

WALLACE INTEGRATED HEALTH CENTRE

NEWSLETTER – SUMMER 2008

New Developments

- Kelly Wallace, N.D., has completed her Level 1 certification for using Mistletoe Therapy in cancer care. This established herbal medicine, which has been used in Europe for many years, can be used alone, or in conjunction with chemotherapy and radiation treatment. Mistletoe therapy is usually used to improve immune function, boost red and white blood cell counts, decrease side effects and increase quality of life.
- On June 7-8th, Kelly Wallace, completed a seminar with Dr. Tori Hudson, N.D., focussing on Women's Health. Kelly is looking forward to incorporating some of this new information into her practice.
- Our annual Open House, held on May 8th, 2008 was extremely successful. Thank you to everyone who attended and helped us to celebrate Naturopathic Medicine Week in style. Special thanks to Mayor Vic Fedeli for attending.
- On June 3rd, Karen Sarlo, Reiki Master, spoke to a group of employees and faculty at Canadore College, about the benefits of energy medicine. Congratulations, Karen on a successful presentation.
- The Near North Palliative Care Network held a workshop focussing on self-care for caregivers on June 5th. Both Kelly Wallace and Karen Sarlo were asked to present to the group of approximately 60 nurses, personal support workers and managers from across the region.

Upcoming Events

- We will be holding a second session of the course titled "**8 Weeks to Healthy Breasts,**" led by Certified Healthy Breast Teacher Bianca Church. This course was designed by a Naturopathic Doctor in Owen Sound, Dr. Sat Dharam Kaur, and teaches women about risk factors, prevention strategies and how to maintain good breast health. It is appropriate for breast cancer survivors and anyone who wants to prevent breast cancer. This course will start June 19th, and run every Thursday night for 8 weeks. For more information, call 474-2727.

Articles

The following article was printed in the Summer 2008 issue of Alive & Fit magazine, which is available at Health Food Stores and Health Clinics throughout Northern Ontario.

Tired of being tired?

Coping with fatigue during pregnancy

Kelly Wallace, N.D.

Difficulty getting out of bed, falling asleep at while driving, struggling to make it though the workday... for many women these symptoms are the first indication that they are pregnant. Fatigue in the first trimester is probably even more common than nausea or morning sickness. While it is normal to experience a certain amount of fatigue during the early stages of a pregnancy, it can be difficult to deal with, especially for working women, or moms with young children at home.

Aside from the obvious fact that your body is working very hard to support an extra life, there are other factors that may contribute to fatigue in the first trimester. During the early stages of pregnancy, certain hormone levels rise dramatically, including oestrogen and progesterone. Progesterone in particular can increase feelings of tiredness. Your nutritional needs increase very early in pregnancy and specific vitamins such as B-vitamins and folic acid are needed in higher quantities during pregnancy. Deficiencies of these vitamins can contribute to fatigue. The body is also increasing its' blood volume, in order to circulate more blood and nutrition to the placenta and growing foetus. Women who have low iron stores may become anaemic at this time. Many women experience more ups and downs in their blood sugar early in pregnancy, which often contributes to nausea, and can also cause fatigue.

If you are experiencing fatigue during your first trimester of pregnancy, it is important to remember that this is a normal part of the process of preparing your body to bring a baby into the world. This is a great time to take extra care of yourself. Make sure that you are eating a well-balanced diet which includes whole grains and complex carbohydrates, protein and healthy fats. Carbohydrates are the body's first choice for energy production and getting them in the form of whole grains, legumes and starchy vegetables like squash and yams, ensures a slow and steady release of energy. Protein foods like meats, eggs, nuts and seeds help to stabilize blood sugar levels, avoiding those low points which will leave you feeling zapped of energy. Healthy fats such as fish, olive and flax oil, avocados, nuts and seeds also provide energy and help your brain to stay alert.

Because your blood volume increases during pregnancy, you need adequate iron to transport oxygen and nutrition throughout your body and to the foetus. Before adding large amounts of iron in the form of supplements, you should see your healthcare practitioner, to assess your iron stores. However, even if you are not anaemic it may be helpful to eat foods that contain iron. Some of these foods include organic meats, fish, molasses, eggs, legumes, some whole grains and green veggies. You also need plenty of fluids, in the form of water, herbal teas and some juices, in order to build more blood. However, try to get your fluids during the day, so that your sleep is not disturbed by the need to urinate frequently.

The timing of your meals can also make a difference in your energy levels. Eat small meals and snacks often, every 2-3 hours, to keep your blood sugar levels stable. If mornings are particularly difficult for you, keep a small handful of raw nuts and dried fruit by your bed, to eat first thing in the morning. The carbohydrates in the fruit will give you a quick boost of energy and the protein and fat in the nuts will give you a little staying power until you can make some breakfast.

In addition to eating well, most pregnant women can benefit from a good quality multi-vitamin and mineral, which will ensure adequate B-vitamins, calcium, folic acid and other nutrients. Due to the increased nutritional needs during pregnancy and the low quality of the standard North American diet, it can be difficult to get all your nutrition through food alone. A multivitamin provides a little extra insurance that you are getting everything you need.

Aside from nutrition, there are other important strategies for alleviating fatigue during pregnancy. Moderate daily exercise (like walking, yoga, swimming...) is fantastic for boosting energy, and can also help reduce the risk of complications during the later stages of pregnancy, labour and delivery.

Other strategies include going to bed a little earlier than usual, scheduling a nap or a break in the middle of your day and getting someone to help you with the housework or the kids. You may find that your priorities need to change while you are pregnant. It is more important for you and your baby to be healthy than for all the housework and chores to be done every day. So be good to yourself and remember that you are doing your very best to bring this new life into the world!