting with virtue leads to virtue, which leads to happiness.
- Forgiveness – *is vital*. Not allowing yourself to forgive, you hold on to negative energy. Forgive the other person and yourself for any misgivings. Otherwise, negative energy will remain with you.
- Detachment – There is no need to desperately hold on to any thing. If it is meant to be, then it will materialize.
- Gratitude - Be thankful for adversity, for it helps teach us insight.
- Focus on the Positive - Even when you feel things are not as you hoped or planned, remain focused with positive intention. Stay creative and avoid frustration.
- Meditation – Only in the silence can we hear our own heart. Allow for quiet time to reflect on your true desires and listen intently to what is happening all around you. You will feel connected and find your answers in the silence.
- Trust – Letting Go. All we really have control over is our own reaction. Trust the Universe will provide you with exactly what you need & when you need it.

Joy is a Wellness Practitioner at Vitality Natural Health Centre and can be reached at [joy@vitalitynaturalhealth.ca](mailto:joy@vitalitynaturalhealth.ca) or 902.446.4072

### Healing Through Education

Dr. Sarah, Joy and Andrea enjoy 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.**

### Poppy Seed Dressing

1/3 cup Honey	1 tsp dry mustard
1 tsp Herbamere	1/3 cup apple cider vinegar
2 Tbsp chopped onion	¼ cup extra virgin olive oil
1 ½ tbsp poppy seeds	

Puree honey, Herbamere, vinegar, dry mustard and onion in a blender until smooth. Add oil and mix again. Stir in poppy seeds. Enjoy on a rainbow variety of veggies in your favourite summer salad!

**NURTURE. TRANSFORM. HEAL.**

Journey to Health Newsletter

## Bug Bite Protection, Naturally

Dr. Sarah Hardy, BSc(Hons), ND

Last season our focus was on natural detoxification, with one of our primary steps being the reduction of our exposure to chemicals and toxins. With the arrival of summer and the arrival of a variety of insects that enjoying the yearly human feast, our exposure to chemicals may be on the rise. Let's explore our options for effective repellants and other preventative measures.

Most commercial insect repellents contain a chemical called DEET, a registered pesticide. It is a member of the toluene chemical family. Toluene is an organic solvent used in rubber and plastic cements and paint removers. DEET is absorbed through the skin and passes into the blood. The amount absorbed into the blood is connected with the adverse effects incited. Most of the health concerns with DEET centre around the skin nervous system with the potential of creating dermatitis and challenges with neuro-behavioural tasks requiring muscle co-ordination. There have also been case reports of associating DEET with seizures in children. This chemical also crosses the placenta, raising concern over it's use by pregnant women.

With these possibilities in mind, Health Canada has phased out all insect repellants containing more than 30% DEET. In addition, Health Canada and the Canadian Pediatric Society advise against the use of DEET in children under 6 months of age. Solutions of up to 10% DEET applied up to once daily on children age 6 months to 2 years and up to 3 times daily for children up to 12 years of age has also been suggested by these groups. If you are choosing to use DEET containing products, follow these guidelines:

- Do not apply over cuts, wounds, or irritated skin.

- Do not apply to hands or near eyes and mouth of young children.
- Do not allow young children to apply this product.
- After returning indoors, wash treated skin with soap and water.
- Wear long sleeves and long pants and spray on clothing, as opposed to directly on skin. Wash repellent treated clothes as soon as possible or keep outside living areas to reduce exposure.
- Apply sparingly.
- Do not spray in enclosed areas and avoid inhaling.

There are a number of effective, less toxic insect repellents available. They need to be applied more frequently than DEET based repellents, but they do not carry the same health risks. Many contain a variety of plant essential oils including lemon balm, thyme, lavender, rose geranium, tea tree and peppermint. Though safer for topical application to the skin, it is important to avoid the eyes and mouth when applying these products and be sure to keep them out of reach of children. In your back yard, use yellow outdoor light bulbs. They are less likely to attract insects. Use a fan outside when there is little wind – mosquitoes aren't very strong flyers. When planning your gardens, plant mosquito repelling plants like lemon balm, catnip, basil and lemon geraniums around outdoor sitting areas. Also consider using bug shirts and hats as other non-toxic forms of protection.

### Insect Deterring Essential Oil Blend:

Thyme	1 part
Lemon Balm	2 parts
Lavender	1 part
Peppermint	1 part
Rose Geranium	1 part

Dilute 2 drops of the mixture in 2 teaspoons of carrier oil (ie: olive oil, castor oil or sweet almond oil)

### Welcome Summer With Vitality!

**JOIN US** for an Open House. **Thursday, June 25<sup>th</sup>, 2009.** 3pm to 7pm.  
260 Wyse Road, Suite 200 (within the Wyse Road Professional Centre)

Meet the Vitality Team and help us celebrate our first year in Dartmouth.

**NURTURE. TRANSFORM. HEAL.**

Journey to Health Newsletter