



A good start

Sunshine's early this year, and everybody's jumping to **spring clean** and **get outside**. Just be gentle on your body waking up after winter. Let those **joints** limber up, get those sprouting **greens** in you before chowing down BBQ foods, and take time from your to-do-list to 'smell the flowers'.

Whether its to help you get **fit**, address **health concerns**, or find **peace-of-mind**, we'll give you a hand. Check out past newsletter articles on common spring health concerns: [Allergies Spring'09](#), [Detox Spring'06](#), [Golf Summer'06](#).

We'd like to thank **Vanessa Valente** for her enthusiastic work - Best wishes to your growing family! We welcome are new office manager **Sonia Khurmi** (a dietician from India) for the summer.

Please pass our name to friends & family who may be interested in our services.

Health & Happiness, the Roberts Team.

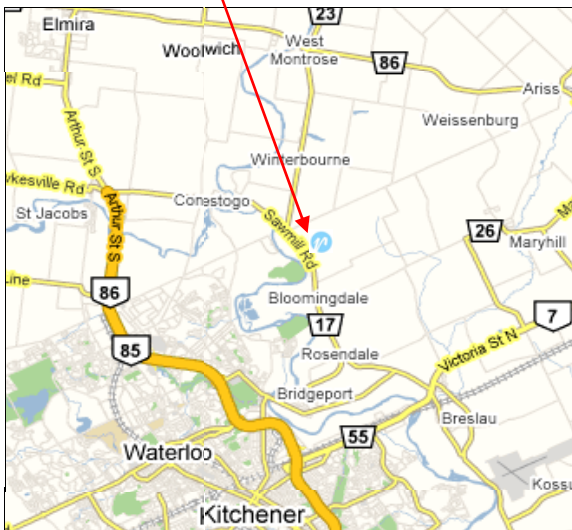
Events & Services ~ call 746-0770 to book

- ♦ **FREE Health talks @ work:** bring us on-site for fun & motivating talks on nutrition, detox, weight loss, stress, supplements, heart health, diabetes, cancer prevention, allergies, etc. Mini-assessments/consults also available.
- ♦ **Spring re-ENERGIZE package.** Your health pack includes 4 of:
 - Nutrition
 - Fitness
 - Shiatsu/Acupuncture
 - Counselling
 - Osteopathy
 - Homeopathy
- ♦ **Nebulized glutathione:** in-office for COPD, asthma, smoking rehab, respiratory health, and oxidative stress due to prolonged exercise.
- ♦ **"Take Me Shopping!"** Naturopathic healthy-grocery consult while you shop.
- ♦ **Seminars on Mindfulness & "UNSTUCK" from anxiety**
- ♦ **5 minute Cholesterol panel:** using only a finger-prick blood sample

In this issue:

- + D.I.Y Health prevention & Promotion
- + Recipe: **Jen's healthy cookies**
- + Product review: **Bio-K Probiotic**
- + **Healthy Meats** to Eats

 **The Roberts Centre of Integrative Medicine**
 1322 Sawmill Rd., Waterloo, N2J 4G8
 519-746-0770
 www.rHealth.ca



Health Bites

1. Canada Post employee low back pain, anxiety, and shoulder tendinitis showed **benefit of Naturopathic care**. Roberts Ctr. NDs trained for delivering these protocols on-site.
2. January 2010, **1029 Naturopathic Doctors** are **regulated** in Ontario, under the *Drugless Therapy Act*, soon to be the *Naturopathy Act of the Regulated Health Professions Act*.

Recipe Jen's Healthy Choc chip cookies

<p>Ingredients:</p> <ul style="list-style-type: none"> 7 tbsp almond oil 1 egg 2 tsp vanilla 1/2 tsp salt 3/8 cup of agave nectar 1/2 cup apple sauce 1 1/4 cup rolled oats 1 cup Bob's Red Mill gluten free flour (<i>garbanzo bean, potato starch, tapioca, white sorghum, fava bean</i>) 3/4 tsp baking powder 1 tbsp cinnamon 1/2 cup dark chocolate chips 	<p>Directions:</p> <p>Preheat oven to 375 degrees. Combine the oil, egg, salt, agave nectar, apple sauce and vanilla in a mixing bowl. In a second bowl mix the oats, flour baking powder & cinnamon then add to the wet mixture and stir well to combine thoroughly. Fold in chocolate chips. Let the mixture sit for 10 minutes then drop spoonfuls onto a prepared baking sheet and bake for 9 minutes.</p> <p style="text-align: right;"><i>Enjoy!</i></p>
--	---

D.I.Y. health prevention & promotion

(As published in the Spring Eastbridge Insight Newsletter, page 5.)

