



NURTURE YOUR BODY

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NATUROPATHIC MEDICINE

SUMMER 2002

THE BENEFITS OF NATUROPATHIC MEDICINE

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By utilizing and integrating Naturopathic Medicine into our healthcare routine, we begin to realize numerous improvements in our overall level of well being. The experience that each of us will have with Naturopathic Medicine will be unique to our selves; however, there are a number of general benefits that Naturopathic Medicine can provide for everyone.

One benefit of Naturopathic Medicine is, that as a holistic form of healthcare, it highlights the different aspects of our selves that affect our health. Naturopathic Medicine addresses the whole person—the emotional, mental, spiritual, and physical aspects of a person. By focusing on the entire person, Naturopathic Medicine encourages us to recognize the different aspects of our lives and our selves that affect our health. It can open up our perspective and motivate us to make connections between our emotions and our physical symptoms and help to widen our understanding of why we may be experiencing different health concerns. Naturopathic Medicine also encourages us to nurture each part of our selves, taking care of not only our physical health, but also our emotional health as well. The holistic focus of Naturopathic Medicine can help lead to an increased strength of our overall



level of health.

By encouraging us to focus on the different aspects of our health, Naturopathic Medicine also provides us with the benefit of becoming more in tune with our selves. We are able to further develop our ability to listen to our bodies. When working with Naturopathic Medicine, we are encouraged to pay close attention to how both our physical bodies and our emotional selves react to different foods, different situations, different times of the day, month, or year. By getting a sense of how different foods affect our digestion, how different situations affect our emotions, how different times affect the way we feel, we can become more closely connected with our intuition and our bodies. This can support us in being able to make choices—such as what foods we will eat, how we will react to different situations, what tasks we will undertake at different times—that can help to strengthen our overall level of well

being.

Another benefit of Naturopathic Medicine is it can help us focus on wellness and disease prevention. The focus of prevention is one of the basic foundations of Naturopathic Medicine. The ultimate goal of Naturopathic Medicine is to help support and strengthen our level of health to a place where we become less susceptible to developing health concerns or disease processes. By encouraging healthy eating choices, supporting the basic systems of our bodies, and by encouraging effective stress release techniques, Naturopathic Medicine can help build up the strength of our bodies and improve our overall level of health. We can then begin to live within the perspective of wellness and decrease our likelihood of developing different health concerns.

The specific goals and health concerns each of us has will shape many of the additional benefits we can gain from working with Naturopathic Medicine. Each of us, though, has the potential to benefit from becoming more aware of the different aspects of our selves, becoming more in tune with our bodies and our selves, and beginning to focus on wellness and prevention.

MONTHLY NATUROPATHIC INFO SESSIONS AND COOKING DEMOS

I am very pleased to report that the cooking demo in May was a smash! As a result, starting in the fall, the cooking demos will be a more regular occurrence. There will be no info sessions for the months of July and August. Beginning in the fall, the info sessions will be moving from the first Monday of the month to the third Monday of the month. They will still be held at the Parkallen Community Hall (11104 65 Avenue, Edmonton), and they will

still begin at 7:00 PM. The info sessions will continue to be free. There will continue to be a \$3.00 charge for the cooking demos to cover the cost of the food. The first fall session will be held on Monday September 16. It will be a cooking demo focusing on 'Healthy Snacks For All Ages'. I will be preparing tasty, healthy, high protein snacks that can help maintain energy levels during the work or school day. If you are interested in

learning how to prepare and then sample healthy snacks, please call 430 4553 by Friday September 13 to register. In October, the free info session will focus on 'Raising Healthy Children'. I will look at how Naturopathic Medicine, with a specific emphasis on nutrition, can be an excellent means of supporting children's health. This session will take place on Monday October 21. Please call by Friday October 18 to register.

NURTURE YOUR BODY

NUTRITION AND PREVENTION



Quite simply, a healthful diet provides optimal levels of all known nutrients.....A healthy diet is rich in whole, 'natural', and unprocessed foods. It is especially high in plant foods—fruits, vegetables, grains, beans, seeds, and nuts—because these foods contain valuable nutrients and additional compounds that have remarkable health-promoting properties

