



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!

Fall 2018



Is Food Affecting Your Child's Behaviour?

By Jess Sherman RHN,
Nutritionist

Tantrums, hyperactivity, insomnia, defiance, self injury, inattention, anxiety, impulsivity... all challenging childhood behaviours many parents have to deal with. Are there natural alternatives to medication for addressing these issues?

Many families consider antipsychotic and stimulant medications to be lifesavers, helping to improve school performance and alleviate stress at home. However, the potential side effects of these drugs that can include, heart attack and stroke¹ diabetes², obesity^{3,4,5}, personality changes and skin problems⁶, and metabolic syndrome⁷ can also be uncomfortable to parents. Further unsettling is that there are no studies available to tell us about the possible long term effects of these types of drugs on the developing brain.

The good news is that there is a lot you can do for your child, at home, without

medication, to resolve troubling and challenging behaviour. The focus of much of my work is on the ways in which food affects mood, behaviour and brain function - in children and in adults.

The first thing to understand is that behaviours and mood can be, in part, external manifestations of internal imbalances in the nervous system. From there we can look at how the body's internal and external environments affect nervous system function. We can break those influences down into five categories: 1) Genetic predisposition to a variety of imbalances 2) Nutrient deficiencies 3) Stress 4) Toxins 5) Digestion. Working within those 5 areas, we can help the nervous system function better and thus resolve the troubling behaviour.

Will this approach solve behaviour problems 100% of the time? No one therapy or intervention - conventional or alternative - has a 100% success rate. But one thing is for certain - diet and lifestyle changes can lessen your reliance on medication and help your child grow and develop to his potential.

Your child is a unique puzzle. He might be a 60 piece puzzle, he might be a 6000 piece puzzle⁸. You won't know until you start trying things and learn to better understand his uniqueness. Food and lifestyle are two pieces of this very complicated puzzle.

When you choose to leverage the powerful affects of food and lifestyle to support

health, you are taking a profound positive step in the right direction. I do not have all the answers, and I'm not going to tell you it's easy. This approach requires changing patterns and habits, it means re-evaluating priorities, it means investing time and money, it takes persistence and dedication. But going down this road will bring you and your family a new experience of overall health and vitality that, once experienced, will propel you forward all by itself!

For more details about how to food can impact behaviour check out the free Better Brains series of articles on Jess's website www.jesssherman.com or book a meeting with her at the OIHC.

¹ *"Dark side of a wonder drug," The Australian, 28 Mar. 2006.*

² <http://www.healthline.com/health-news/children-antipsychotics-raise-risk-of-type-2-diabetes-in-children-082113>

³ http://www.sciencedaily.com/releases/2014/03/140318113821.htm?utm_source=feedburner&utm_medium=email&utm_

Prescription Renewal Update:

As of November 1, 2018, all prescription renewals required outside of a formal appointment will cost \$15. Prescription renewals provided during an appointment with your ND will not have an additional charge. These fees are to offset the time and due-diligence required by the prescribing doctor and reception staff to ensure that the refill is done safely and accurately. Any questions should be sent to the attention of the clinic director.

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

Recipe Corner

CHANGE OF SEASON SOUP

Fall and winter make up the inner or “yin” portion of the year which is ideal for nourishing yourself. For many, fall is a time to re-configure, start new pursuits, and begin new endeavours. It is also a colder time of year. In nature, leaves and flowers are dying, and natural energy “sinks”, becoming concentrated in the seeds and roots of plants. During fall, the lungs are particularly vulnerable to illnesses such as a cold or the flu.

Change of Season Soup is an immune system tonic. It is a Chinese herbal blend that is ideal to enhance your immune system during the changing of seasons from fall into winter and winter to spring. This herbal formula also improves a body's resistance to a cold or the flu. It helps to balance the body during times of stress.

People who are in the midst of a cold or the flu should not drink the soup. They should wait until after they have recovered.

The soup is fairly bitter, so it can be used as a base for a hearty chicken soup with a whole chicken plus immune-enhancing vegetables such as shiitake mushrooms, onions, carrots, potatoes, pumpkin, squash, beets and other local harvest vegetables. These vegetables help to tonify the lungs and enhance the immune system.

Ingredients:

You will need 2-3 oz. of the following herbs. Many Chinese herbal shops sell the herbs pre-packaged for ease and convenience.

1. Codonopsis root (Dang Shen) helps to tonify and strengthen “qi”, as well as, helping to build and to nourish body fluids.
2. Astragalus root (Huang Qi) strengthens the protective defences and “qi”, nourishes the spleen and tonifies the blood and the lungs.
3. Dioscorea (Chinese Yam – Shan Yao) root tonifies and balances the lungs and the kidneys.
4. Chinese lychii/wolf berries (Gou Qi Zi) strengthens the liver and the kidneys.

Instructions:

Fill a large pot with 1 litre of water. Add the herbs and cover with a lid. Bring the liquid to a boil and allow it to simmer for 2 to 4 hours, topping up with water as necessary.

One serving, in a cup or small bowl, should be taken twice a day.

passion come together. This is a quote that has resonated deeply with me since I began my journey as a Naturopathic Doctor. I've never regretted the choice to pursue naturopathic medicine, and I continue to strive to grow as a practitioner and an individual.

I always knew that I wanted to practice medicine, although growing up I didn't appreciate how that would manifest. It wasn't until the last year of my undergraduate degree that I became aware of a distinct branch of medicine that matched my beliefs. Although I continued on to begin my allopathic medical training, I quickly became convinced that I would be able to provide the care that best matched my values by switching to a naturopathic medical program. Since 2012 I was fortunate enough to have ran a multi practitioner clinic in Edmonton where I was able to further develop and refine my skills.

I'm so excited to be starting at the OIHC as an ND this fall. I'll be joining an excellent team and look forward to providing care to my patients.

If you'd like have any questions or would like to know more about the services I provide, please contact the front desk team to book in for a free 15 min meet and greet appointment.

UpComing

FREE OSTEOPATHIC TREATMENT

Wondering what osteopathy is all about?

Arienne is an osteopathic student currently in her final semester of a 4 year Master's program. She will be available **from 12-7 on November 6th** to provide free osteopathic treatments at the OIHC.

Interested?

Contact agg.oste@gmail.com

campaign=Feed%3A+sciencedaily%2Fhealth_medicine%2Fadd_and_adhd+%28Attention+Deficit+Disorder+News+--+ScienceDaily%29

4 <http://www.ncbi.nlm.nih.gov/pubmed/2886102>

5 http://www.sciencedaily.com/releases/2014/03/140318113821.htm?utm_source=feedburner&utm_medium=email&utm_campaign=Feed%3A+sciencedaily%2Fhealth_medicine%2Fadd_and_adhd+%28Attention+Deficit+Disorder+News+--+ScienceDaily%29

6 http://www.cchr.org/sites/default/files/The_Side_Ef

fects_of_Common_Psychiatric_Drugs.pdf

7 [http://www.europsy-journal.com/article/S0924-9338\(10\)00199-9/abstract](http://www.europsy-journal.com/article/S0924-9338(10)00199-9/abstract)

NEW AT THE OIHC

**Dr. Rebecca Hauser, ND
Naturopathic Doctor**

It is a beautiful thing when a career and a

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