

# Wishing You a Happy Holiday Season

## Message from Dr Gammage

Looking back on the year, I'm full of gratitude for all the amazing things it has brought. Here are just a few highlights. We are so happy to welcome Megan and Tiara to the clinic family. Megan, a registered massage therapist, moved down from Fort Nelson and joined us in August. Now we have two awesome RMTs, Anton and Megan! New to reception is Tiara and I'm so thankful for both her and Rochelle for keeping things running so smoothly. We continue with the transition from paper records to digital; it has its ups and downs... I am thankful for the ups. This year I've enjoyed the opportunity to do some creative things for the clinic. With a brief tutorial from my son Liam, I've managed to put together some videos for our website and Facebook page. For how short

they are, making them takes a bit of time so I've only managed a few so far. Most of them are "how to" videos, starring my daughter Azaria's hands. They are already on our FB page and hopefully by the time you get this newsletter, they will be on our website; that's if we can figure out how to put them on there, lol. We are in the process of updating the website, which has been taking longer than planned, but we are getting there. On a personal note, the family was able to do a trip of a life time to Thailand last spring. We visited temples, rode elephants, slept in the jungle, took a cooking class, rode the "death train", walked the bridge over the River Kwai, and travelled north to the Burma border where we visited the Karen Hill Tribe. The women of the Karen tribe have the nick name "long neck Karens" because of the multiple brass rings that they wear around their necks to elongate

them (a lot!!). The chiropractor in me was cringing but intrigued. Nevertheless, I'm so thankful to now share such amazing memories with my family. I hope you too had lots to be grateful for this year and wish you many blessings in 2018.



Liam & a beautiful young Hill Tribe "long neck Karen"

## Herbal Fudge

**Gently melt 1 part dark chocolate with 1/3 part coconut oil (ie 1 cup:1/3 cup). Add 1 tsp or more of powdered herbs such as:**

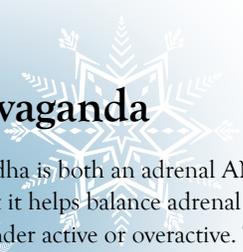


**Turmeric Ashwaganda  
Rhodiola  
Ginseng  
Eyebright  
Pepper**

At one of my conferences this year, one of the lectures focused on incorporating medicinal herbs into our

foods. A number of recipes and vehicles were suggested ranging from pesto with regular basil combined with holy basil to adding bulk herbs to nut butter-power balls. But my favorite (since it's the only one I've tried so far) is herbal "fudge". In addition to the recipe written here, there is a video on the clinic Facebook page demonstrating. Just so you know, this fudge has passed the taste test of my kids; apparently eating significant amounts of herbal laced chocolate is justifiable because its "healthy chocolate". All the ingredients, including the coconut oil and dark chocolate, have health benefits. You can definitely taste the herbs in the chocolate, but chocolate is quite effective at disguising even the most

bitter of herbs. I would start by adding smaller amounts of your powdered herbal choices and then increase in subsequent batches, to determine your taste standards. Many people would prefer to just take a pill but mixing loose herbs into foods is great for kids or individuals that have difficulty swallow pills. Herbs in this form are useful for some elderly people too, especially if one want to get their calories and nutrients up as well as supply medicinal benefits. Purchasing good quality bulk medicinal herbs is also very cost effective for those on a strict budget. We carry a number of loose herbs at the clinic including turmeric, ashwaganda, rhodiola, ginseng, and eyebright.



## Ashwaganda

Ashwagandha is both an adrenal AND thyroid adaptogen which means that it helps balance adrenal and thyroid function whether they are under active or overactive. The thyroid benefits of this herb even apply to autoimmune thyroid conditions such as Graves disease and Hashimotos thyroiditis. Ashwagandha improves moods, decreases anxiety, depression and feelings of being overwhelmed. It helps balance insulin and cortisol (stress hormone) levels while helping with memory, concentration, focus and general brain health. It has been shown to help with sex hormone imbalances in both men and women, including conditions such as PCOS and menopause. Like Ginseng and Rhodiola, it improves physical stamina and endurance. Studies show very promising benefits when it comes to helping with preventing and treating cancer. It is also a very useful addition to chemotherapy and it seems to be effective in halting the immune system from becoming suppressed during chemotherapy.