Michael Murray

The Healing Power of Foods



Numerous studies have been recently published that reinforce the importance of nutrition in the prevention of a number of different health concerns. A study published in the American Journal of Medicine found that a daily intake of omega 3 fatty acids, which are found in cold water fish, flax oil, and hemp oil, has the potential to decrease a person's risk of having a heart attack by up to thirty percent. Another study found a significant improvement in menopausal concerns, specifically noting reduced cholesterol levels and increased estrogen levels, amongst a group of women who had increased their daily consumption of soy products or took supplemental soy isoflavones. A study published in the Journal of Clinical Endocrinology

and Metabolism found that a group of postmenopausal women who consumed ground flax seeds daily, saw a significant decrease in their elevated cholesterol levels. The Quarterly Journal of Medicine published a study that found an increased intake of folic acid, which is found in whole grains, legumes, leafy greens and nuts, may decrease the risk of Alzheimer Disease. An American Journal of Clinical Nutrition study found that the risk of colon cancer may also be decreased by an increased intake of folic acid. The Journal of Nutrition and Cancer published a study that found women who took supplemental forms of Vitamin C and E may be at a lower risk of developing ovarian cancer. Whether the

above studies focused on foods or nutritional supplements, the results show that nutrition plays an important role in preventing numerous different health concerns. By basing our diet on whole foods such as fresh fruits, fresh vegetables, whole grains, healthy protein, increased fiber, and essential fatty acids, we ensure our bodies are receiving all the nutrients that are essential for wellness. We can further ensure our optimal nutrient intake by integrating a good quality multivitamin into our daily routine. Besides improving the way we feel presently, healthy nutritional choices can help to ensure that our bodies remain strong in the future.

SUMMER FUN RECIPES

The summer season provides us with many opportunities to enjoy our food. Patio, backyard, or community gardens and farmer's markets provide us with access to fresh fruits and vegetables. Summer is also a great time to integrate fresh herbs and raw foods into our diets. The following recipes can be a great addition to any summer fun indoor, patio, backyard or picnic meal. Enjoy!

Raw Carrot Salad

Serves 4—6

Ingredients required:

2 pounds carrots, grated
2 green onions, chopped
2 celery stalks, diced
3/4 cup cabbage, grated
1/2 cup tahini
3 tbsp tamari
1/2 tsp lemon juice, freshly squeezed
1/4 tsp sea salt
1 tbsp fresh dill
1 clove garlic, minced
1 tbsp fresh chives, chopped
1/4 cup sesame seeds

Directions:

Combine all ingredients in a large mixing bowl. Chill and serve.

Tofu Eggless Salad

Serves 2—4

Ingredients required:

1 package extra firm tofu, crumbled
1 tomato, diced

2 tbsp tamari
1 tbsp flax oil
1 green onion, diced
2 celery stalks, diced
1/2 tsp sea salt
1 tsp turmeric
4 tbsp nutritional yeast

Directions:

Combine all ingredients in a large mixing bowl. Refrigerate before serving. This recipe can be used as a salad or a sandwich filling.

Potato Salad

Serves 4

Salad ingredients required:

10 potatoes, diced and steamed
2 green peppers, diced
1 carrot, grated
2 green onions, diced
2 celery stalks, diced

Directions:

Combine all ingredients in a large mixing bowl.

Sauce ingredients required:

1/2 package soft tofu
1/4 cup water
1 tsp sea salt
1 tsp fresh dill
1 garlic clove, minced
1 tbsp fresh chives, chopped
1/8 cup lemon juice, freshly squeezed

Directions:

Combine all ingredients in a blender and blend until creamy. Pour over salad and chill for 4—6 hours.

Tofu Cream Pie

Serves 6—8

Filling ingredients required:

1 package soft tofu
1/4—1/2 cup sweetener (maple syrup, brown rice syrup etc.)
1/4 cup rice/soy/oat/almond milk
1/8—1/4 cup olive oil or tahini
1 tsp vanilla
1 tsp lemon juice, freshly squeezed
1 tbsp arrowroot powder (is a plant based thickener)
1/4—1/2 cup fresh fruit (strawberries, blueberries etc.)

Directions:

Preheat oven to 350 degrees. Place all ingredients in a blender and blend until smooth.

Pie Crust ingredients required:

1 cup sunflower seeds
1/4 cup additional seeds/nuts (sesame seeds, almonds etc.)
1/4 cup spelt/kamut/rice flour
4 tbsp rice/soy/oat/almond milk
1 tsp cinnamon
dash sea salt

Directions:

Place all seeds/nuts in a blender or food processor and grind to a medium fine consistency. Add flour and sea salt to mixture and blend. Add milk and cinnamon to mixture and blend. Pat mixture into a lightly olive oiled pie plate and then pour pie filling into crust. Bake in oven for 30—45 minutes. Serve chilled.

NURTURE YOUR MIND

THE OPPORTUNITIES ILLNESS CAN PROVIDE

In her book, [Close to the Bone](#), Jean Shinoda Bolen explores the idea that life threatening illness has the potential to provide us with an opportunity for incredible self growth. She states that life threatening illness has the potential to bring us "close to the bone", into the proximity of the soul". Once we have connected with our souls, she believes we are then presented with the opportunity to discover what is true for each of us.

