



NURTURE YOUR SELF NEWSLETTER

FROM THE OFFICE OF JACKIE YURKO, DOCTOR OF
NATUROPATHIC MEDICINE

SPRING 2002

WHAT IS HOMEOPATHY?

NURTURE YOUR
BODY

PAGE 2

NURTURE YOUR
MIND

PAGE 3

NURTURE YOUR
SPIRIT

PAGE 4

Naturopathic Medicine can be viewed as an umbrella profession under which many different disciplines are practiced together. The main modalities that form the practice of Naturopathic Medicine include Botanical Medicine, Nutrition, Traditional Chinese Medicine, Bodywork, Counseling, and Homeopathy. Of each of these modalities, Homeopathy is often the one that is the most difficult for people to understand.

The biggest obstacle that prevents people from understanding Homeopathy as a valuable healing method, is the way in which the remedies are prepared. Samuel Hahnemann, who developed the field of Homeopathy in the early 1800's, believed that extremely dilute preparations of substances had the ability to encourage healing in the body. Each individual substance is diluted to such an extent that there is no physical trace of the original starting substance left in the final remedy. To illustrate the dilution process, I will use the example of the preparation of the remedy Nat Mur. Nat Mur is a Homeopathic preparation of the salt of the earth's crust. At the start of the dilution process, 1 part of



salt is placed in 99 parts of water and the solution is then succussed (shaken). This creates a 1 in 100 dilution or a 1C dilution. One part of the 1C solution is then placed in 99 parts of water and succussed. This forms a 2C dilution. By the time a 3C dilution is produced, there are no detectable molecules of salt left in the solution.

What remain and are potentized with each successive dilution, are the energetics of a remedy. The energetics of a remedy are determined through 'provings' in which healthy, sensitive individuals take a relatively high dosage (ie. 200C 2 times a day for 4 weeks) of an unknown remedy and record the symptoms they develop. The healing power of Homeopathy is then achieved by matching the energetics of a remedy with the energetics of a person and their health concerns.

Hahnemann believed that all health concerns or disease processes were due to a "mistuning of the spirit-like enlivening power-force energy" or an imbalance in our internal vital force. When living with physical or emotional health concerns, our mistuned vital force can adjust and no longer recognize that the body is out of balance. With similar energetics as a person's health concerns, a Homeopathic remedy can tune the vital force into the presence of imbalance in the body. The vital force is then encouraged and supported to retune and rebalance itself. The Homeopathic remedy delivers the message of imbalance, but the vital force does the work of healing. Homeopathy, then, truly supports the body's ability to heal itself.

Homeopathy has been shown to be a particularly effective support when working with emotional concerns that are often difficult to address through other Naturopathic modalities. By working with Homeopathy, we can widen our scope of how we can care for our selves with natural therapeutics and we can expand our understanding of the functioning of the body on an energetic level.

Inside this issue:

THE BASICS OF A SPRING
CLEANSE 2

FRUIT AND NUT BARS
RECIPE 2

WOMEN'S CYCLICAL
NATURE 3

THE IMPORTANCE OF
EMOTIONAL CLEANSING 3

THE THIRD CHAKRA 4

COUPON 4

RESOURCES 4

HEALTHY ORGANIC WHOLE FOODS COOKING DEMO IN MAY

There will be a twist to the monthly information sessions in May. The session will center around a 'Healthy Organic Whole Foods Cooking Demo'. I will be demonstrating how to prepare and cook easy, quick, healthy, whole foods dishes. There will also be ample opportunity to sample all the foods that are prepared! I am planning on making 1 or 2 main dishes, a sauce, a smoothie, and a dessert—all prepared with organic vegetarian whole foods ingredients. If you feel unsure of how to prepare healthy whole foods or are afraid

whether or not they will be tasty, this session will be an excellent opportunity to explore any questions or concerns you may have. The demonstration will take place on Monday May 6 at 7:00 PM. Unlike previous sessions, there will be a \$3.00 charge to cover the cost of food. Registration is also required, so please call 430 4553 to sign up by Friday May 3. The session will be held at the Parkallen Community Hall (11104 65 Avenue, Edmonton). In June, the free monthly information sessions will resume and the topic to be covered is

'Strengthening and Supporting the Immune System'. As usual, the session will be held the first Monday of the month, June 3, beginning at 7:00 PM at the Parkallen Community Hall. There will be no sessions in July and August, but they may start again in September. If you have any questions or would like additional information, please call 430 4553.