## Siberian Ginseng

Eleutherococcus also known as Siberian ginseng, is another great adrenal adaptogen, helping alleviate symptoms of chronic stress. It improves energy, mood, function, attention, and sense of well-being. Eleutherococcus has been shown to be useful in chronic cardiovascular conditions, chronic infections and post-surgery. It has been used to reduce damage from heavy metal and pesticide toxicity. In addition to cancer prevention properties, eleutherococcus has a role as an adjunct to cancer treatments. Studies show that it improves the general health of cancer patients and reduces the chance of metastasis if started early in the diagnosis. Eleutherococcus also improves appetite, weight gain, shortens healing time, and increases immune system activity in people with cancer. Additionally, Eleutherococcus also dramatically reduces the side effects of radiation and chemotherapy including nausea, dizziness, loss of appetite.

## Eyebright (Euphrasia)

Euphrasia should be thought of as a remedy for any and all problems of the mucous membranes of the head and chest. Euphrasia combines astringent and anti-inflammatory actions to produce an anti-catarrrhal action. It is useful for hay fever, sinusitis, upper respiratory tract infections, and catarrh/phlegm. It gets its common name “eyebright” from its effectiveness in treating maladies of the eyes such as infections, weak eyes, dim vision, hay fever, watery eyes, and irritated eyes. Euphrasia is most helpful for acute thin watery discharge of the nose especially when accompanied by headache, earache, and/or eye pain (ie hay fever symptoms and common cold symptoms).

## Rhodiola

Research shows that Rhodiola is one the most versatile herbs around. It is effective at combating both physically and psychologically stressful conditions. One study, in particular, demonstrated Rhodiola’s amazing ability to significantly reduce stress in a single dose. Simply put, Rhodiola prevents adrenal burnout and all of the negative ramifications that arise from adrenal depletion. Rhodiola is called an “adaptogen” because it balances stress hormones regardless of if they are too high or too low. It reduces fatigue while improving mood and cognition. Its useful for anxiety and mild depression in fact a study against Effexor showed that Rhodiola was more effective than the antidepressant drug. Rhodiola can help with fertility and irregular menstrual cycles. On top of all that it has also been shown to help with chronic sleep disorders, poor appetite, high blood pressure and headaches.

## Turmeric

Turmeric is a natural anti-inflammatory for both acute and chronic inflammation. It is also a potent antioxidant and has beneficial effects on several factors known to play a role in heart disease. Turmeric is also good for the brain; it boosts the level of BDNF which as a brain hormone that stimulates the growth of new brain cells and degenerative changes in the brain such as Alzheimer’s and dementia. Another study involving 60 depressed patients showed that curcumin was as effective as Prozac in alleviating the symptoms of depression. Traditionally it is used for: indigestion, poor circulation, cough, sore throat (especially if bacterial), skin disorders, diabetes, arthritis, anemia, wounds, & bruises. Turmeric is a natural antibiotic that strengthens digestion & improves intestinal flora, especially in those chronically weak or ill. Turmeric is also known to be beneficial for the liver and gallbladder and it appears that turmeric may help delay aging and fight age-related chronic diseases

## Black pepper

Although pepper is used throughout the world as a condiment, it actually has some medicinal uses. The primary effects of pepper are as a digestive stimulant and to settle the stomach. It is often used to stimulate sluggish or deficient digestion and to stimulate appetite. Pepper clears mucous from the digestive tract (as well as the respiratory system) and is thus helpful in chronic inflammatory conditions. But one of the main reasons I mention it here is because pepper also enhances the absorption of turmeric.

# Make your own high quality, chemical free lotion

During our summer holiday this year, we toured a lavender farm just outside of Armstrong, BC. The gift shop had various products made with lavender, one of which was a lovely lotion. The basic ingredients were so simple, all natural and as a Naturopathic doctor I have easy access to them and even cooler ingredients! When I got home, I excitedly ordered oils, butters, herbs and essential oils to put together some creams. My intent was to make a cream for my 88 year old dad to help with his easy bruising and slow wound healing. After further researching my ingredients, it became apparent that because of their anti-oxidant and regenerative properties, these same herbs and oils are also anti-aging and can protect against skin damage. Once I had all the ingredients, I couldn't believe how easy it was to make lotion. Vitamin E and essential oils (e.o.) are added as natural preservatives giving the creams at least a 3-month shelf life. In addition, the essential oils allow you to customize the scent of your creams as well as provide specific health benefits. The main ingredients are herbal tea, oil, bee's wax or emulsifying wax, vit E and an essential oil. I added shea butter, aloe vera gel and glycerine to enhance the moisturizing and regenerative effect. The only equipment you need is a blender (I prefer a hand held, wand type blender). It takes maybe 15-20 minutes from start to finish and you've got yourself a great, customised anti-aging cream at a fraction of the cost of what you would pay at the drug store or cosmetic counter. If your looking for a thoughtful and fun to make Christmas gift idea, you may want to try your hand at making a cream. With supervision, making creams would be a fun sleep over or birthday party activity for girls. Each girl could add their favorite e.o. scent. The ingredient kit would be a good gift idea too for Christmas, birthdays, baby showers etc. The separate oils can be bought in 100 ml, 500 ml, and 1 L amounts. But to make things super easy, we can also premix 2 or more oils and the vit. E for you into a 100 ml bottle for example. 100 ml of oils will make 200 ml (or more if you are adding other ingredients like a butter, glycerine or aloe). I've put together a little video that you can access on our Facebook page that shows you the process. You can extend your cream quantity while keeping the cost down by adding coconut butter, olive oil, grapeseed oil or more apricot oil as long as you keep the ratios of oil to tea at 1:1 and adjust your emulsifying agent to accommodate the larger volume of ingredients

