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

# Naturopathic News

## Natural First Aid

First aid kits should be found in every home. They should contain basics like band aid's, disinfectants and gauze. But there are several natural additions that can come in handy when needed.

### Bruises and Minor Injuries:

Arnica: Arnica is available in both topical and internal preparations. It is very useful at reducing swelling and bruising and can safely be used by people of all ages. Look for Arnica gel or cream, as well as Arnica 30C (oral prep).

Directions: Apply gel/cream every 2-4 hours as needed. Do not apply to broken skin. Arnica 30C can be taken every 1-2 hours as needed.

### Burns:

Aloe Vera Gel: Aloe can relieve pain, reduce scarring and speed the healing process.

Directions: Apply the gel directly to your burn once or twice a day and cover it lightly with a bandage until the burn heals. You'll experience instant pain relief, but it may take more than a week for the burn to heal completely

### Nausea:

Ginger: Ginger has a long and safe history of use in treating nausea.

Directions: To make ginger tea, slice a 2" piece of ginger and boil for 10-15 minutes. The tea can be

drunk hot or cold. Ginger capsules are also available and can be used to prevent motion and travel sickness.

### Poison Ivy:

Rhus Tox: The homeopathic preparation of Rhus tox is effective at reducing the discomfort associated with poison ivy exposure.

Directions: Take one oral dose of Rhus Tox 30C every 1-2 hours. Take away from food.

### Splinters:

Banana: Enzymes in banana peels produce a drawing action that pulls splinters out of your skin.

Directions: Use surgical tape to attach a piece of fresh, ripe banana peel--skin-side up, pulp-side down--over the splinter before you go to bed, and leave it on overnight.

### Tension Headache:

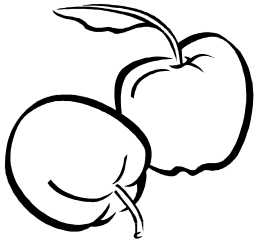
Peppermint oil: The essential oil *Mentha Piperita* is very effective at reducing tension headaches

Directions: Rub a drop or two of the oil over temples and forehead.

### Insect Bites and Stings

Apis: Homeopathic apis can help reduce pain and swelling.

Directions: Take one oral dose of Apis 30C every 1-2 hours.



## Natural Relief from Headaches

Headaches are a common complaint and come in all shapes and sizes. Migraines, tension headaches and cluster headaches are the most common types.

### Migraines

Migraines are more common in women and may be preceded by an aura. Aura's can include visual spots and sensory changes (heightened sense of smell, sensitivity to touch), however many migraine sufferers do not experience aura's.

Migraines are usually very severe, last for hours and may be accompanied by nausea, sensitivity to light and mood changes. They can be very debilitating.

There are several well known food triggers associated with migraines. These include MSG (found in Chinese food), caffeine, nitrites (preservative used in meats), and sulfites (preservative used to retard the growth of mould). Tyramine containing foods (red wine, cheese) can also trigger migraines in some individuals.

Elimination diets are a useful tool in identifying individual food triggers. However, they should be supervised in order to prevent nutritional deficiencies.

As many women report migraines associated with their menstrual cycles, optimizing hormonal balance is key. The hormone estrogen is implicated in migraines and many

women suffer from a relative estrogen dominance. Restoring the balance between estrogen and progesterone can not only relieve migraines, but also symptoms of PMS and painful menstrual cycles.

### Cluster Headaches

Cluster headaches are slightly more common in men and are not usually preceded by an aura. The pain is usually described as throbbing or knife-like and can last anywhere from seconds to 45 minutes. They are almost always on the same side and may be accompanied by flushing and nasal congestion.

As with migraines, dietary triggers should be investigated. Once identified, many sufferers experience reduced frequency and severity of headaches.

### Tension Headaches

Tension headaches are most often brought on by stress. Pain is described as steady and can last several hours or days.

As stress is the cause of tension headaches, stress reduction is key. The effects of chronic stress are being implicated in several chronic diseases including heart disease and cancer.

To reduce the effects of stress, try the following:

1. Progressive Muscle Relaxation. Beginning with your feet and moving up, tense up muscles and hold for 5 seconds. Remember to breathe while doing this!

2. Deep Breathing  
Place your hands on your belly, and take 10 deep breaths, inhaling through your nose and exhaling through your mouth. Make sure you feel your belly expand with the inhale.

Chronic stress can lead to adrenal fatigue, reducing your body's ability to deal with chronic stress. Drinking

licorice tea can help (CAUTION: Do not drink licorice tea if you have high blood pressure).

Peppermint oil applied to the temples and forehead can provide immediate relief.

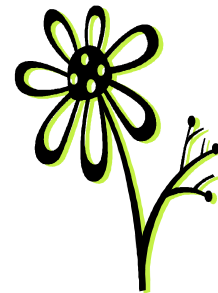
### Natural Treatments for Headaches

There are several homeopathic remedies which can be used at the first sign of a headache. The most common is belladonna 30C. Try this remedy if the headache comes on suddenly, is accompanied by an aura and/or flushing. Take one oral dose and wait 30-45 minutes before repeating.

Feverfew is a herb commonly used to treat chronic headaches. It can be very effective, but as with all herbs should only be taken under supervision.

Liver congestion is a common cause of headaches, especially migraines. The best way to treat liver congestion is with a combination of diet, acupuncture and liver specific herbs.

Headaches are as unique as the people who experience them. An individualized treatment plan is the most effective strategy to deal with chronic headaches. If the above suggestions do not bring relief, consult with a Naturopathic Doctor.



