



Fall brought brisk **cold** weather fast this year. Are changes in weather a little more drastic? Maybe it's the state of our environment, or may be it's the state of our health, ...overtired, stressed, nutrient deficient, or other ailments.

Change of season is an opportune time to get a **health check up**, especially before flus & 'blues' hit. Benefit from our **Mindfulness seminar**, **Immunity pack**, **lab tests**, and services to get you, your family, our community and workplaces in **optimal health**.

Please update your contacts with us (email admin@rhealth.ca) to receive future e-newsletters & Birthday cards with discounts!

Health & Happiness, the Roberts team.

Events & Services ~ call 746-0770

- ♦ **Mindfulness Seminar** series by our holistic counsellor Tracy Rowan. **"Every Thought you Think Creates a Ripple Effect."** (see article)
6 Tuesdays, **Oct.19-Nov.23, 6:15-7:30PM. \$150**
- ♦ **FALL Immunity Package** Your special \$250 health pack, choose 4 of:

▪ Nutrition	▪ Fitness	▪ Shiatsu/Acupuncture
▪ Counselling	▪ Osteopathy	▪ Homeopathy
- ♦ **FREE Health talks @Work**, bring us on-site for fun & motivating talks on: **optimal nutrition, weight loss, stress, supplements, heart health, diabetes, etc.** Mini-health assessments/consults also available.
- ♦ **Vitamin D levels?** blood tests can tell if your deficient in Vit.D or other important health markers.
- ♦ **"Take Me Shopping!"** Naturopathic healthy-grocery consult while you shop.

EVERY THOUGHT YOU THINK CREATES A RIPPLE EFFECT

by Tracy Rowan

One of the most important things you can do to create whole health is **clean up your thinking**. Every intention you have and thing you do begins with a thought. This includes the negative things like not so well-thought-out temper tantrums.

You won't realize how true it is, that every thought creates a ripple effect, until you attempt to **clean up your thinking**. When you put your awareness on the train of thoughts running through your mind, you inevitably **discover negative thinking habits that don't add anything to your life except stress and confusion**.

You might notice one theme of your thoughts puts you in a "victim mindset" where someone or something is always oppressing you. Or you might notice that instead of being an open and welcoming person, you have thoughts that suggest you are wary of every passing stranger.

Some of the trends you notice in your thoughts may surprise you. The point is, **once you're aware of what's happening in your thoughts, you have the option to edit out unnecessary or outdated content**.

You may have a habit from childhood, such as defensiveness, which you can let go because you're secure and happy in your adult life. Or you may be holding a grudge against your mother over a conversation that happened twenty years ago. Is it time to let that one go? ...Maybe. If you're aware this grudge still affects you, you have the option to decide if it's worth hanging onto or not. **Without awareness, you're unconsciously affected by ghosts (thoughts) from the past.** ↗

Medical-spin, Vaccines & your Immunity.

by Aaron S.

Improving one's **health & hygiene** is the most effective first-line therapy in building your immunity against microbes, especially in the light of fraudulent flu-management and superbugs.

Conflict of interests - The British Medical Journal reported that top World Health Organization scientists declaring H1N1 a pandemic were financially compensated by H1N1 vaccine manufacturer GlaxoSmith-Kline. **Pharmaceutical entanglement** in research and health policy is rampant. It negatively affects decision-making of governments, medical doctors and health organizations. There needs to be **transparency in funding, public review boards, and a database of all trials**.

- Here are some interesting references on **biases** and **ghostwriting**:
- a) A review of **Roche-sponsored study of 10 Tamiflu trials (8 unpublished) found insufficient evidence that Tamiflu prevents pneumonia or is effective against pandemic influenza. The toxicity reports are also incomplete.** [Cochrane]
 - b) **Pharm-supported drug studies should be read with caution as they had few reservations about methodological limitations, and had more favourable conclusions (using statistically non-significant results) than non-profit reviews.** [BMJ]
 - c) **Regular doctor contact with drug company reps, and sponsoring continuing medical education, is tied to unnecessary prescribing. Journals too are being used for drug company propaganda, and not publishing the most relevant and valid research. Also, "drug companies often fund patient organizations and public relations companies."** [BMJ]

Given comprehensive and unbiased information one can decide "**what is the health benefit-risk ratio of vaccines**".