NURTURE YOUR BODY

THE BASICS OF A SPRING CLEANSE



Detoxification is a process of cleaning, nourishing, and resting the body, from the inside out.

Peter Bennett and
Stephen Barrie

7-Day Detox Miracle



The journey towards wellness from most illness requires a process of detoxification, and regular detoxification is good prevention from all disease.

Sat Dharam Kaur

A Call to Women: The Healthy Breast Program & Workbook

Spring is a time of renewed growth and development. Our bodies are nourished by an increased amount of sunshine. Our spirits lift. Each of these factors often provide us with a sense of increased enthusiasm and energy. With this increased feeling of vitality, we have an excellent opportunity to focus on supporting our overall level of health. A spring cleanse can be an extremely effective way to support our health as the seasons change. It is believed that our ability to effectively detoxify is directly related to our susceptibility to developing different disease processes. If our body's detoxification mechanisms are not functioning optimally, we become more likely to catch different infections or to develop different health concerns. Because supporting our body's ability to heal itself and preventing the development of disease are both central to the practice of Naturopathic Medicine, a spring cleanse is an essential part of everyone's Naturopathic journey.

The primary organ that is affected by a cleanse is our liver. On a daily basis, our liver is responsible for filtering toxins out of our blood. Over time, our liver can become overwhelmed and its level of functioning can begin to decrease. Toxins can begin to accumulate in our body and a number of different health concerns can develop. Some symptoms of body toxicity include sensitivity to synthetic fragrances, frequent swelling around the eyes, inability to concentrate, feelings of depression, fatigue, skin concerns, digestive disturbances, and joint stiffness or soreness.

The specifics of a cleanse—the length of a cleanse, the herbal or nutritional supplements utilized to support the functioning of the liver during a cleanse—will change depending on the level of vitality, the specific health concerns, and the goals of each indi-

vidual doing a cleanse. However, working on a dietary level, removing foods that place an increased burden on our liver, and increasing foods that support the process of detoxification, is the basis of any cleanse. Foods that increase our body's toxin load and tax the functioning of the liver include red meat (beef, pork, all luncheon/processed meat), dairy products, wheat products, refined sugar (white and brown sugar), caffeine, alcohol, and peanuts. During a cleanse, it is essential to remove each of these foods, entirely, from our daily consumption. By removing these foods, our body's daily toxin load decreases and, our liver can then begin to focus on addressing toxins that have accumulated in our body. The liver neutralizes toxins in the body via Phase 1 and Phase 2 detoxification pathways. It is essential that both Phase 1 and Phase 2 pathways are working at optimal levels during a cleanse. Foods that support the optimal functioning of these pathways are the foods we focus on increasing or incorporating into our daily routine during a cleanse. The Phase 1 reactions are dependent on adequate levels of essential fatty acids. It is extremely important to ensure that we are consuming 1—2 table-spoons of Flax Oil/Essential Balance/Udo's Oil (all of which are excellent sources of essential fatty acids) each day during a cleanse. The glutathione pathway, a major Phase 2 pathway, is responsible for neutralizing up to sixty percent of the toxins found in our bile (the carrier of our body's fat soluble toxins). Increasing fresh fruits and vegetables, which are best sources of glutathione, is an essential part of an effective cleanse. The Phase 2 sulfation pathway, which neutralizes many chemicals, prescription medications, steroids, and hormones, is often the weakest of the detoxification pathways. We can support the functioning of this pathway by increasing sulfur

