



# NATUROPATHIC PERSPECTIVES

*Redefining Your Health*



## Quarterly Newsletter Winter 2011-12, Issue 25

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### Change is Good!

Most of you are aware that Dr. Laura and Renee are both leaving Naturopathic Perspectives at the end of 2011. As sad as this is, I wanted to dedicate this newsletter to *Positive Change* and honour Laura and Renee for all their hard work and their passion for Naturopathic medicine.

*Change is good.* It may seem daunting, but let's use Laura and Renee's decisions to move on as a way to empower all of us to "*Be the Change*". Laura and Renee have decided they need to modify their lives so that they each are fulfilling their personal goals.

Do you have a "Bucket List"? This is a list of things that you have always wanted to do to feel a sense of accomplishment. These ideas will inspire you to make positive changes. Laura and her family love to play up north in the snow, so by moving to Orillia she will be able to step outside and ski, snowboard or snowshoe after a hard day's work in her clinic. By going back to school, Renee is one step closer to achieving her career goals.

In this newsletter you will find ways to create positive change, which in turn will de-stress and balance you. After addressing these imbalances you can embrace positive changes to achieve your life goals. In fact, each of you has started to put to action your health plan by seeing your Naturopath. This plan is creating a healthier and more balanced you.

### Embracing Change

The journey to health and happiness is not just one of adding to or gaining, but also of letting go. Learning to let go and embrace new changes can be an unnerving and daunting feat, but also an important key to a fulfilling life. As we begin to prepare for a new year, you may want to consider ways that you can embrace change.

*Leaving your comfort zone* – this can be frightening because the future is unknown and unpredictable, however you can't move forward unless you take the first step!

*Positive thinking* – replace negative thoughts with positive affirmations and thinking. By doing so you are deactivating negativity, encouraging self-esteem and enabling yourself to move forward.

*Letting go of excuses* – stop making excuses, and do what's right for you! That could be as simple as getting more exercise, going to bed earlier, learning to say "no", or trying to achieve a better work-life balance.

*New beginnings* – what's holding you back? Set aside your fears and apprehensions and embrace new beginnings!

### Make a Bucket List!

Making a bucket list can help you decide what it is you want out of life! Have you always meant to move to the countryside; go back to school; start your own business; travel the world? Start by writing things you've always wanted to do, or places you've always wanted to visit. Remember, dream big and the sky is the limit! Once you have your list - start putting it into action.

### TCM & Your Emotions

Do you have a chronic health issue? In Traditional Chinese Medicine different emotions have an effect on our organs, causing that organ's function to be compromised:

*Spleen:* worry/anxiety

*Liver:* anger

*Lung:* grief

*Kidney:* fear

*Heart:* excessive joy

Start brainstorming which emotions you hold and how you can address these emotions to begin your healing. This could be journaling, drawing pictures or making a collage to express the positive change you need to make. It might mean experiencing acupuncture or reiki for the first time.

"Have the courage to act on your dreams."

### Clinic News

Dr. Lisa Tabrizi's 2012 hours:

Mon: 9:00am – 4:00pm

Tues: 1:00pm – 8:00pm

Wed: 9:00am – 4:00pm

Thurs: 1:00pm – 8:00pm

Dr Peters 2012 hours: remain the same

\*Check out Dr. Tabrizi's blog at <http://drlisatabrizind.wordpress.com/>

Lori Goldblatt is available for Reiki and Hot stone relaxation treatments  
Wednesdays 2pm-5pm  
Fridays 8am-12pm

Sylvie Hebert is available for CranioSacral therapy Tuesdays from 11am-5pm.