Are Flu Vaccines effective?

1. **only 15%** effective in preventing the flu
2. **reduced flu duration by just 0.16 days**
3. **below 2 years of age, have the same effects as placebo**
4. showed **no risk reduction** in the **elderly**
5. doubled the **risk of getting the swine flu**



Medical spin, vaccine, immunity continued...

by Aaron S.

The genetic variability of viruses is partly the reason for ineffective vaccines, as the US Centre for Disease Control proclaims: "We were alarmed to find such a **dramatic increase in drug resistance** in circulating human influenza viruses in recent years".

Are Flu Vaccines safe? There are ingredients in vaccines that are unhealthy, for example in Glaxo's H1N1 vaccine there is **mercury, squalene** and **formaldehyde**. Low level exposure to mercury has been linked to many health issues including mitochondrial dysfunction and **death to nerve and fetal cells**.

The H1N1 Vaccine box leaflet provides some shocking revelations: "There is **very limited experience** with Arepanrix™ H1N1 in **children between 6 months and 9 years, and with Pandemrix™** (adjuvanted H1N1) in children between 6 and 35 months of age, and between 3 and 17 years of age." Pre-clinical safety data on the adjuvanted vaccine includes fetal mice malformations and neuro-behavioural delays, followed by an alarming conclusion: "**the toxicological significance is uncertain.**" A list and incidences of "reactions" are provided, including "Very Rare (1 in 10,000 doses): Vasculitis,...encephalomyelitis,...Guillain-Barré Syndrome".

More than half the population was exposed to H1N1 with minimal symptoms, while less than a third of Ontarians got the shot.

As new superbugs emerge, one should focus on good nutrition, physical, and mental-emotional health to create a **healthy internal environment**, or 'terrain', that is inhospitable to 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 leading health professionals.

Supporting the fever and the **body's natural defence** mechanism **strengthens your immunity** versus future bugs. By increasing

body temperature, viral infection is slowed down and your immune system can work more effectively to destroy damaged cells.

"One cannot think well,
love well, sleep well,
if one has not dined well."

Virginia Wolf



Every thought continued... by Tracy Rowan

As you identify your own negative trains of thought for example:

- re-hashing old arguments
- self criticism
- constantly going over to-do lists
- meaningless mind-chatter

you can become aware of ways to create a more open and creative mind by saying goodbye to the thought patterns that no longer serve you.

The main question is: **What could you do with all the space in your mind if it wasn't occupied with negativity or mind-chatter?**

If you'd like to explore ways to identify and release negative thinking patterns, consider taking the **Mindfulness course** (see events, page 1) at the Roberts Centre of Integrative Medicine.

Visit www.integrativecounselling.com (click on mindfulness course) to view the flyer. **Share the experience** with family, friends, or coworkers!

Enjoy.

Contact for questions, submissions, sponsorship:
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Disclaimer: information in this newsletter is not a prescription and does not substitute the consultation of a health care practitioner.

Wholistic flu prevention:

+Wash Hands! You don't need antimicrobials (Triclosan in soaps is carcinogenic.) It is the **physical aspect of removing Viruses from surfaces that works**. H1N1 Flu Virus can infect a person 2-8 hours after depositing on hard surfaces, and a few minutes on soft surfaces.

+get quality sleep, essential for immune system function.

+stress disrupts your immune system, so **avoid or manage it** with mindfulness & relaxation techniques..

+minimize sugar, an immune suppressant.

+do not share drinks, utensils, toothbrushes or lip-gloss with others.

+avoid people who are **coughing or sneezing** around you.

+avoid toxins - interfere with immune function.

+stay home if you or your child is sick. If the immune system is fighting off an infection, it will likely be more susceptible to other infections.

+stay fit, moderate exercise boosts your immune system and reduces infection time.

+breastfeed infants, fewer respiratory infections also for years after.

+ Saline nasal lavage prevents and treats colds & flus.

+Stay informed about local outbreaks and new vaccine safety information.

+ Visit your integrative health team for information on how to optimize your immune function through nutrition, counselling, supplements, botanicals, Eastern medicines, osteopathy and homeopathy.



References available upon request.