



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!

February 2020



Ah February! The month of hearts and romance and falling in love!

Even if you prefer to hide under the covers until March, you have to admit, there's something to be said for the modern practice of lighting a fire in your heart, to get you through the last full month of cold and dreary.

Wouldn't it feel great to have a bit more energy and a lot more enthusiasm regardless of your relationship status (or your level of cynicism!)?

Yes, I'm talking about engaging in some self-love! Taking advantage of these last weeks of hibernation - and all the red hearts you see around - to nurture the only relationship that lasts your entire life.

Rekindle that candle in your Heart, so to speak. And yes, that fire needs to be tended. The best part is that even if you doubt it's there, it only takes the slightest attention to get going. **Love as an action.**

What does that look like?



Sure, you can put on a fancy dress and take yourself out for a candlelit dinner, but that may be slightly embarrassing, and honestly, kind of sad in a way.

Besides, we're not talking about a rare occasion here. We're talking about the

Pelvic Physiotherapy & Sexual Health

By: *Susannah Stewart*
Registered Physiotherapist

Do you have concerns regarding decreased arousal, maintaining erection or difficulty with orgasm? For both men and women, pelvic physiotherapy can help!

The muscles of the pelvic floor are key to healthy sexual function. Physiotherapists assess these muscles through internal exam, via the vagina and rectum. When muscles are weak, shortened, uncoordinated or have poor endurance, it can affect our ability to become aroused and to orgasm. Physiotherapists can provide you with a tailored exercise program to reconnect with your pelvic floor and improve your sex life.

Leakage, also known as incontinence, of both bowel and bladder, can affect our sex

lives as well. Pelvic floor muscle retraining can often assist with this. Changes to our eating and drinking habits can also support recovery of continence.

Another concern physiotherapists can assist with is painful penetration. We do internal muscle release via the vagina and/or rectum, as well as recommend tools and teach you how to do this on your own.

Feel free to schedule a consultation with Silvia, Susannah or Victoria to see if this is a good fit for you.

Here's to pelvic and sexual health for all!

How to Fall in Love with Healthy Eating

By: *Cathy Cochrane, NNCP*
Holistic Nutrition

*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

Family Day Activity: The Joy of Eating a Rainbow Monday, Feb. 17th, 2020

One of the simplest ways to show your self some love this February is to reignite your enjoyment of food by trying new things and adding some colour to what can be such a dreary time of year. This Family Day, stop by the OIHC with your kids for a bit of crafts and to see what new taste might spark their imaginations!

This drop-in activity will be open between 11 and 12:30; free

You'll also be able to register for more topics (and food tasting!) in the series, which will run **12:15 - 1 PM, on the 3rd Monday of every month (4th Monday of May): \$15 ea. or \$39 for any 3.**

March 16th: Food for Clear Thoughts
April 20th: Easeful Eating for an Easeful Day
May 25th: Essential Nutrients for Boosting Resilience
June 15th: Food to Help You Recover from Injury

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**Reproductive Reflexology Workshop
Wednesday, Feb. 19th, 2020**
Where: Look Beyond Mastectomy Boutique, Bell's Mews Plaze - 2039 Robertson Road, Ottawa

Save the date for our February workshop on the reasons to consider Reproductive Reflexology following your chemo treatments and cancer related operations with Paulette Hébert, RCRT and Reproductive Reflexologist.

Seating is very limited
Please RSVP to: 613-422-4331 or E: lookbeyondboutique@outlook.com

consistent little things that make it all so worthwhile - relationship-building at its finest.

The simplest way to practice self-love in a concrete, daily way? Self-care. Plain & simple. What better place to start than with something you do already: the food you eat and how you eat it!

For the moment, lay aside what the right number of calories is, or the adequate grams of protein for your workout routine. Let's look at the big picture and how to feed that.

Food holds the **nourishment** your body craves. Notice I didn't say nutrients.

Nourishment is the act of promoting growth, Webster says it's "to sustain". (And who's not looking for more sustainable energy these days?) The word comes from the Latin "to suckle", and the Greek "to flow". In other words, nourishment holds the warmth of a mother's embrace. It allows life to flow back in, even as you give.

You see: change a word in your vocabulary, and the collection of ingredients on your plate transforms alchemically into a source of Love to be taken directly into your body and into your cells.

