

Awaken the Body's Natural Ability to Heal

Autumn 2007

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Welcome to Currents

As the season turns and winter looms on the not too distant horizon enjoy to blaze of colour around the valley. The larch, ash and poplar display their beauty at this time of year with a 'last' blaze' of colour. Get out and enjoy the warm sunshine while it lasts!

Autumn is considered to begin with the autumnal equinox around September 23 and end with the winter solstice around December 21 (in the northern hemisphere).

Traditional Chinese Medicine tells us autumn is a time to begin an inward journey, which may connect us with

sadness and grief but also creates a rich environment for our self development. This can be compared to the way that, in autumn, every gardener knows the importance of cultivating a good compost from decaying vegetation. The Lung is especially sensitive at this time of year.

I hope you enjoy this Autumn edition and welcome your feedback. Any questions or comments please feel free to e-mail me any time on info@canmorewellnesscentre.com

In Health

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Autumnal Gold displayed by a larch

Introduction to... Katherine Keyes

Each edition will feature a treatment modality briefly describing what it is and how it can help. Information is submitted by the practitioners themselves.

Welcome this season to Katherine Keyes, Naturopathic Doctor. Katherine graduated from the Canadian College of Naturopathic Medicine, in Toronto, and, is board certified.

Before becoming a naturopathic doctor she obtained a BA in Physical education from UWO, as



Dr Katherine Keyes

well as, a BA in Education from Queen's university.

Katherine taught Holistic medicine at Georgian college in Ontario before moving west.

She is also a certified yoga instructor and teaches at the Yoga Lounge, in Canmore.

Katherine has a special interest in breast health. Check the CHWC website and at the Centre for more information on talks to be held in 2008.

January special: \$50 off initial visit for new patients
Initial visit (1 hour): \$130 + GST
Follow up visits (1 hour): \$75 + GST
Contact Details:
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Protect Yourself from an 'Organic' Poison

If it tastes sweet spit it out, it might be DEG – a deadly ingredient commonly found in cough syrup, toothpaste and even vaccines. So deadly, it single handedly gave rise to the FDA in 1938. But the self appointed watch-dog has failed miserably at protecting the public from this perfect "organic" poison. The New York Times recently showed that "Over the years, the poison has been loaded into all varieties of medicine."

A perfect poison is hard to come by. Most taste so nasty that the victim spits it out upon tasting it. This isn't the case with DEG. It tastes like maple syrup. Therefore, it is easily swallowed. Victims have no idea that their kidney's are about to fail. That breathing will become exceedingly difficult. That paralysis will set in and life end rapidly – before the word "poison"

even crosses their mind.

The CIA loves perfect poisons like DEG. And so do governments – so it seems. A Chinese health official allowed the drug industry to unleash it on the open market. He was eventually sentenced to death. The Panamanian government mixed DEG into 260,000 bottles of cold medicine. In the US, the FDA "warns" against it. But it is still found on the shelves of our grocery stores.

FDA has found a poisonous chemical, diethylene glycol (DEG), in certain toothpastes imported from China. The agency increased its scrutiny and testing of imported toothpaste and dental products after receiving reports in late May 2007 of contaminated Chinese dental products found in several countries, including Panama.

Take a look at the FDA website for more information and banned named brands.

www.fda.gov/oc/opacom/hottopics/tooth-paste.html

Health Canada has announced recently that products falsely labeled as **Colgate Fluoride Toothpaste Herbal** and **Colgate Fluoride Toothpaste Maximum Cavity Protection** contained high levels of potentially harmful bacteria that could potentially pose significant health risks, especially to children and individuals with compromised immune systems.

Adapted from and article by Shane Ellison M.Sc., Crusader publications.

How to Avoid DEG

Avoiding DEG can be as simple as reading labels. It is a cheap replacement to glycerin, which is commonly used in toothpaste, over-the-counter meds, vaccines as well as hair and skin products. If used, it is listed in the ingredient list – the fine print ingredient list. In general, if you can't pronounce the ingredients listed on the back, don't use it. But you can look for it listed as: **3-Oxa-1,5-pentanediol, Bis(2-hydroxyethyl)ether, 2,2'-Oxydiethanol, Diglycol, Dihydroxydiethyl ether; 2,2'-Dihydroxyethyl ether, Ethylene diglycol, 2,2'-Oxybisethanol, 2-(2-Hydroxyethoxy)ethanol.**

Lung problems?

Try pressing 'lung' point, just above the centre of the lower part of your ear. (It will be sensitive if it needs treating!)



Events



Seasonal (Autumn) Trees

To the Celts and many other people of the Old World, certain trees held special significance - as a fuel for heat, cooking, building materials and weaponry. In addition to this however, many woods also provided a powerful spiritual presence. The specific trees varied between different cultures and geographic locations, but those believed to be "sacred" shared certain traits. Some of these traits may have an astrological significance may therefore be applied according to your birth date.

IGORT (Ivy) September 30 to October 27 - Born under this sign your abilities further your personal goals and your personal causes. Be sure to use this talent productively.

NGETAL (Reed) October 28 to November 24 - Born under this sign you have secret strengths, as well as secret motivations. Use your detective abilities wisely.

RUIS (Elder) November 25 to December 22 - Those born under this sign are able to live and prosper under any conditions. You live many lives during your time here and will carry memories into every venture. You are a gypsy and a student gathering experience and knowledge to eventually become a great teacher.

December 23 is not ruled by any tree for it is the traditional day of the proverbial "Year and a Day" in the earliest courts of law.



Great Detox Recipe

Christmas is Coming! Try a Lemon Detox Diet Recipe...

One of the easiest detox recipes to make is a lemon drink for replacement of all solid foods for a period of up to a week or even two. You could also simply substitute a meal or two each day with the lemon beverage if you prefer. This drink is created by adding two tablespoons of brown rice syrup along with two tablespoons of fresh lemon juice to a glass full of water. You may add a dash of fresh grated ginger for taste and to help your digestive system function. Use in place of solid food whenever hunger strikes.



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