



Ottawa Integrative Health Centre Inc.

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New satellite office inside The Ottawa Birth and Wellness Centre - 2260 Walkley Rd. Ottawa

Helping You Achieve Health . . . Naturally!

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Nutritional Strategies for Mental Health and Emotional Stability

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Board Certified Nutritionist



Change Your Food, Change Your Mood

Fact: Food influences your mood, your sense of wellbeing and your ability to focus. Making small shifts in your dietary patterns and food choices will sharpen your mind, lift your spirits and help you live, learn and function your best.

Eat For Blood Sugar Balance

Start your day with protein and fibre and fill your diet with “slow foods” like whole grains, healthy fats and protein that give your brain and nervous system a consistent supply of energy.

Result: more consistent mood, better appetite, fewer cravings, improved focus.

Healthy Fat and Protein at Each Meal

Eat fish 2-3 times a week, use coconut oil, olive oil, flax oil and small amounts of organic butter. Eat eggs, beef, chicken, turkey, pork, and legumes for protein. Result: you will give your body the raw materials it needs to create neurotransmitters and keep your cells healthy.

Eat Clean; Live Clean

Read labels on food, personal care products and cleaners to avoid additives, pesticides and chemicals that block neurotransmitter function, mimic hormones and deplete nutrients.

Result: Less stimulation of the nervous system, better neurotransmitter function.

Fresh Fruit and Leafy Veggies Every Day

The phytonutrients, antioxidants, fibre, vitamins and enzymes found in these foods keep your body and brain running smoothly. Include spices like turmeric and ginger too.

Result: reduced inflammation, better digestion and increased nutrient intake so you can think more clearly and your spirits lift.

Minimize Brain Busters

Avoid transfat, sugar, processed

carbohydrates, additives and caffeine - they stimulate the nervous system, destabilizing cells, and interfere with cellular communication.

Result: dissolve a powerful road block that’s interfering with your health goals and make way for quicker progress.

Use Supplements to Fill The Gap

Fatty acids, minerals, vitamins and amino acids have been studied for their effects on mood, behaviour and learning. Talk to your health care team to create a plan as you transition your diet.

Result: Faster relief from symptoms and a shorter road to recovery.

More tips on food & mood at
www.jesssherman.com

Brain Health : Cornerstones to the treatment and prevention of neurological, neurovascular and brain diseases.

At the Ottawa Integrative Health Centre, we have a driving interest in the treatment and prevention of neurological conditions, as well as treatments for resolving traumatic brain injuries. As science and evidence continue to mount pointing

*For more information or to make an appointment please call:
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to a multi-disciplinary, multi-pronged approach for these conditions (such as MS, ALS, Parkinson's, Alzheimers, Dementia, Concussion, TBI, and Autism Spectrum Disorders, as well as Mental Illnesses), we continue to provide cutting edge therapies like Photobiomodulation (LILT, LLLT), Acupuncture, Osteopathy, Nutritional Biochemistry, Intravenous Therapies and other exciting modalities.

Manual Therapies

Massage Therapy:

Brain and nervous system health is an area in which massage therapy can play a critical role. Modalities including Craniosacral Therapy, Myofascial Release and Low Level Laser Therapy are modalities that RMT's regularly utilize to promote neurovascular health. Myofascial Release and Craniosacral Therapy have very similar approaches but each have a focus on different areas of the body. Craniosacral Therapy is mainly specific to the cranium, spine and sacrum. Myofascial Release can be used on the soft tissues of the entire body. In both, the techniques are very calming and slow. The purpose is to lengthen and release tissues in the body by mobilizing the fascial system. Fascia is a very important connective tissue. It is a continuous system throughout the entire body,

connecting, in some cases running within and also surrounding most tissue, including bone, muscle, nerve/brain, blood vessel and organ tissue. If this fascial system is compromised in length or otherwise there can be a profound impact on the function of the many tissues or organs with which it is connected. This includes the fascia surrounding the brain and spinal cord. In many cases these areas of fascia are able to lengthen under directed stretching and release techniques. This approach to mobilize tissue and to create space around or near nervous system structures may even be part of why Craniosacral Therapy is such a relaxing form of body-work. By releasing shortened regions of fascia there can be improvements in the symmetry of the tissues of the spine, neck, head and surrounding tissue. This can not only decrease tension but even possibly create more space for nerve passage and blood flow including blood flow to the brain. The treatments are very gentle, yet they can have profound effects on how the recipient feels, many of whom express relief of tension and/or headaches as a result of these techniques. Needless to say, this type of massage is often very much enjoyed by those who receive it. For more information on Myofascial Release and the fascial system of the body please go to <https://myofascialrelease.com/about/>.

Natalie Cameron RMT and Diana Sheldrick RMT are accepting new clients of all ages. Natalie in particular is accepting clients for Laser Therapy, Myofascial Release and Craniosacral Therapy. She has a special interest in pediatric work, including working with children with Autism, learning disabilities and anxiety.

