



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!

March 2017



### **What we feed our kids matters.**

By: *Jess Sherman M.Ed, RHN*  
*Board Certified Nutritionist*

Perhaps the most impressive study to date on the influence of early child nutrition on health later in life looked at the diets of 23,000 mother/child pairs from pregnancy through to age five. Among this group, poor diet in early childhood was shown to increase rates of depressive thoughts, anxiety, tantrums, outbursts and aggression in the children later in life.

The researchers concluded that prenatal and early childhood nutrition can play a preventive role in the development of mental illness.

Even more recently, the first ever randomized study looking at the impact of diet on mood was published in January of this year in the British Medical Journal. Adults experiencing major depression who were also screened for poor diet habits were put into groups. Over 12 weeks the Dietary Support Group was transitioned to a whole foods mediterranean type diet increasing their intake of 12 key food groups, while reducing sugar and refined carbohydrates, fried and fast foods, processed foods and sugary drinks.

About 1/3 of the study group members got much better when on the diet while the control group members did not improve.

These researchers came to two conclusions: 1) that poor diet is an extremely important contributor to mental disorders and 2) that changes in diet could provide a treatment strategy for the management of major depression and associated diseases.

Interestingly, the researchers also looked at the cost of those diet changes and found that the group eating better were spending an average of about \$26 less a week on food as compared to the other group.

Feeding our kids a diet high in healthy fats, antioxidants, fibre and phytonutrients and low in processed foods, refined grains, and sugar will make them healthier and stronger and can even play an important role in reversing troubling symptoms or medical conditions you might be seeing.

There is no need to wait for more research on this.

In my book, *Raising Resilience*, I outline for parents the most important things to pay attention to with regard to feeding their

## UpComing

***Spring Is Coming***

**For the month of March only**

60 min. Massage Therapy Treatment  
by Diana Sheldrick, RMT  
**\$80 plus tax (\$20 savings)**

*For more information or to make an appointment please call:  
(613) 798-1000 or email: [info@oihc.ca](mailto:info@oihc.ca) or visit our website at: [www.oihc.ca](http://www.oihc.ca)*

# Recipe Corner

## Flaxseed & Applesauce Muffins

### Ingredients

1 cup flax seeds  
2 ¼ cups spelt flour  
1 Tbsp. baking powder  
3 Tbsp. apple butter  
1/3 cup apple sauce  
¼ cup rice milk  
¼ cup butter, melted  
1 egg

**Optional:** apples, raisins, blueberries

### To make

- Preheat oven to 350°F.
- Grind flax seeds then blend them in a food processor with spelt flour and baking powder.
- Mix in the apple butter, apple sauce, rice milk, butter, and egg.
- Lightly grease muffin tin and fill with mixture.
- Bake for approximately 30 min. or until golden brown.

*Makes 12 muffins.*

kids and provides recipes that bring it all together. The book boils all the latest nutrition research down to an approach based on simple solutions even the busiest families can manage.

**Raising Resilience is on sale now at the OIHC and be sure to check out my free video training for parents at [www.FoodForGrowthAndLearning.com](http://www.FoodForGrowthAndLearning.com)**

### **References:**

Jacka et al (Oct 2013) *J Am Acad Child Adolesc Psychiatry*. Maternal and early postnatal nutrition and mental health of offspring by age 5 years: a prospective cohort study. 52(10):1038-47

SMILES study: Depression and nutrition. <https://www.madinamerica.com/2017/02/smiles-study-depression-nutrition/>

Jacka, F et al (Jan 2017) A randomised controlled trial of dietary improvement for adults with major depression (the 'SMILES' trial). BMC Medicine. DOI: 10.1186/s12916-017-0791-y

Almudena Sánchez-Villegas (Oct 2009). Association of the Mediterranean Dietary Pattern With the Incidence of Depression. JAMA Psychiatry

Jacka et al, (2011) A Prospective Study of Diet Quality and Mental Health in Adolescents <http://dx.doi.org/10.1371/journal.pone.0024805>

### **IV Therapy**

By: *Dr. Vivienne Guy, ND*  
*Doctor of Naturopathic Medicine*

IV (intravenous) therapy provides vitamins and minerals directly into the blood stream. In doing so, one can administer higher doses in comparison to what may be absorbed when taken orally. This can exert a therapeutic effect at the cellular level to allow for greater healing.

If your digestion is stellar and you eat a variety of vitamin and mineral rich foods and are feeling top notch, then you may not require this as a treatment option. Those who have a weakened digestive system, suffer with stress or a particular illness, feel run down or have poor sleep quality will benefit.

### **What's in the bag?**

The basic formula is the Meyers Cocktail. We can change this formula to meet specific

needs. As examples, we add in Vitamin C and Zinc to help with immunity, or we boost it with Glutathione for improving anti-oxidant action.

*People receive IV treatments for a variety of reasons. There are formulations that help specifically with:*

**\*Migraines and Headache \* Acute and Chronic Viral Illnesses \*Chronic Pain or Fatigue \*Cardiovascular Disease \* Mitochondrial Disease \*Alzheimer's & Dementia \* Parkinson's \*Multiple Sclerosis & ALS \*Sinusitis & Seasonal Allergies \* Inflammatory Bowel Disease \*Athletic Performance & Recovery \* Skin Rejuvenation \*Stress Management \*Healthy Aging**

**We are happy to announce that Dr. Vivienne Guy, ND is joining our team at the OIHC as our IV Therapy Practitioner (Intravenous Therapy also known as Naturopathic Infusion)**

She has been in private practice here in Ottawa for over a decade and it is exciting to have a leader in the profession join forces with us. Dr. Guy has received specialized training and certification in IV Therapy as well as Therapeutics and Prescribing enabling her to prescribe Bio-identical Hormones.

**Starting in March, she is available for IV consultations on Wednesdays from 10-3 and she will be here one Saturday a month from 11-4.** Please check her schedule online to see which Saturday you are able to book with her. Later in the year she will be expanding her availability.

*For more information or to make an appointment please call:  
(613) 798-1000 or email: [info@oihc.ca](mailto:info@oihc.ca) or visit our website at: [www.oihc.ca](http://www.oihc.ca)*