



# NURTURE YOUR SELF NEWSLETTER

FROM THE OFFICE OF JACKIE YURKO, DOCTOR OF  
NATUROPATHIC MEDICINE

W I N T E R 2002

## THE FOUNDATIONS OF NATUROPATHIC MEDICINE

**NURTURE YOUR  
BODY**

**PAGE 2**

**NURTURE YOUR  
MIND**

**PAGE 3**

**NURTURE YOUR  
SPIRIT**

**PAGE 4**

### Inside this issue:

BENEFITS OF  
VEGETARIAN EATING **2**

LENTIL LOAF RECIPE **2**

THE EMOTIONAL AND IMMUNE  
SYSTEM CONNECTION **3**

YAMA AND NIYAMA—  
ADDITIONAL PERSPECTIVES ON  
SELF GROWTH **3**

THE SECOND CHAKRA **4**

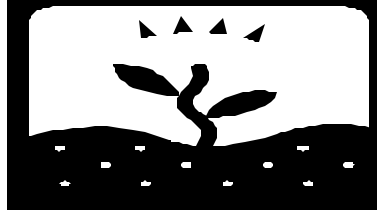
COUPON **4**

RESOURCES **4**

Naturopathic Medicine, as a formalized discipline, has existed in North America for approximately 100 years. The growth and development of Naturopathic Medicine has been guided by 6 main principles that form the foundation of Naturopathic Medicine. For some people, who have already begun to work with Naturopathic Medicine, these principles may be familiar. For others, an introduction to these principles may help to open up a new perspective on Naturopathic Medicine.

The first main principle of Naturopathic Medicine, and perhaps the most central one, is 'the healing power of nature'. As a naturopath, I interpret this principle to mean that each individual body has an innate ability to heal itself. For many people, however, the ability to heal our selves has become obscured, buried, dulled. Naturopathic Medicine can help to strengthen a person's mind, body, and spirit to be able to reconnect with this ability that we all have. The idea of the healing power of nature guides me when I work with people as it helps me to focus on working with therapeutics that will help support each person's ability to heal themselves.

The second main principle of Naturopathic Medicine is 'treat the whole person'. This principle forms Naturopathic Medicine's basis as a holistic form of healthcare. Naturopathic Medicine focuses not only on the physical body, but also takes into ac-



count the emotional, mental, and spiritual body. As a naturopath, I seek to support the health of each of these aspects of our selves.

The third principle of Naturopathic Medicine is 'treat the root'. In Naturopathic Medicine, we seek to address the root from which a person's concerns develop rather than treating the symptoms which are usually a reflection of the root. Initially, by taking a detailed case history, we are generally able to uncover the most present aspects of the root. We then begin to address the root with an individualized healing plan. Often the root of a person's concerns is multifaceted and contains many different layers which are revealed as one continues to work with Naturopathic medicine.

The fourth basic principle of Naturopathic Medicine is 'do no harm'. This principle has guided the development of the main Naturopathic healing modalities. Each of the healing modalities are non invasive and non toxic therapeutics which help support the body's ability to heal itself. The main Naturopathic healing modalities include Nutrition, Botanical Medicine, Home-

opathy, Traditional Chinese Medicine, Bodywork, and Counseling.

The fifth basic principle of Naturopathic Medicine is 'Naturopath as a teacher'. This principle forms the main role I see myself as having as a Naturopath. I work with people to provide information, guidance, and support. The person then utilizes and benefits from this information and support and is able to affect an improvement in their self healing abilities. In this sense, Naturopathic Medicine is an empowering form of healthcare because it returns, to us, our ability to heal our selves.

The final principle of Naturopathic Medicine is 'prevention'. This principle forms the ultimate long term goal of Naturopathic Medicine. As a Naturopath, I seek to support and strengthen a person's health to a level where they become less susceptible to the development of health concerns. As a person continues on in their journey with Naturopathic Medicine, the stronger and more resilient their health can become. They can then begin to work from the perspective of preventing health concerns rather than managing existing concerns.

