



NURTURE YOUR BODY NEWSLETTER

FROM THE OFFICE OF JACKIE YURKO, DOCTOR OF
NATUROPATHIC MEDICINE

AUTUMN 2002

COMING SOON—www.nurture-your-self.com

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Nurture Your Self Newsletter is 1 year old! It has been an exciting learning process creating the different issues over the past year. From the start, my vision for this newsletter has been to provide continued support for people as they move forward on their journey with Naturopathic Medicine. I also hope that the newsletter has been able to introduce new people to Naturopathic Medicine.

To provide further Naturopathic support and access for people, I am preparing to introduce a website, www.nurture-your-self.com. The website is currently under construction, but it should be up and running very soon.

The website will include an introduction to the basics of Naturopathic Medicine—a description of Naturopathic Medicine, a listing of health concerns that can be potentially supported/addressed by Naturopathic Medicine, information on the foundations and healing therapeutics of Naturopathic Medicine, a description of a Naturopathic consultation, and information on myself (my education, my focus as a Naturopath).

The website will also offer opportunities for continued learning about Naturopathic Medicine. There will be



a monthly nurture-your-self.com column that will focus on a variety of different Naturopathic topics. There will be an archive of Nurture Your Self Newsletters and eventually nurture-your-self.com columns. There will also be a listing of upcoming events in Edmonton and surrounding areas. I feel this website will be an important form of further support for people as they continue to integrate Naturopathic Medicine into their lives. I am also particularly excited about the increased access to Naturopathic Medicine the website will provide, especially for people who live far away from or do not travel to Edmonton. I think it will be an excellent way for people to begin to learn about the basics of Naturopathic Medicine at their own pace, in their own environment. If you have any friends or family members that are interested in

learning more about Naturopathic Medicine, please let them know about www.nurture-your-self.com.

The website, like the newsletter, will be a work in progress. Any feedback, suggestions, or ideas are welcome. Please check it out over the next while and let me know what you think!

Additional News

There have been some changes to the office space in which I practice. The waiting room has been divided in two by a wall, creating 2 separate suites upstairs. Instead of entering the waiting room through the door directly at the top of the stairs, the entrance is now the door to the left (directly beside the other door). Adrienne Bouchard (Registered Massage Therapist and Traditional Japanese Reiki Teacher) and I are the practitioners continuing to work out of this space. In another new development, I will now be booking Naturopathic consultations out of Rising Sun Health Connections in Cold Lake, Alberta on the last Monday and Tuesday of the month, beginning in October. If you or anyone you know is interested in finding out more or booking a consultation, please call Rising Sun at (780) 639 6688 or myself at (780) 430 4553.

UPCOMING NATUROPATHIC INFO SESSIONS AND COOKING DEMOS

The cooking demo in September went over very well and the next one will be held in February 2003. All cooking demos and free info sessions will continue to be held on the third Monday of the month. All sessions begin at 7:00 PM and are held at the Parkallen Community Hall (11104 65 Avenue, Edmonton). The next free info session will be held on Monday, October 21 and will focus on 'Raising Healthy Children'. I will look at how Naturo-

pathic Medicine, with a specific emphasis on nutrition, can be an excellent means of supporting children's health. Please call 430 4553 by Friday, October 18 to register. In November, the free info session will focus on 'Effective Stress Release Techniques'. This session will be excellent for anyone who finds this time of year to be especially stressful due to upcoming exams, social engagements, financial stress etc. I will look briefly

at how stress affects our health and then explore a variety of different techniques that can help us manage stress more effectively. This session will take place on Monday, November 18. Please call by Friday, November 15 to register. There will be no sessions held during the months of December and January but the sessions will start again in February 2003. Please feel free to contact me with any suggestions for future topics.

NURTURE YOUR BODY

WOMEN'S HEALTH: THE BENEFITS OF CHARTING



The ebb and flow of dreams, creativity, and hormones associated with different parts of the cycle offer us a profound opportunity to deepen our connection with our inner knowing. This is a gradual process for most women, one that involves unearthing our personal history and then, day by day, thinking differently about our cycles and living with them in a new way.

