



NURTURE YOUR HEALTH NEWSLETTER

FROM THE OFFICE OF NURTURE YOUR HEALTH INC.
 NATUROPATHIC HEALTHCARE BY JACKIE YURKO B.Sc., N.D.

WINTER 2004

NEW DEVELOPMENTS—NURTURE YOUR HEALTH INC. & LAB TESTS

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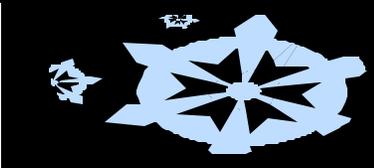
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The start of 2004 has brought with it some new developments. It is my hope that each of these changes will enhance and enrich my Naturopathic practice. The first big development is **my practice has now become incorporated under the name of Nurture Your Health Inc.** This change will not greatly affect the daily functioning of my practice (beyond minor details like the name change on my receipts). It will however mean that all cheques are no longer made payable to me, but rather to Nurture Your Health Inc. To further reflect this change, the newsletter will now be known as Nurture Your Health Newsletter as opposed to Nurture Your Self newsletter. My website address however, will remain www.nurture-your-self.com until my website registration comes up for renewal in October 2004.



The next big development is **I am now offering a variety of in office lab tests.** Each of these tests are non invasive and can offer different insights into our overall health. **The Iodine Skin Absorption Test** can help to establish the suboptimal functioning of our thyroid gland. If our thyroid function is off balance, we can experience fatigue, weight gain/difficulty losing weight, constipation, and depression. **The Zinc Tally Taste Test** can give us a sense of our overall body zinc

levels. If we have low zinc levels we can experience low immune, adrenal, and thyroid function. **The Salivary pH Test** can establish our acid/base balance and provide insights into our mineral levels and our adrenal function. **The Urine Chemstrip Test** (standard urine dipstick) checks for a variety of things including the presence infection and glucose in the urine. **The Urinary Vitamin C Test** measures vitamin C levels. If our intake of Vitamin C is low, we can see decreased immune function, allergies and joint pain. **The Urinary Calcium Test** measures calcium levels. If our calcium levels are suboptimal, this can reflect dietary and digestive imbalances. **The Urinary Free Radical Test** measures levels of free radical action. If we have an overabundance of free radicals in our body, we can experience fatigue, allergies, and chronic pain and inflammation. **The Urinary Malabsorption Test** measures bowel function. If our bowel function is suboptimal, we can experience a number of digestive concerns, such as Irritable Bowel Syndrome and Candida. **The Urinary Adrenal Test** measures adrenal function. If

our adrenal function is imbalanced, we can experience fatigue, low immune function, and a decreased ability to deal with stress. **Hair Tissue Mineral Analysis** is also now available. This form of testing can give us a sense of our overall mineral and heavy metal levels. Hair Analysis can also alert us to the presence of allergies, digestive difficulties, and thyroid imbalances. Our hair is an accurate reflection of our mineral and heavy metal levels over the past few months, and it also has a higher concentration of many elements compared to blood. Hair analysis requires a sample of hair (unbleached, unpermed) taken from the nape of our neck. The sample is then sent to Anamol Labs in Ontario for analysis. **Salivary Hormone Testing** is also available. Salivary hormone testing measure levels of Estrogen, Progesterone, Testosterone, and Cortisol to give us an idea of our level of reproductive and adrenal health. Our saliva closely reflects the actual active levels of these hormones in our body. Salivary samples are easy to collect and can be taken at home. The samples are then sent to Rocky Mountain Labs in Calgary for analysis. **The prices for each of the above mentioned lab tests vary.** To find out more information or to set up an appointment to have some of these tests done, please feel free contact me.

MONTHLY NATUROPATHIC INFO SESSIONS AND COOKING DEMOS

The first free info session of 2004 will be held on **Monday, March 1.** This info session will focus on **'The Benefits of Organic Food'**. The talk will address how eating organically can support our overall health. If you are interested in attending, please call 430 4553 by Friday, February 27 to regis-

ter. On **Monday, April 5,** there will be a cooking demo focusing on **'Spring Cleansing Foods'**. The cooking demo will focus on organic vegetarian recipes that support healthy liver function/cleansing. There will be 5 dishes prepared and everyone will have a chance to sample the delicious

results! In order to cover the cost of food, there will be a charge of \$5.00 to attend. If you are interested in attending, please call by Friday, April 2 to register. All cooking demos/info sessions start at 7:00 PM and are held at the Parkallen Community Hall, located at 11104 65 Avenue, Edmonton.