'Do-It-Yourself' is making a comeback. Admit it, we've all got a 'help for dummies' book hiding in our shelves. Unlike previous ambitions, our self-improvements today are motivated by a quadruple threat of pandemics, climate change, terrorism, and recession. Our fear and scepticism are driving us to regain control of our lives. Thus, the 'hyper-localism' drive, Michelle Obama's resurrection of the White House garden, and our reflection on community and family well-being.

How did we stray so far? The answer is our need for instant gratification. Take a look at our short-term high-yield investment busts, our poly-pharmaceutical fixes, our time-exploiting high tech gadgets, and our over-consumptive behaviours. Even our rapid growth of data transfer is unsustainable, says Balsille.¹ Too often we're trying to keep up with the Joneses. A multi-media sponsored 'status quo' that is globally and individually unsustainable. *OOookay... glad that's off my chest.*

How do we get ourselves "back to the garden" Joni M.? Instead of reaching for my 'philosophy for idiots' book, I too occasionally succumb to the pervasive YouTube. My new mantra is: "do less". Inspired by a scene from the movie *Forgetting Sarah Marshall*, where the main actor is learning how to pop-up on a surfboard on dry-land, from a laid-back instructor. In a zen-like manner, the instructor says "Don't try and surf, don't do it! The less you do, the more you do." Simple.

Product Review: Bio-K fermented sprouted organic brown rice.

We've been waiting for a **LIVE non-soy, non-dairy, organic probiotic!** Not only has this innovative Quebec company used a non-GMO source, they've even **sprouted** the brown rice!



Reipients of the Alive Gold 2009 award, we'll probably hear a lot more positive health research from this product.

This product is now available at the Roberts Centre of Integrative Medicine !

Please call us to order and reserve yours.

'BioK plus brown rice' is vanilla flavoured and tastes a little sweet, with a hint of tapioca-like 'malty' taste. It has a normal yoghurt consistency.

The high concentration of LIVE or active probiotics (**L.acidophilus & L. casei**) makes this super functional food a benefit for all individuals seeking:

- + optimal health
- + immune support
- + digestive support
- + treatment for specific health conditions (**infections, allergies, ...**)

There is great research on probiotic use for immune support, allergies, diarrhea (childhood, traveler's, and medication-associated), C.difficile, and other infections (bladder, vaginitis, H.pylori, etc.)

[Check out a previous articles on Fermented foods in our Spring 2009 newsletter.](#)

**"Keep Fit and have Fun!"**

Jen & Aaron with Hal Johnson & Joanne Mcleod of Body Break, at the Children's Museum 'Healthy living day'.

Healthy Meats to Eats

Local is definitely best for **fresh taste**, and in supporting our local economy, food source and environment. A further step in this positive direction, is to source **chemical, hormone, and antibiotic free** products. Here's a quick list for healthy chemical-free meat sources around Kitchener-Waterloo.

Farmers

° **Hilltop Acres Poultry Products Inc.** located just down the street from us, off Sawmill Rd. and just outside Bloomingdale. Don or Karen Reist can be contacted at 519-743-6884, or check out their web site www.hilltopacrespoultryproducts.com

° **Vibrant Farms** located west of St.Agatha, near Baden. Dennis Baer & Family can be contacted at 519-634-8623, also check out their website www.vibrantfarms.com

Retail

° **The Healthy Butcher**, located in The Healthy Haven at 25 Bruce St., Kitchener. (A health store, fruit & veggie bar, deli, import foods all in one. Contact them at 519-745-7800 or visit www.thehealthybutcher.com

° **Old Kitchen Cupboard**, 710 Belmont Ave.W. Also great health product knowledge. Contact Kevin Knoll at 519-745-7098 or www.theokc.com

Restaurants

° **Nick & Nat's Uptown 21**, located at 21 King St. N. in Waterloo. One word "indulgence". Contact them at 519-883-1100 or visit www.uptown21.ca

° **Village Creperie**, 703 Blemont Ave. W. Thank you Jean & Bob for yummy healthy foods. 519-576-5796 or www.villagecreperie.ca

Let us know where you source your health food, also tell us your retail or dining experiences. Enjoy.

