



PACIFICA
NATUROPATHIC CLINIC

Natural health care for the whole family

Natural Health Newsletter

Warm Weather Recipe: Lemon & Greens Drink

This invigorating blended drink is a powerhouse of energy-providing nutrients. Full of iron, folic acid, vitamin C, antioxidants, chlorophyll, vitamin K, and plenty of minerals. Drink this in the morning for a boost and a great start to your day!

Ingredients:

- 3 Kale leaves
- Juice of ½ lemon
- 1 tsp spirulina powder
- 1 tsp maple syrup
- 1 cup water

Blend and enjoy!



A Celebration of Summer!



As the weather warms up, we begin to feel more energized, joyful, and social. This is a wonderful time for celebration, connectedness, reaching outward with exercise, and travel. Enjoy time with friends and family at picnics, sporting events, the beach, and on hikes in the North Shore mountains.

As our gardens mature, we will have fresh produce readily available. To balance the heating energies of summer, this is a time to enjoy fresh ripe fruit and lots of leafy green salads.

The physicians of PNC will be here all summer long to support you on your journey to lose weight, to gain more energy, or to support you with a warm weather detox program.

Please remember to follow us on Twitter @pacificaclinic and on Facebook at Pacifica Naturopathic Clinic. We will be adding our Fall 2012 programs to our website soon, so please check in for the updates.

Happy Spring and
Summer from your
health team at us at
PNC!



A Wealth of Energy: Supporting the Health of Your Adrenals

By Dr. Julie Durnan, ND



The Adrenal Issue

Do you feel tired and wish you had more energy? Do you struggle through your workouts or even find it hard to muster the energy to get to the gym? If so, depleted cortisol levels may be to blame.

Cortisol is a hormone released by your adrenal glands, which are the small organs on top of your kidneys. Cortisol, also known as our body's "stress hormone" has the important job of helping our bodies adapt to stress. Whether it is physical, emotional, mental, or nutritional stress, cortisol acts to protect us when we need it the most.

Unfortunately, when we over-stress our body on a regular basis, our adrenal glands can go into overdrive. The result is an increasing secretion of cortisol. This over-secretion of our stress hormone can inhibit the release of other hormones, many of which are essential for proper digestion, immunity, energy, sleep, healing, and fertility.

Could this be you?

Luckily, before adrenal stress causes chronic changes in our systems, it provides us with many signs and symptoms that can be caught early, so the adrenals can be addressed and treated. Adrenal stress can manifest itself as low blood pressure, low blood sugar, or a weakened immune response. Since cortisol can interact with other hormonal systems, for some, the first signs of stress maybe be a long recovery time after workouts or an irregularity in a woman's menstrual cycle.

To test is the best

For those with suspected adrenal stress, we at Pacifica Naturopathic Clinic (PNC) recommend an Adrenal Stress Index saliva test. This test looks at the cortisol released from our adrenal glands, at four points during the day. It also examines DHEA, which is an excellent marker for adrenal adaptation or deterioration.

The solution

Naturopathic medicine offers many solutions for adrenal stress. Depending on the level of depletion and other organ systems that have been affected, the options vary from botanical prescriptions such as Ashwagandha and Rhodiola, to nutritional suggestions, or injected cocktails of vitamins and minerals. Please speak with a naturopathic physician at PNC to find out how to prevent and treat adrenal stress. You can feel more energy and you can thrive doing what you love.



A Happy Liver: How to Support Your Liver During Detox

By Dr. Rick Santimaw, ND

The Bucket Analogy

Here is an easy way to envision how the body's detoxification systems work. Think of your body and its detoxification systems as a bucket. At the bottom of your bucket is a drainage hole representing your organs of excretion (skin, bowels, lungs, lymphatic system and kidneys). A filter that precedes the drainage hole will represent your liver as it regulates what stays in your bucket and what is drained out. Now, when you are very young, your bucket is filled up with to a certain level due to your genetic make-up, vaccinations, childhood illnesses, etc. Then, as you age, your bucket continues to fill up in the form of environmental toxins, allergens, life stressors (relationships, work, etc...), poor diet, drugs and alcohol, or lack of exercise (just to name a few). In a normal healthy person, the hole at the bottom of your bucket will drain out the "toxic water" faster than it can be put in. Thus, the bucket will never overflow!

However, when we are not living a healthy, balanced life or there is something wrong with our drainage hole or filter, our bucket will start to fill and fill until it eventually overflows. When our bucket overflows it usually presents as musculoskeletal pain, skin problems, and/or fatigue (physical or mental). This is our body's way of telling us that it is not happy and that things are not going well.

As you can see the skin, bowels, lungs, lymphatic system and kidneys are all involved in the detoxification process. However, since the liver (filter) decides how quickly and efficiently toxins are drained from our body, it is critical that we support the liver while we detoxify.

How Do We Support Our Liver?

Now we can better understand how the detoxification process works and that a healthy liver is key to a successful detox. A healthy liver requires energy in the form of certain vitamins and minerals along with supportive herbs in order to function properly. Therefore, popular water or juice fasts are not beneficial because they deplete the body of the essential nutrients required for healthy detoxification. In fact, these fasts can have many adverse health effects, including decreased energy production, breakdown of muscle instead of fat, increased oxidative stress, and unbalanced detoxification. Instead of decreasing nutrient support during detoxification, we should eat a diet full of high quality proteins, which will provide the amino acids needed to run the detoxification process smoothly.

Nutrients and Herbs That to Support Liver Function

- **Cruciferous Vegetables** (cauliflower, cabbage, watercress, bok choy, broccoli and similar green leaf vegetables) contain indole-3-carbinol, which helps remove toxins and excess hormones from our system.
- **B-Vitamins** support energy production and help to break down toxins.
- **N-Acetylcysteine** helps to create **Glutathione**, a powerful anti-oxidant that also helps in the detoxification of heavy metals.
- The amino acids **Glycine and Glutamine** are also used to create **Glutathione**
- **Vitamin B12, Folate (B9), Methionine, and Choline**
- The herb **Milk Thistle** contains **silymarin**; it protects the liver as well and improves its overall function. Silymarin also increases glutathione and is therefore a strong antioxidant
- **Artichoke (*Cynara scolymus*)** is another liver-protectant herb, which also provides a strong antioxidant effect.

Herb in Profile: Schisandra chinensis

Schisandra chinensis is one of the most wonderful herbs for tonifying the liver, supporting the nervous system and mood, giving support to the adrenal glands, and boosting the immune system. Schisandra's berries are most therapeutic. At PNC, we use the berries as part of a blend with other botanicals to encourage liver detoxification in certain patients. We also prescribe Schisandra berries as a tea to give moods and adrenals a boost. The tea tastes wonderful and is chock full of antioxidants!

At PNC, we believe that herbs are best incorporated into your daily routine in the form of foods and teas. So try drinking a cup of Schisandra berry tea each day and let us know how you like it. We think you will thank us!



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