Each of the six principles build on and support one another. They help to develop Naturopathic Medicine into a holistic form of healthcare that encourages the healing and balancing of the body, mind, and spirit.

## FREE MONTHLY NATUROPATHIC INFORMATION SESSIONS

The free monthly Naturopathic information sessions, focusing on women's health, are continuing to be held on the first Monday of each month. There will, however, be no session held in the month of April due to the first Monday

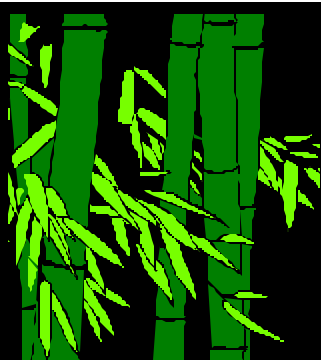
falling on a holiday. The topic to be covered in February is Female Fertility. In March, we will look at the topic of Menopause. The sessions begin at 7:00 PM and are held at the Parkallen Community Hall (11104 65 Avenue,

Edmonton). For more information or to suggest future topics, please call 430 4553.



# NURTURE YOUR BODY

## BENEFITS OF VEGETARIAN EATING



**Vegetarian:** A person who consumes no animal flesh, including beef, pork, fowl, or fish.

**Vegan:** A person who consumes no animal products, including animal flesh, dairy products, or eggs. Some vegans also choose to not consume honey, use products containing animal products, or wear leather or wool.



Nothing will benefit human health and increase the chances of survival of life on earth as much as the evolution to a vegetarian diet

Albert Einstein



After a holiday season in which many of us overload our bodies with saturated fats and cholesterol, it is important to nourish our bodies with foods that are more supportive of health. This includes fruits, vegetables, whole grains, healthy protein and foods high in fiber. These are the foods that form the basis of a vegetarian diet. A vegetarian diet can be very nourishing and can be helpful in preventing the development of many pervasive health concerns.

Cardiovascular, or heart, disease is responsible for the deaths of more women and men each year than any other disease process. A vegetarian diet can offer important support in the prevention of cardiovascular disease. The development of cardiovascular disease is closely linked to blood cholesterol levels. It has been shown that for every 1% increase in blood cholesterol levels, there is a corresponding 2% increase in the risk of developing cardiovascular disease. Animal products (meat, dairy, eggs) are the only foods that contain cholesterol. A well balanced vegetarian diet is likely to be low in cholesterol. Many studies have shown that vegetarians and vegans have lower blood cholesterol and a lower risk of developing cardiovascular disease than the general population. Although cholesterol consumption has an effect on blood cholesterol levels, it has been found that saturated fat intake actually has a larger more important role in determining blood cholesterol levels. Saturated fats are primarily found in animal products. Although coconut, palm kernel, and hydrogenated vegetable oils (found in margarine) are also high in saturated fats, the majority of vegetable based foods are

low in saturated fats. In addition, a vegetarian diet is often high in mono and polyunsaturated fats which have been shown to reduce LDL ('harmful') cholesterol. Mono and polyunsaturated fats are found in soy, avocados, nuts, seeds, and olive, flax, hemp, and sunflower oils. It has also been found that animal protein raises blood cholesterol and vegetable protein lowers blood cholesterol. Vegetarian diets are also high in soluble fiber which has been shown to reduce blood cholesterol. Animal products, on the other hand, are completely devoid of fiber. It is clear, for a number of different reasons, a vegetarian diet can be helpful in reducing blood cholesterol levels. This is an important factor in helping to prevent the development of cardiovascular disease.