Christiane Northrup

Women's Bodies,

Women's Wisdom

Women's health is an expansive topic. There are an endless number of concerns that can be included under this heading—breast health, bone health, pregnancy, menopause, imbalanced periods etc. To get a sense of how our health is affected by being a woman, it is important to begin to pay close attention to how we are affected by our monthly hormonal cycle. Our cyclical nature, I believe, is inherent to all women. I also believe it remains inherent even if we do not have a monthly period. Therefore, even if we have reached the stage of menopause or do not have a period for any other reason, I feel it is still possible and important for us to get a sense of how our health changes and responds to the monthly cycle within our body.

The most basic way we can begin to get a sense of this, is to chart the way we feel, on a physical and an emotional level. By charting our cycle, we can begin to get a sense of how our body and mind feel at different times of the month. Most importantly, this allows us to begin to establish what women's health means to each of us—what concerns we experience are directly related to our hormonal cycle.

Establishing the exact numbering of the days in our cycle is most important if we currently have a period, with the first day of our cycle being the first day our period begins and the last day of our cycle being the day before our period begins. If we do not have a monthly period, it may be less important to focus on specific numbered

days and instead focus on repeating cycles. If we do want to number the days, however, we can arbitrarily choose day one and the length of the cycle or we may want to number the days based on a regular cycle we experienced when we had a period.

There are a number of different concerns that we experience that may be related to hormonal fluctuations. These are the concerns that are important to chart. These concerns can include **bloating/water retention, appetite/craving changes, digestive/bowel changes, breast/lower back/pelvic/joint/muscular pain, headaches, fatigue, skin concerns (eczema, acne, psoriasis etc.), vaginal yeast/urinary tract infections, insomnia, palpitations, dizziness, emotional fluctuations, hot flashes, night sweats, vaginal dryness/irritation, and flow characteristics (length, amount, color, clots, and physical/emotional concerns during flow).**

We can individualize our charts to include the above mentioned concerns or additional concerns that are part of our own unique health picture. We can use a journal, a large piece of paper, a computer database—anything that feels comfortable and easy to use—to create our chart. For the basic setup, place the concerns in a column along the left side of the chart and the days of the cycle along the top. Create a chart with ample room for notes about each concern each day.

It is also essential to do a **monthly self breast exam**. The best time to do a self breast exam is anywhere between day 2 and day 12 of our cycle. It is helpful to create a breast map—create a drawing of each breast, noting where we have felt cysts, fibrous tissue, tenderness, or any other concerns—and compare our findings each month with our previous map. It is normal for many of us to have cysts and fibrous tissue in our breasts. It is important to establish what is normal for our own breasts as then we can more easily notice if something has changed or developed.

After charting our concerns for a period of 3 months, we can begin to develop a firm sense of how our body responds to our monthly cycle. We may then also begin to predict when we are going to feel a specific way and build in support systems for our selves. For instance, we may find that we feel tired on every day 25 of our cycle and we may want to work in time for extra rest on that day.

Although here we have specifically focused on women's health concerns, charting concerns can be equally important for men. Charting can bring us all more in tune with our bodies and give us a stronger sense of our individual concerns. For anyone working with Naturopathic Medicine, charting our concerns can also be an excellent tool to gauge how different therapeutics are affecting/supporting our health concerns.

AUTUMN GINGER CARROT SOUP RECIPE

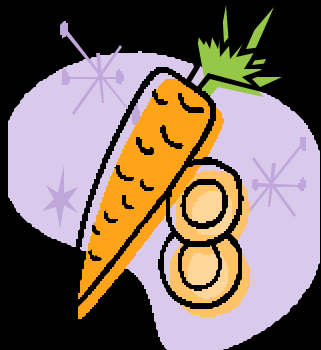
For many of us as the seasons change and colder weather comes our way, our immune system struggles to rebalance itself. One of the most important steps we can take to support our immune system is to nourish our bodies with healthy, nutritious food. This Autumn Ginger Carrot Soup recipe is a warming meal packed with nutrients such as antioxidant and anti-inflammatory compounds, Beta Carotene and Vitamin C that boost the functioning of our immune system. To further support immune health, integrate as many certified organic ingredi-

ents as possible. Enjoy!

