



# Naturopathic News

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**Looking for back issues of "Naturopathic News"?**

**Copies are available at**  
[www.pillarsofhealth.ca](http://www.pillarsofhealth.ca)

Dr. Jennifer Salib Huber is available for complementary 15-minute consultations if you would like learn more about Naturopathic Medicine.

## Getting your Immune System ready for Winter.

As we approach the winter months, we enter cold and flu season. While it's sometimes inevitable that we'll come down with something, there are things you can do to get your body and immune system in tip top shape.

As always, diet is the most important factor. Ask yourself a few questions:

1. *How often do you eat take-out?*
2. *Do you drink sugared drinks like soda and juices?*
3. *Do you get at least 2 servings of dark coloured fruits/vegetables?*
4. *Do you drink a minimum of 1.5 L of water everyday?*

Take out food is often higher in sugar and saturated fat that meals prepared at home. And, convenience foods usually have smaller servings of healthy vegetables.

Sugar can impair your immune system by making your white blood cells less able to fight

infections. Cut out of the soda pop and drink water flavoured with lemon or lime instead. Juices can also be high in sugar. Limit you juice intake and dilute all juices by 50-75% with water. You'll cut the sugar in half with very little difference in taste.

Dark coloured fruits and vegetables provide immune-boosting antioxidants. Try adding ¼ cup of blueberries to your cereal, and use spinach in your salads instead of romaine or iceberg lettuce. Don't be afraid to try new "greens" like kale and bok choy. They're great in soups and stif-frys.

We all know that water is important, but it's especially critical during cold and flu season. Water keeps your mucous membranes lubricated and helps to loosen mucous. If you've come down with a cold, skip the juice and popsicles and go straight for the water!

And, as always, prevention is the best cure. Wash your hands frequently, especially after being in public places. Taking a multi-vitamin can help keep your immune system strong and healthy.

If you do come down with a cold, an ND can help customize a treatment plan for you that can help you recover more quickly.

## Thyroid Health

The thyroid gland sits at the base of neck and is produces hormones that help regulate metabolism.

Most of us know someone who has been diagnosed with either a hypo (low) or hyper (high) functioning thyroid gland. Thyroid disease is more common in women, but may also affect men. And, hypothyroidism is more common than hyperthyroidism.

When thyroid hormones are deficient, hypothyroidism manifests. Because energy control is pivotal to thyroid function, hypothyroidism is a condition of reduced energy--you feel tired and cold, become constipated, have less appetite but gain weight, feel sleepy. Even your thoughts are sluggish.

In my practice, I have noticed a steady increase in the number of people (especially women) who are being diagnosed with hypothyroidism. And, even more common is sub-clinical or sub-laboratory hypothyroidism. In these cases, bloodwork is normal or borderline, but the patient is "functionally" hypothyroid – meaning that based on their signs and symptoms, a low functioning thyroid is likely. One of the best ways to "test" the thyroid is to have the patient keep track of their morning temperature for a few weeks. If the average temperature is less than 36.5, most people will benefit from some thyroid support.

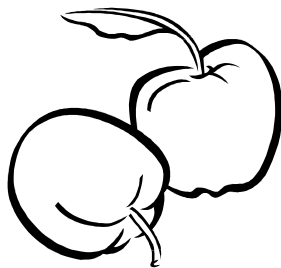
This is a test you can do at home. At the same time every morning, take your temperature under your tongue. It's important to take

your temperature at the same time every morning and before any activity. For women who are menstruating, you should take your temperature during the first 2 weeks of your cycle.

If your temperatures are less than 36.5, the next step is to have thyroid testing done through your GP.

Once a diagnosis of hypothyroidism is made (either functionally or through bloodwork), a treatment plan can be suggested.

Naturopathic treatment for thyroid disease usually involves diet, herbal medicine and often acupuncture. As always, a multi-disciplinary approach to treatment is the most holistic way to treat any health condition.



## Flaxseed – Are you getting yours?

Flaxseeds (also called linseed) are one of my top 10 foods. In addition to being an excellent source of fibre, ground flaxseeds are also high in lignans which may help protect against some types of cancer.

Try adding 2 tbsp. of ground flax to cereal, oatmeal or muffins!

## Principles of Naturopathic Medicine

Naturopathic Medicine is a natural approach to health and healing that recognizes the integrity of the whole person.

### 1. First Do No Harm

Therapeutic actions should be complementary to and synergistic with the healing process.

### 2. The Healing Power of Nature

The body has an inherent ability to establish, maintain, and restore health. The healing process is ordered and intelligent; nature heals through the response of the life force.

### 3. Identify the Cause

Illness does not occur without cause. Symptoms express the body's attempt to heal, but are not the cause of disease. Causes may occur on many levels including physical, mental, emotional, and spiritual.

### 4. Heal the Whole Person

The harmonious functioning of physical, mental, emotional, and spiritual aspects are essential to recovery from and prevention of disease.

### 5. Doctor as Teacher

A cooperative doctor-patient relationship has inherent therapeutic value. The physician is a catalyst for healthful change, empowering and motivating the patient.

