

LIVE WELL. NATURALLY.

DR. LISA KEEN, ND

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.

Call 403.247.2947 for an appointment or visit www.drllisakeen.com



A MESSAGE FROM THE DOCTOR.

WARM SUMMER GREETINGS!

I am excited to announce the opening of my Calgary practice as part of Synergea Family Health Centre in the northwest community of Arbour Lake. I am actively welcoming new patients, and I look forward to providing you with a full range of naturopathic options for whole-body wellness. Before returning to my hometown of Calgary, I had the honour of practicing in the Okanagan alongside Dr. Craig Wagstaff, a leading naturopathic doctor and renowned lecturer. While leaving my spectacular Okanagan surroundings was a difficult decision, I knew the chance to work with Synergea's network of highly skilled holistic specialists was an incredible opportunity. Calgary has always been my home, and it was the right time to return.

And so, it is with great pleasure that I announce the official opening of my practice. Appointments are now being accepted.

Please call Synergea Family Health Centre at 403.247.2947

or visit www.drllisakeen.com to learn more.

I encourage everyone to strive for optimal whole-body health through the wonders of naturopathy, and I look forward to welcoming you into my practice.

Naturally,

WHAT IS NATUROPATHIC MEDICINE?

Naturopathic medicine is an integrated primary health care system that combines scientific knowledge with natural and traditional medicine. Based on a philosophy that embraces the healing power of nature, naturopathic medicine supports and stimulates the body's ability to heal itself through the art and science of disease diagnosis, treatment and prevention using natural therapies. Naturopathic medicine focuses on treating and healing the entire person, not simply curing the symptoms of disease.



Naturopathic doctors undergo training similar to that of conventional medical doctors. They also receive additional diagnostic and therapeutic training in naturopathic disciplines, including clinical nutrition, botanical medicine, traditional Chinese medicine and acupuncture, homeopathic medicine, hydrotherapy, naturopathic manipulation and lifestyle counseling. Naturopathic doctors typically have at least eight years of post-secondary education and must meet rigorous national examination and licensing requirements.

Learn about a full array of naturopathic diagnosis methods and treatments at www.drllisakeen.com

TAME YOUR ALLERGIES. NOW.

When was the last time you felt energized and completely healthy? If you or your children suffer from common ailments such as eczema, mood swings, asthma, chronic coughing, hayfever, sinusitis, ear infection, acne, food cravings, behavioural problems or fatigue, it is possible that food or environmental sensitivities may be the culprit.

Dr. Keen now offers a cutting-edge allergy screening test that is non-invasive, gives instant results and has the capability to start treatment protocols immediately. Foods, chemicals, environmental allergens, fungi, bacteria, and parasites are tested against your body's chemistry. Heavy metal burden, vitamin and mineral deficiencies can also be identified.

It should be noted that this method of testing is for sensitivities only – it does NOT test for anaphylactic allergies. Once the results are compiled, a process called de-sensitisation begins to reduce the number of allergens affecting the body, unburden the immune system and improve your overall health and wellness.

For more information about this test/treatment and to book your appointment with Dr. Keen, please call 403.247.2947 or visit www.drllisakeen.com

ARE YOU A MOSQUITO MAGNET?

If you find that you seem to get more mosquito bites than your buddies while enjoying a summer cookout, your biochemistry could be to blame. High levels of cholesterol or an over-production of uric acid can make you tantalizing to the little biters. Talk to your naturopath about strategies to normalize these levels.

Complete avoidance may be a moot point, however, if you are in an area of swarming mosquitoes willing to do anything for a meal. A few natural ways to avoid getting a maddeningly itchy bite include:

- eliminate any sources of standing water around your house or campsite
- avoid being outside at dawn and dusk when mosquitoes are most active
- cover as much of your exposed skin as possible
- avoid wearing fragrances or scented lotions
- use citronella candles when staying in the same spot for a period of time
- use a natural mosquito repellent such as this homemade recipe: in a spray bottle, combine 1/3 c. organic apple cider vinegar, 1/3 of a c. witch hazel (available at most natural food stores) and 5 drops of essential oil of citronella

If you happen to get bit, there are many natural ways of dealing with the aftermath using specific homeopathic remedies, botanical medicine, nutritional prevention and things as simple as ice to reduce the itchiness. For a complete range of treatment options, talk to your naturopath.

EAT WITH THE SEASONS.

Seasonal foods have a profound cyclical effect on human growth and well-being. Eating with the seasons is also a great way to live in harmony with your natural environment. Summer brings the longest days for thriving on the sun's light and energy – as do maturing gardens, which offer fresh produce on a daily basis. With this sunny season, our palates prefer watery foods such as apples, watermelon, leafy green salads, sprouts, fresh fruit, cucumbers, lemons and limes. Spicy foods – including cayenne, hot peppers, fresh ginger, horseradish and black pepper – are also great to eat during the summer months as they bring excess body heat to the surface to be released.

Simple summer sipper

5-Minute Watermelon Frappe

4 c. cold watermelon pieces

8 fresh mint leaves

1. Turn your blender on at medium speed and drop pieces of watermelon through the feed hole one at a time until they are well integrated.
2. Add the mint and continue to blend for 1 minute or until the watermelon has liquefied.
3. Chill, strain into glasses, garnish with a spring of mint and enjoy.

Hint: Selecting juicy, red watermelon will make the drink more flavourful. This is best served icy cold. Serve in chilled glasses to make a special presentation. Serves 2.

HEALTH BENEFITS OF WATERMELON

- Promotes heart health due to the presence of a powerful antioxidant called lycopene.
- Excellent source of vitamin C as well as a very good source of vitamin A. When in combination together, they have been shown to reduce the risk of heart disease.
- Good source of magnesium and potassium, two minerals known to help balance blood pressure

Eating (and sipping) with the seasons is as simple as visiting your local farmers' markets and natural food stores. Bon appétit!

Sign up to continue receiving this free seasonal newsletter at www.drllisakeen.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 8:30 AM - 7:00 PM,
SATURDAY 9:00 AM - 4:00 PM
CLOSED SUNDAY