

NATURAL SELECTIONS

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Boucher
INSTITUTE
OF NATUROPATHIC MEDICINE

Focus on Allergies



ARTICLES

Naturopathic Allergy Relief
Adjusting your Diet
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Saying Goodbye to Allergies

Naturopathic Allergy Relief by Michael Long

For the 4,000,000 Canadians affected annually by seasonal allergies, and the countless numbers afflicted with food related sensitivities, the following information should bring some much needed relief. For most, the characteristic hay fever symptoms of headache, sneezing, runny nose, nasal congestion and itchy eyes are not overly debilitating on their own—but they are relentlessly annoying, and can culminate in a lifelong battle for respiratory sufficiency. Allergy sufferers have surely experienced symptomatic relief from one of the myriad of drugs found in the seasonal allergy aisle of the pharmacy. In the short term, these drugs are nothing short of a miracle cure—but the next time you are exposed to your allergen you are right back where you started. It is a vicious cycle. Naturopathic medicine recognizes that sometimes pharmaceutical intervention is necessary; however, we understand that suppression leads to disease, and that the discharge seen with your symptoms are the body's way of healing. As a result, naturopathic allergy treatment protocol focuses not on your symptoms when you have them, but on preventing them in the first place.

We all have an innate ability to heal, called the "vital force." When this force is weak you are susceptible to disease. Allergy symptoms can manifest from a depressed immune system, adrenal insufficiency, or poor digestion, to name a few. By identifying and eliminating the *cause* of your symptoms, you will no longer be sick. *Continued on page 2*

Did you Know?

- When an allergen enters your body (i.e. pollen, food allergens, etc.) your immune system is activated, and releases factors to protect your tissues.
- Some people's immune systems are oversensitive to specific allergens, and in an attempt to eliminate the allergen, symptoms of hay fever, itchiness, and rashes can occur.



such as: *weak adrenals, weak immune system, or digestive insufficiencies.*

- Antihistamines reduce your allergic symptoms by *suppressing* your natural defences
 - Antihistamines mask the true cause of your symptoms
- Naturopathic medicine will identify the true cause of your allergies, providing *permanent* relief from your nagging symptoms.

Welcome to
Natural Selections,
the newsletter of
the Clinic of the
Boucher
Institute of
Naturopathic
Medicine.

Our aim is to provide information to aid and support you in your journey towards a healthy lifestyle and optimal wellness.

Boucher Institute of Naturopathic Medicine

320-435 Columbia St
New Westminster
British Columbia
Canada V3L 5N8

Contact
Tel: 604.540.2873
www.binm.org

What is the initial visit like?

At your first visit we review medical history and health, focusing on your particular interests or concerns. As this is an in depth process, and we are a teaching clinic, first visits generally lasts about 1.5 hours. The second visit is generally devoted to physical examination both as a preventative measure, and as a way to ascertain your health status. Laboratory testing may also be indicated at this time. At subsequent visits your clinicians discuss your treatment program, and evaluate progress towards your health goals. Return visits generally take about an hour.

Who will I be working with during the visit?

Generally, you will be cared for by a two student team; one acting as the primary clinician, and the other assisting. As well, a clinical supervisor, a licensed Naturopathic physician, will be present for part of the time.

What are the different treatments offered at the clinic?

The Boucher Institute of Naturopathic Medicine offers a wide array of treatments, including clinical nutrition, hydrotherapy, homeopathy, wellness counselling, physical medicine and botanical medicine.

Will the visits be covered by my Extended health care plan?

Naturopathic Medicine is covered by many extended medical plans. Please check with your plan to determine your coverage.

How do I schedule an appointment?

Call our Clinic anytime (604.540.2873) to schedule an appointment. If no one is available, please leave a message indicating your name, phone number and date and time of preference.

Naturopathic Allergy Relief [cont from page 1...](#)

We offer many modalities and lifestyle changes that will aid you on your path to health:

- *Dietary Nutrition* - good health starts with good nutrition. We will identify and eliminate your food sensitivities.
- *Botanical Medicine* - depending on your individual needs, we will utilize herbs to alleviate your symptoms, support your adrenals, strengthen your immunity, and optimize your overall health.
- *Hydrotherapy* - aids your body in drainage and symptomatic relief
- *Acupuncture* - stimulates your vital force and promotes drainage. Studies show acupuncture more effective than allergy shots in providing long term symptom relief and allergen desensitization.
- *Homeopathy* - like cures like. Homeopathic remedies will desensitize you to your allergen, relieve your symptoms, promote drainage, and stimulate your vital force.

