



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!

April 2019



How to Nourish Away your Anxiety

*By: Cathy Cochrane, NNCP
Holistic Nutrition*

As with all mental/emotional states, anxiety can vary from over-thinking and worry to full-on, heart-racing panic attacks.

Maybe you're a new parent afraid to feed the wrong thing to your child, or an entrepreneur with perfection paralysis. Maybe you seem to develop OCD when loading the dishwasher or lie awake wondering how to fix the native water crisis. Maybe you have been diagnosed with anxiety disorder.

No matter which end of the spectrum your stresses lie, no matter what other factors (and there are many) contribute to this mental state, there is one way to look at anxiety that allows you to better understand it, and therefore, calm it down.

Think of anxiety as electrical.

Anxiety is a state of ungrounded potential energy.

Physically, this happens when you get over-stimulated by too much sugar, say, or caffeine. Your body gets charged, your nerve-endings vibrate frenetically, and you

have a hard time settling down. Perhaps you get heart palpitations. The extra energy can make you space out, lose patience and pick fights.

To watch this in action, give a piece of chocolate to a small child and observe what happens over the next hour.

Like an electrical current that's built up with nowhere to release, stimulants create an erratic state of unused potential. Picture it as a broken power line in the street, whipping around like a caged animal ready to strike.

Even if you steer clear of stimulants, your nervous system can become relatively devoid of essential nutrients when you eat a diet high in refined and processed foods. This imbalance means that you're not well equipped to face the challenge of daily stresses, let alone weather the big ones when they hit.

Mentally, it's more of the same barrage, especially in this age of information. Too much CNN and your fears go off the charts. Too many nutrition blogs and you don't know what to eat. Watch business upgrade videos all day and you're stuck with overwhelm. You can breach the fine line between healthy awareness and information overload without even trying.

Emotionally, you might be a bit of an adrenaline junky. Coffee, intense sports, the evening news, relationship, money & work issues, the increasing intensity of your

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Recipe Corner

OAT BRAN MUFFINS

(Makes 8 muffins)

Ingredients

¾ cup	almond milk
1 Tbsp.	lemon juice
½ cup	oat bran
1 ¾ cup	whole oats
1 tsp.	baking powder
½ tsp.	baking soda
¼ tsp.	salt
¼ cup	chopped walnuts or almonds
¾ cup	unsweetened applesauce
½ cup	dates or dried apples

- Preheat oven to 400°F.
- Spray muffin cups with oil and set aside.
- Combine almond milk and lemon juice in a cup and allow to sit about 10 minutes or until curdles form.
- In a large bowl, combine dry ingredients.
- Add almond/lemon juice mixture and applesauce, mixing gently with a spoon until completely moistened.
- Stir in dried fruit but do not over-mix.
- Spoon into prepared muffin tin, filling about ¾ full. Bake 20~25 minutes until lightly browned.
- Allow to cool for 10 minutes before removing from pan.

Enjoy!

favourite TV shows (which you watch to relax!) You can spend the entire day trying to keep that high going.

From an energetic and physiological point of view, these constant hits of drama drain your adrenals glands (your batteries) and leave you in a constant state of high alert, anticipating disaster: worry, fear and panic.

It's happening spiritually too. There's a societal tendency to idolize the rich & famous, worship sports teams, diet & exercise with religious fervour. Meanwhile, the inner core, which gives meaning to your life – gives you direction and purpose – remains ignored. (Fortunately for many, that tide has turned, whereby tapping into your connection to the greater whole, has become a vital piece of health.)

By viewing some sources of anxiety through this idea of an erratic build-up of potential energy, the solutions can also be seen as a matter of electricity.

To reduce the danger of too much potential, you can ground it, balance it with an equal & opposite energy, or give it direction and convert it into kinetic energy through action.

Ground:

Nutritionally: Whole grains such as brown rice, oats or farro, rich in calming magnesium and B-vitamins, nourish your nervous system, allowing the impulses to move more efficiently through your organism. Green vegetables feed and calm your heart. The earlier description of physical anxiety should also make it clear that stimulants such as sugar and caffeine, as well as nutritionally poor refined foods, are best avoided.