### Holiday Hours:

Dr. Peters:  
Tues Dec 27<sup>th</sup>: 9 am – 2pm & on call

Dr. Tabrizi:  
Tues Dec 27<sup>th</sup>: 9:00am – 12:00pm  
Wed Dec 28<sup>th</sup>: 12:00pm – 4:00pm  
Thurs Dec 29<sup>th</sup>: 1:00pm – 6:00pm

*For the holidays we will be donating money to Hamilton Food Share again in lieu of postage for Christmas cards, so please look for our e-card in the next few weeks.*



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### Farewell from Dr. Laura

As my family and I prepare for our move to Orillia, I have spent some time reflecting on how difficult and sometimes scary change can be. Each and every one of you who has taken the step to come and see a Naturopathic doctor is very brave. As a ND, I have asked each of you to make substantial changes, which I know will help you to feel the best you can.

Please continue to strive for better health, for clearer emotions and to understand your own needs. I wish you all the very best in the future. If you are passing through Orillia on your way to somewhere fun - stop by and visit. My website will be linked up with Naturopathic Perspectives' website in the near future. LG

### Chart Transfer

If you are Dr. Grant's patient and you do not wish your chart to be forwarded to Dr. Tabrizi, please call or email the clinic directly to inform us of this by December 20<sup>th</sup>.



Naturopathic Perspectives  
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Dr. Lisa Tabrizi, ND  
  
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### Nutrients for Stress & Change

**B Complex – B5 B6 B12** – these nutrients support stress response in our body, and are used up continually by our body under stressful circumstances. Found in unprocessed grains, all animal products ranging from meat, to dairy and eggs, lentils beans & tempeh, nutritional yeast and molasses.

**Niacin – B3** - supports nervous system and enhances mood. Naturally found in chicken, eggs, leafy vegetables, broccoli, and legumes.

**Fish Oil** – helps to support nervous system function and anti-oxidant status, which are under demand in times of transition. Choose brands which are high-quality and third party tested for impurities, i.e. Nordic Naturals or NutraSea.

**Tryptophan** – precursor to serotonin and melatonin levels, which helps mood and sleep. If supplementing, use 5-HTP. Found in bananas, eggs, turkey, sesame seeds, dark chocolate and oats.

**Vitamin C** – helps to support the immune system which can be weakened during times of transition. Naturally found in oranges, kiwi, broccoli, and kale.

**Vitamin D** – helps with mood, bone and bowel health. Sources include sunshine, fish, cod liver oil, and eggs.

**Magnesium** – this ultra-important and under appreciated mineral is a critical co-factor for more than 300 enzyme reactions in our body. Magnesium is used to relax the muscles and helps with high blood pressure and tension headaches alike. Found in nuts & seeds, dark green leafy vegetables, legumes, whole unprocessed grains and even dark chocolate.

### Pomegranate & Green's Salad



- 8 c mixed greens or baby spinach
  - 1/3 c pomegranate seeds
  - 1 ripe pear, cut into thin slices
  - 1/3 c chopped walnuts
  - 2 oz Chevre (goat cheese)
- Vinaigrette:
- 1/2 c pomegranate juice
  - 2 Tbsp white wine vinegar
  - 2 Tbsp olive oil
  - 2 tsp Dijon mustard

In a small container with lid, combine pomegranate juice, vinegar, oil, and Dijon. Seal and shake to combine. Season with salt and pepper to taste. Put greens in a large bowl and top with sliced pear, pomegranate seeds, chopped walnuts and Chevre. Pour vinaigrette over spinach. Serves 4.

"Your only limits are self-imposed."

### Supportive Herbs

*Bacopa monerri* - helps decrease anxiety, and improves memory and learning. Best consumed as dry extract or in tincture form.

*Rhodiola rosea* - helps regulate the body's response to stress, improves mood and energy, and decreases anxiety. Best consumed in tincture or tablet forms.

*Astragalus membranaceus* - this herb helps regulate your body's response to stress, optimizes your immune system and helps maintain energy. Best consumed in tincture or tea forms.

*Melissa officinalis* - calming herb that is also useful for "nervous" stomachs and insomnia. Can be consumed in tea or tincture forms.