Ingredients: 1 small onion, chopped, 2 cloves garlic, minced, 6–8 large carrots, chopped, 2 small potatoes, diced, 1cup assorted vegetables (broccoli, kale, cauliflower etc.), chopped, 1/2 tsp fresh ginger, grated, 1 tbsp fresh dill, chopped, 1tbsp olive oil, 1 tbsp wheat free tamari, 1 cup unflavored rice/soy/oat/almond milk, 4 cups vegetable broth or 4 cups water + 1 tsp sea salt.

Directions: In a large soup pot, sauté

onions and garlic in olive oil until onions are translucent. Add in dill and ginger and sauté for 1 more minute. Add in carrots, potatoes, and assorted vegetables and sauté for 5 more minutes. Add in vegetable stock/water + sea salt and tamari and simmer for 40 minutes. Remove from heat and let cool, uncovered, for 5 minutes. Place 3/4 of the mixture and 1 cup rice/soy/oat/almond milk into a blender and blend until smooth. Place back in pot and mix well with remaining soup. Place back on low heat for 10 minutes. Remove from heat and serve.



NURTURE YOUR MIND

THE IMPORTANCE OF REMAINING IN THE MOMENT

In her book, [When Things Fall Apart](#), Pema Chodron explores fear, an emotion many of us find difficult to experience/face. Chodron states that, for many of us, when we are faced with feelings of fear, we shut down, escape, immediately try to make things better. She believes that these habitual responses rob us of unlimited opportunities for growth that fear can provide. When we are faced with fear and we can remain in the moment and explore what we are feeling, we can gain clarity on why we feel this fear and what our fear is based in. Chodron also states that feelings of fear are 'messengers that show us with terrifying clarity, where we are stuck' (page 12). Gaining insight into our fears can provide us with information we need to make important changes in our lives, changes that can help us move forward and grow. For Chodron, fear is a complex emotion that also forms the basis of many other feelings that often cause us discomfort—anger, pain, sadness, jealousy, embarrassment. If we begin to work on remaining in the moment with any of these uncomfortable feelings when they occur, we can also begin to uncover the messages they are trying to pass on. This can be an essential step when working with Naturopathic Medicine. Within Naturopathic Medicine, it is important to address the root from which our concerns arise. It is my sense that often our concerns are rooted in emotions that we suppress,

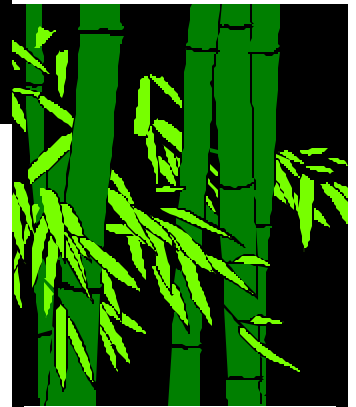
ignore, move away from. For instance, if we have digestive concerns, these concerns may be partially rooted in certain foods or disruption of our gastrointestinal function. However, as we dig deeper, we may also uncover a root based in fears that we are unable to express or have held onto. In addition, in her book, [The Wisdom of Menopause](#), Christiane Northrup talks about the links between intense menopausal concerns (hot flashes, emotional fluctuations) and unexpressed feelings like anger, fear, sadness.

For many of us, these emotional connections ring true. If we have a sense that fear or any of its associated emotions are playing a part in our health concerns, it is essential we begin to explore these feelings further. Remaining with and going deeper into our fear is an important step in this process.

