



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 2019



### Natural Skin Care

By: Dr. Vivienne Guy, ND  
Naturopathic Doctor

I have loved helping people with skin care over the years. Naturopathic medicine and its foundation in nutrition and lifestyle advances is the best form of medicine for feeling and looking healthy from the inside out. Building on that, I have taken advanced training on the topic of skin care in areas of injection therapy, herbal medicines, hormones, and prescribing therapeutic doses of key vitamins and minerals to support skin conditions such as eczema, rosacea, psoriasis, acne, dullness and fine lines.

Often skin issues keep us from putting ourselves out there and this can affect our social and mental health too. While healing skin disorders we also improve overall health with improvements seen in energy and outlook as fabulous side effects!

A topic that comes up around skin health, is the aging process.

Some people shudder at “aging”. There is no magic wand to stop time, nor should we want to. I remind my clients that **aging is a gift that not everyone gets to enjoy.**

There is no way to stop them aging every minute, other than death and that’s not on the agenda any time soon, thank you! In this day and age, we get to have our cells in action for decades longer than many

of our predecessors, so we are obliged to take care of our bodies for a lot longer. That’s a substantial responsibility.

### **Why is it that aging affects the skin?**

- Cells divide more slowly as we age, and the inner layer of skin starts to thin.
- This “slowing” down of the cells lessens the amount of skin that naturally sloughs off to reveal the new juicy cells underneath (hence the use of skin “peels” which chemically do that job for us.)
- Oil secreting glands shrink, and this results in less of a “barrier” on the skin to keep all our fluids and plumpness in there.
- Photo-aging from the sun (yes, it even happens in the winter) – UV light can damage both deep and outer skin layers. They also can cause the breakdown of collagen (the protein that keeps skin firm and improves elasticity, reduces wrinkles and increases skin moisture)

### **Let’s talk about Healthy-Aging vs Anti-Aging.**

Talk to me about healthy, fabulous aging skin and LOVE the conversation we will have. We can give our cells the best opportunity to age appropriately and not too quickly. Ensuring that skin cells have all the antioxidants, hormones, collagen and all the other mighty nutrients that keep it smooth, free from blemishes and discoloration will be part of the plan in preventing skin deterioration.

*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)*

## My fabulous Naturopathic tool kit

**for skin health:** (check out our Facebook page in the coming while as I explain these in more details)

- Topical antioxidant lotions
- Dietary changes
- Vitamin injections
- Intravenous Glutathione for lightening appearance of dark skin spots (hyperpigmentation)
- Reduction of acne scars
- Therapeutic doses of key vitamin and nutrients for acne treatments
- Amino acids to support collagen formation
- Hormone balancing
- Collagen Induction Therapy

**Book your Consultation (30 minutes for existing patients, and 90 minutes for patients new to Naturopathic Medicine) to talk about your steps into a healthy future, and glowing, healthy skin.**

### **3 Steps for Cleaning your Cellular Closet**

*By: Cathy Cochrane, NNCP  
Holistic Nutrition Practitioner*

Have you watched “Tidying Up” on Netflix yet? The Marie Kondo series shows how the care you take in storing your items opens your heart to joy and brings more energy to all you do.

It’s the same with a detox diet. It’s more than losing the build-up of belly fat and toxins. The process frees up space for your cells to work as they need, allowing your energy to flow more sustainably. So you feel lighter and more easeful.

There are many ways to go about a digestive rest. Google “spring detox”, and you get 68 million results. (Seriously. I just tried.) As with all nutritional help, there are many individual points to take into consideration, including your general state of health, constitution and usual diet.

The process itself is similar to when you tidy a room or closet. You discard broken, unwanted and unnecessary bits; you put away clothes and toys and books that have migrated to the wrong room. You open the windows, let in fresh air. Wash those windows and let in light!

It’s so satisfying! The movement of it, the practicality of it, and then the satisfaction of just standing back to observe the space that’s been cleared can be so rejuvenating.

All you did was tidy up, but suddenly your room feels larger, brighter. There’s more space to breathe, a sense of peace that belies the lack of clutter. You can have that same feeling in your body!

Here are 3 steps to set you up for a successful cleanse, regardless of your history or level of experience.

#### **1. Decide when you will undertake your cleanse**

In North American tradition, the theory is to start when the sap begins to rise in the trees. Practically speaking, you start when you feel that sense of movement from within.

You’ll notice this as a sudden surge in daily energy, often with the increasing light. That urge to stretch out of hibernation mode, move a little more, stay outside a little longer.

It comes as a deep desire to clean, get to all the chores you’ve been able to ignore all winter. Is it just the increased light that lets you to see the dust bunnies multiplying in the corners? Perhaps, but go with it.

When you want to recreate that spacious, renewed feeling internally, you’re ready for a dietary cleanse.