Changes to your eating habits, that is, to the way you love and care for yourself, can be just as simple.

Here's a list of habits and attitudes to get you started. Ways to show yourself just a little more Love every day.

Like a new exercise routine, some parts will hurt more than others, but if you stay focused on how it makes you feel - energized, easeful, comfortable in your jeans - then it's a piece of (dark chocolate) cake!

Try one new habit a week. Pick whichever one appeals to you the most, and DO it! (Remember, love is the action that stokes that fire!)

1. *Opt for locally grown and raised food;* ideally seasonal produce. Other than reducing your carbon footprint, you're eating food that's energetically better suited to who you are within the environment.

Get a list of the Dirty Dozen & Clean 15 to help discern where best to opt for organic choices.

2. Eat when hungry. *Stop when you've had enough.*

Not sure what that feels like? Slow down so that you notice when you feel your energy lift during the meal. (You can always have any leftovers for lunch or snack later.)

This step is made infinitely easier by doing nothing at mealtime but eat (and maybe converse with people you enjoy). This is time for YOU, remember? The break you claim you never get. The quality time with your family you miss.

3. *Chew your food.* Chew your food. Chew. Your. Food.

This is step one in digestion. It gives the rest of your tract a heads-up, and it prepares the food for all the chemical reactions that release the energy you crave.

4. *If it's not delicious, don't eat it.* If you're cringing as you put it in your mouth, imagine that's exactly what your digestive system and cells are doing all the way down.

Try new choices - or cook the old ones a new way - until you find something that delights your senses and makes you happy to eat.

5. When you eat the same number of calories as your BFF, they cancel each other out.

OK, I'll admit it, my friend & I made this up when we were, like, 14. Not scientifically proven or anything, but I do know that,

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to this day, neither of us has ever had an issue with *sitting down and fully enjoying truly yummy food*. Especially with friends.

6. Eat protein with your breakfast to avoid the mid-morning slump and sweet cravings.

7. Eat a rainbow. As I tell kindergarten students: *Think of how you feel when you see a rainbow. That's how your cells feel when they receive those beautiful colours!*

You can take this one as a challenge. Once you get all the colours in (each day, not necessarily each meal). Advanced step: aim for veggies (or fruit) on half the plate at every meal and snack!

Your relationship to food and eating is the doorway to knowing yourself.

Making conscious choices at mealtime is a delicious way to offer yourself some loving attention and fill your day with a little more joy.

Need someone to hold your hand as you navigate the food choices and eating habits to sustain the person you know you can be? Our holistic nutrition consultant, Cathy Cochrane guides you gently through the steps to easing symptoms while reigniting your energy and love of food. Call to book your Initial Consult today.

“Not Tonight Dear, I Have A . . .

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

. . . headache, and a hot flash, and I feel down, and it hurt last time, and I feel irritable, and I have joint pain, and my muscles ache. I'm kind of cold too. Can you turn up the heat? But not too much or I'll have night sweats.”

This awful sounding paragraph was not spoken by a woman looking for excuses

to get out of having sex. She loves sex, well. . . up until about 3 years ago she did. Then came a steady lessening of her spark. Energy levels decreased, weight gain happened around her abdomen, she kind of lost herself along the way and can't remember how to enjoy the things that she used to.

So what is going on?

This woman is post menopausal and her hormones have been decreasing for the past few years. Talking about all the symptoms in clinic with me, she thought that only the hot flashes had anything to do with her hormones. With not having the understanding that it was indeed internal chemistry at play, she spent most of her time feeling guilty and responsible for not being “better”.

I spent time in our first appointment educating her on how and why hormones operate in the physical body and the mind and emotions. She felt validated, she felt heard, and she no longer felt alone in this. She also for the first time in years, felt hopeful.

If the picture presented of a woman above resonated with, then do reach out. You are not alone, and you do NOT have to

continue to feel this way. I can offer solutions for you to get your spark back and get YOU back.

Dr. Vivienne Guy, ND
ottawabioidenticalhormones.com

**The OIHC is
excited to welcome**

Victoria Goodman & Susannah Stewart
Physiotherapy, Pelvic health specialists

Julia Rose
Reiki and Yoga

Cathy Richards
Registered Dietician



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