Take control of your allergies, and call the Boucher Institute Clinic to set up your appointment today!

Food Sensitivities 101 [by Justyna Swiatczak](#)

What is the difference between a food allergy and a food sensitivity?

Food allergies occur when we get an **immediate** reaction to a food that we have eaten. When the food enters our body, our immune system identifies the food as being harmful and initiates a chemical attack against it. The chemicals released during this immune attack result in the allergic symptoms that we see. Symptoms can include: anaphylactic shock and hives.

Food sensitivities occur when we get a **delayed** immune reaction to a food that we have eaten. In fact, the symptoms we experience can occur 2 – 4 days after eating that particular food. Furthermore, eating small amounts of this food may cause no reaction, while eating the food in large quantities or for many days in a row may cause symptoms.

What symptoms and long term consequences are associated with food sensitivities?

There are various symptoms that can result from food sensitivities. Keep in mind that a person can experience one or a combination of these symptoms at any given time:

- Gas, bloating, constipation, diarrhea, stomach pain
- Nasal congestion and puffy eyes
- Fogginess, forgetfulness, fatigue
- Headaches, migraines
- Skin problems such as eczema, itchy skin
- Arthritis, joint pain
- Frequent colds

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Food Sensitivities 101 [cont from page 2...](#)

Long term exposure to food sensitivities cause persistent stress on the immune system and low grade inflammation in the gut. This constant inflammation may lead to a “leaky gut” which occurs when the tight junctions holding the cells in your gut together are damaged and holes form between the cells. This permits undigested food to cross through these holes into your body and cause further immune system stimulation/dysregulation and inflammation.

Why do people get food sensitivities?

There are a number of hypotheses regarding the cause and increased prevalence of food sensitivities. These include, but are not limited to:

- Genetic predisposition/inheritance
- Poor digestion and/or a “leaky gut”
- Antibacterial environments (our immune systems are “out of practice”)
- Depressed immune system (infants that have not been breast fed until 6 months of age)
- Introduction of solid foods at too young an age

What are some common food sensitivities?



- Wheat
- Dairy (milk and eggs)
- Coffee (caffeine)
- Peanuts and cashews
- Nightshade vegetables (tomatoes, peppers, eggplant, potatoes)
- Soy
- Shellfish
- Corn

How can I find out what my food sensitivities are?

There are a number of blood tests and/or diet challenges that you can do to determine which foods you may be sensitive to. To determine which foods affect you or to find out more information, schedule an appointment at our teaching clinic today.

News at Boucher

BINM Open House

Held Annually during the Naturopathic Medicine Week. Contact school for more information.

Meet students and faculty.

Free 15 min. informational consults, and a selection of free screening tests.

Part-time Track

BINM's Board of Governors has approved a 6-year, part-time track of our Doctor of Naturopathic Medicine Program specially designed for students with other responsibilities. Call or visit our website for more info.

Information Drop-in

Interested in learning more about BINM? Drop in all Wednesdays from 9:00 am to 2:00 pm. Suite 300 of our main building.

Minerva Foundation Student Awards

BINM is delighted to inform our students and future applicants of the availability of an award of \$2,500 graciously donated by the Minerva Foundation with support from Sisu, Inc.

Pass it on

Help those you care about and share this news letter. A pdf version can be found at our website.

School Tour and Admissions Info

Please call 604.777.9981 to arrange for a time to visit.

More Info

Interested in finding out more about Boucher and natural health? Give us a call or visit our website at www.binm.org



Clinic Hours

Mondays

8:00am—8:30pm

Tuesdays

4:00pm—9:00pm

Wednesdays

4:30pm—8:30pm

Thursdays

8:00am—8:30pm

Fridays

8:00am—4:00pm

Saturdays

9:00am—5:00pm

Our Naturopathic Medical Clinic is open to the public

Clinic Location

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New Westminster

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Contact

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Special Offer

Get your first 3 visits to the Boucher Naturopathic Medical Clinic for the price of the first visit fee:

\$90.00 + gst

Your first 3 visits include an intake visit, a complete physical exam and a follow-up visit.

