

LIVE WELL. NATURALLY.

DR. LISA KEEN, ND



A MESSAGE FROM THE DOCTOR

Grow Your Own Garden of Health

The naturopathic process of health and wellness is much like growing a garden. You are the seed that requires the optimal conditions to be grounded, rooted and to flourish into a beautiful flower or tree. Like growing a garden, this takes time and is a continuous process of discovering what supports and builds the system and what may challenge and hinder growth.

Working together with your naturopathic doctor is one of the most important relationships you can have to help grow your own garden of health. In the beginning it may seem like an overwhelming amount of information, but follow-up appointments are a crucial part of your growth – a time to ask questions and rake through obstacles that are standing in way of healing.

Take a moment to reflect on how you imagine your own garden and where you are in the process. Spring is a time of new beginnings, so take this opportunity to grow and nourish your own garden of health. Book a springtime appointment to learn how I can help you grow.

Have a happy, healthy spring!

-DR. LISA

TREATMENT SPOTLIGHT – MORA THERAPY

MORA Therapy is a state-of-the-art treatment that works with the micro-electromagnetic information in a patient's body – a technique based on the principles of bio-resonance.

All substances, both living and non-living, emit electromagnetic frequencies based on the number of atoms they contain and their rotational speed. The biomechanical processes of humans and animals are controlled by the "information" carried by the electromagnetic oscillations unique to each individual.

Patients are treated exclusively with her or his own specific oscillations. The whole body is built up, strengthened and harmonized during MORA Therapy sessions. MORA Therapy is a painless, non-invasive treatment with no undesirable side effects and is suitable for all ages, from infants to the elderly, and is particularly useful for desensitizing individuals to foods, chemicals, environmental toxins including pollens and inhalants, phenolics and other substances that stress the body.

To learn if MORA Therapy is right for you, book a consultation with Dr. Lisa today.

SPRING FEVER'S IN THE AIR – OR IS IT HAY FEVER?

With the arrival of spring comes the release of pollen from various plants such as trees, weeds and grasses. Mould spores are also in the air and can be responsible for starting a chain reaction in your immune system.

Typical symptoms of springtime allergies include sneezing and coughing, with watery eyes and swollen sinuses, breathing congestion, flushed cheeks, dark circles under the eyes, headaches, fatigue and possibly an itchy skin rash.



Our immune system helps defend our body against foreign invaders including pollen and mould. Upon exposure to this invader, or allergen, the immune system produces antibodies, which travel to certain cells and cause histamine and other chemicals to be released, resulting in an allergic reaction.

Through MORA Therapy, Dr. Lisa can help uncover the underlying causes of your allergic picture to help permanently eliminate most allergy symptoms. The right treatment protocol can mean the difference between suffering with seasonal allergies and enjoying outdoor activities to the fullest.

Call today for an appointment.

SEASONAL ALLERGY QUICK FACTS

- Seasonal symptoms in early spring are often caused by tree pollen.
- Seasonal symptoms during the late spring and early summer are often caused by grasses.
- Seasonal symptoms in the late summer and fall are typically caused by weeds.
- Colourful flowers typically don't cause allergic symptoms as they rely on insects to transport the pollen for fertilization, not the wind.
- Allergic symptoms are often less severe on rainy, cloudy or windless days.

TAKE LIVER HEALTH TO HEART

Spring is the time to care for your liver and gallbladder, which govern the muscles, joints, tendons and ligaments in the body. Our liver stores blood when our bodies are at rest, and the liver is one of our main detoxification organs for protect us from outside chemicals as well as internally generated toxins.

Anger is often associated with liver stagnation, the liver's inability to move energy and blood. This stagnation can also lead to pain, weakness and stiffness in the tendons, muscles, and joints since the liver blood helps to nourish these areas of our body. The health of the liver is also seen in the eyes and nails. Ridged, soft or brittle nails, blurred vision, bloodshot eyes or yellow sclera are a reflection of the health of the liver.

Help support your liver by eating the following foods:
Cabbage, sauerkraut, cauliflower, Brussels sprouts, broccoli, broccoli sprouts, other sprouts, kale, dandelion, salad greens, beets, red peppers, carrots, onions, garlic, soy, sunflower seeds, pumpkin seeds, sesame seeds, almonds, Spirulina, whole grains, flaxseed oil, fish oil, olive oil, apples, other juicy fruits, lemon juice, grapefruit juice and turmeric power.

Foods that stress your liver and cause stagnation should be avoided:
Red meat, cream, cheese, eggs, butter, rich nuts, lard, margarine, most oils (except fish, flaxseed and olive oil) and alcohol.

TRY THIS LIVER-FRIENDLY RECIPE:

Sesame Tahini Sauce

- 2 tbsp sesame tahini
- 1 tbsp fresh lemon juice
- 3 tbsp water
- 1 minced garlic clove
- Sea salt and cayenne pepper to taste

Mix all ingredients in a small bowl until smooth. Serves two.

How to enjoy Sesame Tahini Sauce:

- Drizzle over lightly steamed broccoli or Brussels sprouts and sprinkle with sesame seeds.
- Use as a dressing for a mixed salad including organic dandelion, salad greens and raw grated beets. Sprinkle the salad with sunflower seeds, pumpkin seeds and sesame seeds.

www.drlisakeen.com

livewell@drlisakeen.com



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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 8:00 AM - 7:00 PM
SATURDAY 9:00 AM - 4:00 PM
CLOSED SUNDAY