NURTURE YOUR BODY

ENVIRONMENTAL LINKS TO BREAST CANCER



I believe that the only way out of the global breast cancer epidemic is through a path of purification. To me this includes honoring the soul and our unique abilities, being mindful of what and how we eat, releasing toxic emotions, cleansing the body, adopting a spiritual practice which is suited to our individual make-up, and realizing that it is our duty to make the environment safe and sacred once again.

Sat Dharam Kaur

The Complete Natural Medicine Guide to Breast Cancer



For all women worldwide, breast cancer is the most common form of cancer. In Canada, 1 in 9 women will develop breast cancer during our lifetime. Currently, in Canada and the United States, breast cancer is the leading cause of death for women between the ages of 35 and 50. These statistics are very unsettling and can leave us feeling vulnerable. To empower women to take control of our breast health, Naturopath Sat Dharam Kaur has written an informative book called The Complete Natural Medicine Guide to Breast Cancer. Although the book does focus on support for surviving and preventing the reoccurrence of breast cancer, it also offers a wealth of information on steps we can take to decrease our risk of developing breast cancer and to strengthen the overall health of our breasts.

Many of us are now becoming aware of the link different foods have to the development of various cancers, including breast cancer. This has led to many of us decreasing our intake of animal products, refined sugar and processed foods and at the same time, integrating more whole grains, healthy protein, and fresh fruits and vegetables into our daily routines. To further expand our understanding of the causative factors of breast cancer, Kaur also explores a variety of environmental links to the development of breast cancer. Although these environmental factors may feel overwhelming, there are many different things we can do to decrease our exposure.

One environmental risk factor for the development of breast cancer is over-exposure to organochlorines (OC's). OC's are formed when chlorine is combined with carbon, a reaction that happens in numerous industrial processes. As a result OC's are found in many products, including pesticides and paper products. OC's are highly toxic compounds known to have carcinogenic properties, and at least 16

different OC's have been found to cause breast cancer in a laboratory setting (107).

Almost 90% of all pesticides use chlorine in their manufacturing process, resulting in the production of OC's in the final product. Atrazine, the most commonly used pesticide in the United States, promotes our bodies' production of a form of estrogen that is linked to the development of a certain type of breast cancer. Atrazine is especially widely used on corn, a crop that makes up the bulk of animal feed. This results in the concentration of atrazine in animal products. Endosulfan is another widely used pesticide in the United States, especially for fruits and vegetables. It also increases the formation of the breast cancer linked estrogen and it has been shown to encourage the growth of breast cancer cells in laboratory tests (109-110). One of the most important steps we can take to support our breast health is to begin to decrease our intake of pesticide laden food. Integrating more certified organic food, which is grown without pesticides, is the most effective way to do this. Growing our own fresh fruits and vegetables in a pesticide free garden and purchasing unsprayed food from our local farmer's markets are also helpful ideas. If purchasing organic food is not feasible, there are some foods that accumulate pesticide residues more heavily than others. This includes peaches, apples, strawberries, spinach, bell peppers, and celery. These foods are best avoided unless organic. For a more extensive list of pesticide residue heavy foods, see www.foodnews.org. An additional way we can reduce our intake of pesticides and support our breast health is to integrate more vegetable based protein, such as legumes, as they concentrate much lower amounts of pesticides than animal protein.

In addition to the pesticide industry, OC's are produced in huge amounts

by the bleaching processes of the pulp and paper industry. These OC's are largely released into the environment, ending up in our rivers and lakes, contaminating our water supply (117). One way we can reduce our exposure to OC's is support companies that produce chlorine free paper products. By purchasing unbleached toilet paper, diapers, and writing paper, we take steps to protect our breast health. An additional environmental link to breast cancer is an increased exposure to compounds called phthalates. Phthalates are added to PVC plastic (which contains OC's) to increase the flexibility of the plastic and are found in hard plastic containers. Phthalates disrupt estrogen levels and are considered a probable breast carcinogen. The phthalates found in plastic containers can easily dissolve into the food inside the container, especially foods with a high fat content (118). To decrease our phthalate exposure, it is important to purchase oils only in glass containers (Flora flax/udo's oil, Spectrum olive oil). This can be a simple, yet effective, step to support our overall breast health.

Bisphenol-A is another chemical that causes disruptions in estrogen production and has been found to increase proliferation of breast cancer cells in a laboratory setting. Bisphenol-A is present in the plastic lining found on the inside of 85% of all food cans. Bisphenol-A also leaches very easily into the food contents of the cans (119). By decreasing our intake of canned food, we can greatly reduce our exposure to Bisphenol-A and strengthen our breast health. Although there are many environmental risk factors for developing breast cancer, there are a number of small steps we can take to decrease our exposure to these carcinogenic compounds. These steps can have a long lasting impact on the health of our breasts.