By staying present with our fear, we also begin to build our overall level of strength and health. For instance, this practice allows us to integrate flexibility and acceptance into our daily lives. It allows us to begin to appreciate every experience that we have, whether it is one that would be commonly viewed as positive (joy) or negative (fear). This leads to a recognition that we can constantly learn from whatever comes our way, that each moment is filled with wisdom we can draw on. This can have an incredible impact on our health. For many of us, feelings of fear, anger, sadness place

an excess of stress on our bodies. By searching for the meaning in all of our experiences, we can begin to move away from becoming stressed every time we feel fear, anger, sadness. This can help us to begin to decrease our overall stress level which is an incredible support for our overall health. Staying with our feelings of fear, anger, sadness also supports our health by helping to teach us to be less judgmental of our selves. For many of us, we view all emotions that make us feel uncomfortable as bad and that when we experience these feelings, we are bad people. However, by exploring these emotions, we can see the beauty of what they have to teach us. This can help us move away from seeing these emotions and our selves in a negative light. This provides us with the opportunity to begin to treat our selves and our feelings with maitri, or loving kindness. By treating our selves with loving kindness, we become less hard on our selves—a practice that has numerous impacts on our health on an emotional, mental, spiritual, and physical level. By becoming more loving and compassionate towards our selves, we also gain the benefit of developing more compassion for others.

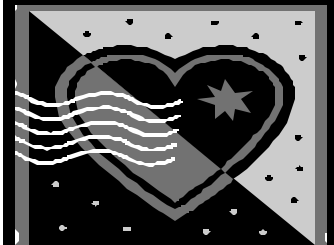
By beginning to focus on remaining in the moment with our feelings that we have habitually tried to avoid, we can open up our ability to grow, heal, and live a more balanced life.



For it's not what happens to us, but how we respond that ultimately matters and shapes who we are from inside out.

Jean Shinoda Bolen

[Close to the Bone](#)



Sooner or later we understand that although we can't make fear look pretty, it will nevertheless introduce us to all the teaching we've ever heard or read.

Pema Chodron

[When Things Fall Apart](#)

TONGLEN PRACTICE: SUPPORTING OPENING

To begin to cultivate our ability to remain in the moment, in her book [When Things Fall Apart](#), Chodron encourages the integration of the practice of Tonglen into our daily lives. Tonglen practice 'is a method for overcoming our fear of suffering and dissolving the tightness of our hearts' (page 93). It helps us to embrace uncomfortable feelings like pain, anger, fear and allows our heart to soften in the process. Tonglen practice is based on focusing on breathing in pain and breathing out relief/relaxation whenever we are confronted with situations in which our selves or others are suffering. There are four steps involved in Ton-

glen practice. First, we rest our mind for a few seconds, allow our selves to open. Second, we begin to focus on our breath, fully inhaling, visualizing taking in air that is heavy and hot. Then we fully exhale, visualizing giving out air that is light and cool. Third, we begin to work with a specific difficult situation or feeling that we (or others) are experiencing. Breathing in that difficult feeling and breathing out relief/relaxation. Fourth, we expand beyond our own difficult feeling and breathe in the feeling and breathe out relief/relaxation for all other people/beings experiencing the same feeling. We can do Tonglen practice during a specific time daily or during the mo-

ment we are in contact with the emotions of pain, fear, anger. If we are experiencing pain on a daily basis, we may want to set aside time each day to breathe in our pain and breathe out relief. If we suddenly happen upon an animal that has been run over, we can immediately breathe in the pain of that animal and breathe out relief. I encourage all of us to integrate Tonglen practice into our daily routine over the next while. After a month, it will be interesting to reflect on whether our experience of our emotions/health concerns has begun to change and whether we are more fully able to remain open and learn from these experiences.



NURTURE YOUR SPIRIT

THE FIFTH CHAKRA

Chakras are energetic centers that vitalize our body. There are 7 main chakras associated with our body and each chakra has individual effects on our emotional and physical health. Our fifth chakra is located in the center of our throats and is also referred to as our throat chakra. Our throat chakra is associated with the color sky blue.

In her book Hands of Light, Barbara Brennan states that when our throat chakra is open, we are more able to attract and accept nourishment. This establishes the importance the health of our throat chakra has on our entire body. When our chakra is balanced and open, our entire body is more fully nourished. The health of our throat chakra is based on our ability to express our selves and direct our will. The true essence of our throat chakra then is creation—creation of words/expressions that reflect our beliefs and creation of a life that reflects our dreams.

