



SPRING NEWSLETTER

A Note From Dr. Liz...

Spring Is the Time For the Liver and Gallbladder. But Is Your Colon Working?

Spring is the time to bring out lots of salads and bitters and sour foods to stimulate the liver to naturally flush. If you have gas or bloating after meals chances are your ability to digest food has been diminished. Naturopathic Doctors can help to boost your digestive ability.

But wait! Before you begin to cleanse your liver, do you have 2 really good bowel movements a day, the type that fills your toilet? If not then you will just recirculate those liver flush products down into the colon and they will get reabsorbed through the portal vein, if your bowels are not moving on a twice daily basis.

As far as reliable cleansers go bran will not cut it and Metamucil with all those

additives can be counterproductive. So why is your colon slow or not removing waste properly? Perhaps it's your diet, perhaps there is inflammation in the system or perhaps you have problems the other way (i.e. loose bowel movements and/or diarrhea).

See a Naturopathic Doctor to get your bowel and your liver working optimally and to give your kidneys a break. The body can repair itself if it is given good quality food, air, sleep, and is regularly de-stressed.

Scripted by: Elizabeth Storjohann BSc, ND

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Some great ways to cleanse naturally are through: garden sorrel, rhubarb, dandelion, arugula, endive & raddichio.

Best place to get these veggies: Your own garden!

Above: garden sorrel—it's a perennial & great in soups!

IOAMT School? Not Just For Dentists!

Visit the IAOMT International Academy of Oral Medicine and Toxicology

The 10 hour drive to Galloway, New Jersey in March proved to be quit eye opening!

The panel of speakers were very good. From settling down the primitive reflex in Tourette's Syndrome by the repair of a proper occlusal – (how the mouth closes and relaxes the jaw bones) to the link between vaccinations and autism, ADHD, Autistic spectrum disorders , and

much more (measles vaccine to the bowel disease).

There is an unlimited amount of research to show how the "common" vaccinations can seriously and permanently harm our children. In the past 10 years alone 1 in 4 recipients have developed Autistic Spectrum Disorder . Every year many more vaccines are given to our children. Dr. Neubrandner, MD treats thousands of children with Autism by reversing the damage the vaccines have done through these presentations:

The role of Vitamin D in disease and how it can predispose us to periodontal disease and much more.

The medical/dental etiology of Cardiac Disease and Diabetes from the periodontal perspective.


Overall, it was an eye-opening experience and very well presented. I think if more professionals would learn about what mercury and vaccinations do to our health we would be more careful before using them.

Scripted by: Elizabeth Storjohann BSc, ND

Pesticides: Killing More Than Bugs?!

We have all heard the commercials on TV explaining the dangers of being raised around lead paint and what permanent damages it has caused to children and adults alike but have you ever wondered what else besides the paint might be doing damage? Just because you have stripped the walls in the house and re-painted them with an enviro-friendly colour, doesn't necessarily mean that your house is free of other toxins like Chlorinated Pesticides.

Most Chlorinated Pesticides have been out of commission since the 1970's-1980's but there is still the odd one being used. However, in places where these toxins have been used before there is still a threat to your health. One of the scariest characteristics of this class of chemicals is that it is bioaccumulative (meaning that it builds up in the body over an extended period of


“ [...] the scariest characteristic [...] is that it is biaccumulative [...] it builds up over an extended period of time...”

time) and can also be passed from mother to child. The Centre for Disease Control and Prevention in the USA has put out some guidelines for some but not all of the compounds, so finding the presence is easy but determining whether or not the amount in your system is hazardous is the tricky part. The CDC is actively completing studies all the time to try and find at what percentages these toxins are a health risk. They have put out a national report of “normal ranges” measured in total parts per billion (ppb) in blood samples and also percentages found in fatty tissue. The amount found in a person's blood is what has leaked out of the fatty tissue and is circulating throughout the body. The amount found in the fatty tissue is what has built up over time due to bioaccumulation. In some cases, increased sweating due to stress, exercise, saunas, or weight loss can cause levels in the blood to be higher because you sweat from your fatty tissue which releases stored toxins. However, a higher blood count can also be from recent exposure. Doctors can measure the amount of toxins in your system so that you may accurately monitor them during a cleansing of the body. They measure the amount of fatty cells in your blood and then calculate an appropriate amount of the chemical allowed based on your individual number.

When being classified Chlorinated Pesticides would fall under the Insecticides category. They cause a neurotoxic action affecting ion flow and axonal transmission as well as overstimulation of the nerves and uncontrollable neuronal discharge. Symptoms of poisoning may include: headache, nausea, vomiting, hyperesthesia, irritability, confusion, convulsions, respiratory depression, cardiac arrhythmias, aplastic anemia, and porphyria cutanea tarda. They begin to come on slowly and can affect several body systems. These would be very rare in the present time because use of these products has been banned since the 1980's but can still affect your health because of their bioaccumulative nature.

Here is a list of some of the most common Chlorinated Pesticides: HCB, HCE, Oxychlorodane, Trans-Nonachlor, DDE, DDT, Dieldrin, and Mirex. For more information on the affects of the above pesticides please see our website www.woodsidedclinic.com for a complete list. Or talk to your Naturopathic Doctor about receiving more information.

Scripted by: Katelyn Seitz

Woodside Clinic's Newest Member!

My name is Samantha Cope, and I am a Registered Massage Therapist. I graduated in the summer and became registered in the fall of 2008. I have been working as an RMT in Norfolk County for a year and a half. Since working in this field I have gained a lot of experience especially with those dealing with Chronic Conditions such as; Fibromyalgia, Myofascial Pain Syndrome and Sciatica. As

well as Acute Conditions such as; Sprains, Strains, Sports Injuries and on-going treatments including Stress and Pain Management, Chronic Headaches, Muscle Balancing, and Scoliosis. I have also received specific training in many specialized treatments such as Myofascial Release, Pregnancy and Infant Massage, and Manual Lymphatic Drainage. All of which I am working toward full

certification in. The most rewarding part of my profession is seeing clients improve the quality of their life and regaining functionality. Feel free to come in and see me. I am always interested in seeing and helping new clients. You can also reach me at rmt@woodsidedclinic.com for any questions.

Scripted by: Samantha Cope RMT



Massage is also a great way to cleanse and detoxify your body naturally! Call today for an appointment!