### 6. Prevention is the Best Cure

The ultimate goal of any health care system should be prevention of disease. This is accomplished through education and promotion of life-habits that create good health.

## Exercise, Colds and Post-Menopausal Women

A recent study in the American Journal of Medicine found that Postmenopausal women who performed moderate exercise for 1 year had reduced incidence of colds.

In this study, 115 overweight and obese, sedentary, postmenopausal women were randomized to the moderate-intensity exercise group or the control group. Women in the exercise group participated in 45 minutes of moderate-intensity exercise 5 days per week for 12 months, and those in the control group attended once-weekly, 45-minute stretching sessions. During the 12-month study, questionnaires asking about upper respiratory tract infections in the previous 3 months were completed quarterly.

The researchers found that compared to the exercise group, the control group had a three-fold increased risk of developing a cold.

So get moving ladies!



### Looking for a Speaker?

Are you looking for a speaker for your next meeting, lunch 'n learn or event?

Jennifer is available to speak on a variety of topics.

**Please call 464-2225 for details**

## Benefits of Beans

You may have heard that beans are good for you, but do you know why?

Beans are an excellent source of protein, fibre, and many other vitamins and minerals. They are also low in fat, making them a healthy choice. The complex carbohydrates found in beans provide long-lasting energy. All beans are high in B vitamins and many are a good source of iron and calcium.

**Black Beans:** One cup provides an average of 15 grams of protein and 15 grams of fibre! Also an excellent source of antioxidants. Try black bean soup, dip, or add to your favourite salad.

**Chickpeas:** Also known as garbanzo beans, chickpeas boast healthful servings of folate and magnesium in addition to fibre and protein. Hummus makes a tasty dip, and can be used as a sandwich spread

Other beans to try include:

- Pinto Beans
- Navy Beans
- Kidney Beans
- Lima Beans

And don't forget about lentils! They are a small but mighty member of the legume family. They make excellent curries and salads, and pack a similar nutritional punch to their bean cousins.

Many health benefits have been associated with having a few meatless meals every week. Why not try a vegetarian chili? Or bean burritos instead of beef tacos?

You can lower your risk of heart disease, diabetes, stroke and cancer by adding vegetable-based protein to your diet.

Try the black bean salad listed on the next page for a tasty and quick lunch.

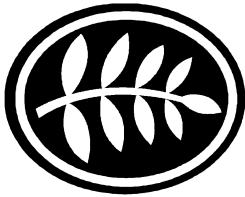
"Once you make a decision, the universe conspires to make it happen."

- *Ralph Waldo Emerson*

## Herbs for Women's Health

This month I've decided to highly two herbs commonly used to treat menstrual conditions like PMS, dysmenorrheal (cramps) and menopause.

**Black Cohosh:** Also known as *Cimicifuga racemosa*, black Cohosh is one of the better known herbs used to treat the symptoms of menopause. It was once thought to have hormonal activity, but newer research indicates that it does not. While it's mechanism of action is still unknown, several studies have found it to be very effective in reducing hot flashes, insomnia and mood changes that often accompany menopause and perimenopause.



**Vitex:** "Chaste Berry" is one of the oldest known medicinal herbs. It is used to treat a variety of reproductive conditions, ranging from infertility to menopause.

Studies have found that Vitex has an effect on the pituitary gland, and can help to regulate progesterone levels. This is important as progesterone must be balanced with estrogen.

Vitex should only be taken only under the supervision of a qualified health professional.

## Coming in 2007!

A few new changes are will be coming to Pillars of Health in the New Year. I'm always looking for ways to improve communication with new and existing patients. As of early 2007 I will be starting an e-newsletter. This will allow me to reduce the number of paper copies that are printed, and also allow me to deliver exciting news to you more quickly.

Existing patients will the automatically added to the list, but as always your privacy will be valued and respected. At the bottom of every newsletter will be a link you can click on to unsubscribe.

If you are not currently a patient and would like to receive news from *Pillars of Health*, please visit

my website,  
<http://www.pillarsofhealth.ca>, or  
send an e-mail to:

Dr. [salibhuber@pillarsofhealth.ca](mailto:salibhuber@pillarsofhealth.ca)

Also new in 2007

- Saliva hormone testing including: thyroid, cortisol, estrogen, progesterone and DHEA
- Urine tests for adrenal function
- Urine testing for estrogen metabolites.

Happy Holidays!  
See you in the New  
Year!

### Recipe of the Month

#### Black Bean and Quinoa Salad

2 cups of cooked curried quinoa  
1 can of cooked black beans  
1 can of corn niblets  
2 small tomatoes (diced)  
1 cup of chopped spinach

2 tbsp of olive oil  
1 tbsp of balsamic vinegar

To cook quinoa, add 1 cup of quinoa to 2 cups of boiling water. Add 2 tsp of curry powder. Cook for 20 minutes or until water is absorbed.

Combine quinoa with beans, corn, tomatoes and spinach. Mix olive oil and vinegar, toss.

You can also try cilantro or parsley for added variety.

