



Ottawa Integrative Health Centre Inc.

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Helping You Achieve Health . . . Naturally!

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Is Your Thyroid Healthy

By: Dr. Vivienne Guy, ND
Naturopathic Doctor

Did you know that a tiny, butterfly shaped gland nestled in your throat is responsible for producing and regulating some of the most important hormones in your body? This mighty gland is called the thyroid, and while it's relatively small in size, it plays a large role in our endocrine (hormone) system.

The thyroid gland produces hormones that interact with many other hormones (like insulin, cortisol, estrogen, progesterone, and testosterone). We're still learning so much

about how the endocrine system works, but looking at how intimately all hormones communicate with each other, it's no wonder so many symptoms and diseases are tied to a poorly performing thyroid!

How does the thyroid gland work?

Almost all the hormones the thyroid produces are in an inactive form called thyroxine, or T4. Most of the active thyroid hormone, triiodothyronine (or T3), comes from the conversion of T4 to T3 in different areas of the body, including liver, gut, brain and muscles.

The "active" T3 is then able to regulate

many functions in the body including energy production and regulation of metabolism. When all systems in the body are working well, the right amounts of T4 and T3 are produced. But if something is negatively affecting the thyroid or other organ systems in the body, this hormone balance gets disrupted and we start to experience various symptoms.

Some of the factors that impact a healthy functioning thyroid are; nutritional imbalances, toxins, allergens, infections, and stress. All of these can all be problematic to the proper function of the thyroid, leading to dysfunction of the gland, and potentially to wider spread systemic disease.

What happens when the thyroid can't function normally?

When the thyroid is compromised, the body is unable to produce or convert the right amounts of thyroid hormones. Consequently, we experience disorders such as hypothyroidism, hyperthyroidism, and thyroid cancer. **In fact, thyroid diseases are highly prevalent in North America** with an estimated 20 million Americans and 1 in every 10 Canadians having some form of thyroid disease, and over 12% of Americans developing a thyroid condition during their lifetime. Because thyroid conditions are tied to so many varying symptoms, up to 60% of people with thyroid disease are unaware of their condition, with women being 5-8x more likely to be affected than men. It is estimated that one in eight women will suffer from a thyroid disorder during her lifetime.

*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

CURRIED LENTILS

Ingredients

3~4 cups	water
1 cup	red lentils
1	onion, finely chopped
1 cup	peas
2 Tbsp.	butter or 1 Tbsp. unrefined, cold-pressed oil
2~3 tsp.	honey
2 tsp.	curry powder
1 tsp.	sea salt
1 tsp.	turmeric
¼ tsp.	cayenne
¼ tsp.	cumin
¼ tsp.	coriander
dash	cinnamon
dash	ground cloves
1~2 cups	cauliflower, chopped in florets

Directions

- Cook the lentils, onions and peas in water for approximately 15~20 minutes. Drain.
- Steam cauliflower separately until tender.
- Add butter, cauliflower, spices and honey to lentils.
- Cook for 5~10 minutes.
- Serve with brown rice, millet, barley or other whole grains.

Enjoy!

Thyroid disease or poor thyroid function is tied to many less obvious disorders including **acne, autoimmune diseases, eczema, fibromyalgia, gum disease, irritable bowel syndrome, and infertility**. Because the thyroid is linked to almost every bodily function, symptoms of an underlying thyroid problem are wide and varied, making it more difficult to identify the thyroid as the root cause of the disorders. As a result, many people are misdiagnosed and treated for other conditions before looking at the thyroid.

If you are feeling any of the above mentioned symptoms, let's see if they are due to poor thyroid function. **Contact Dr. Vivienne to discuss testing and treatment.**

Mistletoe Injection Therapy

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

One of the parts of being a Naturopathic Doctor that I enjoy the most is the ability to individualize treatments to meet the needs of my patients. At times this allows me to connect patients with therapies they otherwise might not be aware of, or might not have access to such as Mistletoe therapy.

Widely used in many European countries, this therapy is gaining popularity in North America for a variety of conditions. There is a building body of research supporting the efficacy and safety of Mistletoe in various conditions, primarily in complementary cancer care.

Mistletoe in Canada is typically administered in one of two forms, subcutaneous or intravenous. The formulation I use with patients, Helixor, is a sterile aqueous filtration of mistletoe that is produced in Germany. Mistletoe, or *Viscum album*, is a semi-parasitic plant and grows on many different kinds of trees. Depending on the type of tree it grows on there are different concentrations of the active components and so the effects may vary somewhat. This allows practitioners to select the formulation that will be the best fit for patients.

Alongside Mistletoe's immune stimulating effects, research also points to protective effects on healthy cells when undergoing cancer treatments such as chemotherapy. Most people using mistletoe can expect to feel improvements in energy, sleep, mood, immune system function, and tolerance to conventional cancer care treatments such as chemotherapy and radiation.

Curious to learn more? Feel free to book in for a free 15 min consult for more information and to determine if this therapy may be a good fit for you.

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