



Ottawa Integrative Health Centre Inc.

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

Helping You Achieve Health . . . Naturally!

February 2019



Perhaps you are noticing that your hair and skin have lost some of their luster?

You don't have to settle for a lack of shine in those areas either.

You can find solutions to feelings of fatigue, irritability, low sex drive, insomnia, memory loss, and dozens of other symptoms associated with unbalanced hormones.

Contact Dr. Vivienne or our team of Naturopathic Doctors who can help you get back to you...or even a more relaxed, more joyful version of you.

Things to talk about.

- Hormones to help with sleep.
- Creams for comfort.
- Herbal medicines to support your nerves.
- Eliminating hot flashes.
- Increasing libido.
- Taming the rage.
- Prescription creams for fine lines and wrinkles.

And so much more.

Helping you re-achieve health – naturally!

Sixty and Sexy? Of course!

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

Your kids are gone, you have the house to yourselves. Freedom Finally! Time to have some FUN. Right?

But you're not feeling it. You're not in the mood. Have you lost your mojo? While it is normal to have hormones decline as early as 40 years of age, many women are declining far more quickly than they would like.

They are also wanting so much more for the years to come, and to that I say, "Why not?"

All too often I hear, "I just want to be myself again". They clarify, "I'm not asking for the 20-year-old self, I don't want to be her. But even me 5 years ago would be good."

So, what about you and what you want?

You remember how fun things used to be.

You've imagined how fun things could be, but you have zero libido and can sometimes barely muster enough energy to wash your face.

*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*

Nebulized Glutathione

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

Glutathione is a potent antioxidant that can be administered in numerous ways, including intravenous and nebulized. One of the ways we use it at the OIHC is in its nebulized form which provides therapeutic benefits to the respiratory tissues including the sinuses and lungs. Its a very safe, painless and effective therapy, making it an excellent treatment for use with children with respiratory infections or lingering coughs.

A nebulizer is a machine that allows medications to be administered in the form of a mist that is inhaled into the lungs. Using glutathione in this forms allows for maximum benefit to the respiratory tissues, and is typically very tolerable. Patients with asthma or allergies to sulfites may not be ideal candidates for glutathione treatments, but may still benefit from nebulized saline for certain respiratory concerns.

In the nebulized form glutathione has been shown to increase the number of white blood cells, and acts as a mucolytic. This can aid in not only decreasing the amount and thickness of mucous, but also may increase the local immune response in the respiratory tract. As such it is beneficial in many conditions beyond acute infections such as:

- chronic rhinitis
- chronic sinusitis
- post-viral cough
- emphysema
- cystic fibrosis
- idiopathic pulmonary fibrosis.

To learn more, and to find out if it might be a good fit for you, please consult with one of our naturopathic doctors at the OIHC.

Recipe Corner

SQUASH RISOTTO

1 (2lbs.)	summer squash or pumpkin
2 Tbsp.	unrefined olive oil
1	onion, chopped
1~2	garlic cloves, minced
½ cup	arborio rice
2 ½ ~3 cups	vegetable stock
	salt and pepper to taste
3 Tbsp.	grated parmesan cheese or romano cheese
1 Tbsp.	freshly chopped parsley

- Halve or quarter the squash, remove seeds and skin. Cut into ¾" chunks.
- Heat oil in large pot and fry onion and garlic for about 3~4 minutes, stirring frequently. Continue until both onion and garlic are golden.
- Add the squash and stir fry for a few minutes. Add the rice and cook for about 2 minutes, stirring all of the time.
- Pour in half of the vegetable stock and season. Stir well and then half-cover and simmer for 20 minutes, stirring occasionally. As the liquid is absorbed, add more stock and stir to prevent the mixture from sticking to, the pot.
- When the squash and rice are nearly tender, add a little more stock. Cook uncovered for 5~10 minutes.
- Stir in the parmesan cheese and parsley and serve.

We're Moving!

May 1st, 2019

Same Great People
Same Great Services
and MORE



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