



Ottawa Integrative Health Centre Inc.

1129 Carling Ave., Ottawa, ON K1Y 4G6 (613)798-1000 [www.oihc.ca](http://www.oihc.ca)  
New satellite office inside The Ottawa Birth and Wellness Centre - 2260 Walkley Rd. Ottawa

## Helping You Achieve Health . . . Naturally!

November/December 2017



### **Emotional Intelligence**

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

Emotional Intelligence is the ability to understand and manage your emotions and those of others. So important, right? Just think of the implications. Emotional Intelligence helps us be better workers, better friends, better spouses, better parents, better learners, better community members. Emotional Intelligence allows us to move through life calmly and securely and sets us up for success.

We can't assume Emotional Intelligence develops naturally. It is actually something we need to actively learn and teach our kids. There are skills involved; a learning

process. Emotional Intelligence requires an ability to self regulate and tune in.

More and more kids are struggling with Emotional Intelligence and it often comes out as symptoms like aggression, outbursts, anxiety, mood instability, depression.

Our kids are exposed to more stress now than they ever have been before. From academic and social demands, to too-busy schedules and technology, to biological stressors like chemicals and toxicity. These and other social, environmental and biological stressors make Emotional Intelligence harder to acquire; they interfere with our ability to self regulate, and when that happens it's harder to access our emotions.

Luckily there are some very tangible things parents can do to help their kids develop the critical skill of Emotional Intelligence.

Our Holistic Nutritionist, Jess Sherman is teaming up with Coach Vanessa Charron to help you help your kids develop Emotional Intelligence.

In their upcoming workshop they're going to examine the nature and sources of stress, and teach you powerful tools to help your kids.

Vanessa will help you understand the factors that influence your child's stress response and will teach how to help your kids identify their feelings, regulate their emotions, shift their thinking patterns and choose more constructive responses.

Jess is going to focus on the important and sometimes surprising ways food, nutrients and eating patterns can influence the stress response, behaviour, and ability to self regulate.

You'll leave this workshop with a better understanding of your kids and equipped with tools to help them calm down, be less aggressive, deal with transitions better, have less anxiety, fewer outbursts, better sleep, more stable moods.

***This workshop is for parents with kids of all ages***

*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)*

Nov 19th, 2-5pm at the Wakefield Community Centre, 20 minutes north of Ottawa in Wakefield, Quebec.

Learn more and sign up for the workshop at [www.raisingresilience.net](http://www.raisingresilience.net)  
**YOU MUST SIGN UP IN ADVANCE** as space is limited.

**Got questions?**  
Contact [info@jesssherman.com](mailto:info@jesssherman.com)

## **'Tis the Season for Cold and Flu Prevention**

By Jaclyn Smith, BSc, ND  
Naturopathic Doctor

It's that time of the year again—cold and flu season. While some of us are preparing for the holidays, others are stuck at home with their decongestants. Chicken soup may soothe the soul, but a strong immune system will always be the best prevention. We've all heard that you can boost your immune system and reduce susceptibility by maintaining good hygiene (regular hand washing, sneezing into a tissue or your arm), healthy diet, moderate exercise, quality sleep, and by minimizing stress. However, if you feel like your immune system is not quite up to par, arm it with some scientifically proven natural remedies.

### **Botanical Medicine**

#### ***Astragalus membranaceus***

Astragalus is one of the best herbs for boosting the immune system while simultaneously increasing vitality. This herb is an adaptogen (balances the stress response), providing increased energy and deeper immune support. Astragalus is particularly indicated for those under chronic stress.

There have been many clinical studies showing how Astragalus encourages an increase in immune cell activity, production and function. This botanical can trigger heightened activity from sedentary immune cells, increase the number of macrophages



(cells that destroy pathogens and damaged tissue), and boost natural killer cell activity (virus removal) five- to six-fold.

For prevention of the common cold, 4-7 g per day is commonly used. To address an active infection, daily doses up to 28 g per day are indicated.

#### ***Echinacea (E. purpurea, E. angustifolia, E. pallida)***

Echinacea is a well-studied botanical that has long been used for its ability to reduce susceptibility to colds and flus. Numerous studies have established this herb as an immune modulator, antimicrobial, anti-inflammatory and wound healer. Echinacea exerts its benefits by increasing phagocyte production in the bone marrow, and by stimulating macrophage and monocyte activity. Essentially, these immune cells are responsible for destroying bacteria and viruses. Two additional benefits include this botanical's ability to prevent pathogens from breaking down tissue and, further, its regeneration of damaged tissue. In 2007 The Lancet published a meta-analysis reporting the benefits of Echinacea, stating a 58% reduction in contracting the common cold, and an average reduction of 1.4 days in the duration of a cold.