It is my sense that illness on any level has the potential to connect us with our souls. Any health concern that impacts the way we feel and the way we function on a daily basis will affect the basic foundation of our lives. This can include life threatening illnesses like cancer or HIV, but can also include concerns like depression, fatigue, digestive difficulties, hormonal imbalances, autoimmune diseases, heart disease. Anything that affects our health in a way that is impossible to ignore, that shakes the stability of our lives can bring us to the level of our souls.

When our physical or emotional selves are in a state of chaos or breakdown and we are opened to our souls, many of us then begin to question different aspects of our lives. Our souls are the places that motivate us to question the meaning and purpose of our actions and our lives. Our souls are also the places that contains our core truths.

Our souls hold the answers for what is right for each of us and the answers to the questions that our souls motivate us to ask. Questions that Shinoda Bolen believes that our souls hold the answers to include: **What did we come here to do? What did we come here to learn? What did we come here to heal? What and who did we come here to love? What are we here for? What is true for us? What brings us joy?**

These questions are the essence of what should form our selves and our lives. If we can discover the answers to these questions, we can discover what our selves and our lives should truly look like. If we find that our lives and our selves are not in harmony with the answers and truths we discover at our souls' level, then it is up to us to begin to work towards establishing a balance. If illness can be the force that encourages us to begin to discover and act on the answers to these questions, it has the potential to change the course of our lives and lead to phenomenal self growth. When working at the level of our souls, we may also discover that the roots of some of our physical or emotional concerns are based in the discrepancies between our souls' truths and the way we are currently living our lives. By working on creating a balance between our lives and our souls, we have the potential to begin to heal at the level of our souls. This can enhance

our strength and facilitate the healing of our emotional and physical selves.

To begin to cultivate and deepen our connection with our souls, it is essential we create what Shinoda Bolen calls Kairos time for our selves. We are in Kairos time when we become completely absorbed in what we are doing. It is time when we are doing something that nourishes only our selves and is not based in helping others or completing required chores. It is important to discover what takes us to the place of Kairos time. It can be through creating dance, music, art. It can be through honoring and expressing our feelings by talking or journaling. It can be through sitting in quiet meditation or prayer. It is essential that we find something that resonates with us on the level of our souls. It is then important to integrate this activity into our daily life. We need to set aside soul nourishing time every day and begin to search for and act on the answers our souls hold.

By increasing our accessibility to our souls and by encouraging us to examine what is important to us, illness can be a catalyst for change and improvement in our lives. If we are living with any illness that wears down our strength, it is essential that we shift our perspective and begin to search for the opportunities for healing that our illness can provide.



The most difficult times in our lives also teach us and test us and often pull us back onto a soul track or heart path—often when

we thought we were lost

Jean Shinoda
Bolen

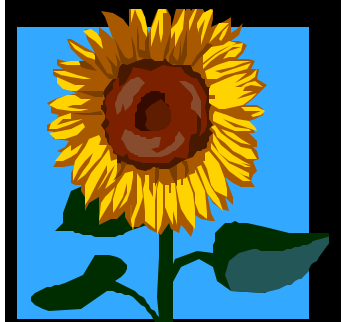
Close to the
Bone

A DAILY COMMITMENT TO OUR SELVES

The most important factor that facilitates healing when working with Naturopathic Medicine, is that our self healing mechanisms are engaged. Our self healing mechanisms are contacted and strengthened when we take time out to nurture our selves. The importance of taking time for our selves everyday can not be overemphasized. This Kairos time nourishes us and allows us to discover what is true for our selves. It helps us develop closer connections with our souls and our bodies on a number of different levels. As an excellent form of stress release, self nourishing time also helps to tonify our emotions, our adrenals, and our immune system.

During the next summer months, I encourage us all to commit to creating a space of five minutes each day in which we focus on supporting our self healing mechanisms and making contact with our souls. No matter how busy each of our individual schedules may be, I know it is possible for all of us to find five minutes during our day to focus specifically on our selves. The only requirement for our actions during these five minutes is that there is no other purpose to our time then to focus on our selves. Doing breathing exercises, journaling, yoga, meditation, chanting, creating, sitting in the sun, are all excellent ways we can focus on

our selves. We need to focus on finding something that takes us to a place where we can nourish our selves and then commit to integrating it into our routine for five minutes everyday. By working this time into our daily schedule, we will be strengthening the most important foundation of our health - our self healing mechanisms. From here we can begin to strengthen our overall health on a number of different levels. Lets make a commitment to our selves this summer. And in a few months, as the summer begins to shift towards the fall, we can reflect on any changes that these five minutes have helped to facilitate.





NURTURE YOUR SPIRIT

THE FOURTH CHAKRA

Chakras are energetic centres that allow energy to flow in and out of our bodies. There are seven main chakras associated with our bodies and each chakra is associated with different aspects of our emotional and physical health.