Call 604-540-2873 for an appointment today

Bring in this coupon to receive this limited time offer

Expires May 31, 2009

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Adjusting Your Diet by Briana Peddle

So you've discovered that you have some food sensitivities; what do you do now? Making simple and tasty changes or additions to your diet is essential for sustained commitment to your new diet plan. Here are a few tips and tricks that may help you along the way:

Egg Alternatives

For baking, 1 banana = 1 egg. Freezing bananas when they start to get too ripe are great for this! You can also decrease the amount of sugar the recipe calls for

because bananas are so sweet. You may also want to add a little extra baking soda when not using eggs. Bread crumbs mixed with soy, almond or rice milk make a great binding agent. Another trick is to mix 1/3 cup of water and 3-4 tsp flax seed, bring to a boil then simmer on low heat for 5-7 min until a thickened gel starts to form. Strain the flax out and use the gel to substitute for 1 egg. There are also some commercial egg replacers available at specialty health food stores.

Dairy Alternatives

- Soy milk is usually enriched with vitamins and contains approximately the same amount of protein as cow's milk. However, many people with dairy sensitivities also have soy sensitivities. Soy milk is casein-free and soy cheese and soy yogurt are carried at many grocery stores.
- Almond milk is usually enriched with vitamins and is available sweetened or unsweetened (which contains fewer calories than cow's or soy milk). It can also be made at home by combining ground almonds with water in the blender. However, Almond milk contains less protein than cow's or soy milk.
- Rice milk is usually enriched with vitamins. It is very low allergenic, but does not contain significant amounts of protein and is high in carbohydrates.
- In baking, use olive oil or coconut oil instead of butter.

Wheat Alternatives

Nutrition labels can list wheat as bran, cous cous, bulgur, flour, pasta or gluten. Here are some easy wheat alternatives: rice (brown or wild preferably), quinoa, barley, millet, corn or rye. Spelt or kamut can also be used as wheat alternatives, although these are ancient grains related to wheat, so there is a chance that you may be sensitive to these as well. Note: if you have a gluten allergy you must avoid wheat, barley, oats and rye.

Recipe of the Month Zippy Lasagna

In a large baking dish, alternately layer rice lasagna noodles, your favourite pasta sauce, shredded goat mozza, fresh spinach and sundried tomato pesto. Top with shredded goat mozza and bake for approximately 45mins. To mix it up a little, substitute thinly sliced eggplant for the rice noodles and add some artichoke hearts!



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Adjusting Your Diet [cont from page 4...](#)

Here are some tasty recipes you may want to try out!

Macaroon No-bake Cookies

- 3 cups rolled oats
- 1 cup shredded unsweetened coconut
- 6 tbsp coco
- ½ cup margarine
- ½ cup milk alternative (almond, rice or soy milk)
- 1 ¾ cup white sugar
- ½ tsp vanilla



1. In a large bowl mix the first 3 ingredients well
2. Heat the next 3 ingredients in a pan until almost boiling (do not boil!)
3. Pour #2 over #1. Stir well
4. Add vanilla
5. Drop by teaspoonfuls onto wax paper, chill in freezer until firm

Thai Green Curry

In a large pot simmer 1 can of light coconut milk, 2 thai basil leaves and 1 tsp of green curry paste. Add 2 diced chicken breasts and simmer until cooked through. Chop 1 red pepper, 1 yellow pepper, 1 small zucchini, a handful of mushrooms and 1 cup of fresh green beans. Add to pot with chicken and simmer until cooked (approx 15min). Serve over quinoa or brown rice.

Saying Goodbye to Allergies [by Alexa Rauscher](#)

Why live with allergies when there are a number of steps you can take to reduce your symptoms from airborne and chemical, allergies?

The frequency and severity of airborne allergen reactions can be decreased by following simple steps around the house. To avoid fungi and molds, consider the location of your living space. Basement suits, places near a river or a body of water, or environments that tends to be humid are all good breeding grounds for fungi and molds to grow. Although inconvenient, relocating can significantly aid in decreasing your allergies. Keeping the home cooler, maintaining low humidity and ensuring good ventilation can help reduce your symptoms. Frequently clean your bathroom and shower curtain, damp walls and ceilings, and garbage cans. When you are not using your shower curtain, have it spread open across the shower rod instead of having it bunched to one side. Remember to use the bathroom fan when you are showering increases air circulation and speeds up drying.