To boost the immune system, a minimum dose of 900 mg per day of dried root is

recommended. To prevent habituation, use the herb for 10-14 days, and then take a three-day break. If using a commercial product, follow the manufacturer's dosing recommendations (as preparations vary in strength), and look for a product containing 1-2 mg of alkylamides per dose. While Echinacea is a relatively safe herb, it may affect certain conditions, or the way some drugs and supplements are metabolized. Seek medical advice from your Naturopathic Doctor if you have an autoimmune condition, or are on any medications and/or supplements.

#### ***Garlic (Allium sativum)***

Garlic has long been used by healthcare providers. A 2004 study published in International Immunology corroborates that the organosulfur compounds in garlic are responsible for stimulating lymphocytes (antimicrobial immune cells). There is one downside, however—it must be consumed raw. Since many people cannot deal with the digestive or social consequences of raw garlic, garlic supplements provide a nice alternative.

At the onset of symptoms, it is advisable to take 200-300 mg, three times a day. Once the symptoms subside, reduce your intake to 200-300 mg daily. As a preventative measure, consider eating two cloves of raw garlic per day.

*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)*

# UpComing

## Autoimmunity Natural Treatment and Prevention

Presenter: Dr. Jaclyn Smith BSc., ND

Maintaining a healthy immune system is the foundation of preventive medicine. An unhealthy immune system can lead to multiple chronic diseases or conditions.

**Date: November 21st, 2017  
6:30pm – 9:30pm**

**Location: Institute of Holistic Nutrition  
1547 Merivale Rd., Suite 430**

**\$25 + HST**

**Register By: November 17th, 2017**

## Natural Flu Readiness Appointments

Prepare your immune system for the upcoming cold and flu season.

### **Special Promotion:**

- 30 min. naturopathic consultation
- informative resources to take home
- natural “Flu Shot” for one person (additional family members \$10 ea.)
- 1 bottle Cytomatrix Vitamin D3 Drops
- 1 Zinc Tally Test to assess for zinc deficiency, a function of immune health (additional tests \$10 ea.)

**Promotional Price: \$95 + HST**

**Regular Price: \$110 + HST**

**Book your appointment today!**

## December Yoga Therapy Special

**New clients:** Receive a 30 min. complimentary and 10% off when booking your first 90 min. Yoga Therapy appointment

**Returning clients:** 10% off appointments  
Promo ends Dec 31 and must be used within 30 days of purchase.

## Neutraceuticals

### **Zinc**

Zinc truly is the most important immune mineral. It increases the size of the thymus gland, the conductor of the immune orchestra. Without a healthy thymus, the immune system is powerless. Zinc has also been studied extensively for its antibacterial and antiviral properties. Just remember, zinc is one of those nutrients where more is not better. Too much can cause immune suppression; so don't take doses higher than 60 mg per day for prolonged periods.

### **Vitamin C**

Vitamin C increases IgA to stop invaders from entering our digestive tract. It also has antimicrobial properties, increases T-cell (immune cell) action and intracellular glutathione (a powerful antioxidant). At the onset of symptoms, consider taking vitamin C to bowel tolerance i.e. 1,000 mg, every two hours until you experience loose stool—that indicates that you've surpassed saturation. Once saturation is determined, maintain a dose 1,000 mg lower until cold or flu symptoms subside. Note diabetics should never take supplemental vitamin C as it increases their risk of cardiovascular events ex. stroke, heart attack.

### **Vitamin D**

Vitamin D, also known as the “sunshine vitamin”, is essential for a healthy immune system. This pre-hormone powerfully regulates immune tolerance and resistance to infection. A 2009 systematic review of 13 controlled trials showed positive results for the treatment and prevention of bacterial and viral upper respiratory tract infections using vitamin D. Other studies have reported a decreased recurrence of illness in children with a history of frequent infections, and decreased infections in women with healthy vitamin D levels.

Living in the northern hemisphere predisposes us to vitamin D deficiency. Your health care practitioner can test your blood levels and recommend the appropriate dosage of vitamin D. For us sun-starved

Canucks, 2,000IU per day is well tolerated throughout the fall and winter. If you suffer from arteriosclerosis, hypercalcemia, lymphoma, renal disease, sarcoidosis or tuberculosis, have your doctor monitor your vitamin D levels regularly while supplementing.

## Lifestyle

### **Contrast Showers**

Contrast hydrotherapy (alternating hot and cold water) has been used medicinally for thousands of years for ailments ranging from anxiety to pneumonia. Hot water creates vasodilation, thus enhancing blood and immune cell circulation. Cold water creates vasoconstriction, pumping debris and dead cells away from healthy tissues. Alternating hot and cold water treatment can positively impact immune function, improve stress response, and alleviate insomnia. To boost your immune system do three cycles of hot:cold in a 3:1 ratio at the end of your shower ex. 30 seconds hot:10 seconds cold. Always end on cold.

In summary, your best defence is a strong defence. After all, no one wants to spend his or her holidays curled up with a box of tissues.

## 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 of the clinic.

Call for more information: (613) 798-1000

*\* this is not a vaccination or replacement for an influenza vaccination - rather this is an immune-boosting remedy provided to help promote a healthy immune system.*

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