Contact for questions, submissions, sponsorship:

Aaron Samanta ND, 519-746-0770, aaron@rhealth.ca
1322 Sawmill Rd, Waterloo, ON. N2J 4G8

Disclaimer: the information presented herein is not a prescription and does not substitute the necessary consultation of a health care practitioner.

...D.I.Y. health continued.

So, amongst the waves of flus crashing down, simply focus on well-being. Good nutrition, physical, and mental-emotional health create an internal environment, or 'terrain', that is inhospitable to flu-bugs and disease-causing microorganisms. Even Louis Pasteur, the father of the 'germ theory', confessed on his death bed: "*The terrain is everything, the bug is nothing.*" Knowledge shared by the Chief medical officer during SARS, and many health professionals.

The benefits of a healthy terrain are also shared by local food artisans, who understand their unique tastes of veggies, meats and wines are derived from their local natural environment. The 'Local food plus', biodynamic and organic campaigns help promote the environment and health. Get to know healthy local farmers and grocers, such as Pfenning's. (If you're still arguing that costs are prohibitive, then you haven't considered the enviro & health cost repercussions of conventional food. And if you're a staunch supporter of GMOs, besides the lack of long term health studies, biodynamic farming is more resilient.)

So, eat fresh biodynamic or organic local wholefoods rich in antioxidants, fiber, vitamins, minerals and taste! Consume immune supporting foods such as live beneficial bacteria (sauerkraut, yoghurt), garlic, blueberries, sprouts, maitake/shitake mushrooms. Functional foods and supplements can easily be implemented for disease prevention and should be part of 1st line medical treatment.

Supporting local arts is also important, without neglecting your own creativity, be it 'Chef at home' or whichever medium. Stimulating your brain and body in new and creative ways is essential for vitality. Neuroplasticity is the scientific term for the brains suppleness in function and performance. If someone consistently thinks/acts the same way, their brain networks get hardwired (figuratively). The reason why habits are so hard to change. Solving endless sudokos is only one way to maximize your brain's health. You can stimulate your brain through logic, art, the senses, emotions, etc. And don't stress about learning cutting-edge transcendental techniques. Remember, "do less".

Returning to family basics of good food, fitness, sleep, creativity and fresh air ('unplugging' regularly), will improve your quality of life. These simple improvements also help alleviate our economy's health care burden and social service strain, both of which will likely worsen due to newly acquired national debt. Corporations also receive a positive return from improved employee (and family!) health through decreased absenteeism and medical costs, and increased productivity. Refocusing on health is a win-win all round; for individuals, families, communities, corporations, insurers, governments, unions, and even the environment. Simple healthy changes can create sustainable positive growth.

Seemingly simple. Here's the rest of that movie skit. After several attempts at 'popping-up' on his surfboard, each time hastily being told to "*get back down and do less*", the student doesn't even move. At which, the instructor says: "*no, you gotta do more than that, you gotta at least do something... let's go and try it on the water*"

Ahhhhh, a sage instructor. As a member of the 'Sandwich generation', between needy children and ageing parents, finding time and energy to cook healthy, work smart, keep fit, creative, and sleep, seems impossible. Our do-it-yourself behaviour can be beyond our capabilities. 'Being all that you can be' often leads to more stress and eventually overwhelms us. Left to our own demise most Canadians become sedentary and malnourished, lacking essential vitamins & minerals, consuming too much sugar, bad fats, and processed foods. Plunking down and mainlining media is our fix for work-life balance.

Wholistic (a spelling preferred to the emptiness of holistic) health professionals and services can help - from Naturopaths to biodynamic farmers, from music therapists to healthy chefs, from physical therapists to wholistic counsellors. If health is wealth, then investing in health assessments and consults is similar to, and possibly more important to, consulting your financial advisor. You don't wait till it's 'broke' to get your car's regular mileage check-up, why should you neglect your body?

The future of health care is recognizing that health is not only in late-stage diagnostic, pharmaceutical and surgical interventions. The future integrates conventional and 'wholistic' medicine. The future starts with health promotion and prevention. Do you want to regain optimal health, happiness, and sustainable growth?... You can decide right now to recommit to your destiny. Together, we can help.