



NEWSLETTER – FALL 2011

This Month's Theme

With the new school year upon us, and flu season fast approaching, we'll focus this newsletter on colds and flus.

New Developments

- Lise Lacharity, CST, will also be leaving us at the end of September to practice in a different location. All the best, Lise!
- As a result of Lise's departure, we have some space available for rent in the treatment room, and are looking for a super and enthusiastic natural health practitioner to add to our team. Please call 705-474-2727 for more information.
- Registered massage therapist, Yasmin Gergi is settled in to the WIHC and is accepting new clients. Yasmin does therapeutic, relaxation, pregnancy and sport massage. Fall is a great time to make an appointment, and gift certificates are available for the upcoming holiday season!
- Don't forget to "Like" us on Facebook, to hear about what's new at the WIHC!

Upcoming Events

- The annual Naturopathic Flu Clinic is coming up! This year's dates are: Thursday, September 29th and Wednesday, October 5th in North Bay, and Tuesday, October 4th in Sturgeon Falls. Call and book your appointment today! 705-474-2727 to book in North Bay, and 705-753-9463 to book in Sturgeon Falls.
- We will be holding another **healthy & active** information session on Monday, October 3rd, at 7:00 p.m. at the WIHC. Healthy & Active is a unique program designed to facilitate weight loss, boost metabolism, balance blood sugar, lower cholesterol and blood pressure, correct hormonal imbalances and increase energy and well-being. This program is ideal for diabetics, those who need to lose weight, and anyone who just wants to be their best! It is based on an extensive blood analysis and personal health history, and provides an individualized food list and menu plan for YOU. Call 705-474-2727 to reserve your seat.
- North Bay's first ever Golden Ages Fair is happening at the Best Western on Saturday, October 1st, from 10-4. There will be speakers, booths and lots of information regarding services available for seniors in this area. The WIHC will have an information booth present. Stop by and say "Hi!"

Admission is free and there will be lots to see. Check out www.creativecelebrations.ca/golden-ages-fair.html for more information and a list of exhibitors and speakers.

- We are planning another group detox at the WIHC. This will be a 3 week cleanse, using Dr. Carol Morley, N.D.'s detox plan, as outlined in "Delicious Detox." It is basically a very healthy and clean diet and is great both for beginners and experienced cleansers. We have copies of the cook book available at the WIHC, and you can follow our Facebook page as the detox progresses. The tentative start date is set for September 26th, so let us know if you want to participate.

Articles

What's the difference between a cold and the flu?

By Kelly Wallace, N.D.

This is a question that I hear a lot through the fall, along with the statement "I got my flu shot, but I still got sick." The problem is that we have gotten all mixed up with our vocabulary, and don't really understand the difference between colds and flus anymore. I'm going to try to sort this out for you, and explain what a flu shot does and doesn't do. A flu shot, like almost anything in the world, has pros and cons. For a more information about the flu shot and the risks and benefits, make an appointment for our Naturopathic Flu Clinic, where we discuss the options and offer a homeopathic immune booster.

When we talk about colds and flus, there are really 3 conditions that people often confuse:

The Common Cold – caused by a variety of viruses and passed very easily from person to person. Most common symptoms are: runny nose, congestion, sneezing, coughing, fatigue and possibly a headache or low fever. Symptoms usually last a few days to a week, but may linger in those with poor immune function. Our Naturopathic "Flu Clinic" will help to protect against many of these viruses by boosting immune function. The regular flu shot does not protect you against colds.

Gastroenteritis or "The Stomach Flu" – not actually related to "The Flu" at all, a gastro bug is a different beast altogether. Common symptoms include nausea, vomiting, abdominal cramping and diarrhea. Symptoms usually last several hours, up to a day or two and are caused by a variety of viruses (i.e. Norwalk), or food borne pathogens, usually bacteria. Our Naturopathic "Flu Clinic" may help to protect against these viruses by boosting immune function, but it is not the main action of the remedy. The regular flu shot does not protect you against gastro bugs.

Influenza or "The True Flu" – a viral infection, caused by various strains of the Influenza virus. Usually more severe than a common cold, many of the symptoms are similar (coughing, sneezing, congestion...) but also commonly include a fever, body aches, chills, headaches and lung/chest congestion. The

danger of influenza is that it may pave the way for pneumonia. It can be quite dangerous to those who have poor immune systems, the elderly or very young. Every year vaccine makers pick 3 strains of the Influenza virus to include in the annual flu shot. They make this choice based on which strains they think are the most likely to circulate that year. The flu shot will ONLY protect against these three strains of Influenza, NOT against colds, NOT against gastro bugs and NOT against any Influenza strains that are not in the shot. Our Naturopathic “Flu Clinic” will also help to protect against all Influenza viruses by boosting immune function.

Health Tip

When it comes to colds, flus and gastro bugs, the best tip that I can give you is the one you hear everywhere – wash your hands! Most of these viruses transmit easily from person to person, so good hand-washing is key. Also general care of your immune system, with healthy eating, exercise, fresh air and sunshine, adequate sleep and stress management are very important.