One in four North Americans will eventually die because of cancerous processes within their bodies. It has been established that 30 to 40% of all cancers in men are diet related and that number increases to 60% in relation to women. Excessive consumption of animal products and low consumption of fruits and vegetables, whole grains, and high fiber foods are factors that increase the risk of developing cancer. It has been found that vegetarians have an overall lower death rate from cancer than non vegetarians. A low level of fiber consumption has been implicated in the development of colon cancer. A vegetarian diet is usually high in fiber and the rates of colon cancer are significantly lower in vegetarians. Vegetables and fruits also contain many vitamins and minerals that may help to decrease the risk of developing cancer. Carotenoids, compounds found in dark green,

yellow, and orange vegetables, have the potential to decrease the risk of developing lung, colon, esophageal, and skin cancer. Cruciferous vegetables (such as broccoli, cauliflower, brussel sprouts, and cabbage) contain a compound called indole-3-carbinol which has been found to encourage the formation of C2 (or 'beneficial') estrogen and discourage the formation of C16 (or 'harmful') estrogen which is linked to the development of estrogen positive receptor cancers, such as breast and uterine cancer. A great deal of evidence supports the fact that a vegetarian diet can be an effective measure in preventing cancer.

The numerous benefits of vegetarianism can be helpful in preventing many of the health concerns that are widespread in our society. By becoming vegetarian, many of us can do an immeasurable amount for our health on a number of different levels. For many other people, however, changing to a vegetarian diet is neither feasible nor desirable. Fortunately, it is possible to gain some of the benefits of a vegetarian diet without becoming fully vegetarian by adopting some features of a vegetarian diet into our daily routine. Increasing our consumption of fruits and vegetables and other high fiber foods can be supportive of our health in many different ways. By introducing vegetarian foods high in mono and polyunsaturated fats, we can also help to improve our health. In addition, by working towards having at least two days of the week in which we do not consume any animal products (no meat, dairy, or eggs), we can further access the benefits of a vegetarian diet on a regular basis.

## LENTIL LOAF RECIPE

This recipe produces a delicious meal, high in vegetable protein and fiber. Serve over brown rice.

Ingredients required are: 4 1/2 cups water, 2 cups lentils, 1/2 block soft tofu, 1/4 cup each rolled oats, tamari, 1 cup fresh parsley, minced, 2 tsp dried basil, 1 tsp each dried thyme, dried sage, 1 tbsp olive oil, 2 cups

vegetables, chopped (carrots, celery, cauliflower, broccoli etc.), 1 onion, diced, and 3 garlic cloves, crushed.

Preheat oven to 350 degrees. Combine lentils and 3 1/2 cups water in a large saucepan, bring to a boil, and simmer for 30—40 minutes. Meanwhile, place tofu, 1 cup water, oats, and tamari in a blender and blend until

smooth. Then add parsley, basil, sage, and thyme and blend to mix. Heat olive oil in a pan and sauté vegetables for 6—10 minutes. Once lentils are finished cooking, drain and rinse with cold water. Combine vegetables, blended mixture, and cooked lentils in a lightly oiled casserole dish and bake for 20—30 minutes. Let loaf cool for 10 minutes before serving. Enjoy!

# NURTURE YOUR MIND

## THE EMOTIONAL AND IMMUNE SYSTEM CONNECTION

Our immune system plays a primary role in helping our bodies to maintain a balance of health. A strong immune system allows us to function at an optimal level within our daily lives. When striving to improve our overall level of health, it is important to focus on ways that we can support the health of our immune system. There is a great deal of awareness of the importance nutrition has in the basic functioning of our immune system. By eating a whole foods diet rich in fruits, vegetables, fiber, whole grains, and healthy protein and by avoiding excess refined sugar, cholesterol, and saturated fats, we provide our body with the foundation required for a healthy immune system. A less well known factor that directly affects the vitality of our immune system is our emotional health and balance. Researcher Hans Selye has examined and established some of the ways our emotions affect our immune system. Selye has determined that when we experience any unsettling emotion or stress (such as anger, fear, sadness, anxiety, depression), the body launches into the 'fight or flight response'. This results in an increase in our blood sugar, blood pressure, pulse rate, and breathing