**\*\* Please note that a headache that comes on very strong and suddenly can be a sign of something more serious. If you are concerned, go to the emergency room immediately\*\***

# Focus on Garlic

Garlic is one of nature's superfoods. Not only does it taste great, it packs a significant medicinal punch. Garlic contains allyl-sulphur bonds that are responsible for its odour and its medicinal benefits.

Here's a review of some of the benefits of garlic.

## Anti-microbial

Several studies back garlic's germ killing ability. It has been shown to reduce both bacterial and viral growth and is an effective agent in fighting infection. Allicin, a key component of garlic reduces the activity of an enzyme needed in bacterial and viral replication. It is also useful in treating fungal (athlete's foot) and yeast infections.

## Heart Health

Traditionally, garlic has been used as a cardiovascular herb. Several well designed studies have shown that garlic can reduce total blood cholesterol levels by as much as 9-13%.

Garlic also reduces the ability of platelets to stick to artery walls and cause hardening. This is important in reducing the risk of heart attacks and strokes. Because of this effect, care should be taken when combining garlic with drugs such as aspirin which have a similar effect.

Garlic may also help reduce blood pressure although this effect isn't as well documented as its other heart healthy effects.

## Anti-Cancer

Researchers are excited about the prospect that garlic may help to protect against certain cancers, for example. That's because it contains cancer-fighting chemicals called allyl sulfides. In addition, allicin's antioxidant properties in allicin may inactivate cell-damaging free

radicals and assist the immune system in destroying early cancer cells. Specifically, studies have found that garlic is potentially beneficial in preventing digestive cancers, and it may possibly act against breast and prostate cancers as well.

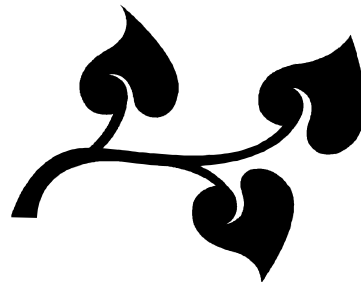
## How to take Garlic

One of the best ways to use garlic is to incorporate it into your diet. Raw garlic is best (although smelly!) because many of the key ingredients are sensitive to heat. However, allowing crushed garlic to sit for 15-20 minutes before adding to cooking can preserve these heat-sensitive compounds. When adding garlic to soups and sauces, add it towards the end of cooking. T

When buying garlic tablets, look for a standardized extract that provides 200-300 mg per capsule. While there are many "de-odourized" products on the market, they may not be as effective.

Garlic tastes great in soups, salads and dressings. Almost any dish can benefit from garlic's bold flavour.

Try this month's Recipe, *Garlic Vegetable Soup*.



# 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.

# In the News

## Folate and Alzheimer's Disease

A diet with folate levels at or above the recommended dietary allowance (RDA) is associated with a lower risk of Alzheimer's disease, according to results of an observational study reported in the premier issue of Alzheimer's and Dementia.

The authors suggest that folate's effects may be mediated by its negative association with homocysteine levels. High homocysteine could increase the risk of Alzheimer's disease through its contribution to vascular disease, amyloid toxicity or direct toxicity to neuronal cells.

## Anti Oxidants and Prostate Cancer

The use of antioxidant vitamin and mineral supplements is associated with a lower incidence of prostate cancer among men with normal prostate specific antigen (PSA) levels.

Dr. Francois Meyer from Laval University Cancer Research Center, Quebec City, colleagues assessed whether daily supplementation with antioxidant vitamins (vitamin C, vitamin E and beta-carotene) and minerals (selenium and zinc) reduced the occurrence of prostate cancer or influenced its biochemical markers.

Supplementation was associated with a 48% reduction in the incidence of prostate cancer among men with a baseline PSA level below 3 micrograms/L, the authors report in the August 20th International Journal of Cancer.

This study highlights the importance of diet and antioxidants in preventing cancer. A diet high in fruits, vegetables and healthy nuts like almonds can help ensure you are getting an adequate intake of these important nutrients.

## Post-Menopausal Women may be Vitamin D deficient.

Results from a study conducted in 18 countries and across two seasons found that 64% of postmenopausal women with osteoporosis have a vitamin D deficiency.

Results of the study were presented in a poster session here on September 26<sup>th</sup> at the American Society for Bone and Mineral Research (ASBMR) 27<sup>th</sup> Annual Meeting.

"We found that vitamin D inadequacy is widespread among women with osteoporosis across all continents," Dr. Lips said. "In this study, the prevalence of vitamin deficiency is high regardless of latitude and season."

"Improvements are needed to inform both physicians and patients about the need for adequate vitamin D [intake] in postmenopausal women with osteoporosis," he concluded.

*Please pass on or recycle  
this newsletter!*

## *Recipe of the Month*

### Garlic Vegetable Soup

#### INGREDIENTS:

2 tablespoons olive oil  
2 carrots, chopped  
2 stalks celery, chopped  
1/4 medium head cabbage, shredded  
6 cups chicken broth  
2 (14.5 ounce) cans peeled and diced tomatoes  
3 1/2 cups water  
1 cup elbow macaroni (can use rice or brown rice pasta)  
3 cloves garlic, minced  
1/2 teaspoon ground black pepper

#### DIRECTIONS:

Heat the oil in a large pot over medium heat. Sauté the carrots, celery and cabbage in the oil for about 8 minutes, stirring well.  
Raise heat to high and pour in the broth, tomatoes and water. Bring to a boil, reduce heat to low, cover and simmer for 1 hour.  
Remove lid, stir in macaroni and heat for 5 minutes, or until macaroni is tender.  
Remove from heat and stir in the garlic and ground black pepper.

