



# Ottawa Integrative Health Centre Inc.

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Satellite office inside The Ottawa Birth and Wellness Centre - 2260 Walkley Rd. Ottawa

## Helping You Achieve Health . . . Naturally!

December 2019

### **Homemade Cough Syrup**

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

This time of year there tend to be a number of different colds and flus floating around. Whether its the cold and damp weather, the holiday parties and delicious food, or burning the candle at both



ends, getting a cold seems to be the norm for many families.

While there are many ways naturopathic medicine can support your immune system to help prevent colds and flus, and to treat the viruses that commonly cause these, there are times when symptom relief is needed. While you rest, hydrate and support your immune system there is an easy cough syrup that you can make with ingredients you likely already have at home. These all have anti-microbial action that is most effective when raw vs cooked, and the honey also acts to softens the taste. To make it more child friendly, you can use a serving of this in a half cup of warm lemon water or tea, although it is most effective when taken on its own:

#### **Ingredients:**

- 2 cloves of garlic, peeled and chopped
- 1 large onion, peeled and chopped
- 1 cup honey
- 1 tsp ginger, chopped

#### **Method:**

- Combine all ingredients in a jar.
- Allow the mixture to steep overnight at room temperature.
- Strain and then cover and store in your refrigerator.
- Use 1 tsp (children over the age of 1) or 1 tbsp (adults) as needed as a cough syrup.

### **Self Care for Busy**

#### **Working Parents**

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

Many of our patients are busy working parents who struggle to find time for themselves. Especially around the holiday season, as the cold and flu season is ramping up, it's important to care for ourselves so we can continue to care for our loved ones and enjoy the season. While there are many ways in which we can boost our immune system and take the time to recharge, we sometimes need to jumpstart our system to allow other changes to be more effective.

IV vitamin and mineral therapy is an excellent tool to provide a boost of energy and to stave off colds and flus. Some

patients use it on a regular basis to maintain energy levels and to prevent colds and flus, others use it only as needed during hectic times of year. IV therapy provides the body with the nutrients we need to not only maintain a healthy immune system, but also to support detoxification pathways and provide the building blocks needed for great energy levels.

What about if already have a cold or flu? What then? Well IV therapy can be used to boost the immune system but can also be individualized to provide higher doses of vitamin C to assist the immune system in fighting off viruses and bacteria that may be wreaking havoc on your system. The benefit of an intravenous route of administration for vitamin C is that it allows for much higher dosages than you'd be able to absorb by taking it as a supplement.

Whether you're looking to support energy levels, manage the stresses of the season, or prevent colds and flus, IV therapy may be an excellent tool. If you'd like to know more feel free to book a complementary 15 min consultation to further discuss how IV therapy might benefit you!

*Give the Gift of Health  
this Holiday Season*



**Gift Certificates Available  
at the OIHC**

*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)*

# UpComing

## Simple Solutions to Eating Better

Lunch & Learn series at the OIHC

### **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.

### **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!

## Taking Care of Yourself

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

I meet so many people in my days who are tired. I also happen to be one of them. "Whoa", I hear you say. "But you're a Naturopath how can you be tired?"

How? Because I am not superwoman. Neither are you, and it is ok to admit that. We are so tired because life is busy, because of work days, because of evening activities, because of homework and housework. We are tired because we forget to take care of ourselves and fill our own cups.

"When the oxygen levels drop in the cabin, put on your oxygen mask first." We know that, yet we are still gasping for air.

*We as women:* Push through so hard, despite being exhausted. We do and we do and we do. Women in business feel it harder sometimes, as there is a feeling of extreme pressure on performance. We don't have that

paid sick day, if we don't move that aching exhausted body, there will be no sale made and no bills paid.

*We as women:* need to remember to take care of ourselves, to refuel, rest when needed and take some of that pressure of "should" off of ourselves.

*We as women:* need to stop judging ourselves and to be more selfish, we need to be more about self love.

*Selfish:* That word selfish has such a negative meaning to it in our culture. I give it different meaning. When I am working with a client who I see wasting away from giving too much, doing too much that they are destroying themselves.

To me, these women are not being selfish enough and it is taking such a toll on them. They are sad, they are tired, they are looking to coffee to pick themselves up and wine to slow themselves down (not a problem a bit ladies, but you know when it feels like too much)

I see them operating as a shell of a person, one that is *functioning* in their life but one that has lost the ability to really be living their life fully. They are often doing it out of love and great intention, but they run the risk of the possibility that they might not be able to be there for those they care about.

I think that selfish can mean "taking care of myself so that I can then be there to serve others"

As a business owner, what happens if you

are unwell? Your business suffers. Your family needs you to be fully present, your business needs you to be fully present.

*How I look to help as a Naturopath:*

- Ensure that my client is eating regularly (and not the leftovers from the kids plate, or drive through every meal every day)

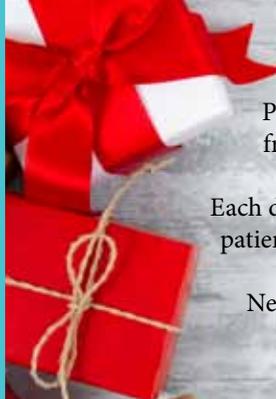
- Measure hormone levels. Often they are depleted and we can boost production with herbs or vitamins, or supplement Bio-identical Hormones if appropriate.

- Improve sleep quality. Relaxation techniques in the day. Herbal remedies that calm nerves. Lower cortisol levels at night if needed.

- Acupuncture. I tell the busy women, that I will "pin them to the table so they can't be doing anything". They laugh, but for some of the busy lawyers, directors, executives and moms, the only time they stop in their week is when they are forced to, as it is perhaps only then that they give themselves permission to.

Give yourself permission to take care of yourself. Give yourself permission to feel better. To have better energy, better mood, better body. You deserve it and you are worth it.

I am here for you throughout December for appointments to help you wrap up 2019 with positivity and good energy, or to have the conversations so that we can be ready to initiate your self care plan moving in to 2020. Feel free to reach out to me to find out how I can help.



## 12 Days of Giving

Patients who bring non-perishable food items to their visit from Dec 9-23 will be entered into a draw for a gift basket.

Each day that we are open from Dec 9-23 we will randomly select one patient with an appointment to receive a small gift of appreciation.

New patients booked between December 1-31 will be entered into a draw for a \$100 OIHC gift certificate to use towards product or services.

*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)*