NON TOXIC DISINFECTANT RECIPE

Most conventional disinfectants contain toxic chemicals that are linked with an increased risk of breast cancer.

Instead of Mr. Clean, we can use a natural disinfectant, such as 10-25 drops of tea tree oil in a bucket of

water, for cleaning floors, bathrooms, and counters. This can also decrease our risk of developing breast cancer.

NURTURE YOUR HEALTH INC., NATUROPATHIC HEALTHCARE BY JACKIE YURKO B.Sc., N.D., DOCTOR OF NATUROPATHIC MEDICINE

6523 111 STREET, EDMONTON, ALBERTA, T6H 4R5, (780) 430 4553, jjurko@telusplanet.net, www.nurture-your-self.com

NURTURE YOUR MIND

PRACTICING COMPASSION

With the beginning of a new year, many of us focus on changes we would like to make in our lives. One change that can brighten not only our own lives, but the lives of all we come in contact with is to practice developing compassion. In his book [An Open Heart](#), H.H. The Dalai Lama defines compassion as “the wish that others be free of suffering” (91).

It is relatively easy to recognize the many forms of suffering that we see around us. People who are living in war torn/poverty stricken countries, people who have lost a loved one, people who do not have a place to live, people who are/have been emotionally/physically/sexually abused are all obviously experiencing suffering. It is less easy for us to recognize that people who are filled with anger, hatred, jealousy, loneliness, self doubt are also suffering. Once we begin to widen our understanding of suffering, it becomes clear that all people we come in contact with need to be treated with compassion.

To practice compassion, it is important not only to expand our understanding of suffering, but also to shift our perspective of how we exist in the world. Too often we fail to recognize that our comfort and quality of life are a result of many (known and unknown) peo-

ple's collective effort, energy, kindness, and time. From the food that we eat to the books that we read, we would not be living our lives as we are without countless other's contributions. When we begin to recognize both how interconnected with and interdependent on others we are, it becomes easier to feel a sense of responsibility and concern for the health of all people and from there to then strive to treat them with compassion (92).

As we move through our day, we are constantly presented with opportunities to practice compassion. When we come into contact with someone who is acting out of anger, we can stop our selves from reacting with anger and instead act from a place of understanding. When we recognize that someone is not believing in their self worth, we can offer words to let them know we see the gifts they have to offer. When we hear of injustices, we can speak with others about how we feel and work towards bringing change to the situation. When we see someone who needs help, we can ask what we can do to support them. The key to acting with compassion in each of these situations is keeping our hearts open to all people, no matter how we feel about them/their actions. Acting from a place of kindness and understanding in all situations allows us to

practice compassion throughout our day.

An essential part of opening our hearts towards others is also transferring that compassion onto our selves and our own lives. For many of us, it is difficult to treat our selves with kindness. Instead, we place excessively high expectations on our selves and push our selves beyond our emotional and physical limits. As we work towards treating others with compassion, we can begin to soften towards our selves. As we open our hearts towards others, we can also begin to tune into what our own bodies and minds need. To treat our selves with compassion, we need to integrate this intuitive knowledge into our daily routines and recognize and honor when we need support or a break.

An additional benefit of recognizing other's suffering is that we develop the ability to more fully appreciate the beauty that surrounds us. Practicing compassion can fill us with gratitude for the goodness, love, and joy we have in our own lives.

Working towards living with compassion can enrich our own lives and the lives of others and is an essential step in helping to transform the world around us.



Compassion is of little value if it remains an idea. It must become our attitude toward others, reflected in all our thoughts and actions.

H.H. The Dalai Lama

An Open Heart

CULTIVATING COMPASSION THROUGH ANALYTICAL MEDITATION

In [An Open Heart](#), H.H. The Dalai Lama describes how we can begin to cultivate compassion through analytical meditation. Analytical meditation involves us focusing our thoughts and energy on a specific quality we wish to develop, in this case compassion (analytical meditation can be used to develop any quality, such as patience, acceptance) (51).

Prior to beginning analytical meditation, it is important to further educate our selves on compassion, to deepen our understanding of and to form our own thoughts on this quality. After we have done this, we can begin to engage in analytical meditation on compassion. As with all meditative practices, it is best to meditate in the

early part of the day (as this is when our minds are most alert and clear) and in a calm environment. Upon beginning analytical meditation, we first want to explore qualities that we associate with acting compassionately - this may include qualities like acting with care and awareness, and taking action to bring balance to situations. As we become comfortable with this aspect of compassion, we then want to focus on how acting with compassion makes us feel — this may involve feelings of empowerment, peacefulness, accomplishment. When we are ready to move onto the next phase, we want to envision how compassionate actions make others feel—this may involve feelings of gratitude, strength,

being supported. Finally, we want to also recognize how noncompassionate actions affect others—this may involve feelings of hurt, imbalance, isolation (49).