rich foods such as onions, garlic, celery, turnips, soy, kale, and green beans. The Phase 2 amino acid conjugation pathway requires adequate levels of protein to function. During a cleanse, it is important to focus on healthy protein such as legumes (beans, peas, lentils), nuts, seeds, and certified organic chicken, turkey, or fish. A rice or soy protein powder can also be supportive during a cleanse. The brassica family foods, which includes broccoli, cauliflower, brussel sprouts, and cabbage, support all Phase 2 reactions and are also important foods to focus on during a cleanse. Finally, on a nutritional level, to ensure that our various vitamin and mineral needs are being met during a cleanse, it is a good idea to integrate a multi vitamin into our daily routine.

Another integral part of a cleanse is to maintain healthy circulation. The two main circulatory fluids in our body, the blood and the lymph, are the main carriers of toxins in our body. During a cleanse, it is essential that these fluids are circulating and that their toxins are being filtered through our liver. There are a number of different activities we can do to ensure healthy circulation during a cleanse. Exercising at least twenty minutes each day will help improve circulation. Dry skin brushing is an excellent method to encourage lymph circulation. Alternating hot and cold showers are also extremely effective at stimulating healthy circulation.

By ensuring that we are increasing our circulation and feeding our bodies with healthy foods, we can form the basis of an effective spring cleanse. The benefits from doing a spring cleanse can include an increased sense of vitality, emotional balancing, elevated immune strength, and improved digestive function. By doing a spring cleanse, we take an essential step in supporting our overall level of health.

FRUIT AND NUT BARS RECIPE

This recipe makes a delicious snack that is high in protein and can satisfy sweet cravings. This is an excellent snack to make during a cleanse. **Ingredients required are:** 3/4 cup

raw, unsalted almonds, 1/2 cup each of raw, unsalted sunflower seeds, sesame seeds, and pumpkin seeds, 1 cup raisins, 1 cup pitted dates, 1 tsp grated lemon peel.

Place all ingredients in a food processor and grind mixture into a fine consistency. Place mixture in a 8" X 8" baking dish and refrigerate for 2 hours. Cut into bars and enjoy!

NURTURE YOUR MIND

WOMEN'S CYCLICAL NATURE

In our lives, we are surrounded by and involved in many cycles. As the wheel of the year turns, the seasons change. The moon is constantly moving through different phases. As women, we have experienced or currently experience our monthly menstrual cycle. Many of us also experience emotional fluctuations and cycles, often relating to our menstrual cycle and often representing a great source of frustration. Whenever we experience any strong emotion, it is important to pay attention to what our feelings are trying to tell us. Often these emotions are a medium through which our body/mind/spirit is sending us messages about situations in our lives or about our overall level of health. What is interesting is that the emotional fluctuations that many of us experience are intricately connected to our monthly cyclical nature. Author Christiane Northrup states that changes in the hormones that form the basis for the functioning of our menstrual cycle reflect and affect changes in our emotions. Our menstrual cycle

is formed by three main stages—the follicular phase, ovulation, and the luteal phase. The follicular phase includes the days in which we have our period through to the day prior to ovulation. During this phase, many of us are at the peak of our enthusiasm, creativity, and sociability. During the follicular phase, estrogen is the dominant hormone and it is believed it encourages us to be more outwardly focused. Ovulation includes the time when an egg is released from the ovary and it also encompasses the time when we are most fertile. During this time, many of us are at our most relaxed and receptive, reflecting our body's natural ability to prepare for the possibility of conception. The luteal phase includes the days following ovulation through to the day before our menstrual flow begins. During this phase, many of us are at our most reflective, most sensitive, and most in need of time for our selves. During the luteal phase, progesterone is the dominant hormone and it is believed it encourages us to be more inwardly focused.