rate. When we are experiencing emotional stress, these physical responses serve no functional purpose, and over time, begin to break down the body's ability to deal with stressful situations. As our tolerance for stress lowers, we begin to be affected by more situations. Eventually, the body begins to function in a chronically overstressed state. On a physical level, the body then begins to produce excess levels of corticosteroids, which suppress the strength and functioning of the immune system. Chronic stress has also been shown to decrease the levels and actions of white blood cells and T and B lymphocytes, which are the main components of our immune system. Caroline Myss believes that there is not only a physical immune system, but also an emotional immune system. She states that if we are constantly being attacked or unfulfilled and undernourished on an emotional level, our emotional immune system begins to weaken. Myss believes this leads to a corresponding weakening of the physical immune system. Through the work of Selye and Myss, it becomes clear that our emotional health has a huge impact on the health of our immune system. Not surprisingly, it

has also been found that stress release methods that nourish our emotional health are effective at strengthening our immune system. Myss has found that even if a person is under a high amount of emotional stress, having a solid support system or utilizing stress release techniques can help to counteract the effects of stress and support the functioning of our immune system. On a functional level, studies have shown that meditation and relaxation techniques can increase our levels of T lymphocytes. In addition, the 'fight or flight response' that occurs with stressful emotions can be dissipated and counteracted by regular physical exercise or by deep breathing techniques. The work on our emotions and the immune system helps to further support the importance of taking time for our selves, to regenerate and to release our damaging emotions. A supportive step we can all take is to set aside five minutes each day, in which we activate and engage our self healing mechanisms (through meditation, deep breathing techniques, visualization etc.). By doing this, we can each help to strengthen our immune system and the basic functioning of our body.



**Don't blame yourself  
for the events of the past  
that have resulted in  
unhealthy patterns in  
your present life.**

**Simply notice them and  
begin the healing  
process**

**Christiane Northrup**

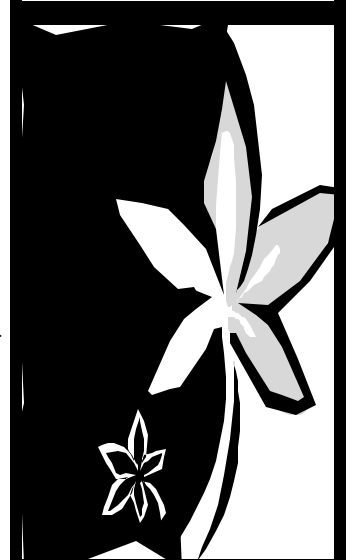
**Women's Bodies,  
Women's Wisdom**

## YAMA AND NIYAMA—ADDITIONAL PERSPECTIVES ON SELF GROWTH

With the start of a new year, many of us take time to focus on how we can continue on our journey of healthy living and self growth. The Yama and Niyama of Yoga philosophy are guidelines for ethical and moral living that can offer additional perspectives on self growth. In the previous issue of Nurture Your Self Newsletter, we looked at one aspect of Yama, ahimsa, which is the practice of living with compassion. Ahimsa reminds us to be kind to and to treat all living beings, including our selves, with respect. The remaining aspects of yama include satya, asteya, bramacharya, and aparigraha. Satya is the practice of being committed to living a life based in truth. This involves not only being honest in our relationships, but also having the courage to live a life that is true to our own individual beliefs, dreams, and goals. Asteya is the prac-

tice of not taking what is not ours. This involves not stealing and also being conscious of not expecting from others what they are not able to give. Brahmacharya is the practice of nurturing our spirituality. This involves using our energy to connect with and nurture our spiritual self. Aparigraha is the practice of being open to change. This involves accepting that nothing is static, that everything is constantly changing, including our selves and our lives. The aspects of Niyama are shaucha, santosha, tapas, swadhyaya, and ishvarapranidhana. Shaucha is the practice of living purely. This involves committing our selves to feeding our body with healthy foods, nurturing our emotions, and creating a peaceful living environment. Santosha is the practice of being content in each moment. This involves cultivating our ability to have respect for and be com-

