



Ottawa Integrative Health Centre Inc.

904 Lady Ellen Place, Ottawa, ON K1Z 5L5 (613)798-1000 www.oihc.ca
Satellite office inside The Ottawa Birth and Wellness Centre - 2260 Walkley Rd. Ottawa

Helping You Achieve Health . . . Naturally!

October 2019



intra-abdominal pressure, pushing the pelvic floor muscles down. When you exhale, the diaphragm goes up, assuming a “C” shape position, decreasing the intra-abdominal pressure, slightly pulling the pelvic floor muscles up.

Putting two and two together, the key is: breathe in and relax; breath out and contract. Using breathing with “Kegels” can be very beneficial to restoring pelvic floor function.

To find out if Kegels are the right for you, book an appointment with one of our Pelvic Floor Physiotherapists. Don’t miss out!

Silvia Saraiva, BSc PT is a co-creator of Femme Flexor, a strengthening “Kegel” tool and will be at the Women’s Show, October 19th and 20th at the EY Centre launching this revolutionary product.

To Kegel or not to Kegel?

*By: Silvia Saraiva, BSc PT
Registered Physiotherapist*

I often get asked how to properly perform a “Kegel”. First things first, I normally don’t like to refer to pelvic floor contractions as “Kegels”. Dr. Arnold Kegel was an American Gynecologist in 1940’s who suggested that women should exercise their pelvic floor muscles after childbirth. He used a tool called periniometer to measure a voluntary pelvic floor contraction.

Why do I dislike the idea of performing “Kegels”? Because a “Kegel” does not

mention breathing at all as it relates to pelvic exercises - and pelvic floor contractions without properly practiced breathing aren’t functional or restorative.

Did you know - there are 4 structures in our pelvis that work together and are part of our deep core: the diaphragm at the top, the pelvic floor at the bottom, the transversus abdominus muscle at the front and the multifidus muscle at the back.

There is a theory in exercise physiology to support the relationship between the breathing muscle (diaphragm) and the pelvic floor called Piston Breathing. When you inhale, the diaphragm flattens, increasing the

Individualized IV Therapy

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

As the school year starts many of us begin to anticipate the start of cold and flu season. Along with temperature and schedule changes, and for many, less sleep, our immune systems can become more susceptible to the microbes we’re exposed to on a day to day basis. Regardless of age, prevention is the best approach. There are some key ways to prevent colds and flus, among the most beneficial being proper hand washing,

*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*

UpComing

Simple Solutions to Eating Better this Fall

Lunch & Learn series
at the OIHC

• *Do you know you need to eat better, but don't want to give up good food?*

Then this is for you: a delicious half hour of cooking demos and nourishing conversation!

On the 3rd Monday of each month, holistic nutritionist Cathy Cochrane will transform the clinic's workshop space into a kitchen, and show you exactly how to prepare fall food that's as delectable as it is simple to make.

October 21st: Cut Carb Cravings

November 18th: How to Avoid the 3pm Slump

December 16th: Healthy Treats for your Holiday Party

Mondays, 12:15 - 12:45 pm

\$15 each OR \$39 for all 3;
includes tea, samples and recipes
(bring your lunch)

Space is limited, so sign up today!

.....

Ottawa Thermography Clinic at the OIHC

October 25th at 9am - 5pm

The mission of Thermography Medical Clinic is to improve health outcomes by providing "The Future of Preventative Healthcare ... Today!".

Please visit www.thermographymedicalclinic.com for more information, or call **519-750-0440** to schedule an appointment.

ensuring adequate vitamin D intake, healthy lifestyle and diet. However, when these aren't possible, or when they're not enough, advanced prevention strategies can be extremely effective at preventing, and treating colds and flus. One of these strategies is the use of Intravenous vitamin and minerals. Using formulas super charged with vitamins, minerals and antioxidants, the goal is to not to jump start the immune system, but also to give you a boost of energy and help you feel your best.

Prevention is ideal, but what do you do when you actually get sick? Immune Booster IVs can be great even when you're symptomatic, but one of the truly wonderful attributes of IV therapy is the ability to customize formulas to you and your specific health concerns. Some of us require the Immune Booster formulas when sick, and others require a different support, such as a Hydrating Immune formula. Either way, these can be targeted to your specific concerns, accelerating recovery and getting back to feeling your best. Key ingredients tend to include Vitamin C, Zinc, B vitamins and Electrolytes, although there are many other nutrients we can use to customize formulas such as amino acids, immune boosting HCL and multi mineral formulas.

Often this is a strategy that I use with patients who have an important deadline or meeting coming up, those who are planning to compete in a strenuous sporting event, patients with upcoming travel plans, or those who simply want an enhanced immune support plan. IV therapy is safe for most people, however, I do recommend you discuss this with your Naturopathic Doctor, or book in for an appointment at the OIHC for an IV consult. This allows us to not only ensure the safety of IV therapy, but also allows for the development of an individualized treatment plan.

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.



Reproductive Reflexology

*By: Paulette Hébert, BPHEd, RCRT
Certified Reflexology Therapist*

Empowering people on their fertility journey

Available in October 2019

Also referred to as Reproflexology; this specialised form of therapy can be used as a stand-alone treatment to enhance your natural fertility or with all forms of assisted conception including IUI, IVF and ICSI. This patient centered approach can also be used to support individuals and couples using surrogacy or donors.

Individuals afflicted by painful or irregular periods, hormonal migraines or menopausal discomforts can benefit from this therapy. Not just for women, Reproflexology can help boost male fertility and increase sperm quality.

Reproductive Reflexologists are specially trained, using structured and doctored treatment protocols, to support people through all phases of their fertility related conditions.

To know more, book an appointment at either locations please call 613-798-1000 or visit the OIHC website www.oihc.ca

*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*