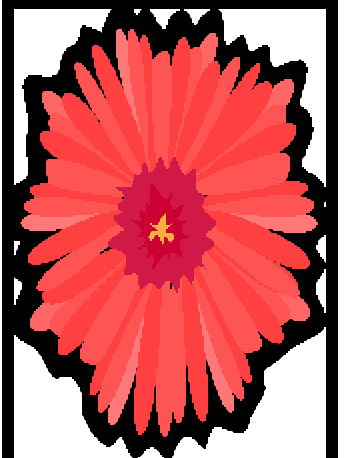
Even when we no longer experience a monthly menstrual cycle, our emotions are still affected by the more subtle hormone fluctuations our body still experiences. Emotional fluctuations are completely normal and natural—we are not meant to always be happy and to never feel anger, or to always be sad and to never feel joy. (Continuous emotional extremes that are difficult to function with, however, indicate that the body is out of balance and need to be addressed and supported). The cyclical emotional fluctuations that many of us experience reflect different needs of our body/mind/spirit at different times. By charting our menstrual cycle and/or our emotional fluctuations, we can begin to make links between hormonal changes and the way we are feeling. Once we become aware of these links, we can begin to honor when we are feeling more creative, more introspective, and more sensitive. Becoming more in tune with our bodies can be an excellent opportunity to learn more about our cyclical nature.



**Now we seek healing;
we seek to be whole and
to be drawn back into
the whole. Gently and
persistently exploring
our old scars and
injuries, seeking ways to
be open where we are
blocked, seeking release
and relief—all are part of
our task.**

**Starhawk and Hilary
Valentine**

**The Twelve Wild
Swans**



THE IMPORTANCE OF EMOTIONAL CLEANSING

While cleansing our body using different foods and physical techniques, it is essential to also address any emotional toxicity we encounter or have stored. Authors Bennett and Barrie state any repressed emotion has the potential to create toxicity within our body/mind/spirit. Anger, especially, has this power. Within Traditional Chinese Medicine, the emotion of anger is associated with the liver. When we have an excess of anger in our lives or stored in our bodies, the energetics of our liver can become stagnated or stuck. Physical concerns that can then develop include headaches, skin concerns, joint pain, menstrual irregularities—all symptoms that point to an overload of toxins in the body. To help facilitate and optimize cleansing, it is important to release or transform anger we have suppressed. Bennett and Barrie have found that by transforming anger into more health supporting thoughts or emotions, the mind can purify itself "of subtle toxins that eventually create biochemical toxins in the blood stream." Authors Starhawk and Valentine encourage us

to find ways to transform our feelings of anger into creativity. They suggest meditating on stored anger and releasing it, then focusing on our passions and our accomplishments and creating something that is a manifestation of these things. In addition to working with suppressed anger, it is also important to find effective methods to deal with anger in our present situations to prevent anger from continually building up in our bodies. Anger, in and of itself, is not a negative emotion. It only becomes negative when we turn it inward or when we react in ways that are harmful to our selves and others. Anger can alert us to situations that do not feel right for us and can motivate us to make a change. Starhawk and Valentine compare anger to a forest fire—it clears away old parts of our lives that no longer support us and makes way for new growth and development. It is important to look for messages and opportunities to learn in our anger. It is essential that we respect and recognize our experiences. It is also important to avoid reacting to anger in unhealthy ways. The Kripalu

Center for Yoga and Health has developed a five step technique called 'Riding the Wave' that can offer guidance when we feel anger. The first step is to consciously deep breathe—this grounds our selves in the present. The second step is to relax—this releases the tension our bodies unconsciously take on when we are angry. The third step is to feel—this helps us recognize how we are responding, on a physical level, to our anger. The fourth step is to watch—this allows us to step out side of our selves and to gain perspective on our situation. The fifth step is to allow—this involves allowing our anger to be felt and then allowing our anger to be released. By using this technique, we can experience anger in a way that does no damage to our selves or to others. By examining and releasing suppressed anger and by integrating effective anger release techniques into our daily routine, we take important steps in further cleansing our body, mind, and spirit.



NURTURE YOUR SPIRIT

THE THIRD CHAKRA

The foundation for a woman's sense of herself is formed by the emotions, memories, and wisdom stored in the energetic fields of the first and second chakra.