## Lotion Recipe

1/4 cup of oil such as apricot kernel, olive, grapeseed, calendula, kukui, comfrey, avocado etc

1/4 cup of herbal tea such as yarrow, plantain, lavender green tea etc.

1 tsp bees wax

1 tsp vit E oil (or 1-2 capsules)

20 drops essential oil of your choice

## Optional ingredients:

1 tbs aloe vera gel

1 tsp vegetable glycerine



## Increased risks of prolonged use of heartburn medication

*Nexium, Prilosec, Rabepizole and Omeprazole belong to the family of drugs called PPI's and have been linked to increased risk of bone fractures, kidney disease, hear issues and dementia*

Over 10 years ago I remember sitting with a patient who told me of a medication the doctor had prescribed that was to be taken for the rest of the

patient's life to prevent heart burn. The patient had been on this medication called a proton pump inhibitor (PPI) for some time and her MD had had confidently assured her that it was a very safe medication. A proton pump inhibitor reduces the stomachs production of acid. The acid in our stomach (called betaine HCL) is vital for the breakdown of protein as well as for the absorption of our minerals and B12. Betaine HCLs other very important purpose is to kill ingested bacteria. I relayed this information to my patient and speculated that long term use of a PPI may possibly impact bone health down the road. Little did I know at the time, not only would my prediction be correct but there would be so many other unforeseen side effects from long term use. Medications such as Nexium, Prilosec, Rabepizole and Omeprazole belong to this PPI family of drugs and are

widely used for gastrointestinal disorders, but experts feel that between 40-75% of these prescriptions are unnecessary and actually may be harmful. This is even more of a concern for the aging population. What has come to light in recent years is that long term use of PPIs appears to increase the risk of bone fractures, kidney disease, cardiovascular issues and dementia. There is increased risk of pneumonia, gastrointestinal infections or other digestive complaints. Individuals taking PPIs are also at a 40% increased risk of developing low magnesium levels. There are effective, natural and safer options for treatment of heartburn and digestive issues, such as identifying possible food sensitivities, supporting digestion with enzymes while promoting proper function and health.

# Essential oils, more than just a pretty ~~smile~~ smell



Besides smelling nice, most essential oils have antimicrobial and antiseptic properties. Not only can they help prevent the spread of colds and flues, they can help with the symptoms. Peppermint helps with headaches and sinus congestions. Tea tree is antifungal, antiviral and is used to treat anything from cold sores to athletes foot. Lavender is known for its relaxing effects but it also relieves pain, treats respiratory problems and enhances circulation. Eucalyptus also relieves pain and is a decongestant for the lungs and sinuses. Next time you need some essential oils, keep us in mind. We carry the common ones at the clinic but have access to a great deal more. In addition to the typical 10 ml size we can bring in larger amounts of 50 ml and 100 ml at a significant savings.

## GIFT IDEAS



Elderberry tea	\$2.65 per oz.
Essential oils	Various prices
Genie rub massage machine	\$380.00
Gift certificate	Various prices
Matcha tea	\$29.95
Moist stick chap stick	\$4.68
Libra tea thermos	\$25.95
Traditional matcha whisk	\$19.95



*Wishing You a Happy Holiday Season  
&  
All the Best in 2018!!*



Top left: Dr Amanda Gammage, Jason Richards, Azaria Richards, Rochelle Thomas, Tiara Norman, Anton Nosenko

Bottom left: Dr. Elena Warkentin, Jade Warkentin, Dr. Clint Warkentin

Missing: Megan Bowes



**We are on the web**  
[www.peacend.com](http://www.peacend.com)