Dust and dust mites also contribute to household allergens. Cleaning regularly decreases the build up of dust and will decrease your allergies. Replace any carpet in the home with hardwood or tile. If this is not a possibility, then having your carpets professionally cleaned monthly. Between carpet cleaning, vacuum regularly with a water-filter vacuum (avoid bag vacuums). Also vacuum your couches, chairs, and upholstered furniture, including your drapes. Vacuuming drapes can often be quite a chore; therefore, you may want to consider replacing your drapes with blinds which are easier to clean.

Dust and dirt can also build up in your mattress, bedding and pillows. Bedding should be washed at least once a week in hot water and pillows should be washed at least once every 6 months. Before you clean your pillows, read the cleaning instructions. Mattress should be turned every month and replaced every couple of years. Covering your mattress with a dust-proof mattress cover will also help reduce dust and dirt build-up. [Continued Page 6](#)



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Saying Goodbye to Allergies cont from page 5...

Pets and pet dander are also a common cause of allergies. If your allergies are severe, you may want to consider giving your pet to a friend or getting a hypoallergenic pet. Wash your pet frequently with appropriate shampoo, limit pets to certain rooms in your house or keep them outside on a more frequent basis-weather permitting.



Pollen is another airborne allergen that is commonly a problem in the spring. Staying inside as much as possible during this season would greatly reduce your symptoms; however, this is both unfair and unlikely. Here are some more convenient ideas to help reduce your allergies from pollen. Change your clothes when you go from being outside to inside, shower every night before going to bed, keep windows closed, limit the number of house plants you have, and avoid yard work or wear a filter mask when doing these tasks. Exercise during the pollen season can be done inside or wearing a filter mask.

Finally, chemicals can also cause allergic reactions. Some cleaning supplies and laundry detergents are common sources of chemicals that can cause sensitivity reactions. There are a number of companies that sell products with reduced amount of chemicals. When shopping for these products, look for the following phrases: "fragrance free", "for sensitive skin", "no added color", and non-biological". Chemicals can also be found in your toiletries, cosmetics and fragrances. Changing products to chemical free brands or eliminating the use of such products could help your symptoms. These products that could cause allergic reactions include perfumes and aftershaves; many antiperspirants and spray or roll-on deodorants; many hair products such as hair gel, hair sprays, mousses and dyes; nail polishes and removals, makeup; and fragrant soaps, shampoos and conditioners, shaving foam.

Clinicians at the Boucher Institute Clinic can help you identify and treat any food allergies/sensitivities as well as any household and seasonal allergies.

References:

- <http://familydoctor.org/online/famdocen/home/common/allergies/basics/083.html>
- http://www.kidshealth.org/teen/diseases_conditions/allergies_immune/allergies.html
- <http://www.cbc.ca/news/background/health/hayfever.html>
- http://www.medicinenet.com/allergy_treatment_begins_at_home/article.htm
- <http://www.ei-resource.org/treatment-options/treatment-information/avoiding-offending-chemicals/>
- <http://www.alternativemedicinechannel.com/hayfever/naturopathy.shtml>

The naturopathic physician of tomorrow will have a truly caring nature and genuine desire to serve, will commit to the on-going practise of self-reflection and personal growth, and will have a passionate belief in the efficacy of complementary medicine. The ethical ideal of "making a difference" must be supported and enlightened by the realisation that, in order to make a difference we must first "live this difference". Living this difference invariably means practising what we preach both as a career and vocational choice, and also as a lifestyle commitment that we make everyday of our lives.

The naturopathic physician will be a leader in a cultural transformation that adamantly rejects

"living longer" via drugs, surgical interventions and scientific technology, without "living better". (S)he will explore natural therapies, modalities and lifestyles that offer us a desirable and achievable quality of life.

The value system of the physician of the future will recognise and validate the precious vulnerability of all patients as persons and cherish the inherent worth and dignity of our common humanity. (S)he will be a visionary who knows we sometimes have to go back to our past and to nature, to the belief in the natural healing power of the body, mind and spirit, in order to go forward to optimal health and well-being.



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The Principles of Naturopathic Medicine

Primum No Nocere
First, do no harm

Tolle Causam
Identify and treat the cause

*Vis Mediatrix
Naturae*
The healing power of nature

Tolle Totum
Treat the Whole Person

Docere
Doctor as Teacher

Prevention
Prevention is the best Cure

Articles are written by the students of the Boucher Institute of Naturopathic Medicine.

The contents of Natural Selections are to inform the general public, and not intended as medical advice. Please contact the clinic to book your appointment today.

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