Christiane Northrup

Women's Bodies, Women's

Wisdom

Chakras are energetic centers. Of the 7 major chakras associated with the body, we have explored our first and second ones in previous issues of the Nurture Your Self Newsletter. In this issue, we will look at our third chakra. Our third chakra is located at the solar plexus, the place where our sternum/breastbone ends. The color associated with our third chakra is yellow. The synergistic and circular relationships between our chakras become apparent when we look at the characteristics of our third chakra. The health of our third chakra is built upon our level of self esteem/confidence/respect. The development of self esteem/confidence/respect is dependent on being grounded in our lives (a first chakra characteristic) and being in healthy and supportive relationships (a second chakra characteristic). If the emotional health of our first and second chakra is off balance, the health of our third chakra will also likely be affected. The health of our third chakra will also be affected by actions/beliefs that are damaging to our self esteem/confidence/respect. If we feel we are incapable, inferior, or incompetent, our third chakra will lack nourishment. It will also be

affected if we are hard on ourselves, if we focus only on our mistakes and never celebrate our successes. If we are in relationships where our spirit and our individuality are not respected or validated, our third chakra will be unbalanced. It will also be compromised if we are unable/prevented from being our own primary decision maker, in charge of guiding our own lives. If we nurture only others and never our selves, our third chakra will suffer. The health of our third chakra will also be greatly affected by unprocessed feelings of anger about being neglected, overlooked, abused, controlled. If we are consumed by fears of failure our third chakra will become unbalanced. Another aspect of our third chakra's energetics is that it is also our seat of intuition regarding our daily interactions. Our third chakra connects us to our 'gut instincts', our immediate impressions of people or situations. Being in tune with our intuition requires a strong sense of self and an ability to trust ourselves. If our self esteem/confidence/respect is undernourished, our ability to contact our intuition will be diminished. When our third chakra is imbalanced, we can see a number of concerns manifest on

a physical level. The organs that are related to and most directly affected by the health of our third chakra are the gallbladder, liver, spleen, small intestine, pancreas, kidneys, and adrenal glands. Gallstones, Irritable Bowel Syndrome, Ulcers, Diabetes Mellitus, fatigue, digestive difficulties, and issues surrounding eating may all be reflective of imbalances in our third chakra. If any of these concerns are part of your health picture or if you feel your third chakra is emotionally undernourished, it is very important to begin to build a stronger sense of self. It is essential to find an effective way to address a low sense of self esteem/confidence/respect. Author Diane Stein states that our third chakra is also responsible for transforming thought into reality and by focusing on positive thoughts/affirmations/visualizations, we can begin to build our self esteem/confidence/respect. For others, counseling may be a better option. The method of working with self esteem/confidence/respect will be different for each person. It is essential, however, to begin to nourish this very basic part of our selves which plays an huge part in our overall level of health.

EDMONTON'S EARTH DAY CELEBRATION WILL BE HELD ON SUNDAY, APRIL 21, FROM 12—6 PM, AT HAWRELAK PARK. I WILL HAVE AN INFORMATION TABLE AT THE CELEBRATION SO FEEL FREE TO STOP BY AND SAY HELLO IF YOU ARE AT THE EVENT.

IF YOU ARE INTERESTED IN RECEIVING EMAIL ANNOUNCEMENTS OF UPCOMING TALKS OR UPCOMING APPOINTMENTS, PLEASE SEND AN EMAIL MESSAGE TO jjurko@telusplanet.net

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 THE NURTURE YOUR SELF NEWSLETTER

[A Call to Women](#) Kaur

[7—Day Detox Miracle](#) Bennett and Barrie

[Organ of the Medical Art](#) Hahnemann

[All Women are Psychics](#) Stein

[The Twelve Wild Swans](#) Starhawk and Valentine

[Women's Bodies, Women's Wisdom](#) Northrup

[The Creation of Health](#) Myss and Shealy

[Yoga Journal](#) April 2002



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FOLLOWUP

VISIT

THIS COUPON EXPIRES JUNE 30, 2002