



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!

January 2018

Research Update: ADHD

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

The first fully blind randomized study to investigate efficacy and safety of micronutrients in the treatment of children with ADHD was just published in the Journal of Child Psychology and Psychiatry in October, 2017.

These researchers have added to our understanding that nutritional deficiency and a child's behaviour can be linked.

The study involved 93 non-medicated children, aged 7-12, with diagnosed ADHD who were followed for 10 weeks. One group was given a vitamin-mineral supplement that included 13 vitamins, 17 minerals, and four amino acids at doses likely to be sufficient to elicit a response without causing adverse effects. The other group was given a placebo.

Clinicians, teachers and parents reported significant improvement in emotional regulation, aggression and general functioning among the treatment group compared to the placebo group. There were no adverse side effects reported.

This was an observational study, so it is not without potential flaws, but it adds to a growing body of research suggesting that nutrition and behaviour are linked and that improving nutritional density of



the diet using food and supplements can be a safe and valid part of treatment.

This is what I also see in my nutrition practice. When we improve on the nutrition a child takes in, we improve the overall health of the body. And that is an important part of resolving behaviour issues like aggression, self harm, anxiety emotional outbursts, hyperactivity and inattention.

Our kids are under a great deal of stress – social, environmental and biological – and they need premium fuel to help manage this stress. Finding strategies to feed your family is well worth the effort if you want to resolve the troubling symptoms you're seeing.

To learn more about how to feed your kids to improve their ability to self regulate, focus, calm down, be less anxious, learn better and feel better check out my book, Raising Resilience (available for purchase at the OIHC) and come to my upcoming webinar:
www.raisingresilience.net

Reference: Rucklidge JJ et al (2017). Vitamin-mineral treatment improves aggression and emotional regulation in children with ADHD: a fully blinded, randomized, placebo-controlled trial.

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

Yoga therapy: for the mind, body and consciousness

By: Jo-Ann D'Alfonso C-IAYT - RYT
Yoga Therapist

Yoga has proven to be helpful both mentally and physically and emotionally.

A regular yoga practice can offer physical benefits to both sexes — including increased flexibility and muscle strength, protection from injury, improved energy and cardio and circulatory health. Yoga is also valuable as a tool for personal quality of life and meaningfulness. However, some aspects of yoga can be especially supportive to women, and women's health. "Women are often managing careers, families and any other stressors," said Jo-Ann D'Alfonso, yoga therapist at Ottawa Yoga Therapies. "They may have little time to take care of their own personal health, and then their experience is difficulty with stress related issues like fatigue, weakness, difficulty sleeping, weight management, and in general just a sense of wellbeing." The distinction between a yoga teacher and yoga therapist could be important if you're looking for support and to bring changes to specific ailments. While a yoga teacher will guide students through their practices and help them practice correctly, a Yoga Therapist's focus is on their clients' individual needs. "Yoga therapy is an integration of the traditional yoga concept and techniques, with western medicine and psychological knowledge," D'Alfonso said. "It's a holistic treatment, ranging from physical pain to emotional distress." This can be critical for women who deal with chronic pain conditions. Studies show that many inflammatory diseases are more common in women, including lupus, rheumatoid arthritis, fibromyalgia and Crohn's disease. Yoga is proven to help many physical and psychological symptoms. "The stress, both physical and mental, and hormone imbalance are just a few of the factors that promote chronic inflammation," D'Alfonso said. "Yoga brings down the level of stress hormones

that can create inflammation." Yoga is one of the more commonly recommended forms of exercise for diseases like fibromyalgia. It's valuable as a way to stretch your body and loosen up tight muscles and joints. "A yoga therapist can tap into the needs of an individual, and get them to recognize that they have all the answers within," D'Alfonso said. The action of yoga therapy is to empower people. "By introducing the practice and teachings of yoga, that's a great step toward self-care." (recopied from Metro Ottawa, Oct. 31, 2017)

Link to interview from CKCU on the difference between yoga and Yoga Therapy [Interview OYT](#)

Let's get this New Year WELLness Started with 50% Specials* offered at OIHC

- 50% special on a private Yoga Therapy session for Wellness and Resilience with an additional 15 min. complimentary session for new clients to start the process in finding out how this can benefit each one of us. If you or a loved one is feeling exhausted, stressed and possibly depressed or any other unwanted emotions that are holding you back this is the opportunity for you to find your own balance within.
- During the month of January a 50% discount is offered on all one-on-one yoga session You can book as many as 4 sessions during that month and receive your 50% discount on each 1 hr. session Have you wanted to learn Yoga? Learn the solid foundations of yoga and feel totally at ease in your own practice. Jo-Ann has been a teacher trainer for more than 18 years. She will pay particular attention to your needs and objectives.

For more information on Yoga Therapy and how it can benefit you, please call Jo-Ann D'Alfonso C-IAYT, Certified Yoga Therapist/Educator or visit ottawayogatherapies.com or call 613-794-4991

* All sessions to be used before February 1, 2018 on one hour sessions.

UpComing

Is 2018 your year to focus on your health goals?

Are you tired of weight gain, fatigue, night sweats, hot flashes, no sleep, or mood swings?

Join our Certified Anti-aging Practitioner, Rekha Ishwanthlal(Rph.) in her interactive Menopause Workshop as she clarifies the confusion surrounding Menopause Therapies and helps you understand the root cause of your symptoms.

**When: Saturday, January 13th 2018
Time: 12 - 1:30pm**

Fee: \$20 - Pre-registration required.
Contact 613-798-1000 or info@OIHC.ca

Learning meditation with ease and comfort.

Curious...this is the place to answer some questions about meditation.

February 3, 2018, 11 am - 12 pm*
1 hour FREE introductory class to meditation, it's benefits and a talk about all the different style of practice. On this day we will experience a short mindful awareness practice.

Following the introductory class, a 5 week series will continue with 1 hour per week for those who wish to further deepen the meditation experience. This series will introduce a variety of different meditation practices to help you develop a successful home practice by discovering which one suits you best and which one can be helpful at different times or needs.

Facilitator: Jo-Ann D'Alfonso C-IAYT and has been practicing and teaching for more than 18 years.

*Pre-registration recommended
Limited space available.

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