It is important to realize that developing compassion through analytical meditation will not happen after one session. Rather by bringing our intention to understanding compassion over an extended period of meditation, we become more familiar with this quality. This increased familiarity with compassion will then begin to transfer over to our actions, resulting in an increased ability to practice compassion throughout our daily lives.





NURTURE YOUR SPIRIT

KARMA YOGA

The degree of happiness you will enjoy in your life is the result of how much you have contributed to the happiness of other beings, presently as well as in the past.

Sharon Gannon & David
Life
Jivamukti Yoga

A regular yoga practice can support our overall health from a number of different perspectives. Physically, yoga can increase both our flexibility and muscle tone, and help balance muscular, digestive, and reproductive concerns. Emotionally, yoga can release stress and help us feel more grounded. Although we likely only spend a fraction of our day/week in specific yoga poses, we can also expand our practice into other areas of our lives. We can integrate pranayama (breathing) techniques we have learned in class into our daily routines to invigorate our bodies and calm our minds. We can cultivate the stillness we experience during our yoga practice in all our activities, supporting our emotional health. In their book Jivamukti Yoga, authors Sharon Gannon and David Life introduce us to another expanded form our yoga practice can take, karma yoga.

Karma yoga involves selfless service, giving our time and energy to benefit

others. The word karma means action and karma yoga is built upon action that contributes to an increased state of well being for others.

The most important part of practicing karma yoga is the intention we bring to our actions. Our actions must be based on bringing goodness into other's lives, rather than based on what we will gain from the situation. With karma yoga we work through our compassionate selves, rather than our self centered selves (39—50).

There is no limit to the types of work we can do through karma yoga. We can plant an extra row in our garden and donate the resulting food to the food bank. We can offer childcare to a friend who needs some time to themselves. We can shovel the sidewalks for someone who has difficulty doing so. We can help someone learn to read. We can volunteer as a big sister or big

brother. Each of these activities help to the enrich the quality of other's lives.

Although the core of karma yoga is selflessness, we inevitably share in the benefits of our actions. By bringing joy into someone else's life, we become less focused on our own worries and our own lives become more filled with joy. In addition, the law of karma is understood as all present actions will cause future results/effects. By performing karma yoga, we contribute goodness, love, and compassion to the world and it is likely that we will be revisited by kindness in our future. By performing karma yoga, we contribute to building a more positive future not only for others, but for our selves as well.

Over the next while, I encourage all of us to integrate karma yoga into our regular routines, to create a more balanced and peaceful new year that we will all benefit from.

ANNOUNCEMENTS

IN ORDER TO COVER THE COST OF POSTAGE, AN ADDITIONAL \$6.50 WILL BE ADDED TO ALL SUPPLEMENT ORDERS SENT BY MAIL .

DUE TO PRICE INCREASES FROM SUPPLIERS, THE MAJORITY OF SUPPLEMENTS HAVE INCREASED IN PRICE (THE AVERAGE INCREASE IS \$2.00— \$3.00).

IF YOU WOULD PREFER TO RECEIVE THE NURTURE YOUR HEALTH NEWSLETTER BY EMAIL, PLEASE CONTACT ME AT (780) 430 4553 OR 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

THANK YOU TO EVERYONE FOR ALL OF YOUR SUPPORT IN THE PAST YEAR AND WISHES FOR A JOY FILLED AND HEALTHY 2004

RESOURCES USED IN DEVELOPING THIS NEWSLETTER

THE COMPLETE NATURAL

MEDICINE GUIDE TO BREAST CANCER KAU

AN OPEN HEART H.H. THE DALAI LAMA

JIVAMUKTI YOGA GANNON & LIFE

BREAST FRIENDLY SUPPLIES CAN BE FOUND AT

FOODS FOR HEALTH (434 1020), ORGANIC ROOTS (413 1730), EARTH'S GENERAL STORE (439 8725)



COUPON

25% OFF NEXT FOLLOW-UP VISIT*

*BASED ON ORIGINAL FOLLOW-UP VISIT COST OF \$65, WITH COUPON FOLLOW-UP VISIT COST IS \$48.75

COUPON EXPIRES APRIL 30, 2004

TO LEARN ABOUT UPCOMING EVENTS OR TO READ PREVIOUS EDITIONS OF THE NURTURE YOUR HEALTH NEWSLETTER, PLEASE VISIT www.nurture-your-self.com

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