When our self expression is blocked/diminished on any level, our throat chakra will be impacted. If, as a child, we were raised to believe our

voice should never be heard or would never be believed, our throat chakra will suffer. It is also damaged if we are unable to communicate our feelings. If we are unable to listen to/hear what others are trying to communicate to us, our throat chakra will be affected. It will also be compromised if we are in situations in which our inability to trust people prevents us from expressing our selves. If we do speak our truth but no one listens to or believes us, our throat chakra will be harmed. It is further impacted, if our creative self expression is stifled or suppressed. If our will power is distorted, our throat chakra will also be affected. If we are unable to follow our dreams or achieve our goals, our throat chakra will lack nourishment. It also suffers when we allow others to make important decisions for us. If we are dishonest and manipulate others to do what we want, our throat chakra is impacted. It is also harmed if we develop habits/addictions that we can not control. If our throat chakra is undernourished, the organs/areas associated with our chakra will also be im-

acted. The organs/areas directly affected by our throat chakra include our thyroid gland, our neck, our lymph nodes, our throat, our voice, and our mouth. Health concerns that can develop when our throat chakra is imbalanced can include hypo/hyperthyroidism, chronic neck pain, headaches related to neck tension, TMJ pain, swollen lymph nodes, chronic/frequent sore throats, laryngitis, voice loss, canker sores, and gum disease. If any of these concerns are part of our health picture, it is important to explore the level of balance within our throat chakra. If we discover our throat chakra is imbalanced, it is essential that we begin to nurture it's health. Ways to support our throat chakra include cultivating daily avenues of self expression (journaling, art, open discussion, counseling), consciously listening to what others are saying, focusing on taking control of (only) our own lives. We can also nourish our throat chakra by directing energy to the area and encouraging opening. Over the next while, I encourage all of us to spend some time strengthening the health of our throat chakra.

Difficulties can be soul shaping: they can be lessons that lead us to know who we are, and they can stretch us into becoming larger souls and more authentic human beings than we were before.

Jean Shinoda Bolen

Close to the Bone

THANK YOU TO EVERYONE WHO REFERRED FRIENDS OR FAMILY MEMBERS DURING THE MONTHS OF JULY, AUGUST, AND SEPTEMBER. YOUR SUPPORT IS GREATLY APPRECIATED.

ALL INFORMATION IN THIS NEWSLETTER IS INTENDED FOR GENERAL INFORMATION PURPOSES ONLY. IF YOU ARE INTERESTED IN LEARNING MORE ABOUT THESE TOPICS, PLEASE DROP BY THE MONTHLY INFORMATION SESSIONS.

THIS NEWSLETTER IS PRINTED ON RECYCLED PAPER.

RESOURCES USED IN DEVELOPING THIS NEWSLETTER

WHEN THINGS FALL APART CHODRON

CLOSE TO THE BONE SHINODA BOLEN

THE WISDOM OF MENOPAUSE NORTHRUP

WOMEN'S BODIES, WOMEN'S WISDOM NORTHRUP

HANDS OF LIGHT BRENNAN

THE CREATION OF HEALTH MYSS AND SHEALY



COUPON

25%

OFF NEXT

FOLLOW-UP VISIT

THIS COUPON EXPIRES JANUARY 30, 2003

ENERGY 101 WORKSHOPS

PRESENTED BY ADRIENNE BOUCHARD

THIS WORKSHOP IS DESIGNED TO REFORITIFY EXISTING ENERGY AWARENESS AND/OR CREATE A SOLID FOUNDATION FOR NEW EXPLORATION. THE OBJECTIVE IS FOR PEOPLE TO GAIN AN ACKNOWLEDGEMENT OF ENERGY AND THEIR OWN CENTER. THE WORKSHOP WILL RUN 3 WEDNESDAYS, NOVEMBER 13, 20, 27 (7-9 PM) OR SATURDAY, OCTOBER 26 (10 AM-5 PM) OR SATURDAY, NOVEMBER 30 (10 AM-5 PM). THE WORKSHOPS WILL BE HELD IN EDMONTON. THE COST FOR THE WORKSHOP IS \$100.00. FOR MORE INFORMATION OR TO REGISTER, PLEASE CONTACT ADRIENNE BOUCHARD AT (780) 432 1167