

# Georgetown Naturopathic Wellness Centre

Tel. 905-873-2361

www.georgetownnaturopathic.com

## HEALTH MATTERS

Natural Paths to Healthier Living

## SPRING INTO DETOX AND WEIGHT LOSS



2011

Each year more than 5 billion pounds of chemical compounds and pollutants from plastics, pesticides, solvents, heavy metals, medications and other sources are released into the environment and eventually find their way into our air, soil, food and water supplies. Over the course of a lifetime, we will be exposed to thousands of foreign compounds that can enter our bodies. Environmental pollutants are ubiquitous in our environment. Long term exposure to even trace amounts of these substances has been linked with a number of chronic diseases. Toxins may not only come from the environment, they can actually come from normal metabolism and intestinal build-up of unhealthy bacteria and hormones within our own body.

Under normal circumstances, the human body is well equipped to manage small amounts of these harmful chemicals and pollutants. Water soluble chemicals are easily eliminated through stool (GI tract), urine (kidneys) and sweat (skin). Unhealthy diets that lack the necessary nutrients to support healthy detoxification can create further challenges.



Symptoms and conditions that have been associated with possible toxic exposure and toxicity include:

- Migraines/Headaches
- Fibromyalgia
- Frequent Colds/Flu/Respiratory Illness
- Chemical Sensitivities/Allergies
- Chronic Fatigue
- PMS/Dysfunctional Menstrual Cycle
- Obesity
- Arthritis

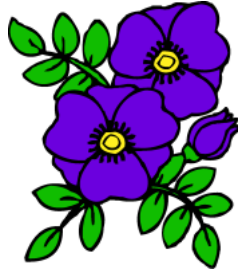
The detoxification program that we utilize at the GNWC supports liver detoxification as well as giving support for further detoxification through both the kidneys and GI tract. Detoxification processes are very nutrient dependent (fasting does not support these processes well enough) including vitamins, minerals and other major food components.

### *Some nutrients that help in detoxification include:*

- ❖ Macronutrients: clean filtered water, complex carbohydrates (high fibre, low allergy, not processed)
- ❖ Minerals: zinc, calcium, selenium
- ❖ Vitamins: A, B3, B5, B6, B12, C, E, folic acid
- ❖ Amino acids: cysteine, NAC, methionine, taurine, glutamine, glutathione
- ❖ Others: catechins (antioxidants), beneficial bacteria

Without optimal detoxification, our bodies will not efficiently remove harmful toxins. Your kidneys play a major role during the final step of detoxification by excreting the transformed toxic compounds in urine.

An alkaline pH level may be an important consideration for proper kidney function. Therefore, a proper alkaline diet (fresh fruit and vegetables) will support the detoxification process. As this process often enhances weight loss, the following information may be helpful.



Did you know that age can cause weight gain if we don't adjust our lifestyle habits? People generally develop a lower lean mass and *higher fat mass ratio after the age of 30*. Energy metabolism drops about 2% for every decade after the age of 30. So what does this mean? You either have to increase your caloric expenditure (exercise more) or decrease your caloric intake by 2%. It may seem small, but consider this example. If you consume 2500 calories per day and didn't decrease your caloric intake by 2% (50 calories), this extra 50 calories a day would equal a whopping 18,250 extra calories per year. This is equivalent to gaining 5 pounds per year. In 5 years, you would have gained an extra 25 pounds.

Weight management may seem like a daunting venture. It doesn't have to be. Start small. Try to incorporate one healthy change at a time. Try not to jump on the trendy diets that are out there for short-term weight loss. They do not teach healthy eating habits and some come with longer term health consequences. After one year of quitting a trendy diet, most people gain weight with most or all weight being gained back after 5 years. This is a lifetime plan that starts with a single step.



## Many Welcomes!!!!

I am pleased to introduce our newest member, Lydia Sheen to our wellness team. Lydia recently completed her certification as a Holistic Nutritional Practitioner. Lydia will be joining our health team to provide our patients with support for lifestyle changes, weight loss, nutritional support, coaching and much, much more. I wish Lydia much success and I look forward to working with her to provide our patients the best care possible. Book an appointment for your individual weight loss program prior to July 1, 2011 and take advantage of our introductory offer. Please call for more information and rates.

Michelle Gouveia is another new addition to our wellness team. She is a Registered Massage Therapist. She joined the wellness team in November and has easily fit into the GNWC family.

Read more about both Lydia and Michelle on our website!



Baby Jesse was born to Sandy & Jay Charlton on Feb 8, 2011. He weighed 7lbs, 1 oz. Baby Jesse will be helping his mom complete her osteopathic thesis and Sandy will soon be a fully certified Doctor of Osteopathy (Manual Practice). We wish her well.

Baby Olivia was born to Erin Cole, one of our Registered Massage Therapists, on November 24, 2010 and weighed 6lbs, 4 oz. We call Olivia the happy baby as she is always smiling!

Please join us for our OPEN HOUSE on May 28, 2011 from 11:00am to 2:00pm. Meet our Practitioners, learn more about what we do, door prizes and more!!

Dr. Cathy Kuindersma N.D.  
Georgetown Naturopathic Wellness Centre  
16 Mountainview Rd. S., Ste 102  
Georgetown, Ontario, L7G 4K1  
Phone: 905 873 2361 – Fax: 905 873 8158  
[www.georgetownnaturopathic.com](http://www.georgetownnaturopathic.com)

--	--