#### **2. Which program is best for you?**

That depends on whether you’ve done something like this before, as well as your daily lifestyle. Some variations, such as a juice fast, are more intense than, say, a simple elimination diet.

Are you the type of person to go whole hog on a strict diet, only to bounce back to your usual (not so great) habits in a week? Are you the type to take that discipline as a jump-start to making better choices? Do you perhaps prefer a very gentle approach?

*Need help deciding? Book a Meet & Greet with our holistic nutritionist for guidance.*

#### **3. No matter the choice, include these two components in your spring detox**

a) Bitter Herbs\*

These baby greens sprout naturally at this time of year, so perfect in terms of local and seasonal. As is Nature’s way, they provide the bitterness necessary to stimulate your heart, and nudge your liver into detox mode.

Leafy greens grow, get their colour and load up with vitamin C in response to the sun. When you eat greens, you’re taking those benefits of sunshine into your cells. It’s how you throw open your internal windows, and dispel the dragging effects of S.A.D. to boot!

\* arugula, dandelion greens, parsley, basil, cilantro, mustard greens,... on your plate at every meal, a handful in your smoothie or tossed last-minute into your soup

#### b) Get rid of the debris

When you sort through your junk, it’s important to gather it all up for Goodwill, and put the rest out for removal. Leave the bags sitting in the hallway, and they perpetuate the problem.

In the same way, it’s essential when detoxifying cells, tissues, organs, that your pathways of elimination are clear to get the garbage out.

These are your:

- **Lungs:** Deep breathe, with long, slow exhales. Sing, shout, chant and moan.

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- **Kidneys:** Lots of clean, fresh water and herbal teas\*\* to clear water-soluble waste.
- **Colon:** Fibre\*\*\* ensures solid and fat-soluble wastes are picked up and sent to the curb for disposal.
- **Skin:** Sauna to open your pores and sweat it out. Or, skin brushing before your shower.

\*\* detox blends include dandelion root, cornsilk, burdock, yellow dock and other herbs that promote flow

\*\*\* 1 tsp - 1 tbsp of psyllium husks or slippery elm bark in 8 oz. of water, between meals and before bed

**One last consideration to make the most of your spring cleanse: take a break from your usual busy activities for the duration.**

When you sit quietly, take walks, engage in a quiet craft, you give yourself time and space to hear the emotional garbage that surfaces. Like when you clean a closet and find pictures of good times or the ones you'd rather forget. These, too, need to be considered, put in a frame or possibly let go.

When you start allowing memories and feelings to move through, you find joy, peace and the motivation to create new, healthy habits, rather than allowing old ones to unconsciously run your life.

*Like the idea of a spring cleanse, but dread the thought of giving up certain food?*

Cathy will be offering her individualized program, **Detox without Deprivation**, until the end of May.

Over 3 sessions, she guides your efforts to undertake this 2-week practice with ease, confidence and lots of support. Call the clinic to book yours today!

## I'm in pain, what can I do to help?

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

In Canada it's estimated that 1 in 5 Canadians suffer from some type of moderate to severe chronic pain according to recent studies. Typically this is due to some sort of physical injury or illness. Regardless of the form, or level of severity, chronic pain has a significant impact on the sufferers' quality of life. Chronic pain also has a considerable cost for the Canadian economy, and often, the financial health of those experiencing pain.

Just as the cause of the pain may vary, pain itself is a personal and subjective experience. The longer someone is living with the pain, the more it can effect both their physical and emotional wellbeing.

Over time as we learn more about the causes of pain and their effects, we are also learning more about the therapies we can use to treat the pain, and when possible, factors contributing to it. There are many naturopathic therapies available that are safe, effective and non-invasive that can be used to manage pain either as a sole therapy

or as a complement to other treatments. Some common examples of what I use with my patients to help address their pain are:

- **Low Level Laser Therapy:** the laser therapy we use at the OIHC is the Bio Flex laser. These treatments are safe, painless, and effective. Laser therapy helps to reduce the sensation of pain while also working to address what may be causing it.
- **Acupuncture:** a great tool to help manage pain, acupuncture treatments can be applied both to address the physical cause of pain (ie lumbar disc herniation) as well as use elements of Traditional Chinese Medicine to improve overall health and quality of life.
- **Meditation and mindfulness practices:** This can be a powerful part of a pain management protocol. It not only helps to address pain intensity it has also been shown to improve how we cope with pain in terms of mood, quality of life, sleep quality and physical functioning.

There are options available to augment your current pain management protocol. Many of the techniques listed are also highly effective for scenarios of acute pain from a variety of concerns such as shingles, fractures, sprains and strains.

Announcing  
**We're Moving!**  
May 1st, 2019

Same Great People  
Same Great Services  
and MORE

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close to OC transpo - 904 Lady Ellen Place

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