

LIVE WELL. NATURALLY.

DR. LISA KEEN, ND



TREATMENT SPOTLIGHT

BOWEN THERAPY

Bowen Therapy is a dynamic system of muscle and connective tissue therapy developed over 40 years ago in Australia. Its small but precise movements over muscles, tendons, ligaments or nerves deliver signals to the nervous system, stimulating the body to reset the autonomic nervous system and heal itself. By using the body's own innate healing mechanisms, Bowen Therapy holistically deals with acute and chronic conditions. Some of the physiological responses the body may experience include normalization of inflammatory processes and the healing of injured or degenerated tissue.

Bowen Therapy works well in both acute and chronic conditions.

Some conditions that respond well to Bowen Therapy include:

- **Musculoskeletal Pain** – frozen shoulder, shoulder pain, tennis elbow, carpal tunnel syndrome, arthritic pain, sports injuries, back pain, sciatica, headaches, migraines, plantar fasciitis, shin splints, fibromyalgia, foot and ankle problems, hernias, knee and hip restrictions, repetitive strain injuries, herniated disc injuries, temporomandibular joint (TMJ) syndrome, scoliosis
- **Respiratory Problems** – hay fever, asthma, sinusitis
- **Digestive Disorders** – constipation, colic, IBS, indigestion, bowel problems
- **Gynecological Problems** – infertility, mastitis, pre-menstrual syndrome, breast lumps, menstrual irregularities
- **Other Problems** – chronic fatigue, chest pain, tinnitus, bed wetting in children, balance problems

Ask your naturopathic doctor if Bowen Therapy is right for you.

'TIS THE SEASON FOR COLDS AND FLU

It's that time of the year when the air is getting crisper, leaves are changing color and our immune systems start kicking into high gear. The immune system is our primary defence mechanism against disease and a wide variety of bacterial, viral and fungal infections. We come into contact with these pathogenic invaders constantly by simply breathing, eating and the activities of daily living.

There are many factors that challenge the strength of our immune system, including intake of sugar and other concentrated carbohydrates, food intolerances, obesity, heavy metals, drugs, chronic antibiotic use, inadequate rest, excessive exercise, stress, nutritional deficiencies, excess alcohol consumption and frequent exposure to infectious agents. Having a healthy lifestyle plan can help unburden the body of toxicity and boost the immune system naturally.

A Few Immune Boosting Tips:

Frequent hand washing with regular soap and water. This is especially important when returning home from public places to avoid spreading infection.

Maintain an optimal diet with little sugar, plenty of fruits and vegetables, whole grains and adequate protein.

Exercise regularly to improve your metabolism and immunity. Exercise also helps to move lymph fluid and white blood cells through the body. If a cold or flu does strike, regular walks can cut sick time in half.

Reduce the amount of stress in your life by taking time out for yourself. Having support and love in your life can also help reduce susceptibility to illness.

Get adequate rest by striving for at least 8 hours of sleep a night. Every hour of sleep before midnight can be counted as double the amount of rest. Sleep is the time for healing in your body.

Flu Prevention Kits are available at Synergea Family Health Centre for patients of the centre only. They are available for both adults and children, strategically compiled by our team of naturopathic doctors.

EATING WITH THE SEASONS

Increase the amount of garlic, onions and leeks you cook with during the fall months. All are members of the Allium family, which are known for their sulphur-containing phytonutrients that help support the immune system. One of these compounds is allicin, a powerful antibacterial and antiviral agent. It works synergistically with vitamin C to help kill harmful pathological microbes.

A common staple in Asian diets, shiitake mushrooms are well known for their powerful ability to fight infection and disease. They contain a unique polysaccharide that helps power up the immune system and support optimal function.

Try this immune-boosting side dish

Sautéed Shiitake Mushrooms with Onions

- 1 lb shiitake mushrooms, tough stems removed
- 1 small sliced onion
- 3 tablespoons low-sodium organic chicken or vegetable broth

- 2 tablespoons extra virgin olive oil
- 2 medium cloves garlic

Sea salt and pepper to taste



1. Chop garlic and let it sit for at least 5 minutes.
2. Clean mushrooms, cut off stem and slice into desired thickness.
3. Slice onions into desired thickness.
4. Heat 3 tablespoons broth in a stainless steel skillet over medium heat until it begins to steam.
5. Add shiitake mushrooms and sliced onions, sauté covered for 4 minutes. They will begin to release liquid after 2 minutes. After 4 minutes, reduce the heat to low, and continue to cook uncovered for 3 more minutes stirring constantly.
6. Transfer to a bowl. For more flavour, toss shiitake mushrooms with the remaining ingredients while they are still hot.
7. For a spicy kick, add grated fresh ginger and red pepper flakes.

TRICK OR TREAT

Halloween is just around the corner, and that means a whole lot of candy is in the future for all the little ones out there. Of course we know that excess sugar in the diet causes tooth decay, but what are the other effects on the body?

One of the biggest issues is that a high consumption of sugar, also known as simple carbohydrates, leads to a poorly functioning immune system, the system needed to fight off all the pathogenic invaders we encounter every day. Within 30 minutes of eating sugar, the body experiences a decrease in number of phagocytes, a crucial type of white blood cell needed for an optimally functioning immune system. Their key role is engulfing microorganisms or other cells and foreign particles. This decline may last up to five hours, with a 50% reduction in phagocytes approximately two hours after ingestion.

Not only do sweets depress the immune system, but they also promote an overgrowth of unwanted organisms in the intestinal tract, such as yeast and parasites. As part of a healthy prevention plan, limit your intake (and your kids' intake) and to once weekly as a treat. Try using fruit, stevia, small amounts of maple syrup and honey or frozen fruit desserts as alternatives.

Dr. Lisa Keen, ND, is now welcoming new patients into her Calgary naturopathic practice.

From preventative medicine to cutting-edge therapies, Dr. Keen customizes treatment plans that respect the individual, stimulate the body's natural healing mechanisms and promote lifelong wellness.

Put your whole health first.

Sign up to continue receiving this free seasonal newsletter at www.dr-lisa-keen.com



DR. LISA KEEN, ND

FOR APPOINTMENTS CALL

403.247.2947

SYNERGEA FAMILY HEALTH CENTRE 9 ARBOUR LAKE DRIVE NW, CALGARY, AB

NOW WELCOMING
NEW PATIENTS

CONTACT
US TODAY

HOURS: MON - FRI 8:30 AM - 7:00 PM

SATURDAY 9:00 AM - 4:00 PM

CLOSED SUNDAY