

# Wallace Integrated Health Centre

## Newsletter – Summer 2009

### New Developments

- Our website is getting an update! Check out [www.wallacehealth.com](http://www.wallacehealth.com) in the next few weeks to see more info about our practitioners and services offered.
- Kelly Wallace, N.D. is now offering treatments based on the best-selling book, “The Hormone Diet,” by Dr. Natasha Turner, N.D. This concept specifically targets hormonal imbalances in men and women and can be very effective for lasting weight loss, and relief of symptoms associated with thyroid disorders, prostate problems, menopausal symptoms, infertility, fatigue and much more. Check out [www.thehormonediet.com](http://www.thehormonediet.com) for more information.
- Lise Verville, C.S.T. is now a registered member of the Natural Health Practitioners of Canada Association and a Certified Natural Health Practitioner (CNHP) registered with the Canadian Examining Board of Health Care Practitioners Inc. (CEBHCP). The CEBHCP is an educational institution certified through the Minister of Human Resources that sets professional and measurable working standards for the field of complementary health care. This certification provides important quality control in professions that are not yet regulated by the Ontario government (both Naturopathic Doctors and Registered Massage Therapists are regulated by the Ontario Minister of Health).

### Upcoming Events

- Kelly Wallace, N.D. will be holding another information session for the “Healthy & Active” program on Monday, July 6<sup>th</sup>, at 7:00 p.m. Please call ahead (474-2727) to register for this session, as seating is limited. See below for more information about “Healthy & Active.”

## Articles

### Healthy & Active, the Metabolism Program

Have you tried many diets and can't seem to lose the weight you want? Are you frustrated and overwhelmed by all the information out there? Do you eat a healthy diet, exercise and still carry extra pounds? Are you diabetic, or at risk for cardiovascular disease? Do you suffer from fatigue, poor sleep and unexplained symptoms?

If you answered yes to any of these questions, then "Healthy & Active" may be the answer that you are looking for. This revolutionary nutritional program, developed in Germany and now being used all over the world, takes healthy eating one step further.

Using extensive blood work and information about your health history and current health status, this program designs a plan specifically for you. It includes only the foods that optimize **your** metabolism, so it helps to overcome all the roadblocks that may have hindered you before. Even better, it is solely food based, with no pills, shakes or concoctions that you need to take, only real food, 3 meals a day. The premise behind this program is that eating the wrong foods slows down your metabolism, making it sluggish, and leading to all of the conditions that we hear so much about in the news (cardiovascular disease, metabolic syndrome, diabetes, hypertension...) Our metabolisms still work the same way that our ancestors' did, back when humans were still hunters and gatherers. I think everyone can agree that our diets have changed dramatically from those days. The truth is our metabolisms haven't kept up.

For many years now, we have been told to eat low fat foods, in order to lose weight and stay healthy. New research from Harvard University, among other places, is showing us that this is not the best approach. It is not only fat that causes weight gain; it is a combination of the wrong fats, too many carbohydrates, the wrong carbohydrates and inactivity.

I have been using this program with clients for several months now and I am already very impressed with the results. I am seeing blood sugar and insulin levels normalize, people are able to decrease diabetes medications, cholesterol and blood pressure levels coming down, energy levels going up, body fat disappearing and muscle being built. While Healthy & Active is a fantastic weight loss tool, it is useful for much more than just weight loss. I am seeing improvements in thyroid function, menopausal symptoms, allergies and many more conditions when people start this program.

So if you have been thinking about taking charge of your health, consider the Healthy & Active program. You are worth it.