Our fourth chakra is located in the center of our chest, at the level of our heart. Not surprisingly, our fourth chakra is also known as our heart chakra. The color green is associated with our fourth chakra.

In her book Hands of Light, Barbara Brennan states that when our heart chakra is open, we experience an overall openness to life, an improved connection with others, and an ability to see the uniqueness and beauty in all beings. The openness of our heart chakra is directly dependent on our ability to experience, express, share, and receive love. This includes feeling and having love for our selves, for others on an intimate level, and for all beings in general. If we do not love our selves or actively nourish our selves on a daily basis, our heart chakra is also not nourished. It is also affected if we are only able to love and nurture others but not able to accept love and nurturing for our selves in return. If we are not able to express our love for others, our heart chakra is harmed. It is compromised if we act only out

of our own interests and never consider others. If we act abusively towards our selves, our loved ones, other humans, animals, or the earth, our fourth chakra is impacted. It is also damaged if we are unable to form balanced relationships.

Although love is the central emotion of our fourth chakra, it's health also is dependent on our ability to express all the emotions that we experience. If we bottle up our anger, hide our sadness, never express our joy, our heart chakra is harmed.

In her book Women's Bodies, Women's Wisdom, Christiane Northrup states that because our heart chakra is located at the center of our bodies, it is reflective of the need for love to be the center of our lives. The health of our fourth chakra is dependent on us living and acting from a foundation of love. If our motivation comes from a place of hate, guilt, or revenge, our heart chakra will be unbalanced. If our 'heart is not in' our work or our relationships, our fourth chakra will lack nourishment.

Our heart chakra is the most important chakra involved in healing. It is through our heart chakra that we receive and transform external energy that can support our healing processes. If our heart chakra is

undernourished, our self healing abilities may be affected.

If the health of our fourth chakra is diminished, the organs associated with our chakra may be adversely affected. The specific organs that are governed by our fourth chakra are our heart and circulatory system, our lungs and respiratory system, our breasts, and our upper back and shoulders. Health concerns that can be reflective of imbalances in our fourth chakra include high blood pressure, heart attack, heart disease, heart palpitations, insufficient circulation, asthma, allergies, recurrent chest infections, lung cancer, fibrocystic breast disease, breast cancer, and upper back or shoulder tension. If any of these concerns are part of our health picture, it is important to explore our fourth chakra's level of wellness. Ways to support our fourth chakra include working on and ensuring love for our own selves, telling people important to us how we feel, spending time doing things we love, volunteering, spreading goodness and joy. We can also draw our energy to the area of our fourth chakra and focus on opening and nurturing it. If we have a sense that our fourth chakra is in need of support, it is essential that we begin to integrate methods of strengthening our fourth chakra into our daily lives.

I believe that all of us have innate healing abilities, that love is the energy that heals, and that this conduit requires only that we open a channel to it, and direct it by our focus

Jean Shinoda Bolen

Close to the Bone

THE TAKE BACK THE NIGHT MARCH IS AN ANNUAL MARCH THAT PROTESTS VIOLENCE AGAINST WOMEN. IF ANYONE IS INTERESTED IN ORGANIZING OR HELPING IN OTHER WAYS WITH THE MARCH, PLEASE CALL ME AT 430 4553

VITAMIN MIX UPDATE
THE NEWEST ESTIMATED DATE OF ARRIVAL FOR THE VITAMIN MIX IS JULY 12. HOPEFULLY IT WILL ACTUALLY ARRIVE ON THIS DATE! I WILL CONTACT EVERYONE WHO IS WAITING FOR IT WHEN IT FINALLY DOES ARRIVES.

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

HANDS OF LIGHT BRENNAN

CLOSE TO THE BONE SHINODA BOLEN

WOMEN'S BODIES, WOMEN'S WISDOM NORTHROP

THE HEALING POWER OF FOODS MURRAY

CANADIAN COLLEGE OF NATUROPATHIC MEDICINE ND NEWS

VARIOUS ISSUES



COUPON FOR CURRENT CLIENTS

RECEIVE A COMPLIMENTARY FOLLOW-UP VISIT WHEN A FRIEND OR FAMILY MEMBER BOOKS AN INITIAL CONSULTATION DURING THE MONTHS OF JULY, AUGUST, OR SEPTEMBER 2002

PLEASE ENSURE THAT YOUR FRIEND OR FAMILY MEMBER MENTIONS YOUR NAME WHEN THEY BOOK THEIR APPOINTMENT

COUPON FOR NEW CLIENTS

RECEIVE A COMPLIMENTARY FIRST FOLLOW-UP VISIT WHEN YOU BOOK AN INITIAL CONSULTATION DURING THE MONTHS OF JULY, AUGUST, OR SEPTEMBER 2002