Mentally/Emotionally: Come back to the present moment; breathe and be in your body. Remind yourself that you are safe. The sky is not about to fall (even if it sometimes feels that way).

Spiritually: Literally ground. Find a way to connect with Nature; walk in the woods,

play in the grass with your dog or your child, putter in the garden or a pot on the balcony.

Balance:

Nutritionally: Nourish your adrenal glands with mineral-rich nettles, oatstraw or other herbs. Low levels of GABA are linked to anxiety; supplements of this neurotransmitter help. (Consult your health practitioner about which herbs and supplements are right for you.)

Mentally/Emotionally: Drop the drama; turn off the TV/radio/news app and tune into some music for a change.

Meditate daily; it takes time to train your mind to let thoughts float through like drifting clouds. Headspace or the Insight Timer app are great places to start.

Spiritually: Put focus on your daily necessities; self-care as a conscious expression of building a relationship with your inner self, as opposed to striving for some arbitrary external goal. Tune into what turns you on, what lights you up, so that you can find your own direction.

Put the energy into action:

Physically: Move your body to burn off the excess energy and/or convert it to joy; run, dance, swim, whatever it is, so long as you love doing it.

Mentally/Emotionally: Was it Eleanor Roosevelt who said we should do one thing each day that scares us? So, put your fears into action, be it a difficult conversation with your spouse, making that call to a potential client, or a letter to your MP about the bigger picture.

Spiritually: Practice random acts of kindness or do volunteer work. The quickest way out of a state of worry is to stop spinning and be of service to others.

Book an Initial Consultation with the holistic nutritionist to find out how best to calm your specific anxiety with food, supplements and lifestyle shifts.

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Announcing

We're Moving!

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You are NOT going crazy! - Your hormones are out of balance.

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

I sit across the table from a woman who is shrinking. I look at her, I see from her file that she is 57. She tries to smile, but it's forced, and she knows it. I ask her how long she has been feeling this way and the answer is "since menopause, and nothing is helping". I see from her medication list that she is on sleeping pills, anxiety meds and anti-depressants. I wonder how she is getting through her days. Menopause was 6 years ago. She's been feeling this way for 6 years! (This isn't just one woman, this is a description of so many women that I meet in clinic)

Did you know that fluctuation in estrogen and another key hormone, progesterone, can cause anxiety or depression? Very often, medications are prescribed to help shift a person out of these states. Sometimes they work, but often they don't as they are not fixing what is actually going on.

Age related hormone decline is a natural thing, but if it's too much, it's too much. We don't need estrogen and progesterone coming from our ovaries at the level of our 18 year old selves, that time has passed. **But many women in menopause feel constantly on edge and are irritated. This is due to the fluctuation and the decline of their hormones. They struggle to find joy in the things that used to make them smile, they struggle for quality sleep and can't function well in the day, they forget things and worry about performance at work. All these things increase the feelings of anxiety and can even lead to panic attacks.**

It is NOT NECESSARY to feel this way for decades. There is so much of life ahead, to the lower levels of hormones has such an impact

- Let's measure your hormones and see if this is a reason for your symptoms
- Let's talk about ways that you can improve production of progesterone and estrogen
- Let's talk about adrenal gland support – stress management and relaxation
- Let's talk about bioidentical hormone replacement
- Let's talk about getting YOU back.

Dr. Vivienne Guy has been in practice for 13 years. She has received extra training in the area of prescribing and monitoring Bioidentical Hormone therapy.

All of the NDs at the OIHC are able to prescribe bio-identical hormones. For more information call us to schedule an appointment.

UpComing

OIHC is going to be at the Healthy Brain and Body Show at the EY Centre on May 4-5

The Healthy Brain and Body Show is unlike any other in Ottawa! It brings together experts in the fields of mental, emotional, spiritual and physical health and places a heavy emphasis on our brain health.

FREE to attend

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