Osteopathy:

Classical Osteopathy is true to the founding principles of the profession which involves addressing the whole body as a complete unit of function, and as such treatment addresses a range of conditions from pain to organ dysfunction. While

the scope of osteopathic treatment is vast, many common health conditions for which patients have found improvements with Osteopathy include: musculoskeletal dysfunction (ex. aches of the back, head, neck, hands, or feet, arthritis, sports injuries, repetitive strain injuries, accidents, and postural problems), neurological disorders (ex. sciatica), poor circulation and edema, sinus and nasal congestion, headaches and migraines, digestive issues, respiratory problems (ex. asthma), menstrual pain, menopausal issues, poor sleeping patterns, and much more. When it comes to neurological diseases or conditions, osteopathy is well positioned to provide non-invasive and corrective treatments for compromised blood and lymphatic flow to and from the brain and peripheral nervous system. This allows for better oxygenation and nutrient delivery to nerve cells, as well as better flow of toxins and by-products of metabolism away from the sensitive neural environment.

Photobiomodulation or Laser Therapy:

Low Level Cold Laser/ Bioflex Laser Therapy is a form of light therapy. The Bioflex Laser has been shown to decrease inflammation and promote cell regeneration in many types of tissue. For more information and articles on the Bioflex Laser and especially on the

UpComing

Ottawa Natural Fertility Support Group

Share, Learn, and Connect with the Ottawa Fertility Community. Registration not necessary, group is open.

Date: December 12, January 9, February 13, March 13
Time: 7pm-8pm
Location: 1129 Carling Avenue (OIHC)

*For more information or to make an appointment please call:
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benefits to neurovascular health please check out these two links below.

http://bioflexlaser.com/patients_what_is/

<http://www.normandoidge.com/>

Dr. Norman Doidge's second book: *The Brain That Heals Itself* takes an in-depth look at the implications and strategies for using light and laser to treat the brain. This form of treatment looks to improve cellular function overall, as well as decrease inflammation and improve circulation.

All of our Naturopathic Doctors, and one of our Massage Therapists are certified laser therapists – meaning the treatment is available 6 days a week.

Neuropharmaceuticals:

As a Clinical Pharmacist & Fellow in Metabolic and Nutritional Medicine, Rekha Ishwanthlal empowers her patients to combine elements from conventional medicine systems together with evidence based nutritional strategies and herbal therapies. This synergistic integration of both bodies of knowledge provides patients the opportunity to optimize neurological health by benefiting from a multi-system approach. It is clearly evident that while management of acute symptoms and limiting active disease progression is vital, it also is imperative that the underlying cause of neurological illnesses be identified.

Neuropharmaceuticals and other prescription medications represent a powerful group of chemical agents bringing about changes in brain and body chemistry. Rekha's passion is for examining, not only how any medication is influencing your chemistry but emphasizing how nutrient depletions, diet strategies, supplements, herbs, stress, hormones (endocrinology), inflammation, gut health, neurotransmitters, individual

resilience and lifestyle are all either positively or negatively impacting both brain and body chemistry. By reviewing and counterbalancing all these individual molecular factors in totality you can then move towards optimizing neurochemistry and strengthened neural-health approaches.

Nutrition:

More than just providing energy and sustenance, the food we eat brings information into the body that influences inflammation, immune activation and neurological stimulation. Food, quite simply, effects how we function in profound ways.

Your nutrition plan to address neurological health will involve the identification and reduction of food triggers along with improving nourishment for effective function of the digestive, immune and neurological systems. As we remove irritation and improve the overall nourishment of the body we can expect a reduction in neurological symptoms ranging from ADHD and autism to adult onset degenerative conditions like ALS and Dementia. Changing your diet is difficult. Your nutritionist will guide you every step of the way with recipes, strategy, and helpful supplements to fill the nutritional gaps.

Naturopathic Medicine and Neurovascular Health

The cornerstones of naturopathic medicine include the following tenets:

First Do No Harm
Treat the Root Cause
Use the Body's Healing Ability
Doctor as Teacher
Prevention-Based Medicine

Naturopathic Doctors (NDs) teach about diet and nutrition and how one can let food be thy medicine. Learn how to use food and nutraceutical therapy to reduce

oxidative damage, support the gut-brain barrier, optimize the body's microbiome, reduce inflammation, enhance neuroplasticity with holistic mind body medicine
Prevention: Identify predisposing factors (genetic and environmental risk factors) and treat early physiological imbalances and symptoms before they progress using low level light therapy, herbal medicine, diet, immune system balancing, acupuncture, etc.

Treat the Root Cause - correct nutritional deficiencies and lifestyle factors that trigger disease progression, activate or calm the immune system as appropriate, promote vascular health, identify pathogens (yeast, microbial, viral) that may be contributing to the disease process. Test for toxins, environmental exposure, hormonal imbalances, evidence of inflammation in the body in order to really find for each individual the cause of their disease, and therefore the best avenue for treatment.

Do No Harm - Let the foods you eat help, not hinder. Identify if the foods you are eating are triggering an immune system reaction, or contributing to your body's inflammation or predisposing risk factors. Nutritional counselling and testing can be done to identify food allergies or sensitivities which can negatively impact your body's ability to heal.

Use the Body's Healing Ability - natural therapies to balance hormones, heal and reset the gastrointestinal tract and hence proper absorption of nutrients and immune system function, promote a healthy parasympathetic nervous system response, and finally to restore proper adrenal function.

**Natural Flu
"Shot"
in a cup**



Available Now at the OIHC

Drop ins welcome, no appointments necessary.
Cost \$20 per person, or \$15 for current patients

*For more information or to make an appointment please call:
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