fortable with whatever place we are at on our journey. Tapas is the practice of living with enthusiasm. This involves nurturing a level of passion within our selves and our lives that opens up new paths on our journey. Swadhyaya is the practice of nurturing our self. This involves committing our selves to practices that increase our knowledge of and connection with our self. Finally, ishvarapranidhana is the practice of recognizing the spiritual in all things. This involves recognizing and paying respect to, on a daily basis, the idea that all activities and beings are infused with a higher spirit and energy that affects and guides our lives. Different aspects of yama and niyama will resonate with different people. Take some time to reflect on if any of these ideas can open up new opportunities for growth, and if so, begin to integrate them into your life.





# NURTURE YOUR SPIRIT

## THE SECOND CHAKRA

FROM THE VERY  
BEGINNING TO THE  
VERY END, POINTING TO  
OUR OWN HEARTS TO  
DISCOVER WHAT IS  
TRUE ISN'T JUST A  
MATTER OF HONESTY  
BUT ALSO OF  
COMPASSION AND  
RESPECT FOR WHAT WE  
SEE

PEMA CHODRON

WHEN THINGS FALL  
APART

Chakra is a Sanskrit word that translates as a whirling mass of energy. There are seven major chakras associated with the body. In the previous issue of Nurture Your Self Newsletter, we began to explore the chakras, looking specifically at the first chakra. In this issue, we will look at the second chakra. The second chakra is located between the navel and the pubic bone. The color associated with the second chakra is orange. The emotional health of our second chakra is based on balance in our goals, relationships, and creativity. When looking at goals, the emotional health of our second chakra is affected by how we work towards achieving our goals, if we believe we are worthy of achieving our goals, and the nature of our goals. If we work towards achieving our goals at an obsessive pace, allowing other aspects of our lives to become undernourished, the

health of our second chakra will suffer. It is also compromised if we have no desire to or believe we are unable to achieve our goals. Likewise, if we only focus on goals of making excessive amounts of money or gaining power over people, our second chakra is harmed. The health of our second chakra is also greatly affected by our relationships with others. If our relationships are unbalanced, unsatisfactory, unhealthy, and unsupportive, our second chakra also becomes unbalanced and unhealthy. In addition, the nourishment of our second chakra is dependent on and affected by our level of creativity. If we do not allow ourselves to creatively express ourselves, our second chakra begins to become blocked. When our second chakra is undernourished due to imbalances in our goals, in our relationships, and in our level of creativity, a number of physical concerns can develop.

The organs primarily associated with and affected by the emotional health of the second chakra are the female and male reproductive organs, the spine, and the large and small intestine. Creative blockages can manifest themselves physically as a difficulty in establishing or maintaining a pregnancy. Fibroids and endometriosis may also develop. Impotence, lower back pain, and digestive disturbances can also be reflective of imbalance in the second chakra. If any of these physical concerns are present in your life, it may be worthwhile to focus your energy on your second chakra and the emotions that affect it's health. In the next issue, I will look at the third chakra. However, over the next while, engage your self healing mechanisms (via counseling, exercise, journaling, meditation, etc.) to nourish and rebalance your second chakra.

### COMING SOON

A WEBSITE IS STILL IN THE WORKS!

INFORMATION WILL BE SENT OUT WHEN IT IS UP AND RUNNING

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

The Creation of Health Myss and Shealy

Becoming Vegetarian Melina, Davis, and

Harrison

May All Be Fed Robbins

Women's Bodies, Women's Wisdom Northrup

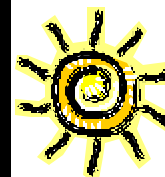
Yoga, Mind, Body, and Spirit Farhi

When Things Fall Apart Chodron

### RESOURCES FOR NURTURING YOUR SELF

Life's Companion: Journal Writing as a Spiritual Quest Baldwin

The Art of Breath and Relaxation Video Tape (Living Arts)



25 %

OFF

NEXT

FOLLOWUP

VISIT

THIS COUPON EXPIRES

MARCH 30, 2002